

Relationship between Self-confidence and Readiness to Change in Commercial Sex Workers after Rehabilitation in PSKW “Mulya Jaya” Jakarta

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Abstract: The purpose of this study is to see the relationship between self-confidence and readiness to change in commercial sex workers after following rehabilitation at PSKW “Mulya Jaya” Jakarta. This research use quantitative method using the help of a measuring instrument in the form of a questioner. Sampling using non probability with purposive technique with 60 respondents. Self Confidence was measured using a measuring instrument adapted by Stella Wong (2017). Readiness to change was measured using the University of Rhode Island Change Assessment (URICA) measuring instrument adapted by Hughes, J. R. (1990). Based on results of the Spearman correlation analysis obtained the value of $r=0,326$ with a significant value of 0,01 ($p < 0,05$). It can be concluded, that there is a relationship between self-confidence and readiness to change in commercial sex workers after following rehabilitation at PSKW "Mulya Jaya" Jakarta.

1 INTRODUCTION

Economic problems are problems that are often found at city and regional levels. Many people do various kinds of jobs to meet their daily. The amount of demand in meeting the needs makes some people choose to work in any way, one of which is to become a commercial sex worker (CSW). Also, several other factors that cause them to become commercial sex workers, namely lifestyle factors that make a person tend to live in luxurious lifestyle, violent factors such as rape, coercion, and environmental influences. This is also because of the low education factor, so that it is not possible to find jobs that provide enough income.

Prostitution comes from the Latin language that is pro-stituere or pro-stauree, which means letting themselves commit adultery, sexual immorality, and fornication. So, prostitution can be interpreted as the sale of sexual services, such as oral sex or sex for money (Samad, 2012). Prostitution also arises because there is a social definition in society that women as sex objects (Agus, 2002).

If viewed from the perspective of social life, not all people can accept the position of commercial sex workers (CSWs) in the community. It can affect the personality of the community, especially children

who are developing. We can meet in everyday life, CSWs in social relations with the community in the surrounding environment often experience discrimination in friendship, CSWs are often shunned in community relationships. By getting this treatment, making CSWs only make friends with their fellow professionals, that is, among fellow CSWs. This can also affect the confidence of CSWs, where their confidence can decrease because they feel excluded or are not seen from the community.

Based on interviews with two prostitutes at West Jakarta, Jakarta, on March 19, 2018, the reason they became prostitutes were the economic problem and they did not have the skills to work. Other results from the interviews are that they mostly come from outside Jakarta areas such as Banten, Tangerang, and Bekasi. As prostitutes, they set prices to have sex like a "husband and wife" around IDR. 70,000 - IDR. 80,000 per session. So, while in Jakarta, they rent a boarding house to be their temporary residence.

One of the two interviewees also said that hopes for the future that she would no longer work as prostitutes and have decent jobs. The interview shows that some of the CSWs are motivated to get other decent jobs. However, the second informant said a different opinion. She was more interested in working as a prostitute because the income she

received was higher. This shows that not all CSWs are motivated to get decent work or job that is provided by the government.

Based on survey data conducted by JPP (2016), overall, the number of localizations in Indonesia is 168 points. The number of CSWs who are active in 168 localizations reached 63 thousand people. In the CNN survey (2018), of 1668 localizations, the government has closed 122 localization points. Ironically, compiled from various overseas sources, Indonesia is the country with the most localization with 40,000 prostitutes.

In this case, the Indonesian government cannot keep silent. According to (Fandy, 2014), the government made several efforts to reduce the level of CSWs in Indonesia, one of which was to establish a rehabilitation center to accommodate commercial sex workers, namely Panti Sosial Karya Wanita (PSKW) in every province of Indonesia. Twenty-two PSKWs providing ex-PSK rehabilitation services in Indonesia are in twenty-one provinces. Twenty-one institutions are handled directly by the local government, and one institution is handled by the Ministry of Social Affairs, namely PSKW "Mulya Jaya" Jakarta.

The author is interested in researching PSKW Mulya Jaya Jakarta because this institution is the only property of the Indonesian government which conducts rehabilitation to CSWs in Jakarta. This institution is a technical implementation unit within the Indonesian Ministry of Social Affairs which is preventive, curative, rehabilitative, promotive, in the form of physical, mental, social and social guidance, resocialization and further guidance for prostitutes to become independent and play an active role in community life. The survey (Fandy, 2014) showed that the 2014 Mulya Jaya PSKW reference data for 2014 are 162 people from various regions namely Riau, DKI, Cianjur, Bogor, Pangkal Pinang, Kota Tangerang, Tangerang Selatan, Karawang, Kab. Bekasi, and Handayani Houses. The author visited PSKW Mulya Jaya Jakarta to conduct an interview on March 22, 2018.

The main task of PSKW "Mulya Jaya" Jakarta (Fandy, 2014) is to guide, provide service, and social rehabilitation that are curative, rehabilitative, promotive, in the form of basic educational, physical, mental knowledge guidance, social, skills training, resocialization of further guidance for prostitute women to be able to be independent and play an active role in community life and study and develop service and referral standards. The service program of PSKW "Mulya Jaya" Jakarta (www.mulyajaya.kemensos.go.id, 2018) is to provide

guidance on counseling, training according to their talents, and sports and worship. The aim of the social service and rehabilitation program for prostitutes (www.mulyajaya.kemensos.go.id, 2018) is to restore the physical, mental, psychological, social, attitudes and behavior of prostitutes so that they can carry out social functions properly in the family and the community.

The author visited PSKW "Mulya Jaya" Jakarta on 22 March 2018 to conduct an interview. Mrs. Fitri, as counseling or social counselor at PSKW Mulya Jaya, welcomed the author. She said that the CSWs showed a lack of confidence for rehabilitation, when were first received at PSKW Mulya Jaya. The lack of confidence is such as being ashamed to try a tool during training, looking scared or confused answering questions when counseling, and when asked about people's home addresses their parents, most of whom gave incorrect addresses to PSKW Mulya Jaya.

The author was also allowed on that day to interview two beneficiaries of PSKW Mulya Jaya. When the writer questioned the two people, the writer observed that there was a lack of confidence in them and they didn't dare to look in the direction of the writer, and they said, "Sir, our faces are not recorded right?" Both also said that, initially, they lied to their families regarding their job as prostitutes. The first person said that she was framed by a friend of her ex-boyfriend, by being offered to work in a restaurant. In fact she was taken to a dim shop to serve guests who stopped by. The second person works as a prostitute is to pay for the care of her child, who is suffering from brain cancer. Before working as prostitutes, they had decent jobs, but because of family problems such as divorce, being framed, and their status as widows, they eventually fell into prostitutes.

Based on the interview result, the confidence level in CSWs in Jakarta's "Mulya Jaya" PSKW is low. Self-confidence, according to (Lauster, 2002), is an attitude or feeling of confidence in one's abilities. So, the individual concerned is not too anxious in every action, free to do things that are preferred, responsible for all actions, warm and polite in interacting with others, can accept and respect others, have the drive for achievement and can recognize their strengths and weaknesses. According to (Krishna, 2006), self-confidence is also reflected in the acceptance of all failures and too much disappointment caused in an instant. According to (Iswidharmanjaya, A., & Agung, 2005), with self-confidence, a person will be able to actualize their potential. According to (Mastuti, 2008), individuals

who are not confident are usually caused by the individual not educating themselves and only waiting for people to do something about themselves. It can be concluded, the higher the confidence, the higher what is to be achieved. One of the characteristics of self-confidence, according to Lauster in (Ashriati, Alsa, 2006) is to believe in one's ability, which is a belief in oneself towards all phenomena that occur related to the ability of individuals to evaluate and overcome phenomena. It can be concluded that a confidence person can change their behavior.

In increasing self-confidence in Jakarta's "Mulya Jaya" CSWs, authors need to measure the readiness of CSWs to change. (Cunningham, 2002) argued that an individual's readiness to change is readiness that involves the need to show change, where someone feels capable of achieving change (self-efficacy) and can participate in the change process. According to (Holt, 2007), an individual's readiness to change is the degree to which individuals are cognitively and emotionally inclined to accept and adopt certain plans aimed at changing the status quo.

According to Proschaska and Velicer in (Muasyaroh, 2015), to make changes, the focus is the ability of individuals to make decisions from social and biological influences. In changing a behavior there are several stages - stages in which each stage there is a decision-making process based on certain principles. One of the stages of behavior change, according to Proschaska and Velicher in (Muasyaroh, 2015), is maintain. It means that a person or individual tries to prevent the old behavior that they left behind from reappearing. It can be concluded that confident people can leave the old behavior. According to (Holt, 2007), one of the factors that influence an individual's readiness to change is self-efficacy, namely the individual's belief that they can adapt to support changes in the organization.

2 RESEARCH METHODS

2.1 Sampling Technique

In this study, the sampling method is nonprobability sampling. This technique does not provide equal opportunity for each element or member of the population to be selected as a sample. The sampling method used was purposive sampling used by the writer because the sample was chosen based on certain considerations, where in the selection of samples, conducted by selecting people who fit the research criteria.

2.2 Research Measuring Instruments

2.2.1 Self-confidence

In measuring self-confidence, the author uses a measuring instrument adapted by (Wong, 2017) based on Lauster in (Ashriati, Alsa, 2006) with four indicators, namely:

1. Believe in your abilities.
2. Acting independently in making decisions.
3. Having a positive sense of self.
4. Dare to express an opinion

The items in this measuring instrument is 24 questions using a Likert scale where the answer choices used are very inappropriate (STS), not suitable (TS), appropriate (S), and very appropriate (SS).

Table 1: Blueprint of self-confidence measuring instruments

No	Aspect	Definition	Favorable Item	Unfavorable Item	Total Item
1	Believe in our abilities	The characteristic of confident person	9,17,25	2,10,26	6
2	Making decisions independently	Not always depend on others	3,11,19	12,28	5
3	Have a positive sense in yourself	There is a good assessment within us	5,21	6,14,22,30	6
4	Dare to express opinion	An attitude to express something	15,23,31	8,16,24,32	7
Total			11	13	24

The way to measure self-confidence is by changing the unfavorable value to favorable value. Then, look for the average overall items of confidence using Microsoft Excel.

2.2.2 Readiness to Change

Table 2: Blueprint of the measuring instruments of readiness to change

No	Aspect	Definition	No item	Total
1	Precontemplation	Have no intention to change	1,5,7,16,19,22	6
2	Contemplation	Change in the near future	3,6,9,13,14,17	6
3	Action	Have modified specific lifestyle	2,4,8,11,18,23	6
4	Maintenance	Trying not to go back to the old behavior	10,12,15,20,21,24,	6
Total			24	24

The measurement of readiness to change is by calculating the average of each dimension. Then add up the average of contemplation, action, and maintenance and reduce it by precontemplation ($C + A + M - P = \text{Readiness}$) using Microsoft Excel.

2.2.3 Validity

Validity measures what must be measured (Sugiyono, 2008). The type of validity used is a construct of validity in which the resulting score matches the variable you want to measure and the ability of these items to measure the variable (Gravetter, F. J., & Forzano, 2012). An item is said to be valid if it has a total item correlation of 0.30 or more (Siregar, 2013). According to (Hair, 2010), items with correlations below 0.2 are considered inadequate for use.

Table 3: Validity test result of measuring instruments of readiness to change

Item	r	Valid/Not Valid
Item 1	0,699	valid
Item 2	0,705	valid
Item 3	0,718	valid
Item 4	0,712	valid
Item 5	0,704	valid
Item 6	0,700	valid
Item 7	0,707	valid
Item 8	0,705	valid
Item 9	0,725	valid
Item 10	0,688	valid
Item 11	0,714	valid
Item 12	0,737	valid
Item 13	0,698	valid
Item 14	0,721	valid
Item 15	0,689	valid
Item 16	0,688	valid
Item 17	0,728	valid
Item 18	0,699	valid
Item 19	0,700	valid
Item 20	0,690	valid
Item 21	0,713	valid
Item 22	0,685	valid
Item 23	0,686	valid
Item 24	0,705	valid

Based on table 3, the measuring instrument of self-confidence can be used in research. All items from the confidence gauge are valid.

Table 4: Validity test results of measurement tools of readiness to change

Item	(r)	Valid / Not valid
Item 1	0,806	valid
Item 2	0,803	valid
Item 3	0,806	valid
Item 4	0,805	valid
Item 5	0,799	valid
Item 6	0,818	valid
Item 7	0,817	valid
Item 8	0,796	valid
Item 9	0,808	valid
Item 10	0,807	valid
Item 11	0,794	valid
Item 12	0,806	valid
Item 13	0,797	valid
Item 14	0,795	valid
Item 15	0,804	valid
Item 16	0,809	valid
Item 17	0,790	valid
Item 18	0,813	valid
Item 19	0,798	valid
Item 20	0,805	valid
Item 21	0,800	valid
Item 22	0,822	valid
Item 23	0,810	valid
Item 24	0,797	valid

Based on Table 4, the measurement tool of readiness to change can be used in research. All items from the readiness to change are valid.

2.2.4 Reliability

Reliability is the level of stability or consistency of the measurement tool. The measurement tool can be said reliable if the individuals are measured under the same conditions with the same procedure, and a similar or nearly equal measurement score will be generated (Gravetter, F. J., & Forzano, 2012). To test the reliability of measurement tool, authors used the Cronbach’s Alpha technique with reliability values above 0.6 (Siregar, 2013) or based on the Guilford coefficient category. Those categories were shown in Table 5.

Table 5: Guildford’s reliability coefficient category

Reliability Coefficient	Category
0,80 < r11 1,00	Very High Reliability
0,60 < r11 0,80	High Reliability
0,40 < r11 0,60	Medium Reliability
0,20 < r11 0,40	Low Reliability
-1,00 r11 0,20	Very Low Reliability (unreliable)

Table 6: Reliability test results of self-confidence

Reliability Statistics	
Cronbach's Alpha	N of Items
,714	24

Table 7: Reliability test results of readiness to change

Reliability Statistics	
Cronbach's Alpha	N of Items
,811	24

3 RESULT AND DISCUSSION

3.1 Hypothesis Test

Hypothesis test in this study uses Spearman's product moment correlation method to test the relationship between variable I (the result of self-confidence) and variable II (readiness to change variable). The significance level is 5% (0.05), where $p < 0.05$ then H1 was accepted, and $p > 0.05$ then H0 was accepted. Correlation test results of self-confidence variables and readiness to change can be seen in Table 8:

Table 8: Correlation test

		Correlations						
		PD	A	M	C	P	RtC	
Spearman's rho	PD	1,000	,181	,004	,292*	-,133	,326*	
	Correlation Coefficient							
	Sig. (2-tailed)		,166	,978	,023	,312	,011	
	N	60	60	60	60	60	60	
A	Correlation Coefficient	,181	1,000	,357**	,645**	,133	,725**	
	Sig. (2-tailed)	,166		,005	,000	,313	,000	
	N	60	60	60	60	60	60	
M	Correlation Coefficient	,004	,357**	1,000	,509**	,474**	,517**	
	Sig. (2-tailed)	,978	,005		,000	,000	,000	
	N	60	60	60	60	60	60	
C	Correlation Coefficient	,292*	,645**	,509**	1,000	,096	,845**	
	Sig. (2-tailed)	,023	,000	,000		,466	,000	
	N	60	60	60	60	60	60	
P	Correlation Coefficient	-,133	,133	,474**	,096	1,000	-,210	
	Sig. (2-tailed)	,312	,313	,000	,466		,108	
	N	60	60	60	60	60	60	
RtC	Correlation Coefficient	,326*	,725**	,517**	,845**	-,210	1,000	
	Sig. (2-tailed)	,011	,000	,000	,000	,108		
	N	60	60	60	60	60	60	

Based on Table 8, the correlation analysis shows a significant relationship between self-confidence and readiness to change in commercial sex workers after attending rehabilitation at PSKW "Mulya Jaya" Jakarta ($r = 0.326$, $p < 0.05$). Thus, H0 is rejected.

4 CONCLUSION

This study aims to see whether there is a relationship between the variables of self-confidence and readiness to change in commercial sex workers after attending rehabilitation at PSKW "Mulya Jaya" Jakarta. The results concluded that H1 is accepted; there is a significant relationship between self-confidence and readiness to change in commercial sex workers after attending rehabilitation at PSKW "Mulya Jaya" Jakarta.

Based on the results of this study, a correlation coefficient with the results of $r = 0.326$, $p < 0.05$ means there is a significant positive relationship between self-confidence and readiness to change in commercial sex workers after participating in rehabilitation at PSKW "Mulya Jaya" Jakarta. If the higher the confidence of the CSW, the higher the level of readiness to change. Vice versa, if the lower the level of confidence in sex workers, the lower the level of readiness to change.

Regarding the results of the description of respondents, this study showed a low level of confidence and readiness to change. It is because when collecting data or filling out questionnaires, participants did not seem serious in answering the questionnaire. Before filling out the questionnaire, participants in this study had to be forced to gather in the designated room. Mrs. Fitri as a supervisor at PSKW "Mulya Jaya" Jakarta said that when there are activities such as socialization, training, or other activities, it is very difficult to gather them to participate in the activities carried out at PSKW "Mulya Jaya" Jakarta.

The last assumption from the author is that the individual's readiness to change is a small or indirect factor that has a significant influence on the confidence of CSWs in Jakarta's "Mulya Jaya" PSKW. According to Holt in (Ella and Nyoman, 2013), individual readiness factors for change consist of: appropriateness, management support, self-efficacy, and personally beneficial. Based on the factors of readiness to change, they are not convinced of the changes they made, unsure of the organization leaders' serious commitments, unsure of their ability to adapt to support changes in the organization, and unsure of the changes can give personal benefits.

The weakness of this study lies in the lack of control data regarding the educational background of commercial sex workers, the status of residence (such as boarding houses, etc.). So, they can describe the condition of the participants more clearly. Then when filling out the questionnaire,

there were some participants who could not read, so the writer was overwhelmed in giving an explanation to the participants.

For further research, the research should be carried out in the next six months after completing the rehabilitation period. Then, for further research it is necessary to reproduce control data and make appropriate intervention designs on Commercial Sex Workers in Jakarta's "Mulya Jaya" PSKW.

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