

# Resilience Intervention in Improving Well-Being among Young Effender: Systematic Literature Review

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**Keywords:** Resilience Intervention, Wellbeing, Young Offender.

**Abstract:** The prevalence of young offender was increase in various countries in the world accompanied by various problem regarding low welfare. Several studies have found that resilience interventions can improve the welfare of young offender. This research method is Systematic Literature Review (SLR). In addition, the research design uses Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines with the process of searching and filtering articles using the help of POP 7 and Rayyan search applications. The literature study used articles published in Scopus, Google Scholar, ScienceDirect, Scimago, and EBSCO. The characteristics of the articles reviewed are uses experimental research methods, has a purpose to find out the effect of resilience interventions on the well-being of young offender, and publish in the range of 2011- 2022. The study results showed that there were 8 relevant main articles out of 976 articles in the early stages of the study. The results showed that the resilience intervention was proven to be effective in increasing the well-being of young offender. However, the implementation of the intervention still focuses on seeing the short-term effects of the treatment, so that further research can examine the long-term effects of the treatment. In addition, the lack of discipline of participants was reported to be an obstacle to the implementation of the intervention program. Further research needs to develop an intervention strategy by involving parents or prison officials in the program mentoring process.

## 1 INTRODUCTION

Goldson (2020) reported that the number of young offender per 100,000 population in the world reached 3,130. An international survey conducted by The International Self-Report Delinquency Study (ISRD) reported in 27 countries in the world showing that acts of robbery, assault and theft were committed by 62,168 of 230,552 teenagers or 27.3% of teenagers in the world (Enzmann et al., 2018). in Indonesia, every year there are more than 4,000 cases of law violations committed by juveniles who are submitted to courts and 83% of them experience a decision to be imprisoned (Badan Pusat Statistik, 2020). Furthermore, based on the 2021 correctional database system among 33 LPKA throughout Indonesia, there are 1613 juveniles who have received decisions as inmates in correctional institutions (Direktorat Jenderal Pemasyarakatan, 2021).

Young offender was in the adolescent age range, namely 10-21 years (Child Right International

Network, 2021). Hurlock (2010) explains the various characteristics of adolescent development. The first period of adolescence as an important period. Rapid physical development is accompanied by rapid mental development, especially in early adolescence. All these developments raise the need for mental adjustment and the need to form new attitudes, values, and interests (Hurlock, 2010). Second, adolescence is a transitional period that gives teens time to try different lifestyles and determine the most appropriate behavior patterns, values, and traits for themselves (Hurlock, 2010). Third, adolescence is a period of change, when physical changes occur rapidly, changes in behavior and attitudes also take place rapidly. Fourth, adolescence as a troubled age and the search for identity. In the early years of adolescence, adjustment to the group is still important for boys and girls. Gradually, teenagers begin to yearn for identity and are no longer satisfied with being the same as their friends in everything, as before. This ambiguous status of adolescents creates a dilemma

that causes adolescents to experience identity crises or ego-identity problems in adolescents. Fifth, adolescence is an age that creates fear with various things including the future, friendships and views from society. Sixth, adolescence is an unrealistic period, not only for himself but also for his family and friends, which causes high emotions from early adolescence.

Young offender encounter various dynamics of problems that different by teenagers in general (Goldson, 2020). Adjusting to a new life in prison is a challenge that is not easy to overcome, especially regard to physical activity and psychosocial life (Cartwright, Fraser, Edmunds, Wilkinson, & Jacobs, 2014). Another problem related to the limited social relations with the outside world, both in school activities and playing activities (Maslihah, 2017). The impact of imprisonment on adolescents also causes adolescents to be far from their parents, peers, and their environment (Hilman & Indrawati, 2017). Furthermore, Lambie dan Randell (2013) conveyed in their research that young offender encounter various mental health problems including anxiety and depression. Underwood and Washington (2016) added that mental health problems experienced by children inmates are important issues that need to be addressed immediately. In addition to having a negative impact on young offender, the mental health problems experienced can present problems in the surrounding environment (Dyer & Gregory, 2014). The unique dynamics of young offender that have been described, along with the need for special treatment as well (Rodríguez et al., 2010).

Young offender need wellbeing to meet these various dynamics. Salam et al. (2016) define wellbeing as the welfare of adolescents from various aspects, namely physical aspects related to sexual or reproductive health, nutrition, immunization, and psychological aspects related to improving mental health and handling accidents or injuries. Adolescents who have good well-being are considered to have a low level of stress as evidenced by the decrease in negative actions that endanger themselves (Sigfusdottir et al., 2017). In addition, mental, physical, and psychological well-being is considered to be able to help adolescents overcome various developmental crises they experience and provide skills for adolescents to survive (Cunsolo, 2017). Various psychological interventions have been carried out to improve the well-being of young offender. Sumargi and Giovanni (2021) and Buston et al., (2012) tried to develop Strength-Based Parenting to improve wellbeing in adolescents by

involving parents in handling it. In addition, Williams et al. (2015) tried to develop a sports-based intervention called Rugby Sport Intervention to improve the physical and psychological well-being of young offender.

Simpson et al. (2018) developed a Mindfulness-Based Intervention which considered capable of presenting emotional and behavioral management skills to young offender. More specifically, Skinnerosei et al. (2019) developed a series of psychological interventions to overcome trauma in young offender which further impacted the psychological well-being experienced. However, Barretto et al. (2018) revealed that the forms of handling in the juvenile justice system at the penitentiary are currently still focused on programs that are rehabilitative in nature and are followed by actions that are more punitive.

Resilience intervention is an effort to be considered. Resilience interventions are considered to be able to bring welfare to young offender both emotionally, cognitively, behaviorally, and interpersonally (Hodgkinson et al., 2020). In addition, the resilience capabilities built in young offender can be preventive in nature, which can reduce the risk of recidivist actions and can improve long-term welfare (Fougere & Daffern, 2011) due to the dynamic form of handling young offender is needed in order to provide psychological well-being (Underwood & Washington, 2016). Young people value continuity and sufficient time to develop trust in staff. Resilience interventions give young offender attention and respect, gain insight into themselves and how to change their behavior; knowledge of employment and education opportunities; and helping to have life skills that can indirectly improve wellbeing (Campbell et al., 2014). However, there has been no in-depth study related to various forms of resilience interventions that have existed, the effectiveness of resilience interventions to improve wellbeing in young offender and the extent of success of existing resilience intervention practices. Existing studies are still focused on developing each intervention carried out by Hodgkinson et al. (2020), on the other hand, there is a need for practitioners and policy makers for a comprehensive study of an intervention in young offender (Barretto et al., 2018).

Based on the explanation above, the objective of this article are to examine various studies related resilience interventions to improve wellbeing in young offender through literature review.

## 2 METHOD

### 2.1 Research Participants

Participants in this study were young offender around the world. The inclusion criteria for the participants in the study were (1) having a decision as a young offender and (2) being a teenager in the age range of 10-21 years. The determination of the age limit for young offender varies in each country, but based on a study from Child Right International Network (2021) shows that the age of young offender around the world is in the age range of 10-21 years.

### 2.2 Article Inclusion Criteria

The inclusion criteria in this research article are:  
 1. The research subjects are 10-21 years old,  
 2. The study uses experimental research methods,  
 3. The article focuses on looking at the effect of resilience interventions on the well-being of young offender,  
 4. The articles published are in the range of 2011-2021.

### 2.3 Research Questions

The questions in this study are: What are the forms of resilience intervention designs to improve wellbeing in young offender? What are the advantages and disadvantages of the interventions that have been carried out? and What is the success rate of the interventions carried out?

### 2.4 Research Design

This study uses systematic review steps from include the development of research question, forming criteria, search strategy, searching databases, protocol registration, title, abstract, full-text screening, manual searching, extracting data, quality assessment, data checking, statistical analysis, double data checking, and manuscript writing (Tawfik et al., 2019).

### 2.5 Data Analyses Steps

The data found will be evaluated based on the quality assessment criteria questions as follows: 1. Are the research subjects in the age range of 10-21 years?, 2. Is the method used in the study using experimental research methods?, 3. Does the article focus on seeing the effect or the effectiveness of

family resilience interventions on the well-being of young offender? 4. Are the articles published in the 2011-2021 range?. From each paper, two answers will be given, namely a score of 1 for Y (Yes) and a score of 2 for T (No). The data analysis techniques in study consist of five stage namely constant comparison analysis, domain analysis, taxonomic analysis, componential analysis, and theme analysis (Onwuegbuzie et al., 2012).

The method used in this study is the Systematic Literature Review (SLR), with the research design using Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines which go through the process of searching and filtering articles using the help of the POP 7 search application (Harzing, 2017) and Rayyan (Ouzzani et al., 2016).

The data collected in this study are primary and secondary data from journals originating from search engines with the site addresses of Scopus, Google Scholar, ScienceDirect, Scimago, APA PsycNet and EBSCO. This is because Scopus Google Scholar, ScienceDirect, Scimago, and EBSCO provide complete facilities, the data found is easy to search, and displays the year of publication that can be tailored to events based on the needs of researchers.

Data collection in the study was obtained through several stages, including observation (observation), literature study to conduct data assessment studies related to the SLR Method in journals obtained from Scopus, Google Scholar, ScienceDirect, Scimago, APA PsycNet and EBSCO, literature search methods in research This method uses keywords, while the keywords used use the Boolean search technique (Muhammad, 2017) which can be seen in the list of keywords in **table 1**.

Table 1: Research keyword list.

Main Keywords	Alternative Supporting Keywords
Resilience intervention	Psychosocial-Based Resilience Intervention, Family Resilience Intervention, Resilience Treatment
Wellbeing	Psychological Wellbeing, Emotional Wellbeing, Physical Wellbeing
Young Offender	Youth Justice Population, Incarcerated youth, incarcerated young men

### 3 RESULT AND DISCUSSION

The results of the search for research articles were carried out from April 20, 2021 - June 27, 2021 and obtained 976 articles. The articles found are stored and checked using the Rayyan application. Then the articles were selected based on a duplication check and it was found that 15 articles were deleted because they could not be accessed thoroughly by researchers and as many as 107 articles had duplicates. The next check was checking based on

keywords, titles and access of each journal. A total of 853 articles did not meet the inclusion criteria namely 519 articles do not use an experimental research design, 104 articles had research subjects outside of their teens, 102 articles were not articles with a resilience intervention approach, and 128 articles had an article published before 2011. Based on this, 7 articles were obtained that met the inclusion criteria of this study. The process of searching for articles in this study is shown in **Figure 1**.

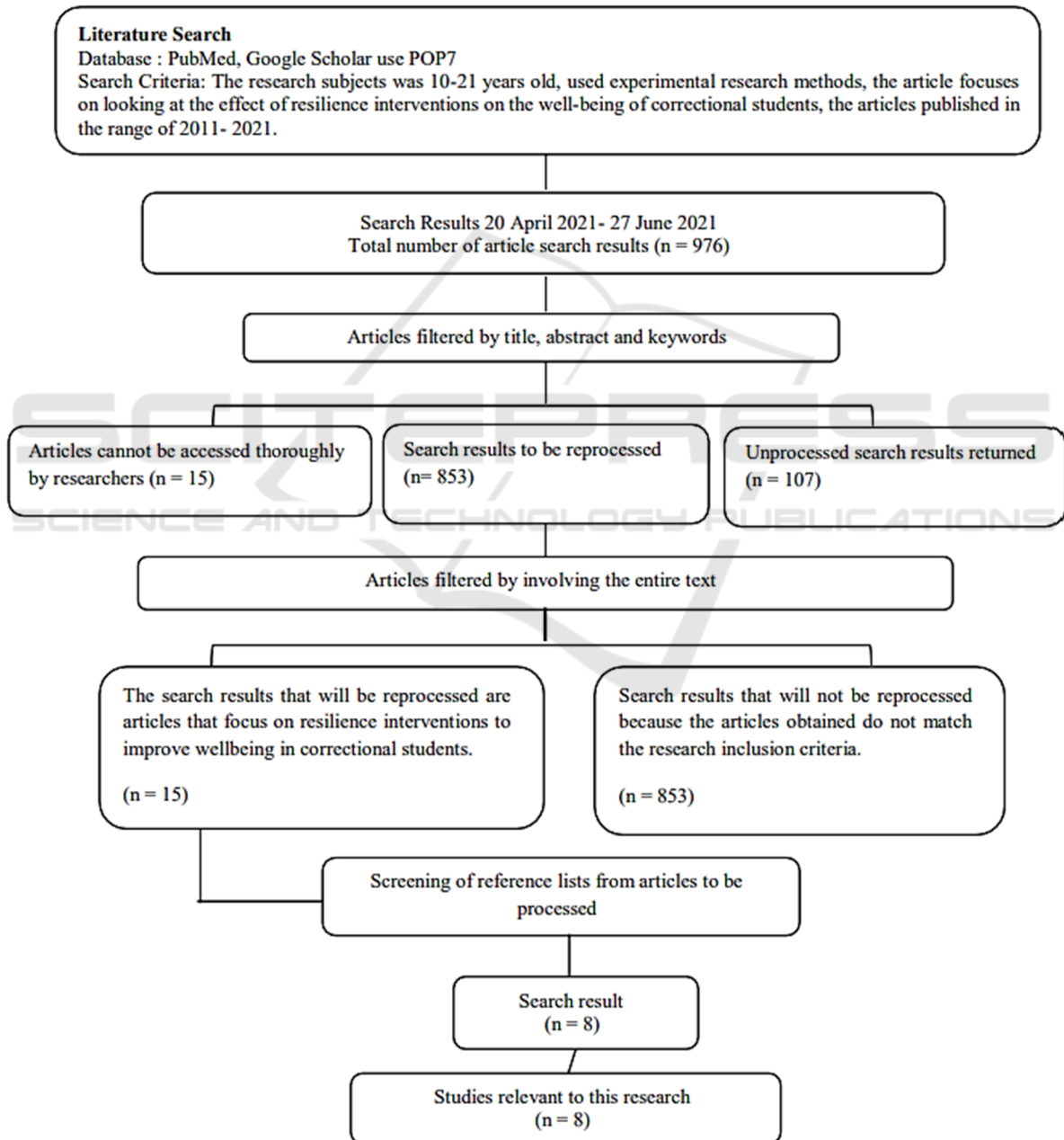


Figure 1: Stages of Searching Research Articles.

The first source of literature from Kelley et al., (2014) which developed an intervention using three principles, namely the principle of mind by combining various experiences experienced, the principle of mind related to all feelings, beliefs, and perceptions that are felt, and the principle of awareness. by diverting the perceptions that arose in the mind to the visible physical aspects (Kelley et al., 2014). The participants in this study were young offender and this study found that the three principles of resilience that were developed effectively could increase the well-being of young offender and reduce the past trauma experienced (Kelley et al., 2014). However, the extent of the effectiveness of the developed interventions had not been clearly described in this study.

The second source of literature from Lo et al. (2020) which tries to develop an experimental psychological skill program based on three main variables, namely positive psychology which involved the principles of resilience, cognitive-behavioral therapy, and mindfulness-based activities. The implementation of the intervention was carried out by developing 11 thinking skills which were implemented through various activities in weekly sessions which were flexibly scheduled to adjust the activities in the related prison. The scale used in this study were the wellbeing scale and psychological distress scale. This study participants were 24 correctional students at Adelaide. The results showed that the intervention developed was proven to be effective in increasing wellbeing. Participants in this study conveyed various benefits obtained from this training including reduced intensity of physical aggressiveness, paying more attention to others, learning to treat others as they would like to be treated, paying attention when others speak, being able to think when facing problems, and being able to recognize strengths in self (Lo et al., 2020). Several participants mentioned that they would use the acquired skills to help avoid negative influences from the environment, and this was helped by the contextually relevant examples that were presented. However, this study aims to investigate the short-term effect of the intervention that has been carried out by looking at the acceptance of the overall intervention that has been carried out and the increase in perceived psychological well-being. In future research, it is necessary to developed it by looking at the long-term effects of the implementation of the interventions carried out.

The third source of literature from Raymond et al. (2019) which tries to developed Positive psychology

interventions (PPIs). This study comprehensively described a logical model that focuses on individual growth among young offender. The Resilient Futures program, developed by The Resilient Futures program, developed by the South Australian Health and Medical Research Institute (SAHMRI) Wellbeing and Resilience Center was used as a reference in the intervention. The results of this study indicated that the modeling offered was proven to be effective in improving the well-being of young offenders, in addition to offering flexible and easy-to-access methods for program designers, facilitators, and researchers to implement in the future.

The fourth source of literature from Cesana et al. (2018). The purpose of implementing the intervention was to help prisoners identify resources and risk factors that exist in individuals, in addition, this study aims to test the feasibility of resilience interventions on the subject of young offenders. The intervention implementation process was carried out with 8 workshop sessions, including presenting a special session to practice drawing and involving the process of group activities to build interaction between individuals. The results of this study indicated that the implementation of the intervention was proven to be effective in increasing the well-being of individuals. The limitation in this study was the number of participants who died in the middle of the intervention.

The fifth literature source from (Daykin et al., 2017). Each program was facilitated by two or three young professional musicians who typically provide weekly sessions of ninety minutes to three hours over a six-week period. Musicians was drawn from seven groups, mostly duos and trios, and in some sessions the program includes guest solo artists. Music genres featured include jazz, folk, world, classical and pop. Participants was trained to work with vulnerable participants, including correctional protégés, and they was supervised by the research partner institution's senior project manager. In this study, there were more male musicians than female, while the researcher served as an observer and was always present during the session. The facilitator was tasked with implementing active learning techniques for working in small groups, introducing participants to a variety of instruments, including strings, percussion, keyboard, and electronics. The implementation of this intervention was proven to be effective in increasing the well-being of young offender. However, studies on other psychological impacts need to be considered due to the merging of vulnerable groups with groups that have good wellbeing.

The sixth literature from Rashid et al (2014). The experiment was carried out in the form of Strength-based Resilience (SBR) which discussed more deeply about risk factors and protective factors in correctional students. The intervention was carried out for 14 sessions, namely 8 weeks with a duration of 60 minutes for young offender. The results of the intervention had been proven to be effective in increasing holistic wellbeing in individuals, both in physical, mental and psychological health.

The seventh literature from Byrne (2017). The process of implementing the intervention was mindfulness-based intervention combined with a resilient approach. This study participants were young offender and. the implementation of the intervention was proven to be effective in increasing resilience and well- being in young offender, but the implementation of the intervention was considered not optimal because the participation rate of research subjects was very low. In the implementation of follow-up research, many of the participants did not continue the program.

The eighth source of literature from Barnert et al. (2014). The intervention was carried out for 10 weeks using three evaluation scales, namely Mindfulness Attention Awareness Scale, Adolescent version, Healthy Self-Regulation Scale, Teen Conflict Survey- Impulsiveness Subscale, Perceived Stress Scale 10. This study participants were 29 correctional students at California. In addition, a qualitative study was also conducted to see the extent of the process. well-being felt by the participants. The implementation of the intervention in this study was considered effective for improving the well-being of the inmates.

### **The Effectivity of Resilience Intervention on Wellbeing of Young Offender**

The results of 8 article's literature review in this study indicate that resilience interventions were proven to be effective in increasing wellbeing in young offender. However, the whole article has not revealed the effectiveness of the implementation of the given intervention. In several articles, it was complemented by the results of qualitative research studies through interview methods on research subjects, one of which was Lo et al. (2020) who reported that participants in the study conveyed various benefits obtained from training including reduced intensity of physical aggressiveness, paying more attention to others, learning to treat others the way they want to be treated, paying attention when other people talk, being able to think when facing

problems, and be able to recognize one's own strengths.

In line with this reserach, a qualitative study conducted by Konaszewski et al. (2021) revealed that the resilience skills possessed by individuals are significantly able to improve individual mental health, which in a sustainable manner can improve wellbeing. In addition, Hodgkinson et al. (2020) revealed that resilience interventions were able to reduce the risk of recidivism due to perceived psychological changes including an increased sense of coherence, increased emotional recognition, more positive decision making and decreased acts of defiance.

Based on the results of the literature review in this study, there were various kinds of existing resilience interventions that are fully focused on the dimensions of resilience, namely research conducted by Kelley et al., (2014); Raymond et al. (2019); dan Rashid et al (2014) as well as various integrations of resilience approaches with other approaches including the mindfulness approach (Byrne, 2017), cognitive behavioral therapy (Lo et al., 2020), and meditation (Barnert et al., 2014). The integrated approach is considered very effective in increasing the well-being of young offender, especially by involving the closest people from the participants, both parents and program assistants in prison. Moreover, Indonesia has distinctive characteristics, especially related to the strong influence of the role of parents and family on the development of children, both social, physical, psychological, and financial needs (Riasmini & Sahar, 2013). Parents are judged to be able to sensitively understand the needs of their children, so that they can be taken into consideration and material in providing interventions (Buston et al., 2012). Based on this, it can be a recommendation for further researchers to involve parents and or families in the process of implementing resilience interventions.

In the COVID-19 pandemic, an effective approach is needed to be carried out at LPKA while still paying attention to program safety and the health of training participants (Soklaridis et al., 2020). The results of this study can be a source of literature regarding various variations of resilience intervention implementation techniques, including by integrating them with online methods carried out by (Lo et al., 2020) and combining them with various approaches, namely mindfulness (Byrne, 2017), cognitive behavioral therapy (Lo et al., 2020), and meditation (Barnert et al., 2014).

### The Limitations of the Implementation of Resilience Interventions

The implementation of resilience interventions that were carried out in all studies in this study, still focused on seeing the short-term effects of the given intervention, not yet seeing the long-term effects of treatment. Thus, further research can be developed to see the long-term effects of the given intervention. The limitations of implementing resilience interventions carried out in several existing studies are mainly related to the lack of participants' level of discipline during the program. Byrne (2017) reported that the number of participants at the beginning of the intervention compared to the end of the intervention program decreased significantly. Resilience interventions need to involve various elements in young offender including the involvement of parents, counselors, and the government.

This is because the involvement of parents in providing assistance to children is considered very effective in overcoming various psychological problems in the future and the complexity of the problems being experienced (Buston et al., 2012). Parents are judged to be able to sensitively understand the needs of their children, so that they can be taken into consideration and material in providing interventions (Buston et al., 2012). In addition, further research can develop resilience interventions by integrating them through various intervention approaches including Mindfulness-Based Intervention (Simpson et al., 2018) in the form of presenting emotional and behavioral management skills to young offender, Strength-Based Parenting Intervention (Sumargi & Giovanni, 2021), Rugby Sport Intervention (Williams et al., 2015) by incorporating sports activities into a series of activities.

## 4 CONCLUSION

Resilience interventions were proven to be effective in increasing well-being, so it can be concluded that resilience interventions can be an alternative to improve well-being in the young offender. In addition, four studies showed that the implementation of the intervention had evolved by integrating it with various approaches. Furthermore, participants reported many perceived benefits, including reducing intensity of physical aggression, paying more attention to others, learning to treat others as they would like to be treated, paying

attention when others speak, being able to think when facing problems, and being able to recognize one's strengths.

The implementation of resilience interventions carried out in all studies in this study still focused on seeing the short-term effects of the given intervention. Thus, further research can be developed to see the long-term impact of the intervention. In addition, the limitations of implementing resilience interventions carried out in several existing studies were mainly related to the lack of discipline of participants during the intervention program, especially programs that do not involve the closest individuals to the participants, namely parents and prison officials. Therefore, further research needs to develop an intervention strategy involving parents and prison officials in the implementation process.

## ACKNOWLEDGEMENT

This research was supported by Institute for Research and Community Services Universitas Diponegoro under International Publication Research's scheme (Grant No: 185-76/UN7.6.1/PP/2021).

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