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**WYBRANE UWARUNKOWANIA GOTOWOŚCI DO ZMIANY U OSADZONYCH
OBJĘTYCH W PRZESZŁOŚCI SDE**

**SELECTED DETERMINANTS OF READINESS TO CHANGE AMONG
OFFENDERS WHO UNDERWENT ELECTRONIC MONITORING**

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Streszczenie

Wstęp. Osoby, którym w Polsce dowiedziono dokonanie przestępstwa, mogą odbywać karę w systemie dozoru elektronicznego (SDE). W związku z tym na rynku wydawniczym pojawiają się publikacje z tego zakresu, najczęściej w nurcie rozważań prawnych. Brakuje jednak raportów z badań, w których biorą udział osoby, które mogą się podzielić swoimi doświadczeniami z odbywania kary w taki sposób. Dlatego celem badań jest wskazanie wybranych uwarunkowań gotowości do zmiany u osadzonych objętych w przeszłości SDE.

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Materiały i metody. Badanie przeprowadzono w 2019 r. w 8 jednostkach penitencjarnych wśród 229 osadzonych. Zastosowano metodę sondażu diagnostycznego oraz dwa narzędzia badawcze: Kwestionariusz Gotowości do Zmiany oraz Skalę Pomiaru Prężności. W celu udzielenia odpowiedzi na sformułowane problemy badawcze zastosowano: statystyki opisowe, współczynnik korelacji r-Pearsona, test t-Studenta oraz regresję krokową.

Wyniki. Uczestniczące w badaniu osoby uzyskały wynik świadczący o ich dużej gotowości do zmiany oraz umiarkowanej prężności. Osoby, które nigdy nie odbywały kary w SDE wyżej oceniły swoją pomysłowość w porównaniu do osadzonych, którzy mają osobiste doświadczenia z nim związane. W grupie osadzonych będących w przeszłości w SDE ustalono, że im dłużej byli objęci SDE, tym niższa była ich gotowość do zmiany. Poza tym, im bardziej osadzeni, którzy nie doświadczyli skutków SDE, tolerują dotyczące ich niepowodzenia, tym wykazują większą gotowość do zmiany. Im są starsi, tym w mniejszym stopniu są gotowi do zmiany.

Implikacje. W praktyce warto prowadzić więcej badań z udziałem osób, które objęte były dozorem elektronicznym, aby wyłonić predyktory ich gotowości do zmiany. Docelowo chodzi o wskazanie możliwie jak najwięcej czynników warunkujących proces readaptacji społecznej osadzonych, które trzeba uwzględniać na poziomie orzekania SDE, dążąc do podniesienia efektywności odbywania w nim kary.

Słowa kluczowe: system dozoru elektronicznego (SDE), osadzeni, prężność, gotowość do zmiany, uwarunkowania

Abstract

Introduction. In Poland, persons found to have committed a crime may serve their sentence in the electronic supervision system (ESS). Therefore, publications in this field appear on the publishing market, most often are in the mainstream of legal considerations. However, there is a lack of research reports involving people who can share their experiences of serving a sentence in this way. The aim of the research is to indicate selected conditions of readiness to change in prisoners who have been subject to ESS in the past.

Materials and methods. The study was conducted in 2019 in 8 penitentiary units among 229 inmates. The diagnostic survey method and two research tools were used: the Readiness to Change Questionnaire and the Resilience Measurement Scale. In order to answer the formulated research problems, the following were used: descriptive statistics, r-Pearson correlation, Student's t-test and regression.

Results. People participating in the study obtained a result indicating their high readiness to change and moderate resilience. Persons who have never served their sentence in ESS rated their ingenuity higher than inmates who have had personal experience with it. In the group of prisoners who were in ESS in the past, it was found that the longer they were subject to ESS, the lower their readiness to change was. Moreover, the more inmates who have not experienced the effects of ESS tolerate their failures, the more readily they are to change. The older they are, the less they are ready to change.

Implications. In practice, it is worth conducting more studies with the participation of people who were subject to electronic supervision in order to identify predictors of their readiness to change. Ultimately, it is about indicating as many factors as possible conditioning the process of social readaptation of inmates, which should be taken into account at the level of ESS adjudication, striving to increase the effectiveness of serving a sentence in it.

Keywords: electronic supervision system (ESS), inmates, resilience, readiness to change, conditions

1. Introduction

In penitentiary practice, a search is made for the factors that determine the effectiveness of penal penalty. Among these determinants, personality traits of offenders play a particular role, as it is important to take into account what kind of person the defendant is when handing down a specific type of a sentence. A certain alternative to the penalty of imprisonment is the system of electronic monitoring carried out in non-institutional (non-prison) conditions, which was introduced in 2009 by the Act of 7 September 2007 on Execution of Custodial Sentence Outside Prison under the Electronic Monitoring System³, which was amended twice – in 2015 and 2016. The Act currently in force has been amended by the Act of 31 March 2020 on Amending the Act on Special Arrangements Relating to the Prevention, Counteracting and Combating of

³ Ustawa z dnia 7 września 2007 r. o wykonywaniu kary pozbawienia wolności poza zakładem karnym w systemie dozoru elektronicznego (Dz. U. Nr 191, poz. 1366, ze zm.).

COVID-19, Other Infectious Diseases and Ensuing Crisis Situations, and Certain Other Acts⁴. Amendments to Article 43a(1) of the Penal Executive Code have also been introduced⁵. From then on, a person who has been sentenced by a court to a term of imprisonment of up to one and a half years may apply to serve their sentence under the EMS.

Dariusz Sarzała draws attention to the numerous varied advantages of the EMS in terms of resocialisation. In his view, serving a sentence under this system enables the convict to lead an uninterrupted life amidst other people, in an open environment, which is far more likely to help fulfil the objectives of social readaptation than serving a sentence in prison incarceration. Remaining in direct contact with other members of the local community forces the convict to exercise greater control over his or her behaviour, due to his or her desire to maintain good relations with them. A forced stay in a penitentiary makes it much more difficult for the convict to build desirable social contacts with people who sometimes quite differ in terms of personality traits, preferred values or attitudes (which does not facilitate the resocialisation process, or only to a limited extent). Outside prison, the convict avoids violence at the hands of his or her fellow inmates and is not exposed to the negative influences of subcultural socialisation, which provides him or her with greater opportunity to have his needs met. A convict serving his or her sentence under the EMS may fully participate in the life of his or her family. He or she may build or rebuild relationships with those in the immediate environment under continuous supervision, thanks to which he or she develops positive habits to control his or her behaviour. It is a situation that is favourable as a means of reinforcing responsibility for one's behaviour and realising that social norms must be respected. To conclude, the electronic monitoring system has advantages in terms of self-education by stimulating the convict to undertake pro-social activities for the benefit of other people⁶. It corresponds to the objectives of penitentiary resocialisation, which, in a broader sense, involve bringing about an inner transformation in the convict. The starting point for that transformation is the question of change in his or her life.

According to Dorota Kubacka-Jasicka, from the psychological point of view, change should be approached as any other natural and unavoidable phenomenon. Human beings function in a changing world and therefore experience new situations that encourage their development, which is accompanied by changes that are mostly beyond their control. The influence they can have on them, in spite of their biological limitations, is made possible thanks to their

⁴ Dz. U. z 2020 r. poz. 568.

⁵ Ustawa z dnia 6 czerwca 1997 r. - Kodeks karny wykonawczy (Dz. U. z 2020 r. poz. 523, ze zm.).

⁶ D. Sarzała, Resocjalizacyjny wymiar dozoru elektronicznego jako nieizolacyjnego modelu wykonywania kary pozbawienia wolności, „Lubelski Rocznik Pedagogiczny” 2016, t. XXXV, z. 2, s. 167-169.

psychophysical plasticity. By functioning specifically in the physical, cognitive and socio-emotional domains, they create their own vision of the world and themselves. In that sense, they become the creators of their internal and external changes⁷. Małgorzata Czerska⁸ notes that it is a person's own activity that pushes them to take further action. Therefore, it is important for that person to be adequately supported through having his or her positive attitudes shaped towards pro-social behaviour, and being motivated to be active and develop his or her interests. However, the author emphasises that a person may develop resistance to change, originating from the influence of the social group (e.g. pressure from fellow inmates), in oneself (change) (e.g. fear of being held responsible for one's actions), in the organisation of the change process (e.g. negative consequences of positive change in the form of experiencing violence from fellow inmates) and in personality traits.

This view is supported by Anna Paszkowska-Rogacz and Małgorzata Tarkowska⁹, who claim that readiness to change may depend on e.g. the nature of these changes. They identify the components of readiness to change: ingenuity, optimism, risk-taking, drive, adaptability and self-confidence, and tolerance of uncertainty. They see ingenuity as the ability to seize every opportunity to accomplish goals and also as the ability to make "something out of nothing". Ingenious people are, therefore, characterised by their belief in the possibility of finding a solution in any situation and their creativity in this area. Optimism is reflected in an enthusiastic attitude towards the explored reality. Optimists look for opportunities rather than focus on certain limitations. Bold persons, on the other hand, embrace risk because they see life as an adventure. They are constantly active, often putting themselves in danger. They hate monotony and stagnation, which is why, more often than not, they are the initiators of change. Passionate persons rarely succumb to fatigue, but they can be very stubborn, and thus susceptible to professional burn-out. They undertake and passionately carry out arduous tasks. Persons with high adaptability skills do not break down in face of failure and learn from their mistakes. If they are not successful in a given task, they change plans to suit their abilities and the situation they are in. Resilience is a quality characterising people for whom their own status and position are immaterial. They enjoy the present and future life rather than look back to the past. Self-confident persons have faith in their own assets. They have a sense of self-worth and control

⁷ D. Kubacka-Jasiecka, Psychologia wobec problematyki zmiany, w: Człowiek wobec zmiany. Rozważania psychologiczne, red. D. Kubacka-Jasiecka, Kraków 2002, s. 11-17.

⁸ I. Nowakowska-Buryła, Gotowość do zmiany a nabywanie kompetencji międzykulturowych przez nauczycieli wczesnej edukacji – o potrzebie eksploracji zagadnienia, „Annales Universitatis Mariae Curie-Skłodowska” sectio J, 2019, vol. XXXII, z.2, s. 101-102.

⁹ A. Paszkowska-Rogacz, M. Tarkowska, Metody pracy z grupą w poradnictwie zawodowym, Warszawa 2004, s. 209-215.

over their lives. They believe that failures are essential in life as they offer invaluable lessons. Tolerance of uncertainty is characteristic of persons who believe that nothing is certain. They are prepared for unforeseen circumstances. They are patient and do not expect quick results.

Psychology, as well as penitentiary resocialisation pedagogy, have in recent years focused attention on resiliency, i.e. a personality trait, which is a relatively fixed human resource marking a person's mental resilience¹⁰. It is extremely important especially in difficult situations in which one has to adapt, which suggests that convicts should feature a high level of it. That is because, at a certain point in their lives, they have found themselves in a new and unfamiliar reality of prison. An inmate exhibiting a high level of resilience perceives his or her stay in prison as a challenge and a trial testing their competence. They remain emotionally stable and, when faced with adversities, seek effective ways of resolving it¹¹.

Irena Murdecka purports that *resilience* (as translated by the author) fits in with the premises of creative prevention, in which it is important to build on a person's natural strength and assets. Their role is to prevent the occurrence of undesirable behaviour by reinforcing positive personality traits. Furthermore, resilience holds an important place in the concept of creative re-socialisation, which is less concerned with diagnosing and exploiting the deficits of inmates or juveniles in pedagogical work, and more with their potential capacities. For this reason, it plays a significant role in the rehabilitation activities of the resocialisation educators at the level of looking for practical implementations for potential resocialisation, i.e. in the prevention of social maladjustment, and at the level of actual resocialisation in the case of imprisoned persons. In the author's opinion, the concept of *resilience* is consistent with the socio-ecological concept of human development, which insists that each person holds factors for development, in the microsystem, the ecosystem and the macrosystem. Hence the significance of identifying and subsequent enhancement of a variety of resources. Thanks to *resilience*, it is possible to effectively adapt to the environment, even when it changes, as is the case with incarceration in a penitentiary facility. Moreover, a person can identify the opportunities arising from such a change and use them in a creative manner. He or she learns to respond in an effective way by flexibly adapting the strategies employed. He or she avoids rigid thinking, as well as emotional response and action, which helps prevent giving up in face of difficult situations and abandoning important life goals, and fosters enjoyment of life¹².

¹⁰ Z. Juczyński, Health-related quality of life: theory and measurement, „Acta Universitatis Lodzensis Folia Psychologia” 2006, nr 10, s. 3-15.

¹¹ Por. N. Ogińska-Bulik, Z. Juczyński, Skala pomiaru prężności - SPP-25, „Nowiny Psychologiczne” 2008, nr 3, s. 39-56.

¹² I. Mudrecka, Wykorzystanie koncepcji «resilience» w profilaktyce niedostosowania społecznego

The purpose of this article is to analyse selected determinants of readiness to change and the correlations between them among inmates which both are, or have been in the past included, in the Electronic Monitoring System.

2. Basics of the Author's Own Research Methodology

It has been assumed that when sentencing a penalty to be served under the electronic monitoring system, the court should consider the results of a diagnosis that would take into account the factors determining the effectiveness of the EMS. It is therefore important to identify predictors of readiness to change in inmates¹³. Hence, the study sought to identify selected determinants of readiness to change in inmates that have served a sentence of electronic monitoring in the past.

In order to achieve this objective, the following detailed questions were formulated:

1. To what extent do persons who in the past have and have not been subject to the electronic monitoring system rate their readiness to change and its different components?
2. To what extent do persons who in the past have and have not been subject to the electronic monitoring system rate their resilience and its different components?
3. Is there a correlation between readiness to change and resilience in inmates in the context of prior electronic monitoring, and if so, what is it?
4. What are the determinants of readiness to change in inmates who, in the past, have been and who have not been subject to the EMS?

Given the nature of the specific questions (about correlations), working hypotheses were formulated for questions 3 and 4. Nevertheless, due to their innovative nature, they cannot be substantiated on the basis of other authors' research results.

Hypothesis to question 3:

It is presumed that there will be a correlation between readiness to change and resilience in the inmates taking part in the study, irrespective of their experience of serving their sentence under the EMS. An increase in readiness to change scores will be accompanied by an increase in resilience scores.

I resocjalizacji, „Resocjalizacja Polska” 2013, nr 5, s. 59-60

¹³ A. Lewicka-Zelent, Doświadczenia i wyobrażenia osadzonych związane ze skutecznością dozoru elektronicznego, „Resocjalizacja Polska” 2021, nr 22, s. 480.

Hypothesis to question 4:

It is presumed that the predictors of inmates' readiness to change will be: resilience and their age, regardless of whether they have served their sentence under the EMS or not.

The survey was conducted in the second half of 2019, in 8 penitentiary facilities, by means of a diagnostic survey method. In observance of the principle of anonymity of respondents, the authors used the paper-and-pencil approach. Respondents addressed the statements contained in two different research tools: the Readiness to Change Questionnaire and the Resilience Measurement Scale.

The Readiness to Change Questionnaire (RCQ), by R.J. Kriegel and D. Brandt¹⁴ in the translation of A. Paszkowska-Rogacz, consists of 35 statements rated on a 6-point scale, where 1 means *Strongly disagree* and 6 means *Strongly agree*. The questionnaire is used to assess seven traits: (1) *ingenuity*, (2) *drive (passions)*, (3) *self-confidence*, (4) *optimism*, (5) *risk-taking (boldness)*, (6) *adaptability* and (7) *tolerance of uncertainty*. An optimal score for each of the traits is 22-26 points¹⁵. Through the application of the tool, it is possible to "check one's own strengths and weaknesses"¹⁶. The reliability coefficient for the results of the research presented in this paper amounted to $\alpha=0.915$.

The Resilience Measurement Scale (RMS-25) by N.Ogińska-Bulik and Z. Juczyński consists of 25 items, which include the dimensions of: (1) *perseverance and determination in actions*, (2) *openness to new experiences and a sense of humour*, (3) *personal coping competence and tolerance of negative emotions*, (4) *tolerance of failure and treating life as a challenge*, and (5) *optimistic attitude towards life and the ability to mobilise in difficult situations*. Each issue has been rated on a 5-point Likert scale, where 0 means Definitely no and 5 means Definitely yes. Scores can range from 0 to 100 points. The higher the score, the higher the resilience¹⁷. The scale has a very high reliability coefficient for the results presented in this paper ($\alpha=0.917$), and is higher than that of the authors' ($\alpha=0.89$). The overall raw score of the RMS-25 can be converted into stens which allows for the determination of resilience in test subjects.

Statistical analyses were conducted using IBM SPSS Statistics software, version 26. In order to answer the research questions posed, descriptive statistics, Pearson correlation

¹⁴ R.J. Kriegel, D. Brandt, *Sacred cows make the best burgers*, HarperBusiness, Pymble, N.S.W 1996.

¹⁵ A. Paszkowska-Rogacz, M. Tarkowska, *Metody pracy...*, s. 209-215.

¹⁶ M. Czechowska-Bieluga, *Gotowość do zmian życiowych – propozycja warsztatu metodologicznego*, „Edukacja - Technika - Informatyka” 2017, t. 19, nr 1, s. 159.

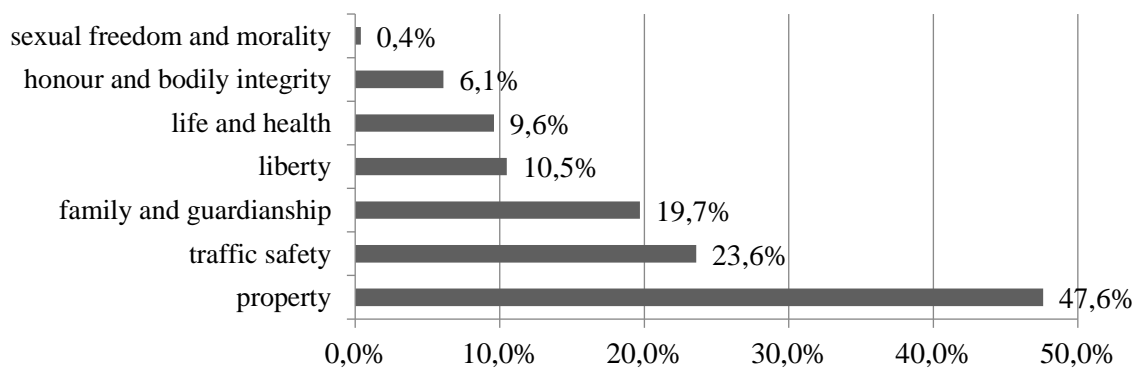
¹⁷ N. Ogińska-Bulik, Z. Juczyński, *Skala pomiaru...*, 39-56.

coefficient (r), Student's t -test and stepwise regression were used.

2.1. Study Participants

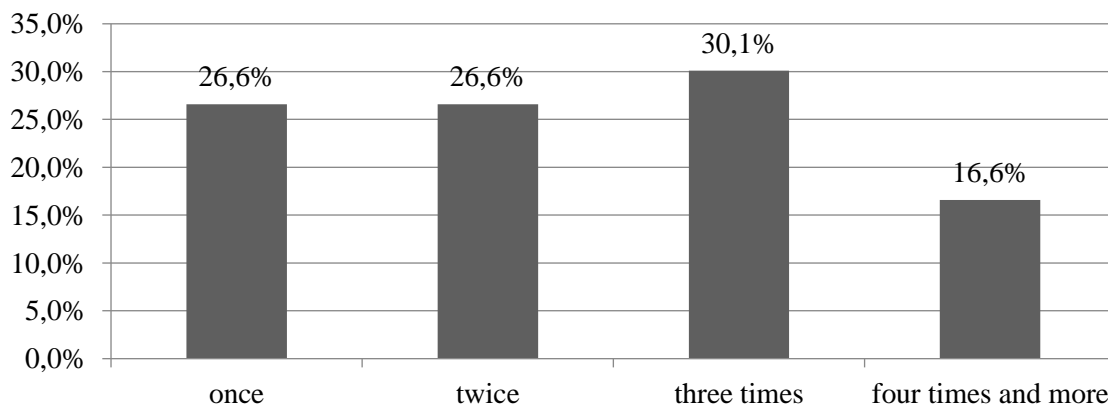
The study covered 229 inmates aged 19-68 years ($M_{age}=37.45$; $SD=10.58$) who, at the time of the study, remained in prison where they were serving an average of more than 13 months ($SD=22.13$) of imprisonment primarily for offences against: property (48%), traffic safety (24%) and family and guardianship (20%). The inmates taking part in the study were also serving sentences for offences against: liberty (11%), life and health (10%), honour and bodily integrity (6%) and sexual freedom and morality (0.4%). Details of the results are presented in Figure 1.

Figure 1. Proportion of respondents per type of offence committed



Most of the respondents had a previous criminal record (73%). Most often, they had been sentenced three times (30%) or twice (27%). Detailed information are presented in Figure 2.

Figure 2. Proportion of respondents per number of penal penalties



The respondents were divided into two groups of people. The first group included those inmates who had been under the electronic monitoring system in the past ($N=100$). The average duration of monitoring was 5.97 months ($SD=3.92$). The second group comprised persons who had not previously served their sentence under the EMS ($N=129$).

3. Results of the Author's Research

The foundation of any analysis is the calculation of descriptive statistics. The minimum and maximum values, mean and standard deviation are provided in Table 1.

Table 1. Descriptive statistics of the distribution of the RCQ and RMS-25 scales among surveyed inmates

Scales	N	Min	Max	M	SD
RCQ-I	215	6	30	19.63	4.70
RCQ-D	217	5	30	19.84	4.50
RCQ-SC	217	5	30	19.21	4.33
RCQ-O	216	5	29	17.14	4.56
RCQ-RT	218	5	30	16.19	5.00
RCQ-A	217	5	30	16.99	4.41
RCQ-TU	217	5	30	14.91	4.43
RCQ	218	59	158	123.17	11.80
RMS-PDA	214	5	20	15.18	3.20
RMS-ONE	215	6	20	15.22	3.06
RMS-PCC	215	5	20	14.68	3.27
RMS-TFC	216	6	21	14.81	3.19
RMS-OA	210	6	20	14.30	2.92
RMS-25	216	21	100	73.51	14.69

N — number of observations, Min — minimum, Max — maximum, M — mean, SD — standard deviation, $RCQ-I$ — ingenuity, $RCQ-D$ — drive (passions), $RCQ-SC$ — self-confidence, $RCQ-O$ — optimism, $RCQ-RT$ — risk-taking (boldness), $RCQ-A$ — adaptability, $RCQ-TU$ — tolerance of uncertainty, RCQ — total score, $RMS-PDA$ — perseverance and determination in action, $RMS-ONE$ — openness to new experiences and a sense of humour, $RMS-PCC$ — personal coping competence and tolerance of negative emotions, $RMS-TFC$ — tolerance of failure and treating life as a challenge, $RMS-OA$ — optimistic attitude to life and ability to mobilise in difficult situations, $RMS-25$ — total score

The analysis of the collected results evidences that for the first dimension of readiness to change, i.e. ingenuity, the mean value was 19.63 (SD=4.70). This means that inmates feature a high ability to use any situation to achieve their own goals. They can make "something out of nothing". The following two dimensions *Drive* (M=19.84; SD=4.50) and *Optimism* (M=19.21; SD=4.33) show comparable results.

This suggests that, on the one hand, respondents are less likely to succumb to fatigue while potentially burning out faster, and on the other hand, they exhibit enthusiasm for novelty. The results relating to *Risk taking* (M=16.19; SD=5.00), *Adaptability* (M=16.99; SD=4.41) and *Tolerance of uncertainty* (M=14.91; SD=4.43) show average intensity.

The total score obtained in the RCQ (M=123.17; SD=11.80) indicates a high intensity of readiness to change in the inmates subject to the study.

The mean value of the second variable analysed – *Resilience*, understood as the predisposition to cope with the follow-up of negative experiences, amounts to 73.51 (SD=14.69). The raw score falls within the sixth sten, which can be interpreted as average. Inmates show average levels of: perseverance and determination in actions, openness to new experiences and a sense of humour, personal coping competence and tolerance of negative emotions, tolerance of failure and treating life as a challenge, optimistic attitude towards life and the ability to mobilise in difficult situations (Table 1).

Table 2. Summary of analysis by Student's *t*-test for independent data of intensity of readiness to change (RCQ) and resilience (RMS-25) for persons who have been and have been not subject to the EMS in the past

Scales	Persons under the EMS		Persons never having been under the EMS		<i>t</i>	<i>p</i>	<i>d</i>
	M	SD	M	SD			
RCQ-I	18.83	5.24	20.26	4.15	-2.16	0.032	-0.33
RCQ-D	19.59	4.66	20.03	4.38	-0.72	0.473	-0.10
RCQ-SC	18.73	4.12	19.59	4.47	-1.46	0.145	-0.20
RCQ-O	16.87	4.95	17.35	4.24	-0.77	0.444	-0.11
Scales	Persons under the EMS		Persons never having been under the EMS		<i>t</i>	<i>p</i>	<i>d</i>
	M	SD	M	SD			
RCQ-RT	16.71	5.34	15.78	4.69	1.37	0.173	0.19

RCQ-A	16.76	4.57	17.17	4.29	-0.69	0.494	-0.09
RCQ-TU	15.22	4.68	14.67	4.24	0.90	0.367	0.12
RCQ	121.41	13.35	124.55	10.27	-1.97	0.051	-0.27
RMS-PDA	15.02	3.49	15.31	2.98	-0.64	0.521	-0.09
RMS-ONE	15.10	3.29	15.32	2.88	-0.53	0.598	-0.07
RMS-PCC	14.48	3.50	14.83	3.09	-0.76	0.446	-0.10
RMS-TFC	14.50	3.31	15.05	3.09	-1.26	0.211	-0.17
RMS-OA	14.30	3.17	14.29	2.74	0.04	0.972	0.01
RMS-25	72.17	16.52	74.55	13.01	-1.18	0.239	-0.16

Analysis by Student's *t*-test (Table 2) for independent samples showed that the *Ingenuity* score substantially varied in statistical terms depending on whether or not it related to those previously under the electronic monitoring system, $t(173,551)=-2.16$; $p<0.05$; Cohen's $d = -0.33$. The mean score of *Ingenuity* among inmates who have never been under the EMS ($M=20.26$; $SD=4.15$) is statistically considerably higher than the mean score obtained in the group of those who have previously been under the EMS ($M=18.83$; $SD=5.24$). Notably, the results indicated that there is a trend for inmates who have no personal experience of the EMS to rate their readiness to change at higher levels ($p=0.051$). For the other variables analysed, there are no statistically significant differences, which means that the compared groups of inmates yielded similar mean values with regard to both the total score in the RMS-25 and the individual scales forming part of this research tool and the RCQ.

In the course of further statistical analyses, existing correlations between readiness to change and resilience in inmates were verified (Table 3). The verification was carried out with a division between those previously under the EMS and those not in the system.

The results in Table 3 show that, in the case of *Ingenuity*, positive correlations exist with all dimensions of *Resilience* and the total score, regardless of the respondents' membership in the respective inmate group. The strongest correlation can be found in the group of people previously under the SDE between *Ingenuity* and *Personal coping competence* and *Tolerance of negative emotions* ($r=0.609$; $p<0.001$) and the overall Resilience score ($r=0.503$; $p<0.001$).

Table 3. The correlation of readiness to change (RCQ) and resilience (RMS-25) distributed between persons who have been and have not been under the EMS in the past

		RCQ-I		RCQ-D		RCQ-SC		RCQ-O		RCQ-RT		RCQ-A		RCQ-TU		RCQ	
		r	p	r	p	r	p	r	p	r	p	r	p	r	p	r	p
Inmates who have been under monitoring	RMS-PDA	0.412**	0.000	0.349**	0.001	0.366**	0.000	0.023	0.826	-0.160	0.125	-0.087	0.410	-0.393**	0.000	0.262*	0.011
	RMS-ONE	0.464**	0.000	0.281**	0.006	0.394**	0.000	0.078	0.461	-0.015	0.886	-0.068	0.518	-0.279**	0.007	0.279**	0.007
	RMS-PCC	0.609**	0.000	0.423**	0.000	0.343**	0.001	-0.045	0.670	-0.204	0.050	-0.251*	0.015	-0.409**	0.000	0.272**	0.008
	RMS-TFC	0.472**	0.000	0.339**	0.001	0.368**	0.000	-0.72	0.494	-0.127	0.223	-0.216*	0.036	-0.349**	0.001	0.235*	0.022
	RMS-OA	0.389**	0.000	0.234*	0.028	0.353**	0.001	-0.069	0.525	-0.067	0.535	-0.086	0.421	-0.197	0.065	0.137	0.201
	RMS-25	0.503**	0.000	0.383**	0.000	0.421**	0.000	0.060	0.569	-0.127	0.221	-0.180	0.083	-0.337**	0.001	0.389**	0.000
Inmates who have never been under monitoring	RMS-PDA	0.370**	0.000	0.381**	0.000	0.496**	0.000	-0.130	0.158	-0.361**	0.000	-0.096	0.298	-0.437**	0.000	0.087	0.344
	RMS-ONE	0.369**	0.000	0.324**	0.000	0.410**	0.000	0.036	0.698	-0.305**	0.001	-0.103	0.263	-0.379**	0.000	0.161	0.080
	RMS-PCC	0.336**	0.000	0.365**	0.000	0.413**	0.000	0.012	0.896	-0.312**	0.001	0.004	0.969	-0.353**	0.000	0.265**	0.003
	RMS-TFC	0.452**	0.000	0.343**	0.000	0.410**	0.000	0.014	0.882	-0.295**	0.001	-0.005	0.956	-0.296**	0.001	0.326**	0.000
	RMS-OA	0.330**	0.000	0.325**	0.000	0.386**	0.000	-0.007	0.940	-0.225*	0.014	-0.047	0.610	-0.322**	0.000	0.182*	0.048
	RMS-25	0.442**	0.000	0.446**	0.000	0.506**	0.000	-0.029	0.755	-0.384**	0.000	-0.058	0.528	-0.447**	0.000	0.291**	0.001

r — Pearson correlation coefficient, *p* — significance level, *RCQ-I* — ingenuity, *RCQ-D* — drive (passions), *RCQ-SC* — self-confidence, *RCQ-O* — optimism, *RCQ-RT* — risk-taking (boldness), *RCQ-A* — adaptability, *RCQ-TU* — tolerance of uncertainty, *RCQ* — total score, *RMS-PDA* — perseverance and determination in action, *RMS-ONE* — openness to new experiences and a sense of humour, *RMS-PCC* — personal coping competence and tolerance of negative emotions, *RMS-TFC* — tolerance of failure and treating life as a challenge, *RMS-OA* — optimistic attitude to life and ability to mobilise in difficult situations, *RMS-25* — total score * $p < 0,05$; ** $p < 0,01$

In the case of the next dimension of readiness to change, that is drive (passion), there is also a positive correlation in both groups, with all dimensions of *Resilience* and the total score. For the most part, these correlations are moderate in nature, and only for inmates previously under the EMS is there a faint correlation of *Drive (passion)* and *Openness to new experiences and a sense of humour* ($r=0.281$; $p=0.006$) and *Optimistic attitude towards life and ability to mobilise in difficult situations* ($r=0.234$; $p=0.028$).

Within the groups compared, significant correlations that are statistically positive exist between confidence and all dimensions of *Resilience* and the total score. In the vast majority of cases, it is a relationship of moderate strength. Only among those persons who have never been under the EMS does *Self-Confidence* correlate strongly with the overall *Resilience* score ($r=0.506$; $p<0.001$).

Another dimension of *Readiness to Change* that bears a statistically significant correlation with *Resilience* and its dimensions is *Risk taking*. In most cases, this relationship is moderately negative and only occurs in the group of people who have never been under electronic monitoring. However, in this respect, *Risk taking* correlates poorly: *Tolerance of failure and treating life as a challenge* ($r=-0.295$; $p=0.001$) and *Optimistic attitude towards life and ability to mobilise in difficult situations* ($r=-0.225$; $p=0.014$).

In statistically significant terms, *Adaptability* weakly negatively correlates only in those persons who have been previously subjected to EMS to *Personal coping competence* and *Tolerance of negative emotions* ($r=-0.251$; $p=0.015$) and *Tolerance of failure and treating life as a challenge* ($r=-0.216$; $p=0.036$).

For those previously under electronic monitoring, *Tolerance of uncertainty* mostly correlates moderately negatively with *Resilience* and its dimensions. The only exceptions are *Openness to new experiences and a sense of humour*, which has a weak negative result ($r=-0.279$; $p=0.007$), and *Optimistic attitude towards life and the ability to mobilise in difficult situations*, where no statistically significant relationship can be observed. Across the group of inmates who have never been under the EMS, *Tolerance of uncertainty* also mostly correlates moderately negatively with *Resilience* and its dimensions. Only for *Tolerance of failure and treating life as a challenge* is the relationship weakly negative ($r=-0.296$; $p=0.001$).

The *Readiness to Change* total score tends to correlate poorly with most dimensions of *Resilience* and its overall score. In the group of formerly electronically monitored individuals, the exceptions are *Optimistic attitude to life and the ability to mobilise in difficult situations* and the overall *Resilience* score. In the first case, there is no statistically significant correlation, while in the second – the statistically significant correlation is moderately positive ($r=0.389$;

$p<0.001$). Among those individuals who have never been subjected to EMS, a statistically significant correlation does not exist for *Perseverance and determination in action* and *Openness to new experiences and sense of humour*. By contrast, there is a moderate positive correlation with *Tolerance of failure and treating life as a challenge* ($r=0.326$; $p<0.001$).

In both of the analysed groups, *Optimism* does not correlate in a statistically significant way with *Resistance* and its dimensions.

The analysis of the collected material has also allowed an assessment of the relationship of *Readiness to Change* and its dimensions with the variables characterising inmates. It proved that there was a statistically significant correlation between the *Readiness to Change* total score and age for both persons who had previously been in the electronic monitoring system ($r=-0.256$; $p=0.012$) and those who had never been in the EMS ($r=-0.243$; $p=0.007$). In both cases it is negative and weak. On the other hand, in the group of inmates previously in the EMS, its duration correlates negatively only with *Optimism* ($r=-0.338$; $p=0.001$) and *Adaptability* ($r=-0.243$; $p=0.017$). The length of stay in prison and the number of served criminal sentences do not correlate in a statistically significant way with *Readiness to Change* and its dimensions.

In order to carry out a more detailed study of the collected material, a stepwise regression analysis was used for two groups of people: those who, in the past, had been and had been not subject to the EMS. In both analyses, the predictors were the dimensions of *Resistance* along with its total score, the age of the inmates, the length of stay in prison, the number of served criminal sentences and, for those previously under electronic monitoring, additionally the duration of the EMS. The dependent variable was the *Readiness to Change* total score.

Table 4. Stepwise regression results – dependent variable of Readiness to change total score for persons formerly under the EMS

INDEPENDENT VARIABLE COEFFICIENT	READINESS TO CHANGE $R=0.361$; $R^2 = 0.130$; $cR^2=0.119$; $F(1.77)=11.555$			
	β	B	t	p
Duration of EMS	-0.361	-1.078	-3.399	0.001

For the first group, i.e. inmates with a history of the EMS (Table 4), the regression coefficients showed that the exclusive statistically significant predictor was Duration of EMS (beta=-0.36; $p=0.001$). The standardised beta coefficient indicates that the longer the duration of the SDE, the lower the inmate's readiness to change. The proposed model turned out to be

well-fitted to the data $F(1.77)=11.56$; $p=0.001$ and explained 13% of the variance of the dependent variable ($R^2=0.13$).

Table 5. Stepwise regression results – dependent variable of Readiness to change total score for persons who had never been under the EMS

INDEPENDENT VARIABLE COEFFICIENT	READINESS TO CHANGE $R=0.327$; $R^2 = 0.107$; $cR^2=0.092$; $F(2.116)=6.958$			
	β	B	t	p
RMS-TFC	0.251	0.840	2.849	0.005
Age	-0.187	-0.164	-2.124	0.036

RMS-TFC – Tolerance of failure and treating life as a challenge

Completing a stepwise regression for the second group of convicts, i.e. those never in the EMS (Table 5), helps explain the 11% variance in the *Readiness to Change* total score ($R^2=0.11$). The model is similarly well fitted to the data $F(2.116)=6.96$; $p=0.001$. The strongest predictor turned out to be *Tolerance of failure and treating life as a challenge* ($r=0.25$; $p<0.005$). This result suggests that the more inmates tolerate the failures they experience, the higher their readiness to change. The second statistically significant predictor was found to be *Age* ($\beta=-0.19$; $p=0.036$), which demonstrates that the older the inmates are, the lower their readiness to change.

4. Discussion and Final Conclusions

The obtained empirical material made it possible to verify the formulated working hypotheses. Hypothesis to question 3 has turned out to be correct. Persons serving a custodial sentence show a directly proportional moderate correlation between *readiness to change* and resilience. This means that the higher inmates rate their readiness to change, the higher they rate their resilience. The established link between readiness to change and resilience is indirectly confirmed by the findings of other researchers. These confirm that resilient persons view adversities as a challenge. They are convinced of their own influence on decision-making and motivated to take action¹⁸. They handle stress more easily due to the strategies they use and how they adapt to new conditions¹⁹.

Considering that the respondents have proven to be highly ingenious, passionate and optimistic persons, it is worthwhile to turn one's attention in particular to the constructive strengthening of their averages: tolerance of uncertainty, predisposition to risk-taking and adaptability. However, this does not mean that no work should be carried out on those components of readiness to change that are currently at a high level, in line with, among others, the principles of creative resocialisation by Marek Konopczyński²⁰.

The moderate level of resilience exhibited by the surveyed individuals prompts reflection on reinforcing it, taking into account the past history of the inmates in terms of being included in the EMS. When it comes to the group of persons who have served a custodial sentence under the electronic monitoring system, slightly less attention can be paid to the development of an optimistic attitude towards life and the ability to mobilise oneself in difficult situations. Meanwhile, in the case of imprisoned persons who have never been subject to the EMS, less crucial factors for enhancing readiness to change include: personal coping competence and tolerance of negative emotions, tolerance of failure and treating life as a challenge, and an optimistic attitude towards life and the ability to mobilise oneself in difficult situations. All other elements of resilience remain in relationship to readiness to change, and as such require constant development.

Hypothesis posed for question 4 has been confirmed to a limited extent. In fact, it appeared

¹⁸ N. Ogińska-Bulik, Prężność psychiczna a zadowolenie z życia osób uzależnionych od alkoholu, „Alkoholizm I Narkomania” 2014, nr 27, s. 321.

¹⁹ N. Ogińska-Bulik, M. Zadworna-Cieślak, Rola prężności psychicznej w radzeniu sobie ze stresem związanym z egzaminem maturalnym, „Przegląd Badań Edukacyjnych” 2014, nr 19, s. 10.

²⁰ I. Mudrecka, Wykorzystanie koncepcji..., s. 59-60.

that different factors condition the readiness to change of inmates who had served their sentence under the EMS in the past as compared to those who had not. For those with personal experience of the electronic monitoring system, an important predictor was its duration. This implies the need to plan and then implement resocialisation programmes with convicts, especially at the beginning of electronic monitoring, a time when they are more ready to change. From a practical point of view of adjudicating of the electronic monitoring system, it may prove that short sentences are more effective than those spanning several months, which needs to be confirmed through research.

In contrast, in the group of inmates who had never been electronically supervised, predictors of readiness to change include a high tolerance of failure and treating life as a challenge, as well as younger age. In penitentiary practice, this means that the selection of rehabilitation practices targeted at persons serving a custodial sentence should take into account whether they have previously been subject to the EMS. If not, it is advisable to focus on having them develop effective ways of coping with failure. On the other hand, one should not forget that the intensification of resocialisation activities should concern the youngest people in prison. Implementing the postulates indicated in this paper will foster their readiness to undertake life changes, which is what the social readaptation process is actually about. The results of the studies conducted by Nina Ogińska-Bulik²¹ and Anna Paszkowska-Rogacz²² did not confirm differences in readiness to change and resilience in the younger and older respondents, although it must be emphasised that the authors' research does not study differences, but searches for predictors of such readiness in a specific group of convicts.

Notwithstanding the test results obtained, some inmates develop resistance to change, as all people do. Thus, according to Angelika Chimkowska²³, it is important to be aware that, in such situation, certain defence mechanisms are triggered. This helps focusing on finding constructive solutions to specific problems. When resisting change, people are most often likely to use denial, procrastination or rationalisation. For this reason, it can be observed that inmates downplay the value of the object of such a change. In this way, they convince themselves that the action is not worth the effort, as it will outweigh the benefits gained. Sometimes they procrastinate on certain activities, whose negative effects they are afraid of, which often culminates in abandoning them. On other occasions, they seek rational explanations for not

²¹ N. Ogińska-Bulik, *Prężność psychiczna ...*, s. 322.

²² A. Paszkowska-Rogacz, *Kulturowe i osobowościowe determinanty radzenia sobie pracowników banków ze zmianami organizacyjnymi*, „Przegląd Psychologiczny” 2004, t. 47, nr 4, s. 399.

²³ A. Chimkowska, *Psychologia zmiany w życiu i w biznesie*, Warszawa 2016, s. 76-77.

taking action to achieve change by resorting to logical arguments.

In the opinion of Ilona Nowakowska-Buryła²⁴, the process of increasing people's readiness to change benefits from social support. A prerequisite, however, is their willingness to change, which can be generated, for instance, by internal motives, reflections, but also suggestions, inspirations and pressure from the environment. The consistency of these factors increases the likelihood of the persons taking tangible actions. At that initial stage, it is not uncommon for them to feel ambivalent. Questions arise: "Is this the right moment for change? Am I ready? Do I have time for this? Can I make it? Is it worth it?", which are natural due to increased awareness of the effort and uncertainty accompanying the change. They are activated by contradicting emotions of this kind. It is therefore advisable to hold workshops and training sessions to enhance participants' readiness to change, preparing them to break through stagnation and routine²⁵.

In summary, the results obtained in the research prompt reflection on possible changes in the way the EMS is adjudicated. They reaffirm the importance of taking into account the level of readiness to change of the convicts sentenced to penal penalty, which is in line with the expectations of imprisoned persons²⁶.

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- ²⁶ A. Lewicka-Zelent, *Skuteczność odbytego dozoru elektronicznego w opinii skazanych mężczyzn*, „Resocjalizacja Polska” 2020, nr 20, s. 209.
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Legislation

1. Ustawa z dnia 7 września 2007 r. o wykonywaniu kary pozbawienia wolności poza zakładem karnym w systemie dozoru elektronicznego (Dz. U. Nr 191, poz. 1366, ze zm.).
2. Ustawa z dnia 6 czerwca 1997 r. – Kodeks karny wykonawczy (Dz. U. z 2020 r. poz. 523, ze zm.).
3. Ustawa z dnia 31 marca 2020 r. o zmianie ustawy o szczególnych rozwiązaniach związanych z zapobieganiem, przeciwdziałaniem i zwalczaniem COVID-19, innych chorób zakaźnych oraz wywołanych nimi sytuacji kryzysowych oraz niektórych innych ustaw (Dz. U. z 2020 r. poz. 568).