

Profile of Psychological Well Being of The Prisoners in Purworejo State Detention Center

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Abstract. This study claims to determine the profile of the mental health condition of Prisoners in Purworejo Detention Centers. This research is a preliminary study to look at the mental health of prisoners. These data it can be showed about the level of psychological well-being of every prisoner in detention center. The research uses action research methods. The study was carried out of the stage to diagnosis through the assessment process. Based on the assessment / examination of 129 fostered residents using mental health questionnaires, there were 13 prisoners who experienced severe psychological symptoms. The 13 prisoners psychological conditions experienced include, withdrawal, depression, self-injury, psychopathic tendencies, the idea of suicide, suicide attempts and severe anxiety. These conditions indicate that not fully prisoners has a healthy mental state. Of course these conditions have an impact on the psychological well-being of the inmates. Therefore, based on the assessment data, it is used as a benchmark for measuring the psychological well-being of prisoners. Based on the scale of psychological well-being, the level of psychological well-being is shown in the following categories: 0-60 (low psychological well-being), 61-121 (moderate psychological well-being), 122-180 (high psychological well-being). Based on the scale given to 13 WBP with severe psychological problems, it shows a total psychological welfare score of 1557 with an average of 119.7. These conditions indicate that the level of psychological well-being of prisoners is at a moderate level. This means that psychological well-being is quite good because of the support from the family and the detention center. The diagnosis data is the basis for conducting the next stage (action taking) by providing interventions in the form of prophetic psychotherapy for prisoners with the aim of strengthening mental health and improving psychological well-being.

Keywords: *Psychological Well Being, Prisoners, Purworejo State Detention Center*

1 Introduction

Many peoples are born with basic traits. In humans there are two basic traits that predominantly affect life, namely eros relating to love and other positive emotions and thanatos relating to the nature of one's aggressiveness and negative emotions related to aggressiveness (Piaget in Papalia, Old, and Fieldman; 2008). In addition to these basic characteristics, human behavior is also influenced by two environments in which to grow and develop. If someone is educated in a good environment then their behavior will also be good, but if someone is educated in a bad environment then the tendency for someone to behave negatively is also higher.

Aggressive behavior in a person will have an impact on others directly or indirectly. A person's uncontrolled aggressiveness will trigger crime in the form of small to large crime. Legally, a crime is an act that violates applicable laws or regulations and is legally recognized. According to Mustafa (2007) sociological-based criminology explains that crime is a pattern of behavior that is detrimental to society and is a pattern of behavior that gets a social reaction from the community. Someone who has been legally convicted and scouted by a Correctional Institution. Correctional Institutions or commonly known as Lapas as one of the law enforcement institutions is the estuary of criminal justice which impose prison sentences on convicts. Whereas a detention center or detention center is an institution where detainees await judicial proceedings until a verdict is issued. If the detainee has received a court decision then the detainee is transferred to the correctional institution (Lapas).

Based on the correctional data base system compiled from all UPT Lapas and Detention Centers in the Central Java Regional Office until August 2018, the total number of prisoners and prisoners amounted to 12,986 people. Based on the correctional data base system shows that the number of prisoners and prisoners in the Purworejo Detention Center Class B since January-August 2018 has increased and decreased. But based on the amount of capacity still meets the existing capacity / not overloaded. Of the 126 prisoners and prisoners were pre-centred into various cases in the Class II B Detention Center Purworejo, namely

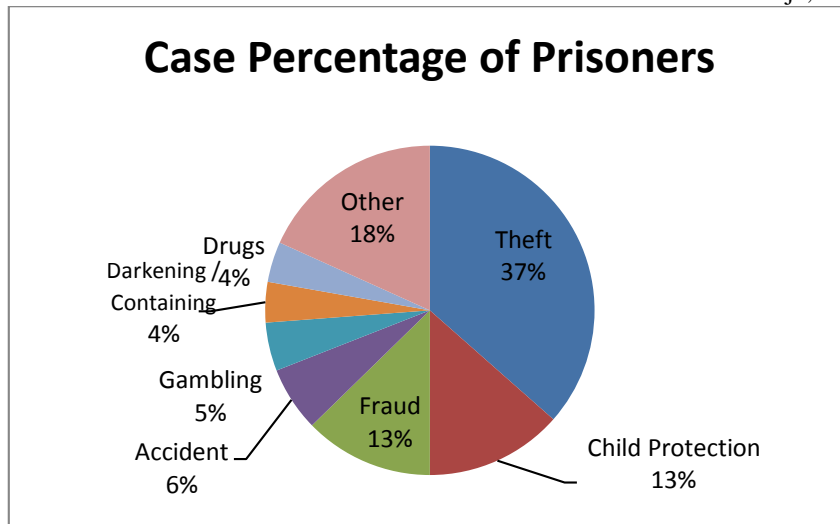


Diagram 1. Presentation of Prisoners case data at Purworejo Detention Center

The percentage of cases in the Purworejo Detention Center are representations of social problems in the community and continue to convict sentences. In the process of waiting for the demands of the prisoners and prisoners to live in detention. The life of a prisoner in a prison is certainly different from the life of someone who lives outside a detention center. They cannot feel freedom like a life outside detention center. This condition was stated by Mulyadi (2005) as a result that imprisonment is a form of crime that is deprivation of the convict's personal independence because of his placement in a prison room. According to Sykes (in Susilawati, 2002) the loss of independence includes the loss of heterosexual relations (loos of heterosexual), loss of freedom (loos of autonomy), loss of service (loos of good and service), and loss of security (loos of security), in addition to other pain, such as due

to bad prejudice from society (moral rejection of the inmates by society). The isolation experienced by prisoners has an effect that is, there is no social participation.

Prisoners are considered as an isolated part of society. Another effect that arises is the presence of inner pressures while in prison. These conditions can give rise to tendencies to shut down and run away from the traumatic reality. Someone who has been a prisoner has also had an impact on the difficulty of gaining trust from the community and is difficult to trust to be given responsibility, making it difficult for prisoners to get a job after they are released from prison. Based on interviews with the Head of the Detention Center, it is stated that detainees or prisoners who live in detention are experiencing fluctuating psychological conditions.

In this case psychologically someone who experiences legal problems will experience fear and worry when they first enter the detention center. This situation is caused by the adaptation process that they have to face while in detention. They will experience limited space to make it possible for residents to experience psychological shocks, ranging from stress, depression to aggression due to the discomfort felt by prisoners. Psychological shock will get worse when someone is faced with a decision handed down by the judiciary in relation to the length of prison term that will be served.

The condition of prisoners in Purworejo Detention Center, especially those who have just entered, still need an adaptation process because they have to be separated from their families, limited space for movement, negative stigma from the community as prisoners, fear of serving a long sentence. These conditions have an impact on the psychological prisoners, namely feelings of anxiety, fear, and even depression. The harshness of life in prison is also illustrated by Toch and Adams (Constanzo, 2008) that life in prison separates prisoners from the outside world and requires them to be separated from their loved ones and environment. Prisoners does not have the power to made decisions about important aspects of his life. WBP privacy in detention is also very minimal, especially those placed together in one cell. Prison officials can observe their behavior all the time. In addition there is a threat or reality of violence from fellow prisoners, from prisoners groups in detention centers. The description of life in prison above shows the pressures and harshness of life in prison, so that prisoners is very vulnerable to experiencing various problems that greatly affect its psychological well-being (Hutapea, 2011; Liwarti, 2013).

Psychological well-being, according to Synder & Lopez (2002), becomes the highest level of individual function as a human being and what he desires as a creature that has a purpose and will fight for his life's goals. Individuals who feel prosperous will be able to broaden their perception in the future and be able to shape themselves (Fredrickson, in Eid & Larsen, 2008). The existence of a feeling of well-being within will make the individual able to survive and interpret the difficulties experienced as his life experience. According to Campbell (in McDowell & Newel, 1996), psychological well-being is an individual condition without psychological distress. Psychological well-being is one of the multidimensional models of well being that describes the existence of positive evaluations of oneself and the past (self acceptance), the existence of quality relationships with others (positive relations with other), belief in the existence of a purpose of life (purpose of life), and the feeling of growing and developing as humans (personal growth) (Ryff & Keyes, 1995). Welfare (well-being) in the context of positive psychology at this time is very important in the development of the science of psychology and even many juxtaposed with religiosity. Based on previous research conducted by Sanjaya and Hartini (2012) shows that the amount of religiosity is positively correlated with psychological well-being of prisoners. Religiosity which in this case relates to

the transcendence of all matters of life to God is made to be one of the factors to achieve human psychological well-being.

Individuals who have a high level of religiosity are better able to interpret the events of his life positively so that his life becomes more meaningful. More specifically, psychotherapy with an Islamic approach includes several components. One part of the concept of Islamic-oriented psychotherapy is the prophetic (prophetic) method. According to Hamdani Bakran Adz-Dzakiey, a Sufi who has been in the world of Islamic psychotherapy since 1985 up to now said that many psychological problems that continue to emerge in Indonesia but Western psychology has not been able to provide comprehensive solutions. Therefore, he revealed a bit of the greatness of the Prophet Muhammad as a figure who has the existence, potential and personality of a perfect rabbani so that the essence and image of his prophecy become exemplary especially for Muslims in all aspects of his life. Islam which originates from Al-Qur'an and As-Sunnah as a complete and solutions to the various problems of life (Adz-Dzakiey, 2008).

One type of psychotherapy based on Islamic teachings and the teachings of the Prophet is Prophetic psychotherapy. Prophetic psychotherapy is the use of prophetic psychotherapy techniques or procedures that have a calming and healing effect on psychiatric disorders. Prophetic psychotherapy is a part of Islamic psychotherapy where the process of treatment and healing through the guidance of the Qur'an and the Sunnah of the Prophet SAW. Prophetic psychotherapy is carried out through two stages: First, tabiiyyah is a psychological treatment of diseases whose symptoms can be observed and felt by sufferers, such as feelings of anxiety, anxiety, sadness and anger. Second, shariyyah is a psychological treatment for a disease whose symptoms cannot be observed and cannot be felt by the sufferer, but it is really a dangerous disease because it can damage a person's heart (Al-Jauziyah, 2006). Islamic psychotherapy techniques through the prophetic approach can help psychological problems because of the pressure faced by prisoners in detention centers such as internal pressure from fellow prisoners, pressure due to the results of court decisions and lack of social support from the family. Islamic psychotherapy with a prophetic approach provides help to each individual to be physically and mentally healthy, or mentally healthy, spiritually and morally so that it will help prison residents achieve psychological well-being even though their freedom is limited while in detention.

2 Method

The researcher uses an action research approach. In action research, researchers describe, interpret and explain a social situation at the same time by making changes or interventions with the aim of improvement or participation (Madya, 2006). According to Davidson, Martinsons & Kock (in Pranungsari, 2012), this action research was founded on the assumption that theory and practice can be intimately integrated with learning from the results of planned interventions after a detailed diagnosis of the context of the problem. The action research cycle is entrance → diagnosis → action planning → intervention (action taking) evaluation → reflection → exit. This research is a pre-liminary study so that the action research process is carried out until the action planning stage. Respondents in this study are:

- a) Citizens fostered by Class II B detention center Purworejo are male and female.
- b) Serve a prison term of approximately 2 years.
- c) Muslim.

This study using instrument of psychological well-being questionnaire and prisoners risk leveling worksheet from DirjenPas. At this pre-liminary stage, researchers conducted an assessment using a risk leveling worksheet instrument so that they knew the risk factors that

might arise in prisoners to commit criminal behavior in the mild, moderate and high categories. In addition through the worksheet, researchers conducted in-depth interviews related to the psychological condition of the inmates. The psychological welfare scale is also used to see the psychological welfare profile of the prisoners in detention centers. After that, the psychological welfare scale at the pre-test stage is analyzed so that the level of psychological well-being at each prisoners can be seen. This pre-liminer study will show the profile of the target population and the level of psychological well-being of the target population during their detention in detention centers.

3 Discussion

Based on the results of the assessment using the prisoners risk leveling worksheet showed that there were 13 prisoners who experienced severe psychological symptoms. The 13 prisoners psychological conditions experienced include, withdrawal, depression, self-injury, psychopathic tendencies, suicidal thoughts, suicide attempts and severe anxiety. These conditions indicate that not fully prisoners has a healthy mental state. Of course these conditions can have an impact on the psychological well-being of the inmates. Therefore, based on the basic data the assessment is used as a benchmark for measuring the psychological well-being of prisoners. Based on the scale of psychological well-being, the level of psychological well-being is shown in the following categories: 0-60 (low psychological well-being), 61-121 (moderate psychological well-being), 122-180 (high psychological well-being). Based on the scale given to 13 prisoners with severe psychological problems, the total psychological well-being score was 1215 with an average of 93.46.

These conditions indicate that the level of psychological well-being of prisoners is at a moderate level. This means that psychological well-being is quite good because of the support from the family and the detention center. The trustees in the detention center monitor every development of the target people and provide legal and psychological assistance. The diagnosis data is the basis for conducting the next stage (action taking) by providing interventions in the form of prophetic psychotherapy for prisoners with the aim of strengthening mental health and improving psychological well-being.

3 Conclusions

The assessment at the pre-liminary stage is able to provide an overview of the psychological condition of all the target residents. From the results of the assessment, there were 13 fostered residents who experienced severe psychological disorders and needed assistance. This condition also affects the level of psychological well-being of the target people. Based on the scale, the average level of psychological well-being is at a moderate level. This showed that even though the fostered residents have to undergo a long detention period, the existence of a strong social support system, both from the family and the detention center (guardians) makes the prisoners able to adapt well in detention centers. In addition, fostered residents strengthen one another, surrender and sincere to the conditions experienced at this time.

Related parties (guardians, family, the Ministry of Justice and Human Rights, psychologists, and social workers) can use the results of this pre-liminary study to provide the right program so as to minimize psychological disorders and improve psychological well-being of the target population.

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