

Level Of Psychological Well-Being Among Prisoners

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Abstract

Changes in lifestyle by being required to be isolated result in more difficult to self and social adjustment for prisoner. Psychological well-being is a prosperous mental condition that allows a person to conduct a self-evaluation, while feelings of disappointment with the situation have an impact on psychological well-being, resulting in psychosocial problems. The purpose of this study was to describe the psychological well-being of prisoners. The research method using quantitative descriptive. This research was conducted in Lapas Class IIB Garut, 90 prisoners were obtained by purposive sampling technique. The instruments used were Ryff's Psychological Well-Being Scales (RPWBS). Data were analyzed using descriptive statistics presented in the frequency distribution table. The results showed that in general the psychological well-being of prisoners were in the high category (58.9%). However, there are two dimensions which are included in the low category, namely the dimensions of self-acceptance and personal development. Therefore, the attention of nurses is needed by prisoners especially in psychological condition issue, which is expected to maintain and improve the psychological well-being of the prisoners.

Keywords: Prison, prisoners, psychological well-being.

Introduction

The prisoner is a term for individuals who have been convicted and thus served a criminal period in a correctional facility. Prisoner is required to adapt to a new environment that is isolated from the outside community. Having status as a prisoner has an impact on the emergence of feelings of shame towards oneself, and makes a separate source of health (Handayani & Tri, 2010). In addition, impact on the difficulty of gaining trust from the community (Pratama & Farkhan, 2016).

According to several studies, the prison environment is the main stressor experienced by prisoners, resulting in psychological problems such as feelings of anxiety, withdrawal to depression. Maladaptive reactions to stressors can occur within 3 months of the onset of the stressor and last no more than 6 months, this response is considered maladaptive because there are barriers to social function. Maladaptive responses to feelings can lead to depression, extreme sadness, hopelessness, anxiety and worry, while maladaptive responses to behavior include behavior that violates prevailing norms and regulations (Townsend, 2009).

Based on Utami's research (2019) regarding depression in prisoners, there were 12.2% mild depression, 54.4% moderate depression, and 26.7% major depression. Basically, everyone wants to live in prosperity, as well as the prisoners. Psychological well-being is a condition without psychological distress and feeling happy in Campabell (Handayani & Tri, 2010).

Meanwhile, according to Ryff (2014), psychological well-being does not only describe conditions that are free from distress, but the condition of individuals who are capable of themselves, have warm relationships with others, mastery of the environment, believe that their lives have purpose and meaning, the ability to determine actions independently, and be able to realize potential continuously. Based on the concept of Ryff and Keyes (1995), psychological well-being is divided into several dimensions including self-acceptance, positive relationships with others, independence, environmental control, determination of life

goals, and personal development.

Based on the literature study, the factors that influence the achievement of psychological well-being are internal factors, which consist of age, gender and external factors, culture and religiosity, and social support. Based on the concept of Ryff and Keyes (1995), sex difference is one of the factors in achieving psychological well-being, compared to men in fulfilling the dimensions of psychological well-being, women have a higher rate. Strengthened by Sugiarto (2010), that men are unable to express their emotions, tend to deny their problems.

Individuals who are able to achieve feelings of well-being will be able to expand their perceptions in the future, be able to shape themselves so that they are able to survive and interpret adversity as life experiences. Wasilah (2014) showed that most of prisoners (56.4%) are unable to achieve psychological well-being. This is in line with Pratama and Farkhan (2016), which stated that the inability of prisoners to achieve psychological well-being results in the absence of feelings of happiness, which results in poor relationships with other people and the ease of experiencing feelings of anxiety to depression. An individual's inability to achieve psychological well-being has an impact on his psychological condition, so he tends to experience psychological problems such as high anxiety, prolonged fear and sadness, to feeling hopeless (Jusnita & Hidajat, 2013).

Nurses are the spearhead in health services, nurses view clients as holistic creatures consisting of bio-psycho-socio-cultural and spiritual aspects (Keliat et al, 2015). Thus, nursing care cannot be separated from psychological aspects, fulfilling the psychological aspects of prisoners is one of the arrangements for nursing personnel as a promotional, preventive, curative, and rehabilitative effort in physical and psychological problems.

The results of the preliminary study of 3 prisoners found several cases of violations committed by prisoners who had been serving their criminal period for more than one year, ranging from fights to attempted suicide. The emergence of worries about the future and feelings of discomfort with the

environment and with fellow prisoners, which is indicated by cases of fights and a lack of self-acceptance in the emergence of feelings of wanting to end life. This showed a lack of achievement in accepting both positive and negative aspects of themselves, less harmony with others, and an inability to cope with social pressure, this can have an impact on the achievement of psychological well-being. The purpose of this study was to describe the psychological well-being of prisoners.

Research Method

The type of research used was descriptive quantitative research. The population in this study were 862 prisoners in Lapas Class IIB Garut. As much as 90 prisoners were obtained by purposive sampling technique. The inclusion criteria in this study were prisoners who could read, had served an occupancy

period of ≥ 3 months and were sentenced to have served a sentence of ≥ 6 months.

The instrument in this study was the Indonesian version of the RPWBS (Ryff's Psychological Well-Being Scales) questionnaire, with a reliability value (0.81-0.88) and a validity value (0.86-0.93). The research instrument consists of 42 statements consisting of positive and negative statements covering the six domains of psychological well-being and using the mean and or median value as the cut of point.

The data collection process was carried out in the prison library hall assisted by prison officers by first giving informed consent to the respondents. During the data collection process, researchers received supervision and escort from prison officers. This study received approval from the ethics committee of Universitas Padjadjaran with letter number 408/UN6.KEP/EC/2019.

Research Results

Table 1. Frequency Distribution of Respondents Characteristic in Lapas Klas IIB Garut (n=90)

Characteristics	Cathegory	f	%
Age	20 – 30 years old	49	54.4
	31 -40 years old	27	30
	40 -50 years old	9	10
	>50 years old	5	5.6
Education Level	No school	1	1.1
	Primary school	6	6.7
	Junior high school	26	28.9
	Senior high school	50	55.6
	College	7	7.8
Marital Status	Out of marriage	44	48.9
	Married	43	47.8
	Divorce	3	3.3
Length of Punishment	<2 years	4	4.4
	2 – 5 years	47	52.2
	>5 years	39	43.3

Table 1 showed that most of the respondents are 20-30 years old 49 prisoners (54.4%), most of the respondents are high school education level 50 prisoners (56.6%), almost half of the respondents are unmarried 44 prisoners (48.9%), most of the respondents are serving a sentence of 2-5 years 47 prisoners (52.2%).

Table 2. Frequency Distribution of Psychological Well-Being Level in Prisoners (n=90)

Psychological well-being	f	%
High	53	58.9
Low	37	41.3

Table 2 showed that the level of psychological well-being of prisoners in Lapas Klas IIB Garut, most of the respondents 53 prisoners (58.9%) were in the high category.

Table 3. Frequency Distribution of Psychological Well-Being Level in Prisoners Based on Dimension (n=90)

Psychological Well-being Dimension	High		Low	
	f	%	f	%
Self-acceptance	38	42.2	52	57.8
Positive relationship with others	46	51.1	44	48.9
Independence	46	51.1	44	48.9
Control of environment	51	56.7	39	43.3
Life goals	48	53.3	42	46.3
Personal development	41	45.6	49	54.4

Table 3 showed that the psychological well-being of prisoners based on each dimension, most respondents in the dimensions of positive relationships with others 46 prisoners (51.1%), independence of 46 prisoners (51.1%), control of the environment 51 prisoners (56.7%) , and the determination of life goals as much as 48 prisoners (53.3%). Meanwhile, the dimensions of self-acceptance and personal development were mostly dominated by low, 52 prisoners (57%) and 49 prisoners (54.4%).

Discussion

The results showed that most of the psychological well-being of prisoners in Lapas Class IIB Garut had a high psychological (58.9%). This is in line with the research of Pratama and Farkhan (2016) in Sragen, the emergence of a psychological feeling of prosperity in prisoners if they have good relationships with others, have a way of controlling the environment, so that they are able to create conditions that are in accordance with their psychological conditions, and have goals: live to be a better person.

Based on the results of the study, mostly 52 prisoners (57.8%) had low self-acceptance. Based on the concept of Ryff (2014), individuals who are less accepting of themselves are characterized by feeling dissatisfied with themselves, disappointed with what, disturbed about certain qualities that exist in themselves, and hoping to become a different person. According to

the study Pratama and Farkhan (2016), the inability of an individual to accept himself, both positively and negatively, occurs when there is a lack of trust from others in him. According to Ardilla and Herdiana (2013), factors that support the dimension of self-acceptance in the form of a positive self-view, consistent family support, a pleasant attitude from a new environment (prison), and good social skills make a person experience negative as a positive lesson.

Most of prisoners in the dimension of positive relationships with others at high conditions (51.1%), based on Ryff's concept (2014), the achievement in this dimension is shown by establishing warm relationships and mutual trust with others, paying attention to welfare. others, have and show feelings of empathy.

Most of the prisoners (51.1%) were in the high category in the dimension of independence, this showed that most of the prisoners were able to cope with the social

pressure that occurred and were able to make decisions independently. Based on the dimensions of environmental control, most of the prisoners (56.7%), were in the high category. This is possible, because of the routine activity of sports programs between prisoners and visits from several families, so that prisoners are able to control the prison environment properly. This is in line with the research of Wahyuningsih and Surjaningrum (2013) which stated that social support and a person's physical health affect environmental control.

Based on the results of research on the dimensions of determining life goals, most of the prisoners (53.3%) were in the high category. Character in the dimension of determining life goals is having beliefs and views that can provide direction and purpose so that life has meaning in the past, present, and future (Ryff, 2014). On the personal development dimension, most of the prisoners were in the low category (54.4%). Based on Ryff (2014), individuals who have poor personal development are characterized by feeling themselves stagnating, not seeing self-improvement and development, feeling bored and losing interest in their life.

According to Ningtyas (2013), guidance is needed to form individuals who are able to realize and be able to realize their potential, therefore guidance is needed that leads to mental, spiritual, and physical development. This statement is in line with Ridwan (2017) which stated that religious awareness is needed so that faith can be reinforced, especially providing understanding so that prisoners can realize the consequences of good and wrong deeds, intellectual development which aims to increase the knowledge and thinking ability of prisoners, so that it can reflect on positive activities carried out during the coaching period, intellectual activities can be carried out through formal and non-formal education.

Conclusion

The results of this study concluded that the majority of respondents were able to achieve psychological well-being. However, there are two dimensions of psychological well-being, which are in the low category, namely the

dimensions of self-acceptance and personal development. So it is advisable for health services in prisons, especially nursing staff, to pay attention to the psychological conditions of prisoners, which are expected to maintain and improve the psychological well-being of prisoners.

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