

## Psychological Well-Being in Prison: An Early Adult Perspective

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### Abstract

*Prisoners tend to have mental issues that impair their psychological well-being and should find a means to achieve psychological well-being, especially if they are incarcerated. This study aimed to explore the personal experience of prisoners to find their psychological well-being. The participants in this study were inmates with diverse criminal histories. This study was conducted at one of the prisons in Central Java. In this study, the subject was identified utilizing a method of deliberate selection. The six respondents achieve psychological well-being by self-acceptance, exercising independence, improving themselves, keeping good relationships with others, and defining their surroundings, as determined by the findings of their interviews. Using member check and peer debriefing approaches, the validity of the data in this study was assessed. According to interviews conducted with social relations, the informants had difficulty adjusting to the new social environment upon entering prison. According to convicts, there was a need for adjustment to the new social environment in prison. However, according to all interviewees, the secret to socializing well while in prison is to adjust when speaking and communicating regularly.*

*Keywords: psychological well-being, prisoners*

### Introduction Section

There are now numerous family issues that can lead to infidelity, attempted suicide, murder, and even death. Murder is a deviant crime that can take the life of a person who kills purposefully or unintentionally; therefore, murder is an act that breaches the law by depriving individuals of their human rights to life (Tarigan et al, 2020). Yulianto (2016) did research discussing the culpability of the culprits for the attempted murder offense under Indonesian law. Individuals who conduct acts of violation will be subject to consequences and penalties, including both social and judicial sanctions. Meywan's (2016) research includes instances of premeditated murder, but because there were no eyewitnesses, this case could not be classified as either planned or unplanned. There is also a case of murder. On June 21, 2012, the Sidoarjo District Court rendered a verdict in the case of a 41-year-old man charged with murder. In the instance of PT Asabri (Persero), the BKK notified the government of the Rp. 22,780 trillion corruption-related loss. According to Kompas.com, fraud in the financial management of PT. Asabri between 2012 and 2019 resulted in state losses.

During their sentence, convicts are subject to restrictions imposed by Correctional Institution staff. The State Detention Center (Jail) is a facility that houses detainees whose cases are currently being investigated or have been determined by the court. Due to the stress in detention cells, Hilman and Indrawati (2017) found that inmates can encounter mental diseases, inner conflicts, and trauma to oneself. The connection between psychological well-being and other psychological issues, specifically the negative psychological impact experienced by the individual, will impede his development and might lead to self-doubt, so that accepting the situation as it is will improve his life.

Psychological well-being is a type of a person's accomplishment that can be realized in the form of self-acceptance, which can be demonstrated by a person's greater interest in his everyday activities (Anggarwati & Thamrin, 2019). The concept of psychological well-being is an individual's psychological profile. Psychological well-being is a term associated with how individuals feel about their daily activities. Individuals who can accept

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their strengths and weaknesses as they are, have positive relationships with others, are able to direct their own behavior, can develop their potential in a sustainable manner, can master their environment, and have life goals are said to be psychologically well (Yuliani, 2018). Individuals with high psychological well-being, according to Ryff (1989), are those who have good social support, have an internal locus of control (individual control), have a high level of education, and live in a good environment. Numerous studies on psychological well-being have been conducted, and it is recognized that the elements that influence psychological well-being vary amongst persons. These elements include age, gender, social standing, and culture (Azani, 2012).

According to prior research, the level of well-being in the Class III Kendari Women's Prison was classified as moderate (Suarni & Pambudhi, 2021). According to additional research, convicts aged 14-21 in Lamongan class IIB Lamongan exhibit low psychological well-being due to their inability to adjust (Putri & Rahmasari, 2021). According to the findings of Karnovinanda's research (in Arunita, 2021) on the prevalence of depression among prisoners, 75.4% of prisoners were depressed, with a depression rate of 24.6% among inmates who were not depressed or minimally depressed, mild depression at 28.7%, moderate depression at 38.5%, and major depression at 8.2%, indicating low psychological health. Based on the aforementioned research, it can be concluded that inmates' psychological well-being is low; therefore, it is vital to determine why prisoners' psychological well-being is low.

This study focuses on early adulthood, which is one of the developmental periods that signifies "completely grown" or "completed growing." In Indonesia, the age of 21 is regarded the limit of maturity; at this age, a person acquires his rights as a citizen, allowing him to carry out certain obligations, such as voting, legal responsibilities, and marriage, without the approval of his parents (Papalia & Olds, 1998). Acceptance of existence is described as the developmental task for adults by Wijngaarden and Haditono (1996). Development will be considered aberrant if it does not demonstrate an earlier acceptance of life. Maturity is a normal aspect of mental wellness here.

This is consistent with Erikson's stage of psychological development, which indicates that young adulthood is characterized by intimacy as opposed to solitude. Relationships with others are essential to young adults' health. Those who are isolated from friends and family are more likely to become ill and pass away than those who are not (Papalia, Olds, & Feldman, 2017). According to Erickson (in Monks, Knoers, and Haditono, 2001), a person in early adulthood is in the stage of a warm, close, and communicative relationship that may or may not involve sexual intercourse. In the meantime, Hurlock's (1986) research shows that early adulthood is a challenging age in which an individual must make adjustments, in addition to early adulthood being the onset of a person's first intimate contact with the opposite sex. Based on this, young adults who are incarcerated have difficulty adjusting to the unfamiliar prison environment.

Although earlier study has been conducted on the subjective well-being of prisoners, few studies have focused on its significance and mechanisms of attainment. In addition, the majority of past research findings employed quantitative methods. To fill a research gap, the primary research topic of this study is how young individuals achieve psychological well-being.

## **Method**

This study employs qualitative phenomenology research with subject determination utilizing purposive procedures (Cresswell & Poth, 2018). By restricting the number of subjects, it is possible to obtain valid data sources using this method. The objective of this qualitative study is to evaluate the robustness of various sampling systems (Ames, Glenton, & Lewin, 2019). According to Hurlock (1990), convicts in one prison in Central Java who are between the ages of 18 and 40 are considered early adults.

The participants in this study were inmates with diverse criminal histories. The selection of the Detention Center is based on the fact that convicts' issues while incarcerated are manifested by a number of psychological symptoms, particularly negative affect, loss of motivation, and negative behavior, which can impede their ability to perform effectively.

Table 1. Demographics of respondents

Initials	Gender	Age	Length of detention	Case
D-1	Man	33	3 years	Currency counterfeit
D-2	Man	24	3 years	Child protection
SA-3	Man	30	6 years	Murder
E-4	Woman	35	4 years	Corruption
SN-5	Man	26	2 years	Theft
I-6	Woman	25	2 years	Corruption

## Results

### Theme 01. First Step: Self-acceptance.

"When I entered personally in this detention center, it was as redemption for the consequences that I had done" (N-1-3). take the positive make amends" (N-1-4)

"Thank God, as time goes by, I can adjust to my friends and fathers, I can understand what it's like to live in prison..." (N-2-4)"...just enjoy it, sis, let's just enjoy it, okay, if we don't enjoy it every day, it's just like this, let's think about it now..." (N-2-22)

"Yes, you can control your emotions better here, you can control yourself. yesterday, for example outside, a little emotion exploded out" (N-3-31) "Yes, yes, that's sad, sis, how can regret repeat itself" (N-3-34)

"... being in a foreign place really is yo or not yo sis, at least yo wedi sis is far from family ..." (N-6-4) "...it's really okay in prison, sis, it is comfortable or is it depends on wong wongaane..." (N-6-8)

According to the findings of interviews, prisoners' self-acceptance is not instantly attained and requires a period of adjustment, as stated by inmates who, upon entering jail, felt fearful and eventually adapted after walking for some time. Many offenders have accepted their incarceration and saw it as a form of atonement for their transgressions, which must be lived honestly and adapted to the prison environment. Inmates consider joining prison in order to learn new things, such as how to control their emotions and how to live in prison.

### Theme 02. Second Step: Practice independence

"...there is a small business where the wife happens to have a food stall. So yes, there is an income such as soap once a week, yes there must be..." (N-1-9)

"...so we really have to be disciplined, we have to be able to divide the time and divide the money indirectly..." (N-1-20)

"... here we can learn how it feels, it's just different, what's outside is possible, while here everything is limited and not as free as outside" (N-2-2) "Yes, if that's the case, how do you do it, the important thing is to live here, you only need cigarettes, so how do you buy cigarettes, without bothering people at home..." (N-2-10) "...I've been sentenced for 3 years. -17)

"What I mean is that in the past, I used to work in one field, I mean every 2 weeks, I still had transfers to buy cigarettes and buy soap" (N-3-18)

"Oh yes, Alhamdulillah, I also send from home once a week, sometimes twice, it doesn't have to be, only the people at home support it once" (N-4-14)

"Sometimes I borrow a friend, sometimes when my wife packs it" (N-5-33) "...the family sometimes asks, sometimes they give it to their friends, they give it a lot..." (N-5-42)

"...every week, that's for sure, sis" (N-6-12)

According to an average of interviews done, inmates continue to rely on their relatives for support in jail, with all inmates stating that they continue to get assistance from their closest friends and family. Some prisoners

stated that being in a detention institution with restrictions requires them to be appreciative and take use of what is available, such as borrowing a cellmate or bartering with a cellmate.

### **Theme 03. Third Step: Self-development**

"...rather than being tired of waiting for a long time, make crafts..."(N-1-14)

"... to fill my free time like me personally, I use it like a coffee pack, I don't make a bag and then make a ring for a cigarette pipe..."(N-2-15)"...Thank God I can't recite the Koran outside, after being here, I can memorize it, outside never pray, here yes 5 times can be guarded (N-2-25)

"So at least self-improvement yes. Learning to pray is learning the Koran." (N-3-22) "The ring made of dates is the content of the dates. If those who enter, then make pipes from the leftover bones (N-3-29)

"Here, we don't have any other activities besides worship, Ms. Now, worship is number one here, so what's right on time, sometimes the call to prayer goes straight to prayer" (N-4-19) "...let's just make plastics, let's make flowers or do anything as much as we enjoy it..." ( N-4-48)

"I'm new, I didn't expect to be tamping about being tired but if you've gotten used to it like this, wait outside and don't be surprised ..." (N-5-41)

"So you are closer to God, so you are close to people, so you can respect people, how do you treat people?" (N-6-7) "...what kind of self-development, like, at the beginning, my hobbies were writing, sis, writing and reading books..."(N-6-19)

According to the inmates, the development carried out on average uses what has been provided by the detention center, such as making crafts from used goods available in the detention center such as making cigarette pipes, rings, plastic flowers. In addition, there are inmates who have the habit of writing that they already had before entering the detention center, other inmates also said that while in the prison they could develop themselves about religion where activities in the detention center focused on religion. Meanwhile, there are prisoners who develop themselves by focusing on being tamping in order to adapt to the environment after leaving the prison.

### **Theme 04. Fourth Step: Establish good relationships with others**

"...the point is we can bring ourselves, don't make mistakes if you don't want to be blamed, that's all so we're looking for safety..." (N-1-23)"...Yes, we are on good terms, and I also don't discriminate between friends, all are the same... (N-1-25)

"Yes, if you are with friends, you must have your own personality.... Yes, we know every day, but we don't see each other every day, we don't get together every day, so you know, here you know more about friends who are like good friends. friends who don't..." (N-2-3) "...for example, if it's in terms of talking like that, sis, we can balance it like she can talk like this..." (N-2-29)

"It's awkward, sis, but after 4 months, you're comfortable after meeting friends who you didn't know before, now you know them" (N-4-11)

"Yes, sometimes it's quiet inside, it feels lonely even though it's crowded here" (N-5-8) "If you tell stories here with others, it can't be because I'm in front, I'll tell stories right in front of you, but rarely tell stories about the most guitarist like that (N-5-68)

According to interviews conducted, the informants' social relationships were strained when they first entered prison, and it was required to acclimate to the new social environment in prison. However, according to all interviews, the secret to socializing well while incarcerated is to adjust when speaking and conversing regularly. All interviewees reported having strong relationships with their friends at the detention center, as well as maintaining good relations and good speaking while incarcerated.

### **Theme 05. Fifth Step: Identifying the Environment**

"...I am here to get used to living a healthy life, both spiritually and physically..."(N-1-18) "What I need is the environment, actually there is one point here that must also be instilled outside, such as spirituality, dividing time, so it's time to be with family, yes with family, what can be found here is prayer time, prayer time, time for reciting the Koran....." (N-1-35) "...I personally have experienced it from starting to condition myself to meet the needs here, like do you continue to build yourself..." (N-1-36)

"...it's like Islam is orderly, there are holes, there are also many smart people in the country, right from there we can also learn..." (N-2-26) "How can you make your parents believe that if we can do that, madam, you can be sure it can be like being responsible for the trust that has been given" (N-2-33)

"In the past, it was normal, ma'am, because many people in the palace already knew that, so the officers knew that too." (N-3-32) "If you go to court, you can't demand too much, Ms. It's because it's the rules from the prison, right..." (N-3-76)

"...we have to recalculate whatever we do here, keep on thinking that we are far more patient ora sak karepe dewe" (N-4-12)"...for now it is comfortable, the air is also quite good, good lighting, good water, and communication with friends too" (N-4-36)

According to the results of interviews with informants, convicts feel that their spiritual and daily life are more ordered. In addition, detainees in the detention center cannot demand more due to the prison's stringent standards, which is only logical. The convicts also reported that the detention center's facilities were suitably secure. In order to adapt to the jail environment, you must endure a time of punishment and follow a predefined course of action while improving yourself.

**Theme 06. Six Step: Purpose of life**

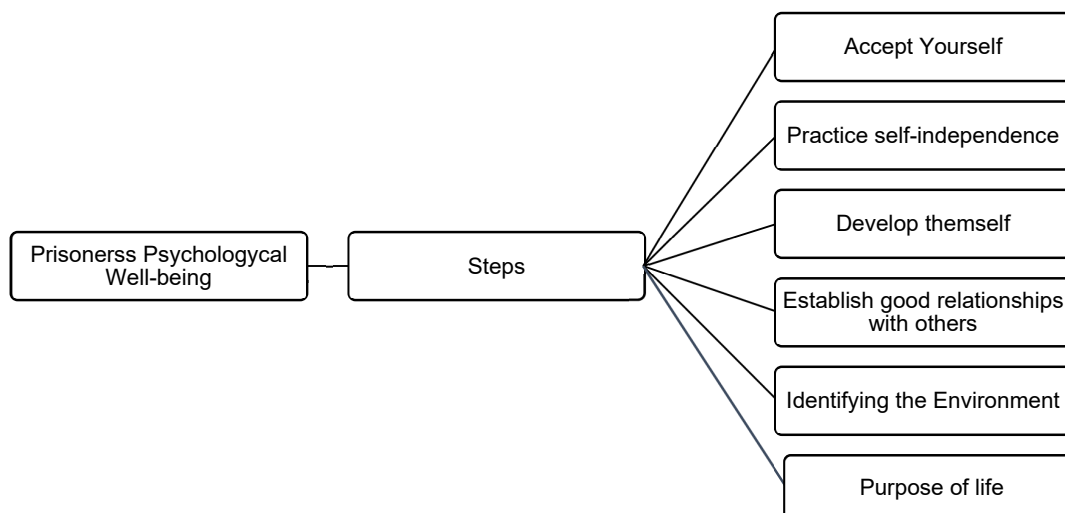
"if the view is me more be patient, because here our every action there must be consequences, so it must be calculated repeat whatever we do here stays on thought that are much more patient and not self-indulgent..." (N-4-12)

"If I think that my life is dark, I don't think so, I don't think so, I don't think so, sis, I don't think I have hope, but I'm still here, there's a lesson here, I'm doing it here because of my own actions, which took a lot of co-op money just to comply. things that are not important, so that's how I'm here, okay, madam, there's a lesson, at first I couldn't talk, now I can, I think that all hope is bright and not dark. " (N-6-5)

"....In the beginning, I like to write in a diary the most, so today's activity I will definitely write a diary, some of what I wrote will be taken home, there are 5 here, there are still 4, so I want to write again 2 want you I have aspirations to leave here to write a book. Let everyone know one ex-convictis can be successful too, and convict that even though there is a label of an ex-convict it's still what can you do to be accepted by the community? you are really in prison, those people horror, the place is wrong, but that doesn't mean it's a trap, there are also cases that are slandered, even in the slightest, sometimes it can also be like in the case, I think the law in Indonesia needs to be reorganized again sis, I think it's only for Ms. Pristiana, ah, your name is really difficult, just wait for the book, okay?" (N-6-19)

Based on the data above, prisoners who have direction in their lives, have meaningful current and past lives, these prisoners also hold fast to beliefs that can make their life goals more meaningful and have targets to be achieved in life.

**Chart 2. Steps to Psychological Well-Being**



In order for inmates to achieve psychological well-being, they must go through a series of phases or processes, including self-acceptance while in custody, where they can accept the consequences of their actions by leading a good life in jail. The second phase is to train offenders to be independent of outside assistance and to rely on themselves while they are inside. While the third phase is to grow oneself while incarcerated by enhancing current and non-existent skills, so that convicts are better equipped for their future life. The fourth phase is to develop positive interpersonal ties with family and friends at home and in prison. The fifth phase is to recognize the environment while in prison by adapting to it.

## **Discussion**

When it comes to attaining psychological well-being, inmates frequently struggle with these processes or steps. According to Hilman's (2017) research, there are varied groups and stratifications, as well as numerous social conflicts (open conflicts) and severe inner conflicts. As a result of jails' strict bureaucratic regulations and authoritarian administration, however, all conflicts might be squashed with violence, resulting in the emergence of numerous psychological issues. To obtain the meaning of life, prisoners must be able to fulfill the six dimensions of the RPWB (Ryff's Scale Of Psychological Welfare), which measure the meaning of life. These dimensions are self-acceptance, positive relationships with others, independence, environmental mastery, purpose in life, and personal growth. According to the results of interviews, the efforts taken to improve the psychological health of inmates must address each facet of psychological health.

On the dimension of self-acceptance, based on the results of interviews, inmates' self-acceptance is not instantly attained and requires a period of adjustment, as stated by inmates who, upon entering jail, felt fearful and eventually adapted after a period of walking. Many offenders have accepted their incarceration and saw it as a form of atonement for their transgressions, which must be lived honestly and adapted to the prison environment. Inmates consider joining prison in order to learn new things, such as how to control their emotions and how to live in prison.

In accordance with prior research by Putri (2021) on the dimension of self-acceptance, convicts who have self-acceptance of their past mistakes will find it easier to face life's challenges and forget the past. This is also consistent with findings from other studies showing that persons who accept their past mistakes experience less anxiety (Ekawati, 2020). This explains why prisoners who have accepted their previous faults can view their time in jail as a type of atonement for sins committed in the past and as an opportunity to better themselves.

According to the results of interviews, the average inmate still relies on family as a source of support for their requirements in jail, with all convicts stating that they continue to get assistance from their closest friends and family. Some prisoners stated that being in a detention institution with restrictions requires them to be appreciative and take use of what is available, such as borrowing a cellmate or bartering with a cellmate. This is due to the restrictions imposed by the prison as part of the prisoners' punishments and the sort of advice administered for the purpose of developing the prisoners' character.

In spite of all the restrictions in prison, it is crucial for inmates to have the support of their families if they wish to remain there and serve out the remainder of their sentence (Pandini, 2020). The purpose of prison guidance is to develop the inmates' independence so that they are prepared to confront the outside world after serving their term (Bachtiar, 2020). Therefore, it can be concluded that inmates at Rutan II Boyolali continue to rely on their families to achieve independence in prison, which is contrary to the purpose of coaching in the prison, which is to increase the independence of prisoners who will be released into the community after serving their sentence.

According to the narratives of the development detainees, the aspects of self-development consist of making use of the resources offered by the detention facility, such as crafting cigarette pipes, rings, and plastic flowers from discarded items accessible at the detention center. In addition, there are convicts who already had the practice of writing before joining the detention center, while other inmates stated that they were able to learn more about religion while incarcerated because the activities in the detention center centered on religion. In the meantime, there are convicts who focus on self-improvement in order to adapt to the outside world following their release. (Novitasari, 2021). Therefore, the prison's construction of skills and self-improvement has a good influence on the readiness of inmates and lessens their worry about rejoining the community after release.

According to inmate accounts, there was a need for adjustment to the new social environment in the prison based on the social support factor, which was determined through interviews with social relations informants. However, according to all interviews, the secret to socializing well while incarcerated is to adjust when speaking and conversing regularly. All interviewees reported having strong relationships with their friends at the detention center, as well as maintaining good relations and good speaking while incarcerated. This is consistent with Hilman's (2017) research, which indicates that strong communication has a positive effect on adapting to the social milieu in prison and quickening the acceptance and adjustment of individuals to a new environment. According to other research, social support is a crucial factor in transitioning Batara jail inmates to their new surroundings (2020). This demonstrates that social support is a mechanism by which convicts may adjust to a completely different environment outside of prison; by boosting social support through effective communication, it will be simpler for inmates to adapt to life in prison. According to other research, social support is a crucial factor in transitioning Batara jail inmates to their new surroundings (2020). This demonstrates that social support is a mechanism by which convicts may adjust to a completely different environment outside of prison by boosting social support through effective communication, it will be simpler for inmates to adapt to life in prison. According to other research, social support is a crucial factor in transitioning Batara jail inmates to their new surroundings (2020). This demonstrates that social support is a mechanism by which convicts may adjust to a completely different environment outside of prison; by boosting social support through effective communication, it will be simpler for inmates to adapt to life in prison.

## Conclusion

The objective of the penitentiary is to shape the character, abilities, and development of convicts to make them better people in the future, as well as to prepare the prisoners for life after their prison time. Every individual must address their psychological health, but jail inmates in particular must do so due to the numerous demands and feelings of guilt they experience. When a person has healthy self-acceptance of his past actions, he is better able to forgive himself and acknowledge his shortcomings. This is the most significant factor in enhancing psychological health.

In this study, there are obstacles where not all early adult inmates in the Boyolali class IIB prison are willing to be resource persons. And this study only focuses on measures to get psychological well-being based on Ryff's theory. Suggestions in future research can use other theories to explain the welfare of prisoners. Subsequent research should obtain data mining on the process of psychological well-being of prisoners, by digging deeper into the background, skills, religion and social of prisoners so that the resulting data is more varied. Further researchers can use quantitative methods in collecting research data, to be more accurate in measuring the effectiveness of the processes that occur in the psychological well-being of prisoners.

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