



MENTAL HEALTH STATUS OF INMATES IN INDONESIA

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ABSTRACT

Mental health disorders are conditions of a person who experiences disorders related to clinical, cognitive function, emotional regulation, and behavior. The purpose of this study was to explore in depth the mental health of assisted citizens in class III Lhoknga prison, Aceh Besar Regency. This study used qualitative research design with a phenomenological descriptive approach. Data collection with semi-structured interviews. The informants in this study amounted to nine informants of assisted citizens in one of the prisons in Aceh. Data analysis using Michael Huberman's model starts from data collection, data reduction, data presentation, conclusion drawing and verification. The results of the study found four research themes, including feelings about mental health while in prison with sub-themes of fostered citizens' opinions on mental health, and mental health conditions while serving sentences. Personal conditions that are haunted by guilt with the sub-theme of self-acceptance, events that result in fostered residents feeling trauma and feelings that can affect the mental health of fostered residents. It is expected that the prison will provide services and education related to mental health that can be utilized by assisted residents and can be carried out sustainably to fostered residents. The mental health condition of the inmates when viewed from the BPS aspect, namely biological, psychological, social, all inmates experience problems both from a biological, psychological and social perspective. The trigger for this happened was because there were no mental health services in prison.

Keywords: inmates; mental; prisoners

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INTRODUCTION

Mental health is a condition of a person that allows the development of all aspects including physical, intellectual and emotional optimality, and in harmony with the development of other people (Ridlo, 2020). Mental health disorders are the condition of a person who experiences clinical disorders related to cognitive function, emotional regulation, or behavior. Inmates in prison are a group that is very vulnerable to experiencing mental health problems caused by the conditions they experience, resulting in frequent anxiety, stress, and even depression (Berding & Cryan, 2022). Inmates are a group that is very vulnerable to experiencing mental health problems, therefore they really need mental health services. However, unfortunately not all prisons pay attention to this condition (Perdacher et al., 2022). The services provided in prisons are physical and religious health services which are not yet capable of screening or treating the mental health of inmates in prisons (Yan et al., 2023). There are several efforts that can be made to overcome the mental health problems of inmates, namely by providing education about mental health, mentoring, providing social support, as well as providing mental health services which are a place for inmates to consult regarding the problems they

are facing, and can routine screening for inmates so that they can be provided with assistance if they experience mental health problems quickly and appropriately (Shi, 2022).

Based on data from the World Health Organization (WHO) in 2022, it is stated that 1 billion people in the world suffer from mental disorders. Suicide due to mental health disorders is the number 1 cause of death in 100 deaths, and 58% of suicide cases due to mental health disorders occur under the age of 50 years (Beigel et al., 2023). According to 2018 Riskesdas data, the prevalence of mental health disorders from year to year has increased by 9.8% (John-Evans et al., 2024). Emotional mental disorders indicated by symptoms of depression and anxiety for those aged 15 years and over reach around 6.1% of Indonesia's population or the equivalent of 11 million people. The novelty of this research is to look at the mental health of inmates qualitatively in a comprehensive manner using BPS theory. Apart from that, not much research regarding mental health has been carried out on inmates in correctional institutions, so currently there is no evidence that can be used as consideration for policy makers to take policies that suit the needs regarding the mental health of inmates in correctional institutions. prison. This study aims to explore in depth about mental health.

METHOD

Research design:

This research uses a qualitative approach with a phenomenological type of design that looks and listens more closely in depth regarding individual understanding and understanding of their experiences. Data collection was carried out through interviews and observations. The data collection process was carried out by the researcher himself with research subjects totaling 9 informants according to previously determined characteristics and the research location in the class III Lhoknga prison, Aceh Besar Regency. This research was conducted in June 2023. The research lasted approximately one month, starting from obtaining permits to agreeing on a time and place with the prison authorities to conduct interviews with inmates. Participants in this research were inmates at Prison III Lhoknga, Aceh Besar Regency. Determining participants using a purposive sampling technique was carried out based on research objectives that were chosen deliberately in accordance with previously determined participant criteria. The participant inclusion criteria for the selection process are determined as follows, it is safe for inmates to be interviewed based on recommendations from the prison, inmates who are willing to be interviewed and inmates who can communicate verbally

The research instrument used was an interview guide which had been tested in a pilot interview first with the aim of avoiding informant negligence when collecting data. Apart from that, pilot interviews are carried out in order to maintain quality assurance. The research began by conducting observations in a research data collection setting, the researcher made direct observations at the research location and interacted directly with prison officers and inmates in the class III Lhoknga prison to obtain direct information and descriptions regarding the mental health of the inmates. After observing, the researcher continued by conducting semi-structured interviews using an interview guide prepared based on biopsychosocial components (BPS). Interviews with 9 inmates at the class III Lhoknga prison. After completing the interview, the researcher took documentation of the activities to be used as an attachment to the research data and could also be used as material to retrieve some of the information needed by the researcher and complete other documentation related to this research in accordance with the approval of the research informant and still considering research ethics.

The data analysis method used in this research is Michael Huberman's analysis model. According to Moleong (2017), there are four stages in analyzing data from the Michael & Huberman model. Data was collected in this research by conducting interviews with inmates in prison III Lhoknga. Reduced data provides a clearer picture and makes it easier for researchers to collect data and then search for it if necessary. In this research, the researcher carried out data reduction by discussing it with the research supervisor, so that he could reduce data that had significant value. Presenting the data in this research, the researcher presented the data in narrative form. Drawing conclusions in this research begins with reconfirmation because it will change if no evidence is found to support the data at the time of the research. However, if the conclusions put forward at the initial stage are supported by valid and consistent evidence when the researcher returns to the field to collect data, then the conclusions found are credible conclusions.

RESULT

Based on the results of research that has been carried out on four themes and four sub-themes related to the mental health of inmates in Lhoknga Class III Prisons.

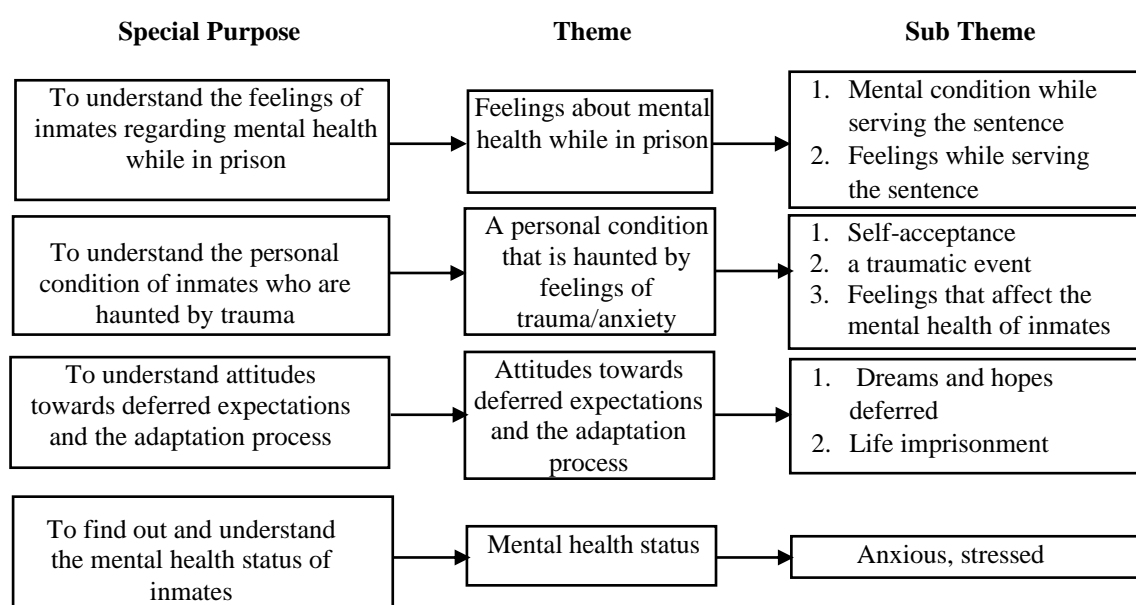


Figure 1. Themes and Sub-Themes

Mental feelings while in prison

This theme explains the biological condition of inmates based on answers obtained from the results of interviews. In general, there are two components of perception of mental health while in prison, including the inmates' perception of their mental health while in prison, feelings while serving their sentence.

- Opinions of inmates regarding their mental health while in prison describe the opinions or views of inmates regarding their mental health. In this sub-theme, it can be seen that the inmates experienced shock, sadness, disappointment, shame and fear and only one informant said that his mental health was normal. This data was submitted by the informant:

"It's sad that I can't accept why it has to be like this, I never imagined it would be like this (IF9).

- b. The mental condition while serving the sentence describes what the inmates feel or are afraid of while serving the sentence. there were informants who said things that made them anxious because they were thinking about work, thinking about family. This is in accordance with what was expressed by several informants, including:

"The thing that I most often feel is anxiety and restlessness. I'm worried about remembering what my family is like, what my father, mother and sister are like. I'm afraid they will be terrorized by the people who made me come here, they are cruel, heartless, to the point of taking all my possessions, even though I didn't take that much. Yes, that's what makes me anxious and afraid (IF2)"

This is also in accordance with research conducted by Packham which states that someone will feel shock, disappointment, sadness when they think that what is happening to them is something very high and can make them feel down (Packham, 2023). However, the informant felt that his condition was something that had to be accepted because it was his fault and was sincere. The condition usually felt by inmates when they are found guilty and have to serve a sentence is because someone already knows the consequences of what they have done, and therefore they will be better off accepting whatever happens (Crick et al., 2024).

Personal conditions that are haunted by feelings of trauma/anxiety

This theme explains the psychological conditions that affect the mental health of inmates. Based on information obtained from interviews, in general there are three subthemes that describe psychological conditions that affect the mental health of inmates:

- a. Self-acceptance, in this sub-theme several responses of self-acceptance emerged from the inmates, there were informants who were sincere about the conditions they were experiencing, there were also those who felt they could not accept the conditions they were experiencing. because of the regret and sadness they feel. This is supported by the informant's statement:

"It's sad for sure... because of this incident my condition has become like this, that's what makes it difficult for me to accept (IF4)"

- b. Events that cause trauma, this sub-theme explains the events that cause inmates to experience trauma. Trauma occurs when a person cannot forget the bad or unwanted things that happen to him. This is as stated by:

"The incident that I think caused trauma was this incident, Sis, even though I already knew the risks of the work I was doing, that's true, but I was traumatized, Sis. I imagined the time of my arrest which was very scary for me for the rest of my life. This condition really affected my life, I no longer trusted people, I also became lazy about meeting many people, especially my old friends, in my opinion there were no such things as friends anymore... (IF1)"

- c. Feelings that can affect the mental health of inmates, describe the anxiety felt when thinking about what life will be like after leaving, both in terms of economics, the socialization process that will be undertaken, and acceptance from the family as expressed by one of the informants:

"It's sad for sure... because of this incident my condition has become like this... that's what makes it hard for me to accept (IF4)"

Based on research conducted by Hawadini and Alfinuha (2023) one thing that can affect a person's mental health is psychological, pressure, sadness, rejection of the conditions experienced, or events that cause trauma can affect a person's mental health psychologically.

Attitudes towards deferred expectations and the adaptation process

In the context of the research obtained, it explains attitudes towards deferred expectations and the adaptation process carried out by the inmates. Regarding self-acceptance, some of the inmates have acknowledged what happened to them.

- a. Postponed dreams and hopes, depicting delays in the results of orders that must be carried out. As stated by the informant:

"Sad, disappointed of course, I often feel regret, but what can I do, it has to be like this... sometimes when I sleep, I always think how could this happen, how can I not be better later, be able to realize my postponed hopes... this always makes me dizzy when I guess... but let's just be sincere (IF4)"

Feelings of sincerity with what is happening to them and sincerity with dreams that cannot be realized because of their condition. When inmates respond sincerely to their condition, mental problems do not arise. Responding to deferred dreams and hopes with sincerity will result in being able to accept the reality experienced and be in a good mental condition (Heim et al., 2021).

- b. Social life in prison, describes the socialization process undertaken by inmates in prison. As stated by the informant:

"Often, sometimes when something bothers me, I can cry, get angry, and get scared which sometimes makes me feel like I'm not myself" (IF5)

Research conducted by Azwar (2023) the results of this study say that when someone is alone they will feel calmer and more comfortable if that is a choice, and it is good to do so.

Mental health status

The results of the study conducted through interviews showed that the informants experienced anxiety and stress. This is due, in part, to thinking about family.

"There's definitely... when I think about it, what do I do when I go out, what about work, what about the children, what if my wife already accepts me, I'm just afraid that I won't be able to meet the children (IF9)"

One of the factors that causes anxiety in inmates is when they think about their families. Based on research conducted by Yaacob et al. (2022) it is said that the anxiety that occurs in inmates is due to thinking about family, thinking about family conditions and thinking about acceptance from family, as well as being separated from family.

DISCUSSION

Feelings about mental health while in prison

The research results show perceptions of mental health while in prison. Interview data showed that many inmates were shocked, disappointed, sad, embarrassed, and afraid of the natural conditions. The sadness felt by inmates is a reflection of the emotions and disappointment they feel (Sari & Wibowo, 2021). The

emotions felt by the inmates actually arise from a feeling of not accepting the conditions that have happened to them, then the disappointment that the inmates feel occurs because of the regret they feel. This is in accordance with research conducted by Setiowati (2022) which states that someone's feelings of sadness and disappointment are caused by the regret they feel because of something they think should not happen to them. The feelings of fear experienced by inmates occur because they are afraid that they will not be accepted by society when they are released, afraid that it will be difficult to get a job because people will find it difficult to trust them. Readmission into the community. Gaining trust and employment are things that inmates really need to be able to continue living in a healthy mental condition (Armstrong, 2020). The fear of ostracism makes inmates feel inferior and useless. This is in accordance with the research conducted by Ahmad and Muslimah (2021) it is said that acceptance from society is an indicator for a person (convict) to continue living and feel confident to be able to return to society. The feeling of fear felt by the inmates is due to their worries about the families they left behind. The fear of not being accepted by the family also often makes inmates feel fear and anxiety. Research conducted by Crick et al. (2024) states that the feelings of fear felt by inmates are mostly caused by thinking about the family they have left behind, as well as feelings of fear of not being accepted back into the family because they do things that are considered belittling.

Personal conditions that are haunted by trauma/anxiety

Personal (psychological) conditions can also influence a person's mental health through complex interactions caused by biological and social factors. Psychological disorders are conditions characterized by abnormal thoughts, feelings and behavior (Sari & Wibowo, 2021). Based on research conducted by Hawadini ad Alfinuha (2023) it is said that one thing that can affect a person's mental health is psychological, pressure, sadness, rejection of the conditions experienced, or events that cause trauma can affect a person's mental health psychologically. Self-acceptance is also something that disturbs the mental condition of the inmates, positive self-acceptance towards the conditions experienced can makes someone more sincere and their mental condition is also healthier, but also vice versa. When someone rejects the conditions that occur to them, it will also cause their mental condition to become worse (Nayok et al., 2023). Research conducted by Edwards et al. (2022) said that good self-acceptance of the conditions experienced will be able to prevent inmates from feeling low self-esteem which makes conditions worse and even results in conditions that are dangerous to safety.

Personal conditions that are haunted by guilt are also influenced by traumatic events. The results of research that have been carried out show that the things that make drivers become traumatized are when an arrest occurs. It is said that an event that traumatizes a person is an event that is considered terrible and can cause mental health disorders in a person such as anxiety, stress and depression (Harvey, 2022). Personal conditions that are haunted by guilt will also have an impact on feelings that can affect the mental health of inmates. Based on research conducted, it is said that the conditions that influence the feelings of inmates such as anxiety, sadness and so on are economic because it is said that environmental, economic, friends can influence the mental health of inmates (Yaacob et al., 2022). Support and acceptance from the family is also something that influences the feelings of the inmates. Based on research conducted by Amalia et al. (2022) said that large family support (63.9%) will result in a person feeling a light level of stress (48.6%). This means that family support has a significant relationship with the respondent's anxiety level.

Attitude towards deferred expectations

Attitudes towards deferred expectations are also part of social factors which are aspects that include social environmental conditions. Delayed dreams and hopes are a difficult thing for inmates to experience, deferred dreams and hopes often disturb thoughts and feelings because they can result in feelings of disappointment, feelings of regret and remorse. Expectations and reality that do not match what was planned will result in disappointment, feelings of guilt, and even feelings of worthlessness (Amita et al., 2023). Social life in prison is also something that has a big influence on a person, including

inmates. The adaptation process is very important for the survival of fellow humans. When someone has begun to adapt to the environment, they will live life calmly and happily and will not feel boredom. The process of socialization and interaction between fellow inmates is also a way to avoid negative impacts that can affect mental health (Herik et al., 2022).

Mental health of inmates

Mental health such as anxiety and stress are things that inmates often experience. This happens because thoughts often disturb and cause discomfort and have an impact on anxiety. One of the factors that causes anxiety in inmates is when they think about their families. Based on research conducted by Yudiati (2020), anxiety occurs in inmates because they think about their family, think about their family's condition and think about acceptance from their family, as well as being separated from their family. The feelings of anxiety and stress that occur in inmates are caused by thinking about their families because inmates begin to realize that family support and attention are very important for them. Because these feelings also cause inmates to feel homesick and continue to worry about the condition of the families they left behind, and feelings of fear of losing their families and fear of being ostracized from their families begin to emerge (Praptomojati et al., 2022).

CONCLUSION

The mental health condition of inmates mostly experiences anxiety, stress caused by feelings of suffocation, guilt, feelings of uselessness, an unacceptable environment, this condition is exacerbated by the unavailability of mental health services in prisons.

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