



ASSESSMENT OF STRESSORS AND COPING SOURCES OF INMATES IN CLASS II A CORRECTIVE INSTITUTIONS

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ABSTRACT

Inmates at Class IIA Penitentiary in Banjarmasin face various stressors, including loss of freedom, family isolation, and adaptation to the structured prison environment, which may trigger anxiety and depression. The purpose of this study is to assess stressors and coping sources of inmates in Class II A Corrective Institutions in Banjarmasin City. This study uses a cross-sectional design approach on 75 selected respondents. The sampling technique was purposive sampling. Data were collected through validated questionnaires addressing cognitive, affective, physiological, behavioral, and social aspects and personal, social, material, and spiritual coping resources. Validity was tested using product moment correlation, with coefficient results >0.361 , indicating that the instrument is valid. Reliability testing using Cronbach's Alpha produced a value of 0.807 for the stressor questionnaire and 0.703 for the coping source questionnaire, so it was declared reliable. Data analysis was carried out descriptively to describe the frequency distribution and percentage of research variables with the results revealed that 56% of inmates negatively evaluated their stressors, with common symptoms including sleep disturbances (56%) and appetite loss (40%), coupled with low social interaction. Only 8% demonstrated effective coping resources, primarily through prayer, while participation in social activities was minimal. This study shows that inmates at Class IIA Penitentiary in Banjarmasin City The majority of respondents have a negative assessment of the stressors they experience, which reflects an inability to manage stress adaptively. In addition, the coping resources used by most respondents are classified as poor, with reliance on ineffective coping mechanisms and low participation in social and productive activities.

Keywords: coping sources; correctional institutions; prisoners; stressors

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INTRODUCTION

Inmates are individuals who violate legal norms and are serving sentences in Correctional Institutions (Lapas) as a form of guidance decided by the court (Calabrò et al., 2023; LARASATI et al., 2023). In the prison environment, inmates face significant limitations, such as loss of freedom, limited access to family and friends, and adaptation to new rules and environments that are often drastically different from life outside (Kaloeti et al., 2023). This situation can cause inmates to face various psychosocial stressors, such as uncertainty, anxiety, and isolation, which ultimately have an impact on their mental well-being (Dalbir et al., 2024; Ghazanfari et al., 2023; Kaloeti et al., 2023).

Inmates who have just entered prison tend to experience higher stress due to the sudden transition from free life to a highly structured and rule-filled environment (Kaloeti et al., 2023). The inability to adapt to changes in residence can lead to various emotional and behavioral reactions, including feelings of depression, anxiety, and even the emergence of more serious symptoms of mental disorders (ALIYEVA, 2023; Batastini et al., 2023; Calabrò et al., 2023; Glazer, 2023). This is reinforced by data showing that in the Class IIA Prison in Banjarmasin City in 2015 there was one case of an inmate who died from hanging. This incident increased in 2018 with two cases of suicide attempts, and in 2020 two inmates were

reported to have suffered from severe depression. In 2022, a report from the Class IIA Prison Health Clinic in Banjarmasin City noted that eight inmates showed signs and symptoms of psychotic disorders that required immediate treatment. These data emphasize the importance of attention to the mental health conditions of inmates, considering that untreated psychological disorders can increase the risk of self-harming behavior and suicide. This condition reflects the complexity of the problems faced by inmates in the correctional environment.

The stress experienced by inmates stems from various factors, including legal uncertainty, social pressure, isolation, and the physical conditions of the prison environment (Brandhorst & Meisenbach, 2024; Mahato et al., 2023). In response to stress, individuals need adequate coping strategies to be able to adapt to the situation (Misra & Baba, 2023). Good coping resources, such as social support, productive activities, or spiritual guidance, can help individuals face challenges constructively (Edoka et al., 2023; Kim & Salame, 2023; LARASATI et al., 2023; Rakesh et al., 2023). Conversely, the lack of effective coping resources can worsen their mental condition (G. Edgemon, 2023; Glazer, 2023). The study of stress and coping among inmates is important to understand in order to develop relevant interventions (Løken et al., 2023). Previous studies have shown that poor coping skills are often associated with increased mental health problems among incarcerated populations, such as anxiety disorders and depression (Cunha et al., 2023; George et al., 2023; Misra & Baba, 2023). Therefore, identifying factors that influence coping is a strategic step to support inmates' mental health.

In Class IIA Prison in Banjarmasin City, activities such as morning exercise, counseling, and spiritual services have begun to be introduced as part of efforts to improve inmates' coping strategies. However, the effectiveness of these programs needs to be further evaluated to ensure that they actually help inmates manage stress. In addition, family involvement and staff support are also important components in building an environment that supports inmates' recovery. This study aims to identify the assessment of stressors and coping resources among inmates at Class IIA Penitentiary in Banjarmasin City. The findings of this study are expected to contribute to designing more targeted and comprehensive intervention programs, which not only focus on legal guidance, but also on psychological and social recovery of inmates. By studying the dynamics of stress and coping among inmates, this study seeks to provide new insights into mental health management in correctional environments. This study is expected to be the basis for the development of evidence-based policies and interventions that can support the welfare of inmates, while preventing the occurrence of behavior that is detrimental to oneself or others in prison.

METHOD

The quantitative research design used a cross-sectional approach. This study aims to describe the assessment of stressors and coping resources of inmates at the Class IIA Penitentiary (Lapas) in Banjarmasin City at a certain time. There are two main variables studied, namely the assessment of stressors and the assessment of coping resources. The assessment of stressors is assessed based on cognitive, affective, physiological, behavioral, and social aspects. Meanwhile, the assessment of coping resources focuses on resources derived from personal, social support, material assets, and positive beliefs. This study was conducted in Block Alfa (new stage block) of the Class IIA Penitentiary in Banjarmasin City from October 2022 to mid-November 2022. This block was selected because the majority of its residents are inmates who have been living for more than one year and have no plans to transfer to another prison during the study. The population of inmates at the Class IIA Penitentiary in Banjarmasin City in 2022 was 300 people. The sample determination was carried out using

the Slovin formula, so that a sample of 75 respondents was obtained. The sampling technique was purposive sampling, with inclusion criteria: inmates who have served a minimum of one year of detention, are able to communicate well, and are willing to participate in the study. The instrument used in this study was a questionnaire designed to assess stressors and coping resources of inmates, which was previously developed by Desi Ariyani and Tri Nurhidayati (2016). The questionnaire consists of two main parts. The assessment of stressors includes 15 questions divided into positive and negative statements. The answers use a 4-point Likert scale, where positive statements have a score range of 1-4 (1: never to 4: always) and negative statements have a score range of 4-1 (4: never to 1: always). Respondents who have a total score of 31-60 are categorized as having a positive assessment of stressors, while a score of 1-30 is categorized as negative. As well as the assessment of coping resources involves 9 questions with yes or no answer choices. A total score of 5-10 indicates a good coping resource, while a score of 0-5 indicates a poor coping resource.

Validity and reliability tests were carried out on this research instrument. Validity was tested using product moment correlation, with coefficient results >0.361 , indicating that the instrument is valid. Reliability testing using Cronbach's Alpha produced a value of 0.807 for the stressor questionnaire and 0.703 for the coping source questionnaire, so it was declared reliable. Data analysis was carried out descriptively to describe the frequency distribution and percentage of research variables. The results of the study are presented in tabular form to provide a comprehensive picture of the assessment of stressors and coping sources of inmates. Although this study was not submitted for the health research ethics committee approval process, the implementation of the study adhered to the principles of research ethics, including informed consent, anonymity, confidentiality, non-maleficence, beneficence, justice, and respect for persons. This principle is applied to protect the rights and welfare of respondents during the research process.

RESULT

Respondents for this study were inmates in one of the class II A correctional institutions in Banjarmasin city. Sociodemographic data taken from respondents included age, last education, marital status, employment status and length of detention

Table 1.
Sociodemographic data of respondents (N=75)

Sociodemographic data		f	%
Age	Late Adolescence (17-25 yo)	5	6,7
	Early Adulthood (26-35 yo)	42	56
	Late Adulthood (36-45 yo)	21	28
	Early Elderly (46-55 yo)	6	8
	Late Elderly (56-65 yo)	1	1,3
Last Education	No School	8	10,7
	Elementary School	10	13,3
	Junior high school	37	49,3
	Senior high school	18	24
	Higher Education	2	2,7
Marriage Status	Marriage	59	78,7
	Single	16	21,3
Working status	Not working	18	24
	Working	57	76
Detention period	< 6 Bulan	63	84
	>6 Bulan	12	16

Table 1 presents sociodemographic data from 75 respondents involved in this study. Based on

age category, the majority of respondents are in the early adulthood category (26-35 years) as many as 42 people (56%). In terms of the last level of education, almost half of the respondents had a junior high school education (37 people, 49.3%). In terms of marital status, the majority of respondents were married, namely 59 people (78.7%). Based on employment status, 57 (76%) respondents were known to be workin. The category of detention period shows that most respondents have a detention period of less than 6 months, namely 63 people (84%).

Table 2.

Assessment of stressors of inmates in class IIA correctional institutions in Banjarmasin City (n=75)

The assessment of stressor		%
Positive assessment	33	44
Negative assessment	42	56

Table 2 shows the results of the stressor assessment experienced by inmates at the Class IIA Penitentiary in Banjarmasin City. The stressor assessment is divided into two categories, namely positive assessment and negative assessment. Most inmates assessed their stressors negatively, namely 42 people (56%). This shows that the majority of respondents tend to feel stressors as burdens or pressures that have a negative impact on their condition. On the other hand, 33 inmates (44%) gave a positive assessment of the stressors they experienced. This positive assessment reflects their ability to see stressors as challenges that can provide learning or opportunities for development. These results illustrate the diversity of individual perceptions of the stressors they face, which can be influenced by various factors such as resilience levels, social support, and life experiences. These findings are important to consider in designing interventions or rehabilitation programs that aim to improve the psychological well-being of inmates, especially through approaches that strengthen positive perspectives on stressors.

Table 3.

Results of stress assessment from the cognitive, effective, physiological, behavioral and social aspects of prisoners in one of the Class II A Correctional Institutions in Banjarmasin City in 2022 (n=75).

No	Questions	Never f (%)	Seldom f (%)	Frequently f (%)	Always f (%)
Cognitive aspect					
1	I am sure I can serve my sentence well.	15 (20%)	51 (68%)	9 (12)	0 (0%)
2	I am sure I can adapt to the atmosphere and rules in prison.	14 (18,7%)	56 (74,7%)	5 (6,7%)	0 (0%)
3	I felt like I couldn't follow the rules in prison	0 (0%)	0 (0%)	40 (53,3%)	35 (46,7%)
Affective aspect					
4	I feel worried about the verdict I received.	0 (0%)	0 (0%)	35 (46,7%)	40 (53,3%)
5	I feel anxious about the rules in prison.	0 (0%)	0 (0%)	75 (100%)	0 (0%)
6	I feel calm and sincere in carrying out my sentence.	23 (30,7%)	52 (69,3%)	0 (0%)	0 (0%)
Physiological Aspects					
7	When I think about having to be separated from my family for a long time, I have no appetite.	0 (0%)	0 (0%)	45 (60%)	30 (40%)
8	I experienced rest disturbances because the room was full and there was no privacy.	0 (0%)	0 (0%)	33 (44%)	42 (56%)

No	Questions	Never f (%)	Seldom f (%)	Frequently f (%)	Always f (%)
9	My head often hurts from thinking about my crime.	0 (0%)	0 (0%)	41 (54,7%)	34 (45,3%)
Behavioral Aspects					
10	I still carry out my daily activities the same as when I was outside prison	0 (0%)	60 (80%)	15 (20%)	0 (0%)
11	I have become quiet since I was in prison.	0 (0%)	14 (18,7%)	50 (66,7%)	11 (14,7%)
12	I have become angry since I was in prison	12 (16%)	55 (73,3%)	8 (10,7%)	0 (0%)
Social aspects					
13	I always invite friends to chat.	4 (5,3%)	52 (69,3%)	16 (21,3%)	3 (4%)
14	I often share with friends.	0 (0%)	24 (32%)	51 (68%)	0 (0%)
15	I chose to be alone and didn't want to join friends.	4 (5,3%)	71 (94,7%)	0 (0%)	0 (0%)

Table 3 illustrates the results of the stress assessment of inmates from various aspects. In the cognitive aspect, the majority of respondents (68% and 74.7%) rarely felt confident that they could serve their sentences or adapt to prison rules. However, 46.7% of respondents always felt unable to follow the rules in prison. From the affective aspect, all respondents (100%) often felt anxious about the rules, while 53.3% always felt worried about the sentence. In the physiological aspect, sleep disturbances due to lack of privacy were always experienced by 56% of respondents, and 40% always lost their appetite due to thinking about their families. The behavioral aspect showed that 66.7% of respondents often became quiet, while 73.3% rarely felt angry. In the social aspect, the majority of respondents (94.7%) chose to be alone and not join friends. These findings indicate a significant level of stress in inmates that affects various dimensions of their lives, emphasizing the need for holistic interventions to support their well-being.

Tabel 4.

Coping Source Category in one of the class II A correctional institutions in the city of Banjarmasin, 2022 (n=75)

Catageory	f	%
Good Coping Resources	6	8
Bad Coping Resources	69	92

Table 4 shows the distribution of coping resource categories for inmates at Class IIA Correctional Institutions in Banjarmasin City. Most respondents (92%) were in the poor coping resource category, while only 8% of respondents had good coping resources. This finding indicates that the majority of inmates face difficulties in using effective resources to cope with the stress and challenges they face in the correctional environment. This suggests the need for interventions that support the development of more adaptive coping strategies to improve their psychological well-being.

Table 5.

Sources of coping for prisoner at one of the class IIA correctional institutions in Banjarmasin City, 2022 (N=75)

Questions	Answer	
	Yes f (%)	No f (%)
I don't want to take part in activities in prison	63 (84%)	12 (16%)
I like taking part in activities in prison such as morning exercise, table tennis, and various other activities.	21 (28%)	54 (72%)
I want to be a tamping (companion prisoner) who can help with work in prison	58 (77,3%)	17 (22,7%)
I don't like talking to my fellow friends on the block	63 (84%)	12 (16%)
While I was serving my sentence, my friends on the block accepted me and equally provided support	13 (17,3%)	62 (82,7%)
The prison officers coached and directed me well	52 (69,3%)	23 (30,7%)

Questions	Answer	
	Yes f (%)	No f (%)
I received health care services as well as virtual visit services (video calls) as I needed	60 (80%)	15 (20%)
My family gave me money to help with my needs in prison	52 (69,3%)	23 (30,7%)
I rarely and lazy worship	25 (33,3%)	50 (66,7%)
I often pray and worship to get closer to God	58 (77,3%)	17 (22,7%)

Table 5 shows the coping resources used by inmates at Class IIA Penitentiary in Banjarmasin City. Most respondents (84%) did not want to participate in prison activities, such as morning exercise or other activities, and 84% also avoided interacting with fellow inmates in the block. However, the majority of respondents (77.3%) wanted to be tamping (companion inmates) to help with work in prison. Support from prison officers was recorded as quite significant, with 69.3% of respondents stating that they received good guidance. In addition, 80% of respondents received health services and virtual visits as needed, while 69.3% reported receiving financial assistance from their families. In terms of spirituality, 77.3% often prayed and worshiped to get closer to God, although the other 33.3% rarely did so. These data indicate diversity in inmates' coping strategies, which include physical, social, and spiritual aspects, although participation in social activities in prison tends to be low.

DISCUSSION

This study highlights the complexity of stressors faced by inmates at Class IIA Penitentiary in Banjarmasin City, as well as their limitations in accessing effective coping resources. The results of this study provide important insights into various aspects of inmates' lives that are influenced by psychological stress due to correctional environmental conditions. The cognitive aspect of inmates shows an inability to be confident in serving their sentences and adjusting to existing rules. Uncertainty about the future and loss of control over life are the main triggers of stress in this aspect (G. Edgemon, 2023). This condition shows the importance of strengthening inmates' self-confidence through educational approaches and psychological counseling, as is done in countries such as Nigeria (Edoka et al., 2023). Providing therapy such as logotherapy and psychological counseling in the form of motivational interviews will greatly help inmates in dealing with psychological burdens, especially in their efforts to get through their detention period well. Research conducted in Jakarta by (LARASATI et al., 2023), Indonesia also shows that stress management can help inmates manage and regulate their stress.

From the affective aspect, anxiety is a dominant problem. Feelings of anxiety about the verdict and prison rules not only indicate a heavy psychological burden, but also the need for an empathy-based approach from prison officers. Consistent psychosocial support can help relieve anxiety and provide a sense of security for inmates. Stress also has a direct impact on physiological conditions, such as sleep disturbances, loss of appetite, and headaches (Moritz et al., 2023; Tussey et al., 2024). This condition indicates the importance of managing the physical environment in prisons, such as increasing privacy and reducing the density of detention rooms. In addition, an integrated health approach to dealing with somatic complaints due to stress should be a priority, such as using exercise as part of the rehabilitation method (Kim & Salame, 2023). Changes in inmates' behavior, such as withdrawing from social activities and becoming quiet, indicate the lack of effectiveness of the coping strategies they use. This emphasizes the need for activities that support self-expression and healthy social interactions. Rehabilitation programs that combine elements of physical and social activities can help inmates develop adaptive behavior (Kim & Salame, 2023).

The lack of social interaction shows the impact of stigma and isolation on inmates (Nisa et al., 2023). This condition reflects the need to create an environment that supports positive relationships among prison inmates. A humanistic approach to coaching, such as group therapy or structured discussion sessions, can help improve social dynamics in prisons (Barrios et al., 2023). The limitations of coping resources used by inmates are one of the important findings in this study. Most inmates show reliance on ineffective coping mechanisms, including avoidance of productive activities. This underscores the need for an education-based approach to introduce more adaptive coping strategies, such as mindfulness or stress management exercises (Darani et al., 2023; LARASATI et al., 2023). Spirituality has been shown to be one of the main coping resources for inmates. Frequent prayer and efforts to get closer to God show that a religious approach can provide meaning and peace amidst the pressures of life (John Munezvenyu et al., 2024). Therefore, spiritual facilities and activities in prisons need to be continuously improved to support the psychological well-being of inmates.

The role of prison officers is very important in creating a conducive environment (Calabrò et al., 2023; Hamzah et al., 2023). Individually-oriented coaching and an empathetic approach can increase trust and cooperation between staff and inmates (Skowroński & Talik, 2023). Specific training for staff on stress management and supportive interactions can have a significant impact. The findings of this study also provide practical implications for the development of comprehensive rehabilitation programs. A holistic approach involving psychological, social, and spiritual support should be a priority to improve the well-being of inmates. Activities such as morning exercise, counseling, and involvement in work can provide space for inmates to develop their coping skills (Nisa et al., 2023; Olagunju et al., 2024). Social support from family and access to health services, such as virtual visits, suggest that family and community-based interventions can help strengthen support systems for inmates (Barrios et al., 2023; Løken et al., 2023). Optimizing family involvement in the rehabilitation process can provide a sense of connection and motivation for inmates to adapt better. Finally, this study also highlights the importance of religiosity in coping with the stress of prison life (Barrios et al., 2023; John Munezvenyu et al., 2024). The higher the level of religiosity, the better the individual's ability to manage stress. Thus, inclusive and in-depth religious programs can be an important element in rehabilitation strategies in prisons. The results of this study provide a strong basis for designing evidence-based policies in correctional settings. These policies should include the development of rehabilitation programs that pay attention to the balance between psychological, social, and spiritual aspects, so that they can support the recovery process of inmates holistically.

CONCLUSION

This study shows that inmates at Class IIA Penitentiary in Banjarmasin City face various significant stressors, especially in cognitive, affective, physiological, behavioral, and social aspects. The majority of respondents have a negative assessment of the stressors they experience, which reflects the inability to manage stress adaptively. In addition, the coping resources used by most respondents are classified as poor, with reliance on ineffective coping mechanisms and low participation in social and productive activities. The results of this study emphasize the importance of a holistic approach in supporting the well-being of inmates. Psychosocial support, spirituality-based rehabilitation programs, and increasing family involvement can be the main strategies to reduce the impact of stressors and strengthen their coping abilities. This study also provides a basis for the development of evidence-based policies in mental health management in correctional institutions, which are expected to improve the quality of life and psychological well-being of inmates as a whole.

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