



Family Therapy Improves the Coping and Behavior of Imprisoned Children and Family

Idawati Manurung^{1*)}, Yuliati Amperaningsih²

^{1,2}Politeknik Kesehatan Tanjungkarang, Bandar Lampung, Indonesia

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ABSTRACT

Recovery of imprisoned children can be reach by improving the coping of families and children during detention. Good coping will improve the behavior of children and families and prevent children from becoming recidivists. The purpose of the study was to compare the differences coping and behavior of families and children after attending family therapy in Children Prison. This research is a quantitative study, quasi-experimental research design with a pre-test-post-test approach, the respondents are imprisoned children and their family, location is children prison di Lampung. The results showed an increasing the positive coping of children and families The child's and family's coping and behavior improved due to the intervention of family therapy. This change occurred because the content of the seminar materials and activities at the time of family therapy remained based on the principles of grieving theory and family therapy and increasing the good behavior of both children and families when they were interacting during and after the all therapies, family therapy is good for children and also families. Conclusion, , family therapy was able to increase positive coping and behavior when interacting with family. Coping and behavior that children and families change for more positive to accept the reality. family therapy has not shown changes in both child and family coping but changes the behavior of children and families when they were interacting. Suggestions, family therapy are continued staf of prison, by further increasing programs, facilities and infrastructure for the family therapy.

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Kata kunci:

Koping
Perilaku
terapi keluarga

*) corresponding author

Idawati Manurung, S. Kp. M. Kes

Nursing Department, Politeknik Kesehatan
Tanjung Karang
Jalan Soekarno-Hatta 1, Bandar Lampung .
(0721) 783852

Email:
idawatimanurung@poltekkes-tjk.ac.id

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ABSTRAK

Pemulihan anak-anak yang dipenjara dapat dicapai dengan meningkatkan koping keluarga dan anak-anak selama penahanan. Koping yang baik akan meningkatkan perilaku anak dan keluarga serta mencegah anak menjadi residivis. Tujuan dari penelitian ini adalah untuk membandingkan perbedaan koping dan perilaku keluarga dan anak-anak setelah menghadiri terapi keluarga di Penjara Anak. Penelitian ini merupakan penelitian kuantitatif, rancangan penelitian kuasi-eksperimental dengan pendekatan pre-test-post-test, responden adalah anak-anak yang dipenjara dan keluarganya, lokasinya adalah anak-anak penjara di Lampung. Hasil penelitian menunjukkan peningkatan koping positif anak dan keluarga Koping dan perilaku anak dan keluarga membaik karena intervensi terapi keluarga. Perubahan ini terjadi karena isi materi seminar dan kegiatan pada saat terapi keluarga tetap didasarkan pada prinsip-prinsip teori berduka dan terapi keluarga serta meningkatkan perilaku baik anak maupun keluarga ketika mereka berinteraksi selama dan setelah semua terapi, terapi keluarga baik untuk anak-anak dan juga keluarga. Kesimpulan, terapi keluarga mampu meningkatkan koping dan perilaku positif ketika

berinteraksi dengan keluarga. Koping dan perilaku yang diubah anak-anak dan keluarga menjadi lebih positif untuk menerima kenyataan. Terapi keluarga belum menunjukkan perubahan pada koping anak dan keluarga tetapi mengubah perilaku anak dan keluarga ketika mereka berinteraksi terapi keluarga, terapi keluarga belum menunjukkan perubahan dalam koping anak dan keluarga tetapi mengubah perilaku anak-anak dan keluarga ketika mereka berinteraksi. Saran, terapi keluarga dilanjutkan dengan meningkatkan program, sarana dan prasarana terapi keluarga.

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INTRODUCTION

Many children experience delinquency and even commit criminal acts, the results of this behavior delinquency, children entering prisons for a certain period. Imprisonment have a bad impact on the child's psychology, these impacts include the child losing confidence, fear, and so on. (Charles Turner, n.d.) This delinquency behavior committed by adolescents or children who are still in school, and if the act is committed by an adult, it is qualified as a crime. (Anjar, 2018). One of the causes of delinquency is the family factor, and this is the dominant factor. Family, the greatest influence in the behavior development, emotional, psychological and social interaction of the child (Alifah, 2015). Family with broken home, child-pampering attitude, children are not given moral and value education and rejected child, are factor make children experience delinquency. A child who commits a delinquency leading to a criminal behavior will be tried in court and sent to prison. (Pramesti, n.d.). Imprisoned children make families angry, disappointed, ashamed, spend a lot of money during the process of being arrested, tried and paid for visiting children many times in prison. The relationship between the family and the child is not good, the child blames the parents for their condition and the family also blames the child for this situation. Children are stressed in prison, families are also stressed at home and in the neighborhood and extended family. The stressful atmosphere makes family and children's coping a lot negative and their behavior towards one another still hurts each other, full of anger, sadness and blaming each other. There has been a lot of guidance in prisons, such as formal education, individual counseling, skills training, sports, and religious coaching. (C.D., 2021). Counseling for every child really needy because with the counseling children learn new coping, new behavior and personality. (Apriyani et al., n.d.; Junaedi, 2021).

Coaching in children's prisons, including personality coaching, skills coaching and formal education But there has not program that restores the relationship between children and families. The relationship between family and children must be restored because after children leave prison, they will rejoin the family. Family therapy is a type of treatment designed to help with issues that specifically affect families' mental health and functioning. It can help individual family members build stronger relationships, improve communication, and manage conflicts within the family system. By improving how family members interact and relate to one another, family therapy can foster change in close relationships. Some of the primary goals of family therapy are to create a better home environment, solve family issues, and understand the unique issues that a family might face. Family therapy can help members of the family

learn more about what they can do to support their family member who has behavior and psychology problems while preserving their own mental well-being. Family therapy assumes the relation between member of the family have consequences on the wellbeing of individuals. (Dallos et al., 2020). Coping is a dynamic process of a pattern of behavior and thoughts that are consciously used to overcome demands in stressful and stressful situations. The process of self-adjustment in the form of internal behaviors and thoughts in the form of resources, values adopted, and commitment as an effort to defend themselves from external demands that threaten to obtain a sense of security and reduce the negative effects caused. (Riadi, n.d.). Incarcerated children are a severe stress for the child and family so each wears his own coping to be able to adapt. Most of the coping is negative because it becomes a heavy burden and its behavior accompanies the coping that they choosed.

Family therapy held for several sessions with topics that lead to relationship recovery, problem solving and emotional recovery, hoped after the end of the sessions, coping, behavior and relationship become effective and constructive and they can interact more with love, supportive and respective. good. This program is very important because children who are not recovered from their delinquency, will become adults who experience emotional, behavioral and mental disorders that will burden their parents and society. The family will be the place where the child lives after being released from prison, so that the recovery of the family and child is needed to make the child become a polite and productive adult.

The development of children's lives in Indonesia today is very worrying. Indonesian Child Protection Commission (Komisi Perlindungan Anak Indonesia/KPAI), shows case reports of children who become perpetrators of criminal acts reached 421 cases in 2020. The cases consisted of children as perpetrators of sexual violence with a total of 116 cases, as perpetrators of physical violence, 78 cases, traffic accident perpetrators, 60 cases. Children as perpetrators of theft, 42 cases, perpetrators of abortion with 39 cases, perpetrators of murder, 38 cases, perpetrators of possession of sharp weapons, 32 cases, perpetrators of psychological violence, 21 cases and children as perpetrators of kidnapping, 5 cases. Based on a survey at LPKA, Lampung, February 2022, there were 143 children, including theft cases, 36 cases, robbery 10 cases, narcotics 17 cases, fraud 1 case, sexual were 71 cases, others 8 cases.

The purpose of the study was to find the differences families and children coping and after attending family therapy. The specific purposes are to find the characteristics of the child which includes the period of detention that has been passed, education, living with whom before entering prison, average family and child coping, family and child

behavior before and after family therapy intervention, comparing the average child and family coping and behavior before and after family therapy intervention and find out what are the most dominant factors that change children's coping. The hypothesis of this study is that there are significant differences in child and family coping after family therapy interventions and there is significant difference behavior of the child and the parent after the family therapy intervention. The results of this study can be used as information material for prisons for programmatically and structured guidance or counseling programs, both individual counseling, group counseling and family therapy as counseling for children and family. The results can be the basis if it will be practiced in prisons in Lampung Province by developing standard operating counseling procedures and the materials and skills needed by prison staff to become counselors.

METHOD

This research is a quantitative study, a quasi-experimental research design with a pre-test-post-test approach. The location is in Lembaga Pembinaan Kesejahteraan Anak (LPKA) or Children Prison in Lampung. During the research, there were 143 children, as population with various cases, including 36 cases of theft, 10 cases of robbery, 17 cases of narcotics, 1 case of deceit, 71 sexual cases, others 8 cases. Selection of samples with inclusion criteria, at least six months in prison with various cases. (Utama, n.d.) Respondents were 40 people based on LPKA rules to facilitate supervision during therapy activities. The respondent's family was also invited by LPKA, as many as two people (80 person). The variables were child and family coping, a child's or family's grieving response after a child has been held in prison, based on grieving responses from Kubler Ross theory. Family behavioral variable were measured based on the child's perception of the family behavior during therapy and child behavior is the parent's perception of the child behavior during the interaction. Sampling was determined using Probability Samples Systematic, the selection of participants came from two blocks of prison. The questionnaire was made by the researcher and being tested on children who were not respondents in the same prison. The statements on the questionnaire based on the Kubler Ross concept of grieving which contains statements of responses at shock/denial fase, anger, bargaining, depression and acceptance faces. The questionnaire was revised and re-tested and finally used to obtain data. This research has received ethical recommendations from Ethics Commission the Tanjung Karang Health Polytechnic.

Data collection techniques are divided into three stages, the preparation stage, the intervention stage and the post-intervention stage. In the preparatory stage, the researchers held a common perception with LPKA staff and enumerators about family therapy so that there was a common understanding and facilitate cooperation in implementation. Researchers conduct training as group therapy counselors for the LPKA staff in order they can become facilitators during family therapy. Being a counselor can be the basis for counselors to continue group therapy in the future. (Manurung et al., 2021). The enumerators select respondents and invite families. Family therapy is carried out with group therapy methods. In the intervention phase, group therapy activities were carried out for children and

families which included seminar and activity therapy carried out by families and children and ended with a discussion. Family therapy is carried out with group therapy methods. (Lianti et al., n.d.; Lumongga, 2017). Group counseling is more effective and efficient in changing behavior because it is carried out directly to many participants. (Manurung et al., 2022; Petermann, 2018). The therapy was carried out six sessions, once a week, in the first session of family therapy, families and children gave informed consent, then the coping and behavior measurements of families and children were carried out by filling out questionnaires. The topic about family and child stress, the second session is cooperation between child and the family, session three is assertive communication, session four is problem solving and session five is future plans. After two weeks of session five, another meeting was held, to terminate and measurement of the coping of children and families. All therapy is done in groups, children and families. each enumerator becomes a facilitator during group meetings.

Univariate analysis are the variables of child characteristics, coping and behavior of children and families both before and after family therapy intervention. (Hastono, 2019). Bivariate analysis by comparing the average differences child and family coping and behavior, both before and after family therapy intervention (dependent sample t-test) and comparing the average differences in child and family coping and behavior after family therapy intervention (independent sample t-test). Linear Regression Analysis was conducted to determine the factors that influence the child's coping. (Hastono, 2019)

RESULTS AND DISCUSSION

The results of the research will be described below.

Table 1. Distribution of Respondents Characteristics

Category	Frequency	Percentage (%)
Education		
Elementary School	4	10
Junior High School	21	52,5
High School	15	37,5
Long stay in prison		
Short, < 12 bulan	24	60
Long, ≥ 12 bulan	16	40
Before detention live with		
Parents	33	82,5
Relatives	3	8,7
Alone	3	8,7
Expected parental attitude		
Forgiving	17	35
Loving	24	60

The education level of the respondents, ranging from elementary to high school level, with the highest level of education is junior high school with 21 respondents (52.5%), 24 respondents. (60%), detention for less than 12 months, 33 people (82.5%) before entering LPKA, the children live with their parents, 24 children (60%) still expect their family maintain their love them.

Table 2. Coping and Child Behavior, Coping and Family Behavior Before and After Family Therapy

Variables	Intervention	Mean	SD	SE
Child Negative Coping	Before	62,18	16,21	2,56
	After	61,65	15,30	2,42
Child Positive Behavior	Before	29,92	4,72	0,74
	After	31,80	4,65	0,73
Family Negative Coping	Before	71,52	13,77	2,12
	After	65,64	10,67	1,64
Family Positive Behavior	Before	65,91	12,12	1,35
	After	67,65	10,56	1,18

The results showed that the average negative coping of children before the intervention was 62.18 with a standard deviation of 16.21 and a standard error of 2.56. After the family therapy, the mean was 61.65 with a standard deviation of 15.30 and a standard error of 0.42. The average difference between before and after intervention is 0.52 with a standard deviation of 26.11 and a standard error of 4.50, there is a decrease in children's negative coping after the intervention. The statistical test results obtained a value of 0.89, so it can be concluded that there is no significant difference between children's coping before and after the intervention. The average positive behavior of children according to family perceptions before the intervention was 29.73 with a standard deviation of 5.79 and a standard error of 0.41. The difference average between before and after intervention is 1.87 with a standard deviation of 5.79 and a standard error of 0.91, there is an increase in children's behavior according to parents' perceptions between before and after the intervention. The statistical test results obtained a value of 0.00, so there is a significant difference between family behavior before and after the intervention

The average negative family coping before the intervention was 62.65 with a standard deviation of 12.13 and a standard error of 1.35. After the intervention the mean was 65.91 with a standard deviation of 10.56 and a standard error of 1.18. The difference average between before and after intervention is 1.73 with a standard deviation of 10.20 and a standard error of 0.13, the negative family coping decrease after the intervention. The statistical test results obtained a value of 0.13, there is no significant difference between family coping before and after the intervention. The average positive family behavior according to the child's perception before the intervention was 29.73 with a standard deviation of 3.77 and a standard error of 0.42. After the intervention the mean was 33.02 with a standard deviation of 3.73 and a standard error of 0.41. The difference average value between before and after intervention is 3.28 with a standard deviation of 4.71 and a standard error of 0.52, there is an increase in family positive behavior according to the child's perception between before and after the intervention. The value of statistical tests is 0.04, there is a significant difference between positive family behavior between before and after the intervention.

The results of the independent t test analysis, comparing child and family coping after family therapy interventions, obtained an alpha value of 0.11, meaning that there were no significant difference between child and family coping changes, statistically both are not due to family therapy. Both negative coping decreased, child coping decreased more than family coping. Comparing the value child and family behavior after family therapy interventions, obtained an alpha value of 0.00, means that there was significant relationship between child and family behavior changes, statistically both are not due to family therapy. Both equally increased positive behavior, more improved family behavior. The results of linear regression analysis show that the

negative coping of children and their families will increase if the child stays longer in LPKA.

Mostly children are still at the junior high school, at adolescents. The life of junior high school adolescents is indeed vulnerable to deviant behavior, this is due to the need for adolescents to be accepted in their social environment and also the curiosity of teenagers is quite high, such as experimenting with smoking, using drugs. It is possible that during junior high school, juvenile delinquency was considered to be just a simple, harmless behavior. temporary turmoil, later, we will also realize, a sign of mild delinquency. As a result, the delinquency is not given disciplinary action, it is left alone, the parents let it go, the teachers also let it. Gradually it gets heavier because there are factors of influence from friends, association, lifestyle, financial demands and the influence of social media which describes a hedonistic life that does not need to pay attention to manners, other people, regulations seem to justify the means. If at the beginning the children have been guided, by parents, teachers and the social environment, their delinquency will not develop. Delinquency due to several factors mentioned above can of course be prevented by not allowing the factors causing juvenile delinquency around the teenager.

The results showed that the average negative coping of children and families decreased after the intervention but there was no significant difference between the coping of children and families before and after the intervention. This means that the child's and family's coping improved due to the intervention of family therapy. This change occurred because the content of the seminar materials and activities at the time of family therapy remained based on the principles of grieving theory and family therapy. Children and family have not yet led to a response to accept the fact that the child is detained in prison and how to change the child's behavior in the future. Coping with the recent breakup is changing. This is the reason there is no significant difference. only limited to those who have Children's behavior towards families and family behavior towards children also changes and improves and there is a significant difference between the behavior of family children between before and after the intervention. This means that the behavior of the child and family changes for the better because of the family therapy intervention and a significant difference shows that the change is felt by the family and child.

Child coping and behaviour becomes negative because while in prison, the child experiences overcrowded with inadequate access to time outdoors, food and water, and poor sanitation practices, with cages, fences, and harsh overhead lighting that was left running for 24 hours a day. Children often get bad behavior or bad effects, such as physical and psychic violence, prisonization, deprivation, and finally get stigma or labeling from society. Losing the atmosphere of the house such as when gathering with this family or extended family, experiencing a process of

adaptation and being forced to live independently with all decisions and behaviors in prison. The impact of the child in prison, is family mental health, like feeling of guilt or blame each other, mutual anger, confusion, disappointment, not knowing the future of the child and family, loneliness and isolation (the family feels that no other family will help because it is a criminal matter). Family also expenditure of a lot of money, starting from the investigation process, trials and necessities while in prison and the cost of going back and forth to visit in prison. Family experience stress-related diseases such as hypertension, heart disease, gastritis, difficulty sleeping, no appetite and many physical diseases. (Malik & Sovitriana, 2021). Children and family have communication disorders ; do not want to be straightforward with existing problems or emotions, no longer related or difficult to communicate, conflicts with family, difficulty forgiving, breakdown of family relationships.

Family therapy brings many benefits to families, especially those who have problems with how to communicate and interact. Through this joint therapy, each family member can learn how to properly express feelings, understand the thoughts, and needs of each family member, and solve problems in a good way without damaging the relationship. (Cherry, n.d.). This therapy also focuses on how family members can understand the individual difficulties experienced by each family member. For example, if one family member has a mental health disorder, family therapy can resolve several conditions that may be the cause. The advantages for children after attending family therapy are: they learn to recognize feelings, family disappointment, anger at their behavior, children no longer blame their parents, children understand what always creates conflict between themselves and their families. The advantages for the family are reducing conflict, overcoming emotional problems, restoring family roles and establishing new family norms. (Garofalo, n.d.)

It would be useful also to develop an improved understanding of mechanisms of change. Family therapies may indeed be helpful for prisoners and their families. (Robinson, 2016). In each session, family therapy contains seminar with topic according to the child's and family's problems. After the seminar, the child and family are given activities or games that allow them to express their feelings, forgive each other and express opinions and understandings and finally this improves communication and relationship. This were the reasons why coping of the family and the child improves and their behavior to support each other improves after the intervention. There is no significant relationship between coping before and after family therapy interventions. The possibility of coping improvement is not due to family therapy, it may have been a sense of regret while being imprisoned, so arises motivation to change their life. There is a significant relationship between behavior before and after family therapy interventions. During therapy, children and children behaved well with each other due to the fact that the meetings were only brief, were observed by officers and there was a feeling of joy and longing that controlled their behavior. Group therapy is very helpful because fellow participants can learn from each other and support each other because they have the same problem. Group therapies can recover emotions, communication, self-esteem interactions, behaviors and can even be a means of structuring the future. (Nopriani et al., n.d.; Waldani et al., n.d.). Conclusion, family therapy is good for children and also families. (Roberts, 2017).

The results of linear regression analysis show that the negative coping of children and families will increase the longer the child stays in LPKA. This means that the child will experience a prolonged grieving process due to life in prison. (Sopiah, 2017). Although a series of coaching is carried out, there are even schools, counseling and worship activities. It is possible that this process occurs because life in prison is full of rules, competition and supervision, means of life that are not as comfortable as live with family and they also separation from family. (Arlin Cuncic, n.d.)The respondents' stressful conditions before there were actions were mainly on boredom, competition for life with roommates or blocks, strict rules and restrictions. Boredom can be caused by lack of activities, having been detained for a long time and still being detained for a long time, while family conditions are unclear, difficult finances and family visits. For families, the grieving process occurs because the longer a child stays in prison, the more problems the family face, like visiting, the more embarrassed to society, because the child stay in prison, the child has disappointed and angered the family. These factors make children and families cope more negatively if they stay in prison for too long.

LIMITATION OF THE STUDY

Limitation of this study was difficult to create a conducive atmosphere for therapy, such as no distractions and not many people, focusing at providing material, group activities and discussions. At the beginning of the session, there were a lot of families came because it was the first meeting after visiting restrictions due to the pandemic, many children who had entered LPKA for the first time were visited. The atmosphere became crowded, the family who came could be more than two people, even the children also attended. After the third session, it started to be conducive because fewer families came. The other limitation was, the family member who came, not always parent or families that will be the place where the child will live after getting out of prison, sometimes only sibling, significant others came, not the same family came in every session. The family learning process is not sustainable and the family that is most responsible for the development of the child does not come so that changes in family coping and behavior do not occur much.

CONCLUSIONS AND SUGGESTIONS

Children who against the law cannot be fully blamed, because family and environmental factors also affect children's attitudes and behavior. Adolescence are full of changes from child to teenager, and must adapt to social changes, knowledge and technology so that they must have strong mentality and values to stay well and in control. If the child does not get education, attention and psychological, social and spiritual support, then the values held by the family begin to be meaningless and the child is affected by the world outside the family. When viewed from the children behavior, it is not properly to say them criminal, even though their behavior harmful and cannot be tolerated anymore. The psychological state of the child and family must be restored, the coping of the child and the family must be directed to a more constructive coping so that eventually the negative behavior of the child and the family will change. Family therapy was able to increase positive coping and

behavior when interacting with family. Coping and behavior that children and families change for more positive to accept the reality. The verdict greatly affects the coping of families and children so this adds to the grieving process, become prolonged or even never finish. Recovery of child and family relationships is very important because most children still live with their parents and children still want to be loved and forgiven.

Family therapy should still be done because it gives positive results for children and families. Therapy is made to be more structured and programmed, rooms for family therapy are made specifically, officers are trained to be able to do family therapy. Further research can be done by examining the factors that influence the recovery of children while in prison. This pandemic condition has made family visits even more rare, perhaps due to economic shortages and also due to restrictions on mobility. This condition can increase the rift in the relationship between children and their families, even though during detention, family visits are most awaited by children. This family therapy is expected to be able to bring families more diligently to come to visit and be able to improve each other's coping.

Family therapy which is done by group therapy is good because children and families often get exposure to the causes and effects of the situations and conditions they face, they learn together and have the opportunity to confront each other's opinions and feelings. They begin to express feelings of sadness, anger and blaming each other and realize each other's weaknesses so as to create the current condition and situation. Children and families can accept and understand each other. Children and families learn that this is due to the weaknesses and mistakes of both parties and must be overcome together by working together. The future of the child is the responsibility of the child and family.

Family therapy should still be carried out because it gives positive results for children and families. Therapy is made more structured and programmed, rooms for family therapy are specially made, staffs are trained and so they can do family therapy. Further research can be done by examining the factors that influence children's recovery while in prison. Group therapy is more effective and efficient for recovery than individual counseling if the group that is followed has the same problem and is cohesive, programmed and structured. Group therapy also quickly restores children's social interactions in prison and with their families.

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