



KLASICS

Kendari Journal of Maritime and Holistic Nursing

<https://stikesks-kendari.e-journal.id/K>

Volume 02 | Number 02 | July | 2022

E- ISSN: 2774-6577

Self Care Prisoners At The Women's Penitentiary in Kendari

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Keywords: female prisoners, love and belonging need, orem, self-care, self-care deficits.

Abstract :

The prisoner's problem in correctional institutions is the restriction that affect psychological conditions. The disorder is further aggravated by not fulfilling human basic needs, such as love belonging need. However, inmates experience family seclusion. The purpose of this study is to explore the description of prisoners' self care in fulfilling love and belonging needs. This qualitative research involved as many as 6 people with a phenomenological approach. The research's results consist of 3 themes namely problem, relationship and adaptation. prisoners have different characteristics, so the ways to deal with problems and adapt are not the same. Self care deficit occurs because of a disconnected relationship between prisoners and their families, then added to the problems faced in prison and the process of adaptation that is not easy for some prisoners.

Introduction

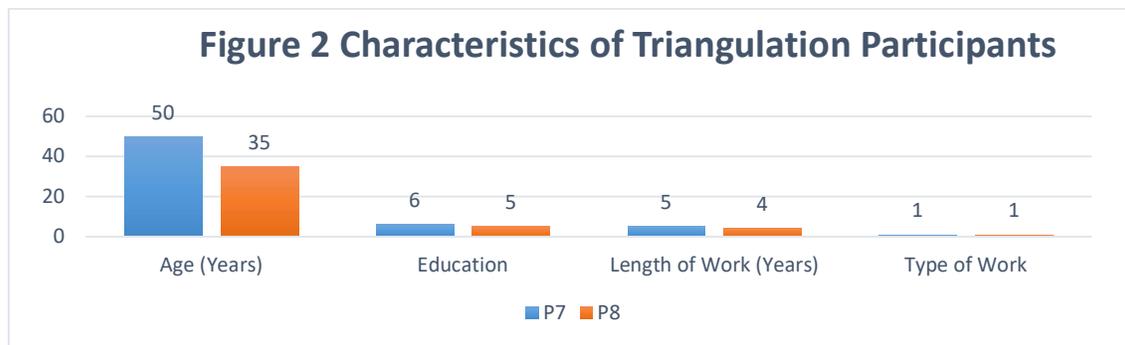
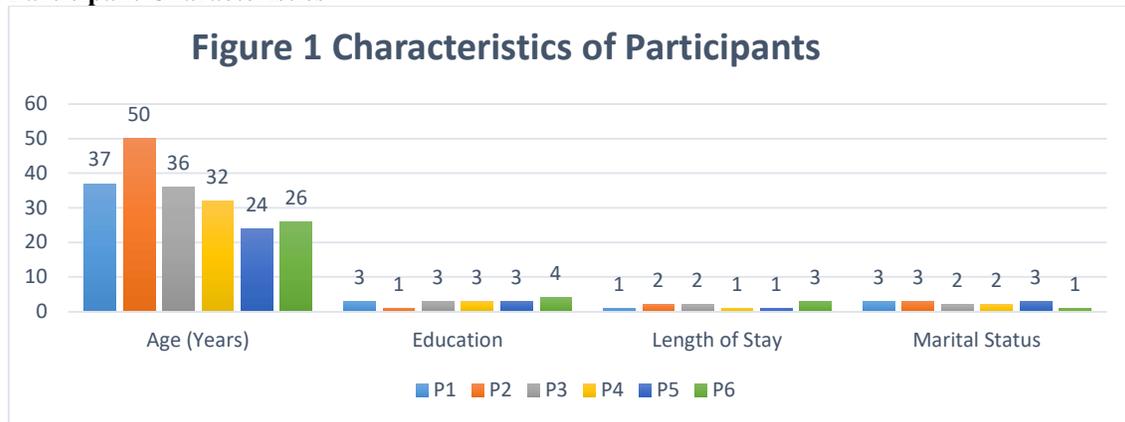
The problem that occurs in penitentiary institutions in Indonesia is over capacity, in 2018 there were 250,444 prison inmates in Indonesia, this number exceeds the ideal capacity of 124.696^{1,2}. Over capacity affects the psychological atmosphere of prisoners, such as depression and stress^{3,4}. Some research shows that prisoners experience stress, show depressive syndrome and experience major depression⁵⁻⁷. This condition can be exacerbated by the disruption of meeting the basic needs of prisoners, where the needs they really need are physiological needs and the needs of love and belonging⁸⁻¹⁰. However, previous research stated that prisoners did not get social support from family and even decided that their kinship was divorced by their spouse¹¹. This study aims to describe the prisoners' self care with their various problems.

Method

A qualitative method with a phenomenological approach was used in this study. The population used in this study were all prisoners in Class III Women's Prison in Kendari City with a sample of 6 people conducted on May 22-25, 2018. The participants in this study were 6 people and the triangulation participants were 2 people. Triangulation is carried out by gathering information from triangulation participants who work as prison officers, observations and data from prisons. Data were collected using indepth interview techniques and analyzed using thematic analysis

Results

Participant Characteristics



Explanation:

	Education	Marital Status	Type of Work
1	Elementary School	1 Not married yet	1 Government Employee
2	Junior High School	2 Married	
3	Senior High School	3 Widow	
4	Diplom III		
5	Bachelor		
6	Magister		

Figures 1 and 2 show that some participants were over 30 years old, most were widowed and most had high school education.

Participants revealed category the problems faced by participants while in prison with the following statement:

Self Care Overview

The description of self-care for women prisoners is divided into 3 themes namely problem, relationship, and adaptation. For more details described as follow :

1. Problem

The theme of the problem is described through 2 categories, namely the problems faced by participants while in prison and the efforts to overcome the problem.

"Nothing, everyone here is open to each other, looking after each other, because we share our feelings..." (P1)

"Nothing, people who live here are good people, even the employees are good person....." (P2)

".....There is none, all is well" (P3)

"During this time approximately 1 month, there are no problems...." (P4)

"I'm here, at the first, poor, poor my life, there must be a problem ... I'm addicted to

cigarettes, I'm addicted to cigarettes, but I can't get cigarettes. ... (P5)

"There must be, in fact we are here with different characters, different ways of our lives outside, when we come here the interaction is different, surely the way of speech and behavior" (P6)

"That's a lot like fighting, yes, it's our duty as officers, so we initiate it in everything we do ... There was once a report from a prisoner complaining about being blamed, how come she was accused, feeling herself accused, until there was something outward usual ... (P7)

"Well... a lot, sometimes fighting while screaming among fellow prisoners, some have even accused each other of accusing ... (P8).

The categories of the efforts made to overcome the problem describe with following statements:

"I just stay quiet, if my prayer time arrives, I will pray, even though it is not the time to read the Quran," (P1)

"...I have a problem with my family, but all I can do is just stay quiet, when my prayer time come,... to The God that's the only place I confide in above....(P2)

"..... Call my husband to come" (P3)

"My husband called me, my husband also told me not to be too depressed, he said just to pray" (P4)

"This is what it feels like to be imprisoned, only myself can please my heart, at first I cried all the time..." (P5)

"..... To overcome the problem, God willing, for the apology I will definitely continue to try, the second to restore the good name of the family, so that God willing, I can be accepted again, amen ... if I'm upset, I can only harbor those feelings ... " (P6).

"...if verbal warnings are not heeded, as well as written, we are forced to exile prisoners called sel blocks, a place of exile for people who make mistakes after how many times reprimandI move from the room that makes him rowdy, I try to move from a room that feels right for him"(P 7).

"..... The problematic prisoner are given verbal reprimands, then written reprimands and if the problem is

repeated, prisoners are placed in isolated sel blocks" (P8).

2. Relationship

The theme of the relationship is described through the category of relationships between prison residents and families described as follows:

"There are indeed those who do not like me... but I don't have a problem with a friend in prison" (P1)

" Never known to my family good friends in prison, the officers too...." (P2)

"Never even called (family), just my husband all the friends here are good " (P3)

" I'm fine with my family no fighting with friends here." (P4)

"None of my family, my family lives in Tasikmalaya all" (P5)

"Alhamdulillah, it is fine, if the nuclear family is good, but from the side as a large family, it was still less pleasing because the case was sadistic ... " (P6).

"Fine, it means that if there is a visitation, we always give a chance to meet, as long as the statement of permission is complete the case is 4 people so they are very, very apprehensive because the families are all live in Makassar" (P7)

"In my opinion it is fine, because there are still those who visit, but there are also those who are rarely visited" ... (P8)

3. Adaptation

The theme of adaptation is illustrated through the category of time needed by participants to adaptation in prison.

The categories of time needed to adaptation are expressed in the following statements:

"About a week has been able to adapt, 3 days just stay quiet " (P1)

"i don't know.... Crying and there are no friends ... there is no one, after I hang clothes in the clothesline, I sleep, I don't talk randomly here" (P2)

"How many days huh ...? I week " (P3)

"Alhamdulillah quickly, when I came straight I began to make friends,....." (P4)

"...don't know...There was none, alone, ooo, from the first time I came ... " (P5)

"It doesn't take long so they can adapt quickly... they already consider each other siblings, friends, sisters, talk to each other, hit each other, play like that normally" (P6).

"Yes, they are friends because before entering, we provide reinforcing directives ... people share their feelings, share their joys and sorrows so it doesn't take long to get to know each other.....". (P7).

"Mhmm ... sometimes a week or less, they talk to each other between friends ..." (P8).

Discussion

This study shows that in general participants experienced a deficit of self care requisite related to Orem's theory in Aligood about universal self care requisite (USCR) on balance 8, namely the importance of balance in the promotion of human function and development in social groups. Imbalance that occurs is the bond of relationships in improving human development and also the relationship in interacting between fellow prisoners and between prisoners and their families¹².

Previous research has explained that prisoners status often creates psychological problems and places a negative label as a perpetrator of crimes even though they have shown changes in good and positive attitudes for women, especially in the case of female prisoners^{13,14}. The results of other studies that reinforce this phenomenon are data that show some prisoners do not receive social support from people closest to them and their environment, such as being cut off from relationships with their families and being divorced by their partners after entering prison¹⁵.

The problems encountered in this study indicate that in general prisoners experience a deficit of self care requisite which is indicated by the ineffectiveness of coping in solving the problems they face. Prisoners cannot meet the needs of living a social life while interacting with fellow prisoners at the beginning of entering prison. In addition, participants also experienced a lack of fulfillment of love and belonging needs, such as not getting attention, affection and recognition from the family. This situation can cause problems between convicts so that they can be punished for violating the rules set in the correctional institution.

Orem in Aligood argues that maintaining the balance between solitude and social interaction and the promotion of human function and development in social groups is a universal self care requisite need¹². This research reinforces previous research that what will change significantly is the issue of socialization, this will be experienced by the prisoner when he begins to live his life in a correctional institution¹⁵. Conditions in prison make the life of prisoners limited in meeting their basic needs including the need to socialize with those closest to meet love and belonging needs^{10,16}.

The results of in-depth interviews about inmates prisoners showed that inmates initially could not adapt easily and tended to be closed between old residents. But there are participants who do not need a long time to adapt because they immediately make old residents as friends and even family to share their feelings.

This situation illustrates the process of adaptation that they have done with maximum effort and according to their respective conditions. The process of adaptation in prisons illustrates the conditions of prisoners who experience self care requisite deficits. This happens because they often close themselves so that they do not interact with fellow friends in prison at first. This condition prevents prisoners from fulfilling the need to show compassion and mutual trust to fellow prison residents related to the theory of universal self care requisite (USCR) on balance 8 which is a balance in the promotion of human function and development in social groups.

Friedman revealed that the individual's need for getting to know his environment is one of the important factors in giving a sense that she has potential¹⁷. The concept of Abraham Maslow's theory places the need for social needs that include the need for a sense of belonging, mutual trust, love, and affection (belongingness and love needs)¹⁶. This study is similar to the results of previous studies that mention mutual distrust, irritability and irritability between inmates due to lack of self-acceptance, feeling rejected, disappointed and feeling threatened^{18,19}.

CONCLUSION

Inmates of the Kendari Class III Women's Penitentiary generally experienced a self-care requisite deficit based on problems, relationships and adaptation. Problems experienced by inmates occur at the beginning of entering prison. the problems they face don't cause a fight. However, the way inmates deal with problems when they first enter prison is less adaptive, thus extending adaptation time. The participant's relationship with the family mostly complicates the conditions of prisoners while serving their sentence. The condition of self care agency deficits in prisoners gives meaning that they need a self care agency in the form of assistance from prison nurses in terms of consulting personal and inter-prisoners and families.

Conflict of Interest

The author declare no conflict of interest

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Ema Nengsyi, Diah Indriastuti, Fikki Prasetya, Tahiruddin, Risqi Wahyu Susanti, Self Care Prisoners At The Women's Penitentiary in Kendari

Psychiatr Nurs. 2018;32(1):66-70, doi:
10.1016/j.apnu.2017.09.014.