

“Re-Entry Program” Alternative to Overcome Prisoner’s Mental Crisis: *A Community Base Research*

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ABSTRACT

One of the philosophies of punishment is rehabilitation. This philosophy emphasizes improvement of inmate behaviour. On the other hand, in the prison or penitentiary process still has out of expectations. This is evidenced in the number of cases of recidivism and increase capacity in crime. This study was conducted on female prisoners class II Malang. The present study uses a community action research approach aims to improve the ability of female inmates in coping with problems and increased expectations after serving criminal. In this study conducted in participants and subjects studied consisted of 17 inmates in integration period. Data inquiry techniques using the Need Assessment with multiple stages such as: Interview, Questionnaire, and the Personality Test. In helping solving problems also done some assistance, such as individual counselling is one of relief individually and directly. In addition, it is a counselling group that is one form of counselling by utilizing the group for help, provide feedback and learning experience. Furthermore, to assist the inmate in addressing the problems that occur given psychoeducation program. In general, these programs provide a change in mental preparation towards the subject back to the community. Changes based on the main objective of this program can be grouped in two aspects: the cognitive and emotional aspects, with an average success rate of 58.8% of the subjects experienced a change in terms of cognitive and emotional.

Keywords: *Hope, Coping Problem, Prisoner, Community Base Research.*

BACKGROUND

According to Act No. 12 Year 1995, Institution called correctional institution or prison is one part of the correctional system. Correctional system itself is an order in the direction, limit and guidance as well as ways of corrections inmates based on *Pancasila*. It is implemented in an integrated between the coach, prisoner, and the community to improve the quality of inmates in order to realize the error, improve themselves, not

repeat the offense, be accepted in when they return to their community, be able actively participate in the development, and reasonably live as good citizens and responsible. The Correctional Institution (prison) is a place to carry out the fostering Prisoners and Correctional Learners while the prisoner is an inmate who undergoing criminal offenders in prisons and loss the independence, while the inmate is a person who is convicted court decisions that have the permanent legal force.

Inmates who are undergoing the process of coaching in the prisons have very limited space. They loss an independence, gathering with family or close friends because of a legal ruling that they must go through. Getting in prison for a long time, for months and even years resulted in minimal contact with the outside world. The relationship is only with other inmates in the prison for a long time. Long isolation conditions as they locked up in the prison have the following effects (Kartono; 2003): First, there is no social participation. The community considers prisoners as excluded communities, foreign public which full of stigma or social spots, which must throw. Second, the inmates suffered by inner pressures increased with increasing time of imprisonment. It leads to autistic tendencies (shut down in total) and attempt to escape from the reality of a traumatic nature; particularly in such events is widely available for the new occupants. Third, homosexual practices flourish, specifically, the man-feminism and weak prisoner, become victim, raped by the stronger one.

Fourth, the prisoners develop stereotypes reactions, e.g: suspicious, irritable, quick to hate, and grudges. Fifth, they got the stamp "not credible" and "cannot be given responsibility". If they were already out of prison, it is difficult for them to get a job. Therefore, they prefer repeating commit a crime and living in a prison. They are considered as immoral citizens, and less able to provide social participation.

Referring to the negative effects above, the negative stigma of the community about the inmate state become an important issue, especially regarding inmates who will be re-integrated into their community. However, long isolated condition from family and community environment compounded by the negative stigma of society requires inmates to be ready mentally to deal with it. According to Susilo (1991) many inmates had been re-integrated to their community loss of confidence marked by a closed stance, indifferent, cynical, and anti- social. Eventually, many prisoners were once out of the Prison is still committing a crime. In many cases, inmates reveal anxiety about the

future, it is pointed out that many inmates already out of prison was not so long repeat commit a crime then entering a prison.

To overcome this problem, psychological competencies such as optimism and proactive coping skills in problem are necessary. Segerestrom, 1998 (in Ghufroon & Resniwati, 2010) optimism is a positive way of thinking and realistic in looking at a problem. Positive thinking is trying to achieve the best of the worst situation. Aspinwall and Taylor (1997) revealed that proactive behaviour is a process where a person anticipates stressors that could potentially disrupt the balance of emotion and action in order to prevent such things happening in him. Inmates are expected to be able to deal with many problems after integration with these competencies.

Class IIA Female Correctional Institute of Malang is one of the prisons that hold a special training for women prisoners. Coaching given to inmates is divided into 3 stages: 0-1/3 Period of Detention (Maximum Security), 1/3 - 2/3 Period of Detention (Medium Security), and 2/3 Period of Detention (Minimum Security). Prisoners whom will be integrated into society are inmates who have entered 2/3 Detention Period. Coaching given at this stage focuses on job training. Some of them employed (tamping) in some prison units.

The programs of Class IIA Female Correctional Institute of Malang is not yet focuses psychological issues. Therefore, it should be a program focuses to prepare inmates mentally to overcome such psychological problems when entering into their community.

The results of an initial interview conducted on some inmates showed their confusion in dealing independence. As said by YN (50 Years) is *"at a loss to put myself again in consort with society, a fear that cannot be accepted by the surrounding society"*. It was also submitted by the RS (38 Years). *"Towards re-integration feels confused, upset and was at the peak of saturation, saturated due to always perform routine activities in prison, but sometimes when it is not busy with activities"*. After exiting the participant further confused by how her life is. Negative stigma about the state of prisoners is also feared by AR (32 Years), *"confused to put myself in the neighborhood, a fear that cannot be accepted"*.

In addition to the fear of public perception, the inmates also were confused about the plan she will do after exiting. As stated by the AP (28 Years) following *"The family*

all knew anyway, I indeed worried, but we are also still somewhat long time to exit, confused about plan after exiting, would do what else". Plans after exit also are a constraint for the IC (23 Years) "Unknown after coming out, may want to stay in the boarding around Malang first". The absence of a clear plan is also express by IN (20 Years) "I am going home alone. I want to Kediri to the grandfather's house". And when asked if there was a plan that would work out? IN saying "do not, want to back home, get relax first only. Looking for work is not necessary, because the work looks or me, first (still distribute the drug) so well "

Besides the lack of work-related plans, the prisoners also have no plans to re-establish the family. Some inmates who already got married ever had a failure in marriage. This failure as experienced by LA *"I have been married four times and divorced three times, maybe my husband had married again in Kalimantan, I do not think the marriage again, if given a mate thank to God if not, let live alone".* Failure to maintain households also experienced by AS (43 Years) *"I have been divorced with first husband, he likes to curb and prosecute".* Failure to settle down also experienced by KS (27 Years). She said *"I have divorced, the ex-husband now in prisons, hit drug cases, but it is still communicating, I want to raise my own child first, and then if I want to marry I will look for a good husband economically".* There are also prisoners who do not have the status of a divorce by law, but has been long separated from her husband. As experienced by SF (28 Years). *"Last time I was angry with her husband, at 6 pm angry, then at 3 am I stay away, I might get in here because sin leaving a husband, now maybe my husband had married again. Although I have Child, after the exiting prison I do not consider getting married, if anyone wants it is okay".*

In case, stresses that many experienced subjects who are married is a conflict with her husband, unmarried subjects had a history of problems with parents. It is delivered by IN *"my parents are not getting along anymore, even though the parents are not divorced but have been separated for many years, the mother and father worked in the black path".* While ES (24 Years) came from a broken family *"my family was broken, father and mother divorced".* While HE (24 Years) also experienced the same life *"My father was unknown how many times he already married and had a wife, I commonly know drug also from parents"*

Based on the interview above, their fears related to public acceptance, as well as saturation and unsure to do anything after exiting. Inmates were demanded to be optimist to face the outside world so that they can be confident that a society and be sure to have a better future. In this case, Duffy, et al (in Ghufon & Resniwati, 2010) argued that optimism makes people know what they want. Individuals can quickly transform themselves to easily resolve the problems being faced, so it does not become an empty self. While Kerley (2006) explained the optimism to believe the events will go well. When viewed from their plans, both in terms of the family, and work. This plan will help them have a better understanding of positive coping, in addressing economic problems, and family.

RESEARCH METHODS

The method used for data collection in this study was the interview. The type of research is the Community Action Research. The subjects of this study were 17 inmates that would be re-integrated. The 17 subjects had a different criminal case. The 17 subjects had the following characteristics: 1) Had entered 2/3 Period of Detention (Minimum Security); 2) was not following mental preparation program conducted by the other researcher; 3) not collide/productive in the prison workshop.

Stages of research conducted as following: data mining technique for Need Assessment conducted by interview, questionnaire, and the Personality Test using TAT, DAP Baum and Wartegg test. The aims is to determine the differences between each personality and individual personality itself, which means no one who has the same personality among one another, and personality itself is not something that is wrong or right, nor anything that is good or bad.

After obtaining sufficient data, researchers then performed analyzes used to prepare intervention programs. The purpose of the intervention was to help in solving problem. The intervention involving some assistance such as Individual Counseling that was personal and direct assistantship. In this way, the helping was arranged face to face relationship between the counselor and the individual (counselee). Usually the targeted problems solved through the technique were personal problems. The other assistantship was group counseling, which is one form of counseling by utilizing the group to help,

give feedback and a learn experience. Group counselling in the process used the principles of group dynamics.

Furthermore, to assist the inmates in addressing the raised problem, the researcher held *Psychoeducation* program which was an activity to increase understanding or skills as the prevention or spread of psychological disorders in a group, community, and society or the development and provision of information (dissemination) in the form educating the public about the information related to the popular psychology/simple or other information that affects the psychological well-being/psychosocial society.

To assess the effectiveness of the program given, the researcher conducted the evaluation process. Evaluation method used in this program was Portfolio which is a collection of documents from the re-entry program filled by inmates.

RESULTS

In general, these programs provide a change in mental preparation of subject before re-integrated into the community. Changes based on the main objective of this program can group in two aspects: the cognitive and emotional aspects. Cognitive aspects related to career plans, and understanding the problem-solving solutions, while the emotional aspects include optimism towards the integration. Based on the analysis of evaluation by using the self-report method in general showed the changes experienced by 17 subjects can be classified in the following table:

Table 1. changes experienced by the subject

Changes	Frequent	Percentage
Cognitive	4	23,5 %
Emotion	1	5,9 %
Cognitive & Emotion	10	58,8 %
No Changes	2	11,8%
Total	17	100 %

According to the table above, note that from 17 subjects as much as 23.5% or 4 people experience cognitive changes through the course of preparation of prisoners for

re-entering the community. The subject who experienced emotional changes was only 1 or 5.9% , while the subjects with cognitive and emotional changes were 10 people or 58.8%. The program does not make a difference both in terms of cognitive and emotional only on 2 people or 11.8%.

Cognitive Changes

Regarding aspects of the program indicators, subjects who reported experiencing cognitive changes can be categorized in the following table:

Table 2. Cognitive aspects of subjects that changes

Cognitive Changes	Frequent	Percentage
Improvement in knowledge regarding the role in family	1	25 %
Improvement in family role and Career planning	3	75 %
Total	4	100 %

Subjects who only experienced cognitive changes were 4 people with details 1 of them obtain the knowledge regarding family role as stated by AN (46 years) following "yes very helpful, open the mind, renew the mind. Despite of yesterday there was explanation about the role of wife and mother ". The benefits of the program give an overview of career and family as well as dictated by RS following "Yes already understand the program. I want to build my own business, I also could borrow capital to the family. I want to build food stall, Later want to be a mother, although I would be a single parent, should be able to work. If given mate, I would be a good wife, confident with the task"

Cognitive & Emotional Changes

Subjects experiencing cognitive and emotional changes are in the following table:

Table 3. The changes on subjects cognition

Cognitive Changes	Frequent	Percentage
Family role	4	40 %
Relatedness Orientation	2	20 %
Family Role + Career Plan	2	20 %
Family role + Relatedness Orientation	2	20 %
Total	10	100 %

The emotional changes experienced by subjects with cognitive and emotional changes are as follows:

Table 4. emotional changes on the subject

Emotional Changes	Frequent	Percentage
Optimism regarding public acceptance	8	80 %
Optimism regarding career	1	10 %
Optimism not to repeat the crime	1	10 %
Total	10	100 %

The benefits of this program to provide insight into the plan as well as increasing the prisoner optimism regarding public acceptance expressed by IC (23 Years) *"Helpful, and Insha Allah I will be accepted in society, there is also imagination about work, practice skills that have been acquired in the Correctional Institution such as knit shirts, make a tablecloth, make gallon cover, can also work in the shop; open a coffee shop near the house, because there are many people who hang out"*. YN subjects (52 Years) feel the benefits of this program to increase the optimism that she will be accepted in the community as well as the orientation of roles in the family. She said *"Thank God my confidence has increased, which initially I worried what would later after coming out, because it's no psychology students can share with each other, can be a solution and I am sure will be a new person and better than before, also understand*

become a good housekeeping, become the obedient wife to my husband and should be more careful, and be a good wife". There are also subject who feel the benefits of the program not only enhanced optimism accepted by society but also the orientation of the relatedness and the family role. It is delivered by HR (23 Years) "The benefits certainly give insight to make me become more mature than before and I should be more careful later in relatedness with friends, regarding to the role of the wife, I could understand, so many benefits, at least to know how to be a real wife, related to career at least give an idea of business for me , which will soon exit"

The subject who experienced emotional changes was only by 1 person. Subjects reported changes associated with optimism regarding career. It was felt by ES (24 Years) *"Actually, from the beginning there had been a planning. But you (researchers) are more encouraged and motivated me after exiting"*

Subjects who reported that this program does not provide the cognitive and affective benefits were 2 people. Subjects previously have had a lot of plans. This was disclosed LS (36 Years) *"The benefits of a regular program is nothing special. Because Ordinary I already have plans"* while SU (36 Years) reveals she could not imagine a job and any plans after being out even though the program *"No image of planning"*.

DISCUSSIONS

The result of evaluation of 17 subjects showed that 23.5 % or 4 people experienced cognitive changes through the course of the re-entry program. While the subjects who experienced emotional changes just as much as a 1 or 5.9 % . The subjects experienced cognitive and emotional changes were 10 people or 58.8 % . The program does not make any changes both in terms of cognitive and emotional only on 2 people or 11.8 % .

Mental preparation programs for inmates to re-enter society was trying to enhance the optimism related public acceptance in general. The Interventions used were individual counseling, group counseling, and psycho education providing mental readiness for the subject in cognitive and emotional aspects. Counselling approach used was reality counselling. Glesser (Corey, 2005: 263) argued that reality counselling is an approach that emphasize on the current behavior. This treatment works to help clients face the reality and basic needs without harming herself or others. This approach is consider as effective counselling with a focus on current conditions experienced by the

subject and the steps that must be carried out later, especially anxiety and pessimism towards returning to the community.

The program itself is also emphasized the plan as in the therapeutic approach of reality counseling. The concept of reality counseling helps the inmates to be able to face the reality in the future with optimism. The reality counseling argued that a person can be in an optimistic receive help and therapy to meet their basic needs and able to deal with reality without harming anyone. (Komalasari; 2011)

Coping-problem skills according to Mu'tadin(2002) requires the ability to search for information, analyze situations, identify problems with the aim to produce an alternative action, then consider these alternatives with respect to the results to be achieved, and ultimately implement the plan to carry out an appropriate action. At least, in the program, inmates already have a plan of action based on the information to cope the problem that experienced before exiting prison.

Subjects who did not feel either cognitive or emotional change have had a strong plan from the beginning of study and according to optimism measurement; she had been in a high level of optimism.

CONCLUSION AND SUGGESTION

Based on the results of the evaluation in general, it can be concluded that this program provides benefits in enhancing the orientation or plan to increase understanding in the field of career and family role for inmates before returning to the community. In Addition, these programs benefit inmates in understanding more positive coping strategies to the problems they are experiencing both family, environmental and economical problems. The benefits of this program to strengthen the optimism of inmates before release including optimism regarding career, and acceptance in their community.

According to the conclusion, it can be suggested that : 1) There should be a special skill to intervene against a very heterogeneous subject, or do screening prior to taking a more homogeneous subjects; 2) Intensity of coaching and helping with the subject should be performed more frequently, so that there must be a special schedule from the correctional institution, since the subjects were quite enthusiastic and welcomed the program.

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