

STRESS MANAGEMENT TRAINING FOR PRISONERS AT LEMBAGA PEMASYARAKATAN KELAS IIA NARKOTIKA JAKARTA

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ABSTRACT

Life in a correctional institution is essentially a microcosm of life in society. Prisoners face various problems, ranging from the lack of prison facilities to inadequate fulfilment of their needs and various irregularities that occur. Although the only right that can be taken away from prisoners is deprivation of liberty, in prison, they are faced with the loss of other rights such as a sense of security, autonomy over themselves, and even the opportunity to have intensive contact with their families. This condition often puts prisoners under pressure, leading to frustration and depression. Unfortunately, conditions in prison do not allow them to relax due to the lack of entertainment facilities provided by the prison. The mental health of prisoners has not been given serious attention by the prison authorities, as evidenced by the absence of facilities and infrastructure that support this problem, such as psychological consultation services and media that can be used for entertainment and relaxation. It is hoped that this service program can bring a healing spirit that helps inmates relieve boredom and stress in prison. The activity format should be fun but not neglect the messages that need to be conveyed, such as a sense of responsibility, teamwork, and communication. The activities are carried out in several forms, including watching movies and interactive discussions, which aim to express prisoners' emotions and discuss how to manage them. To break the ice, other activities such as quizzes and games are also carried out.

Keywords: stress management, prison, prisoners, emotion regulation

1. INTRODUCTION

The penitentiary system in Indonesia has abandoned the principles of retribution, deterrence, and rehabilitation. Instead, it follows the philosophy of social reintegration, which considers crime a conflict between criminals and society. The punishment given to convicts aims to resolve this conflict or reintegrate them into their community (Sulhin, 2009). However, correctional institutions need more clarity regarding prisoners and organizational issues. Imprisonment deprives individuals of their freedom and causes them to suffer from overcrowding, escapes, riots, violence, and inadequate fulfilment of prisoners' rights (Bramandita, Gueci, & Kristyanto, 2023).

Correctional institutions face three primary problems. Firstly, management and organizational issues. Regulations governing correctional institutions need to address the complexity of issues involved, and there needs to be more human resources involved in the coaching process. Officers must implement the correctional system in all types of prisons, including adult, child, and women's prisons. Moreover, this lack of resources is due to the minimal budget allocated by the state, leading to other problems such as poor database management, ineffective coaching, and, most importantly, the inadequate fulfilment of prisoners' rights (Sulhin, 2009).

Secondly, convict problems - the Criminal Justice System tends to incarcerate criminals, leading to overcrowding in prisons. This overcrowding results in a domino effect, including neglect of prisoners' rights, the emergence of a culture of violence, and frequent riots. Inmates often form a subculture that can take the form of a culture of violence. Suicide and riots are common problems in every prison, and homosexuality can even emerge as a form of adaptation to prison conditions. These problems are explained by the deprivation theory, which assumes that they are the effects of the person's feelings of torture while in prison. Another effect that cannot be ignored is the process of privatization. Prisonization is a learning and socialization process where prisoners learn all the regulations that apply in the correctional institution, as well as the informal values and behaviour of prisoner society (inmate subculture). This process can result in inmates becoming worse criminals when they get out of prison since there is no strict distinction in prison between first offenders and repeat offenders (Allen & Simonsen, 1989).

Thirdly, the response from the community - the problem in this section stems from the social stigma faced by individuals who have been incarcerated. They are often viewed as outcasts by society. The primary goal of the school of social reintegration is to help former prisoners adjust to life outside of prison (Benard, Msomba & Pesha, 2023). This is where the community plays a vital role in facilitating the reintegration process. Community involvement is essential, and it is what led to the development of Community-Based Corrections.

Lapas Kelas IIA Narkotika Jakarta is a prison that implements minimum security, medium security, and maximum security systems simultaneously. The minimum security system is applied to prisoners who have served at least 2/3 of their sentence, medium security is applied to prisoners who have served 1/3 - 2/3 of their sentence, and maximum

security is applied to new prisoners or inmates until they have served 1/3 of their sentence period. In the prison construction structure, a maximum security system is also implemented, which can be seen from the high and thick walls around the prison, thick-walled fences, and barbed wire on top. There are eight layers of security doors; security is equipped with monitoring cameras, a routine surveillance control system every 5-11 minutes, a strict block opening and locking system, implementation of scheduled and conditional inspections with unpredictable times, as well as fairly strict checks and searches for prisoners and their visitors.

Based on the observation conducted by the team, the problems that occur in the Lapas Narkotika Kelas IIA Jakarta are fundamentally the same as other prisons; they are:

- a. **Overcrowded**
The number of prisoners in the prison has surpassed its maximum capacity, leading to a cascade of other problems, such as riots, conflicts between inmates, and violence.
- b. **Human Resources**
The comparison between officers and prisoners cannot be ideally realized in prisons, including the Lapas Kelas IIA Narkotika in Jakarta. Due to a minimal quantity of human resources for officers, supervision is carried out less efficiently and optimally. As a result, four prisoners attempted to escape from the prison, but the building was designed with various layers of security inside, which enabled the authorities to re-arrest them.
- c. **Inadequate fulfilment of rights**
The food provided in the prison is modest and may not meet the satisfaction or needs of all inmates. This issue arises due to the shortage of staff, which leads to inmates being responsible for kitchen duties, including food preparation and taste. As a result, the food inmates receive is basic and limited to the prison's schedule. Inmates rarely receive snacks unless their families provide them.
- d. **Circulation of Illegal Goods**
Circulation of illegal goods in prisons is a major issue, particularly about the distribution and control of drugs. One high-profile case was the Freddy Budiman case.
- e. **Sexual Harassment**
Prisoners often face sexual harassment and other problems due to the inability to fulfil their biological desires while incarcerated.
- f. **Coaching still needs to be effective.**
It is the responsibility of every inmate to actively participate in the various programs organized by the prison authorities. These programs impart skills and knowledge that align with the prison's mission. Unfortunately, some individuals are too lazy and unwilling to participate, which deprives them of the opportunity to acquire these skills. Furthermore, they may engage in disruptive behaviour, including causing riots, due to their lack of interest in these activities.
- g. **Stress and Psychological Problems of Prisoners**
Prisons are often associated with various psychological problems that can put heavy pressure on prisoners. During their incarceration, many prisoners experience stress due to overcrowded cells, monotonous daily routines, and a generally unfavourable social environment. External factors such as family problems, abandonment by loved ones, and other issues can also add to the stress. Unfortunately, this stress can lead to fatal consequences, such as reckless behaviour or even suicide.

The problems that exist and occur in prisons are caused by a lack of filling empty roles, which can minimize or prevent undesirable things from happening. The lack of human resources, in this case, namely staff or employees and correctional officers, is the main point of occurrence of various prison problems. The number of prisoners and the number of officers are inversely proportional, which causes correctional officers to have to work extra hours with more duties and obligations than they should. If there is a vacancy in the role of supervision or guarding by correctional officers, this could have an impact on attempts by prisoners to escape, the emergence of riots between prisoners caused by various factors, sexual harassment, and the distribution or turnover of illegal goods within prisons due to supervisors. It is ineffective because the focus is divided by the many tasks and obligations that must be carried out. Moreover, the number of inmates in prison exceeds its proper capacity.

Based on initial observations and visits at the Lapas Kelas IIA Jakarta, increasing the number of correctional officers to achieve a conducive situation and achieve the institution's goals is the most expected thing. However, apart from hoping for an increase in the number of officers, the reduction in the number of prisoners in prisons has recently begun to find a solution with rehabilitation programs outside prisons, which can be implemented to minimize the percentage increase in over-capacity, with the hope that this rehabilitation program can run more effectively.

Apart from problems regarding human resources, common problems that occur in all prisons, namely psychological problems experienced by prisoners, also occur in Lapas Kelas IIA Narkotika Jakarta, with various factors that can affect prisoners directly and indirectly. Presenting a team of prison psychologists, guidance from experts, and counselling activities with a predetermined regular schedule can be an internal solution by the Lapas Kelas IIA Narkotika Jakarta for themselves in handling the psychological problems of prisoners.

Based on this, the team decided to focus its activities on the psychological problems experienced by prisoners in prison, where the activities we held were expected to be used as a solution to solving the psychological problems of prisoners in prison and could be applied in the future or used as a routine activity by holding playing activities and gather together as a means of channelling the feelings of boredom and stress experienced.

2. METHOD

The initial steps for community service activities involve identifying the tasks to be carried out and selecting a suitable prison to host the activities. The choice of prison is based on factors such as the number of inmates, location, and complexity of problems. After selecting Lapas Kelas IIA Narkotika Jakarta as the preferred location, the team obtained permission from the DKI Jakarta Regional Office of the Ministry of Law and Human Rights. Despite having an MoU with the Directorate General of Corrections, community service activities in prisons still require approval from the local Regional Office of the Ministry of Law and Human Rights.

To implement the community service activities, the team conducted an initial visit to Lapas Kelas IIA Narkotika Jakarta to discuss the plan of action. After obtaining approval from the prison authorities, the team proceeded with the activities. The participants in this activity were 30 inmates from Lapas Kelas IIA Narkotika Jakarta, along with around five correctional officers. The main objective of the activity was to provide a healing spirit that would help inmates alleviate boredom and stress in prison. The activities were carried out through various forms, including watching a movie, interactive discussions, quizzes, and games.

The movie "Bodyguard Ugal-ugalan" was chosen as the stimulus for discussion. It features elements of humour and contains messages on responsibility and teamwork. The interactive discussion involved a presentation on managing stress in prison, followed by a sharing session where inmates shared their feelings about prison life and the negative emotions that often arise. The quiz assessed the level of participation and attention among participants, while the games were designed to make the atmosphere more exciting and encourage teamwork and the practice of Pancasila.

Finally, the activities were evaluated through activity reports to improve future community service activities. For Program Studi Kriminologi Universitas Budi Luhur, the evaluation stage is part of forming a roadmap for research activities and community service.

3. RESULT AND DISCUSSION

The community service activities at Lapas Kelas IIA Narkotika Jakarta occur from 9:00 AM to 2:30 PM. The activity involves around 30 participants, including prisoners and correctional officers. The theme of this activity is "Just One Day: Healing & Movie Time." The activity is divided into several parts, as follows:

Table 1. Implementation of Activities
"Stress Management Training for Prisoners at Lapas Kelas IIA Narkotika Jakarta"

Session	Description
Introduction	The session began with an introduction, including objectives and procedures. Participants were asked to introduce themselves to create a friendly environment.
Prison Knowledge Quiz	This is a 20-question quiz about Lapas Kelas IIA Narkotika Jakarta. Correct answers grant participation in a quiz game.
Watching the Movie "Bodyguard Ugal-ugalan" and Interactive Discussion	The participants were divided into groups, and they all watched a comedy film together while enjoying snacks and drinks. The team chose the film to help the participants forget about their burdens for a moment and laugh. After the film, there was a discussion about managing stress, specifically focusing on emotional regulation. The team also prepared small quiz questions related to the film with prizes to test the participants' understanding.

National Intelligence Games	As part of a test to improve the inmates' knowledge of national insight, 20 participants were divided into four teams, each consisting of 5 people. The game assessed the inmates' skills and insight and how the Lapas Kelas IIA Jakarta addressed their lack of knowledge. The teams played a knockout-style game to determine the winner, and the inmates received various prizes based on their ranking.
Memorize Pancasila	During the activity, the team and participants formed a big circle and played a game of memorizing Pancasila. Each person would say one word, and if anyone made a mistake, they would have to be punished, such as singing or demonstrating something unique.
Estafet Sarong	In this particular game, the participants were divided into two large groups. They lined up lengthwise and inserted their sarongs from the front row to the back row while joining their hands together. The objective of this game was to promote unity among the inmates and the group committee, as well as to foster a sense of family.
Giving Gifts and Group Photos	The event came to a close as the winners of the short film quiz and national quiz game were awarded prizes. The participants demonstrated their scouting motto to the team as a token of appreciation. The team concluded the activity by presenting souvenirs from the campus as a gesture of respect and gratitude for being permitted to conduct the event at Lapas Kelas IIA Jakarta.

Participant Responses

The inmates were very happy to see the team organizing the service activities, and they showed great enthusiasm from the start. They greeted us with laughter and followed the instructions well. Our presence was a source of entertainment for them, and they joked with us as if we were old friends. They were also very open during the activity and shared stories of their life experiences with us. They answered our interview questions clearly and with a smile, making us feel more comfortable. In the beginning, we felt a bit awkward, but the inmates helped us to relax and made the atmosphere smoother. Overall, it was a positive experience, and we hope to continue these activities.

Stress Management through Emotion Regulation

The message that wants to be delivered through these activities IS THAT ALL EMOTIONS ARE EQUALLY IMPORTANT AND SERVE A PURPOSE. IT EMPHASIZES THAT TO BE MENTALLY HEALTHY, WISE, AND MATURE; AN INDIVIDUAL MUST ACCEPT AND MANAGE ALL THEIR EMOTIONS RATHER THAN JUST FOCUSING ON CERTAIN ONES. THE ACTIVITY, AFTER THE GROUP VIEWING, INVOLVED A PRESENTATION ON EMOTIONAL REGULATION, WHICH CONVEYED THAT EVERYONE Can CONTROL THEIR EMOTIONS. THE DISCUSSION FOLLOWED WAS INTERACTIVE, WITH PARTICIPANTS ASKING QUESTIONS ABOUT STAYING STRONG IN PRISON AND REINTEGRATING INTO SOCIETY AFTER THEIR RELEASE.

To regulate emotions, positive thoughts must be practiced to reduce negative ones. Emotional regulation is an intrinsic and extrinsic process that monitors, evaluates, and modifies emotional reactions to achieve goals (Thomson, 1994). This process can be antecedent-focused, which means taking action before an emotional response occurs, or response-focused, which requires conscious inhibition of expressive behavior when emotions arise (Gross, 1998).

4. CONCLUSION

The community service activity at Lapas Kelas IIA Narkotika Jakarta has numerous benefits for correctional officers and prisoners. The first benefit is for the prisoners who acquire life skills to manage stress. Learning stress management can help them adapt to life in prison, which limits their freedom and movement, keeps them away from their families, and requires them to follow strict rules and regulations. Moreover, stress management is also useful for correctional officers as it helps them carry out their daily tasks effectively. They encounter prisoners with different characters and have to perform many routine tasks, which can cause job stress. Therefore, having good emotional management skills is crucial for correctional officers.

The second benefit is for the activity implementers. It helps them increase the actualization and application of knowledge in the field of criminology. The Program Studi Kriminologi Universitas Budi Luhur plays a vital role in increasing public sensitivity, awareness, and concern for the importance of community involvement in coaching and improving convicts. By actively participating in community service activities, people can understand that their role as citizens is crucial in developing correctional inmates, including providing them with provisions that can be utilized while in prison or after being released.

The third benefit is for the institution that carries out the community service activity. Institutions can maintain their positive image in society and play a role in carrying out scientific transformation. They can also provide direct benefits to society. Understanding the reality in society directly can provide an understanding of problems related to scientific and institutional development. Institutions can promote cultural values, apply cultural values by going out into the field, and establish partnerships with various related parties.

However, this community service activity with the theme of stress management training for prisoners requires improvement in several areas. The first improvement is to increase cooperation with correctional institutions in other areas to maximize the role of universities in the process of developing prisoners. Expanding community service to women's correctional institutions and special crime convicts must be a plan. Moreover, efforts to collaborate with government agencies, especially regional government, can help community service activities complement each other with related regional government programs. In this way, community activities are expected to achieve their goals with the support of the regional government. For the world of education, adding discussions or material related to correctional institutions can increase students' sensitivity to the importance of the role of the community in the process of developing prisoners.

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