



Coping Of Pre-Release Women's Prisoners

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Abstrak

Mengatasi tahanan perempuan dapat berubah dalam berbagai kondisi, salah satunya ketika mereka dalam kondisi pra-pembebasan. Berbagai macam pelatihan telah dilakukan, namun, tidak menutup kemungkinan penanggulangan maladaptif masih ditemukan pada tahanan wanita sebelum pembebasan. Tujuan dari penelitian ini adalah untuk mengidentifikasi coping tahanan wanita sebelum dibebaskan di Penjara. Penelitian ini menggunakan deskriptif kuantitatif. Jumlah sampel dalam penelitian ini adalah 26 tahanan wanita sebelum pembebasan. Pengambilan sampel dengan teknik purposive sampling. Data dikompilasi dengan kuesioner Ways of Coping Scale menurut Lazarus dan Folkman (1984) yang terdiri dari 60 pernyataan yang dibagi menjadi dua jenis, yaitu 20 pernyataan coping yang berfokus pada emosi dan 40 pernyataan coping yang berfokus pada masalah. Penelitian ini dilakukan di salah satu Penjara di Indonesia. Analisis penelitian ini menggunakan univariat dan distribusi frekuensi. Hasil penelitian menunjukkan bahwa tahanan wanita yang menggunakan coping yang berfokus pada emosi sebanyak 57.69% dalam kategori cukup dan 42.31% memiliki kategori buruk. Sedangkan responden yang menggunakan coping yang berfokus pada masalah sebanyak 7.69% dalam kategori baik, 84.62% cukup dan 7.69% kategori buruk. Berdasarkan hasil penelitian ini, dapat disimpulkan bahwa pra rilis tahanan wanita menggunakan kedua jenis coping dan mayoritas responden dikategorikan cukup baik dan kurang baik. Narapidana wanita yang memiliki kategori coping yang lumayan berisiko memimpin untuk penanggulangan yang buruk dan penanggulangan yang buruk dapat menyebabkan penanggulangan yang maladaptif, sehingga mereka dapat membahayakan dirinya sendiri dan orang lain. Oleh karena itu, perlu dilakukan penapisan yang lebih dalam tentang penahanan tahanan wanita sebelum pembebasan. studi dapat digunakan sebagai referensi dalam menentukan intervensi yang sesuai untuk persiapan pra-pelepasan perempuan dan kembali ke masyarakat.

Kata Kunci : mengatasi , tahanan, Wanita, pra pembebasan

Abstract

Coping of women's prisoners could changed in various conditions, one of them when they were in pre release condition. Various kinds of coaching has been done, however, did not close possibility of maladaptive coping still found on women's prisoners pre release. The aim of this study was to identity the coping of women's prisoners pre release in Prison. This study used quantitative descriptive. The number of samples in this study were 26 women's prisoners pre-release. Sampling by purposive sampling technique. The data were

compiled with a Ways of Coping Scale questionnaire according to Lazarus and Folkman (1984) consisting of 60 statements divided into two types, namely 20 emotion-focused coping statements and 40 problem-focused coping statements. This study was conducted in one of the Prison in Indonesia. The analysis of this study used univariate and frequency distribution. The results showed that women's prisoners who used emotion-focused coping as much as 57.69% in passable category and 42.31% have poor category. While respondents who used problem-focused coping as much as 7.69% in good category, 84.62% passable and 7.69% poor category. Based on the results of this study, it could be concluded that women's prisoners pre release used both types of coping and majority of respondents were categorized as good enough and less good. Women's prisoners who had passable coping category risky lead for poor coping and poor coping could lead to maladaptive coping, so that they could harm himself and others. Therefore, it was necessary to do deeper screening of coping women's prisoners pre release. The results of this study could be used as a reference in determining the appropriate intervention for preparation of women's pre release and return to the community.

Keywords: coping, prisoners, Women, pre release

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INTRODUCTION

Prisons currently accommodate a population of women's prisoners who are larger in number than in previous years. Calculations beginning of 2013 there were more than 660.000 or about 6.5% of women's in the world (1,2). The latest data of 2017 shows that the total number of women's prisoners in Indonesia as many as 8.805 people were inmates and 3.625 were prisoners (2). The criminal acts committed by women were largely due to gender-based role gaps, socio-economic conditions, and the effects of technological developments. This situation eventually causes women more to have time outdoors, thus allowing the opportunity to commit criminal acts. Acts of crime committed initially minor crimes form such as stealing, gambling, prostitution or trafficking and ultimately carrying out heavier and more common crimes committed by men such as business (drug dealers or couriers), fraud (embezzlement), acts of corruption and even murder.

A woman who had been proven to commit a crime may be punished based on the severity of crime that has been committed in accordance with the criminal code. After the term of punishment has been completed and eligible for release, women's prisoners would get freedom (3). Prisoners who knew about the plan of their freedom, then there were two possible responses on her that will emerge namely adaptive coping and maladaptive coping. Adaptive coping was characterized by the aggressiveness (strong desire) in them to immediately free, met and gather with family, has a great expectation to be accepted by family and society.

Maladaptive coping is shown by the emotional (inner) conflicts in self of prisoners characterized by the emergence of anxiety. Till this time, the anxiety response was more experienced women's prisoners pre- released, it is because women were more susceptible to psychosocial pressure. Other studies have shown that the results of measurements with

higher levels of depression, anxiety and stress levels and lower self concepts in women than men, so it can be concluded that women were more likely to experience the condition (4,5,6).

Based on the preliminary study conducted by the researcher in October 2017 by interviewing three of prisoners, two women's prisoners pre-released did not want to socialize, they felt embarrassed, did not follow many activities of coaching as stock for herself when they free. They felt inferior and did not know about her future. The researcher also interviewed two officers who said that all the prisoners were required to follow the coaching program even though they want be released, such as personality and spirituality training activities, but there were still some prisoners who only follow sports activities, and sometimes did not follow other mandatory activities. Based on this background, the researcher was interested to conduct research to women's prisoners who would be released entitled "Coping of Women's Prisoners Pre- Release".

METHOD

This study using descriptive research design. The use of descriptive methods in this study is expected to be able to provide an objective description (7). The purpose of this research was to identify the coping of pre-release women's prisoners at Penitentiary. The population of this study includes pre-release women prisoners between October 2017 to February 2018. The samples were recruited by using purposive sampling technique. The total sample in this study is 26 pre-release women prisoners. The inclusion criteria determined by the researchers are: 1) women prisoners who scheduled from prison within one-four months; 2) Age 18-55 Years; 3) Not having cognitive impairment; and 4) Not having speech impairment or aphasia.

Coping of pre-release women's prisoners to be obtained by using questionnaire form based on several theories. Researchers used the modified Ways of Coping instrument developed by Lazarus and Folkman (1984) by making judgments and categorizing coping into problem-focused coping and emotion-focused coping. The questionnaire was translated by previous researcher into Indonesian (back-forward translate). Instrument Ways of Coping generally consists of 60 statement items. The instrument had been widely developed by some previous researchers.

The validity and reliability of the Coping were tested with 20 individuals other than the research respondents. The coping instrument has been tested for validity with the value of r count $>$ r table (0.388) showed valid instrument for use in research. Reliability test showed value of cronbach's alpha for emotion-focused coping 0.698 and cronbach's alpha for problem-focused coping 0.720 bigger than r table (0.388) so that instrument is reliable in this research. Collecting data in this research is done by giving coping questionnaire to each pre-release women prisoners and through interview. Methods of data analysis in this study using descriptive percentage analysis. This method is used to examine the variables that exist in the study that is coping of pre-release women prisoners.

RESULT

Based on the results of the study conducted on 26 pre-release women prisoners at women's prisons in February 2018 showed that they use emotion-focused coping as much as 57.69% good enough and 42.31% less good. While the assisted citizens who use the problem-focused coping as much as 7.69% good, 84.62% good enough and 7.69% less good.

Based on the results of the research that has been described, then in this chapter will discuss systematically the results of univariate

data analysis about coping of women prisoners on women's prisons. The systematic discussion consists of two parts namely discussion of results and limitations of research.

Tabel 1. Frequency Distribution of Emotion-Focused Coping Category Women prisoners pre-release

Emotion-Focused Coping	Frekquency (f)	Percentage
Less good	11	42.31%
Good enough	15	57.69%
Good	0	0%

The characteristics of the emotion-focused coping 26 women prisoners prior to release (pre-releasees) are listed in Table 1. Noted that the majority (57.69%) were have good enough coping and as much (42.31%) were have less good coping. The worse, no one (0%) has good emotion-focused coping.

Tabel 2. Frequency Distribution of Problem-Focused Coping Category Women prisoners pre-release

Problem-Focused Coping	Frequency (f)	Percentage
Less good	2	7.69%
Good enough	22	84.62%
Good	2	7.69%

The characteristics of the problem-focused coping 26 women prisoners prior to release (pre-releasees) are listed in Table 2. Noted that the majority (84.82%) were have good enough coping and as much (7.69%) were have less good coping. Unfortunately only (7.69%) has good problem-focused coping.

DISCUSSION

Based on the above data retrieval results show that each of women prisoners have different coping in addressing problems that arise with different stressors. The emotion-focused coping aims to modify the emotional stresses caused by stressful events, while the problem-focused coping aims to adapt and set the way to solve the problem (8). Women's prisoners tend to use

emotionally focused coping such as expressing feelings, seeking emotional support, rejection, acceptance and positive thinking (9). Individual who had good enough of emotion-focused coping showed that she saw the positive side of problem, accepted the problem, and interpreted it in a positive form and actively sought the support of family or friends. While the coping focused on the poor emotions shows that the women prisoners avoid by not thinking about how to solve the problem, may even doing denial (9,10).

Other research results indicate that psychological and physical health is closely related to the negative emotional intensity of the prisoners (6). Moreover, psychological well-being is one of the benefits used adaptive emotion-focused coping. This can be done by prisoners with sharing problems with other or family members (10,18). Emotion-focused coping Specifically could help regulate emotions that emphasize positive aspects of the situation so as to form effective thinking (11).The problem-focused coping were often used and have success as coping strategies dictated by the situation encountered. Problem-focused coping strategies are more commonly used by men than women (12).

The pre-release women prisoners with good enough coping category indicate that they do not have skills to solve the problem in a positive way, so that he will use negative ways to solve his problem (13,14).Prisoners with poor coping conditions risk doing a lot of offence while in prison. A poor coping is characterized by anger, a desire to withdraw and do not want to interact with others, has a desire to commit suicide because it feels its presence is unexpected and even plans to take revenge, thus risking repeated offenses once free or returning to society (11).

Women prisoners who have poor coping indicate that prisoners have varied in response to problems in prison, half of prisoners said that the free citizens can not solve the problem

anyway but the prison officers help to solve their problem. About one-third of prisoners said that they do not have a friend to talk to, either for emotional support or try to solving problem (11).

The women prisoners who have good enough coping assume that there were some problems that can be solved independently without requiring help by others (11). That Conditions were not only influenced by external factors, but also influenced by the internal factors as emotional and mood. The human emotions influenced by the hormonal system. When emotions are unstable, they can lead to short-term memory impairment, leading to women prisoners experiencing difficulty in dealing with psychosocial stressors, despite having adaptive coping (15,16).

Women prisoners who have adaptive coping show that they were confident and competent to solve problems positively. Based on the results of previous studies showing that women who choose to use adaptive coping were motivated by their unwillingness to create new problems that can later aggravate the mass of punishment and to facilitate obtaining remission. In addition, adaptive coping used also comes from family caring since childhood, such as increasing spiritual coping, so that they become more calm in facing freedom (17,18,19).

CONCLUSION

Based on the results of this research and discussion that has been described previously, it can be concluded as follows: pre-release women prisoners have average coping enough and less good, it could be used as an indicator for preparation of discharge planning before free, so it needs to be improved again to do deeper screening activities. The results of this study can be used as a reference in determining appropriate interventions as the preparation of women prisoners in facing freedom and return

to the community and for further research can be studied more deeply related to factors that affect coping in prisons specifically in women prisoners before release.

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