

Loneliness Among Inspired Citizens by the Class Iib Women's Penitentiary in Kupang City

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Abstract. Criminal acts in Indonesia have increased. These acts are triggered by social and emotional factors that make someone designated as a prisoner. Being in prison triggers feelings of loneliness, which is an emotional and cognitive response to the situation of someone who has few social relationships because they do not match what they want. Loneliness is caused by a lack of support, personality, relationships and isolation of the inmates, and this has an impact on the level of loneliness. This research aims to determine the level of loneliness among inmates at the Class Iib Women's Penitentiary in Kupang City. The type of research is descriptive quantitative. Participants in the research were 48 participants. The research results show that loneliness is in the high category at 48%. Loneliness aspect scores viz Social Desirability 52% is in the high category. The research results are expected the Class Iib Women's Penitentiary in Kupang City can maximize programs already running by building innovations in each program to reduce loneliness among inmates.

Keywords: *Loneliness and inmates*

Abstrak. Tindakan Kriminalitas di Indonesia terjadi peningkatan, tindakan tersebut dipicu oleh faktor sosial dan emosional yang membuat seseorang ditetapkan sebagai narapidana. Berada di Lapas memicu perasaan kesepian yang merupakan tanggapan secara emosional dan kognitif tentang keadaan seseorang yang memiliki sedikitnya hubungan sosial dikarenakan tidak sesuai dengan yang diinginkan. Kesepian yang disebabkan kurangnya dukungan, kepribadian, hubungan serta terisolasinya warga binaan, dan hal ini berdampak pada tingkat kesepian. Penelitian ini bertujuan untuk mengetahui tingkat kesepian pada warga binaan di Lembaga Pemasyarakatan Perempuan Kelas IIB Kota Kupang. Jenis penelitian adalah kuantitatif deskriptif. Partisipan dalam penelitian sebanyak 48 partisipan. Hasil penelitian menunjukan tingkat kesepian berada pada kategori tinggi sebanyak 48%. Skor aspek kesepian yaitu *Social Desirability* 52% berada pada kategori tinggi. Hasil penelitian diharapkan Lembaga Pemasyarakatan Perempuan Kelas IIB Kota Kupang dapat memaksimalkan program yang sudah berjalan dengan membangun inovasi pada tiap-tiap program guna menurunkan kesepian pada warga binaan.

Kata kunci : *Kesepian dan warga binaan*

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Introduction

Female prisoners who live in Correctional Institutions cause prisoners to be far from their families and experience a process that forces them to survive in their new environment for a certain period (Pricilia in Naranjo et al., 2016). According to Anindita and Dahlan (in Nur & Shanti K, 2011), people who enter Correctional Institutions will go through a stressful event because when prisoners are in prison, they will experience difficulties and shock due to changes that occur in their lives. The cause of someone experiencing loneliness is the condition where they have to be separated from their family and friends (Lake in Elfaza & Rizal, 2020). Baron & Byrne (2005) say that moving to a new location can cause loneliness.

Several factors cause loneliness, according to (Gottlieb, in Batara & Pensiuningsih, 2020), namely: (1) Circumstances, separation from family, and old friends are the leading causes of loneliness and give rise to the need for other people, (2) Ideas about trust, feeling useless, and not being liked by other people makes loneliness worse, (3) Personality, there is a correlation between loneliness and several personal characteristics, including low self-esteem, excessive shame, feelings of isolation, and the perception that the world is not a happy place.

According to (Russell in Batara & Pensiuningsih, 2020), the aspects of loneliness are Personality, Social Desire and Depression. Individuals who enter prison will have to adapt to the conditions in prison. Individuals who cannot adapt well will feel marginalized and forgotten, so feelings of loneliness will arise.

Moving to a new location can cause loneliness. The changes in someone who goes to prison and leaves those closest to them (family) result in a feeling of loneliness caused by separation or being away from family, friends, children, husband and other relatives (Cooke in Nur & Shanti K, 2011).

Aisyah, Wardani and Nasution's (2021) research results show that the levels and aspects of loneliness experienced by inmates during the COVID-19 pandemic are mainly in the moderate category.

There has been no research regarding loneliness among inmates, especially in Kupang City, based on the presentation of previous research results, which show that the level of loneliness of inmates is in the medium category, and research needs to be carried out specifically in Kupang City Prison. Based on this, this research aims to determine the level of loneliness at the Class IIb Women's Penitentiary in Kupang City.

Method

This research uses a Likert scale measuring instrument in data collection. The subjects in this research were 48 respondents at the Class IIb Women's Penitentiary in Kupang City.

The measuring instrument used in this research is the Loneliness Scale, which was prepared based on aspects of loneliness according to Russell's theory, which includes personality, social desirability and depression, which was adapted again by Raissa Pramitha (2018) by modifying the language used to make it easier for readers to understand. The scale consists of 20 items, with the resulting validity values ranging from 0.215 to 0.747.

The scale has five answer choices: very often, often, not often, and strongly disagree. Scale distributed to inmates in class IIB correctional institutions. Validity and reliability test with Cronbach's Alpha value of 0.922. The analysis technique used is Univariate analysis for loneliness because this research uses one variable and measures the frequency distribution. This research has received ethical approval from FKM Nusa Cendana University.

Results

Table 1.
Categorization of loneliness based on age

Age	Category	Amount	Percentage
18-28 Years	Very high	1	25 %
	Tall	1	25 %
	Currently	2	50%
	Low	0	0%
	Very low	0	0, %
Total		4	100%
29-40 Years	Very high	2	10%
	Tall	11	52%
	Currently	6	29%
	Low	2	10%
	Very low	0	0 %
Total		21	100%
41-50 Years	Very high	1	8 %
	Tall	4	31%
	Currently	6	46%
	Low	2	15%
	Very low	0	0%
Total		13	100%
51-60 Years	Very high	0	0%
	Tall	0	0%
	Currently	4	40%
	Low	1	10%
	Very low	5	50%
Total		10	100%

Table 2.

Categorization of loneliness based on sentence period

Penalty Period	Category	Amount	Percentage
0-5 Years	Very high	2	10%
	Tall	10	50%
	Currently	4	20%
	Low	4	20%
	Very low	0	0%
Total		20	100%
6-10 Years	Very high	3	16 %
	Tall	5	28 %
	Currently	8	44%
	Low	1	6%
	Very low	1	6 %
Total		18	100%

11-15 Years	Very high	0	0 %
	Tall	0	0 %
	Currently	3	50%
	Low	2	33%
	Very low	1	17 %
Total		6	100%
16-20 Years	Very high	0	0 %
	Tall	0	0%
	Currently	0	0%
	Low	3	75%
	Very low	1	25 %
Total		4	100%

Table 3.

Categorization of loneliness based on marital status

Marital status	Category	Amount	Percentage
Marry	Very high	0	0 %
	Tall	6	29 %
	Currently	9	43%
	Low	3	14%
	Very low	3	14 %
Total		21	100%
Not married	Very high	2	13 %
	Tall	7	46 %
	Currently	6	40%
	Low	0	0%
	Very low	0	0 %
Total		15	100%
Widow	Very high	4	33 %
	Tall	5	42 %
	Currently	3	25%
	Low	0	0%
	Very low	0	0 %
Total		12	100%

Discussion

This research aimed to determine the level of loneliness among inmates at the Class IIb Women's Penitentiary in Kupang City. The results of the menu analysis

show As many as 48% of inmates have a deep level of loneliness in the high category. Somebody experiencing loneliness feels the feeling of not having support and not having good social relationships or having social relationships that do occur. This could be due to the social restrictions experienced by female inmates and also the lack of support from friends and family because each inmate does not come from Kupang City, which consists of Timor, Rote, Sumba, Sabu, Flores, Alor, and others, making it difficult for families to visit inmates with limited visits to prisons. This is in line with research conducted by Yanti (2021), which states that support and social interaction for inmates influence levels of loneliness.

Based on the results of three aspects of Russell's theory, the loneliness aspect of the Social Desirability menu shows a percentage of 52 %. It can be said that at the Class IIb Women's Penitentiary in Kupang City, there is a high level of loneliness and social limitations because the inmates cannot have a social life like what they want. This is because the situation meant the inmates had to be isolated from the outside world.

Women's correctional institution conditions include space limitations and rules that inmates must obey, resulting in limited social interaction (Ryan et al., 2021). This is very difficult for inmates who, before entering the correctional institution, have psychological freedom, which means human freedom to determine, develop and direct their own lives, with individuals having the right to make choices for their own lives and follow their choices.

The factor that influences loneliness is age. Research by Batara and Pensiuningsih (2020) found that the people who feel the most lonely are teenagers and older, in early adulthood or the age range of 21-40. Individuals in the early adulthood phase have a period of adjustment to new life patterns and new social expectations. A person in the early adult development stage tries to obtain intimacy, which is realized through a commitment to establishing relationships with others. However, if, at that stage, someone fails or is unable to form a commitment, they will feel isolated. Isolation refers to the absence of relationships with other people,

so a person experiences little social contact, which ultimately makes the person feel lonely. Suardiman (2011) states that loneliness will be felt most strongly by individuals who live alone, without the presence of children, have poor health conditions, low self-confidence, social relationships, authority and so on.

Another factor that influences the level of loneliness is marital status in women's correctional institutions who are unmarried in the high category at a percentage of 46%. Inmates who are still married feel loneliness differently from unmarried prisoners. Unmarried inmates tend to have a high level of loneliness compared to married inmates because they do not have anyone close to them to share their thoughts and experiences regarding the problems that occur to them. The lack of support from those closest to them causes an unmarried prisoner to experience loneliness (Nur & Santi, 2011). Based on this research, loneliness is a reaction to the loss of a marital relationship in the absence of the husband's partner in inmates.

The length of the sentence period can also affect the level of loneliness. On average, inmates with a sentence of 0-5 years in the high category, with a percentage of 50%, have difficulty adjusting and accepting themselves due to the atmosphere and environmental changes. This can trigger psychological disorders in inmates. One of the previous studies proved that inmates who had just entered prison can experience higher stress than inmates who have been in correctional institutions for a long time (Pickenm, 2012).

Conclusion

The results of this research show that the loneliness level of the inmates in the Class IIb Women's Penitentiary in Kupang City is mainly in the high category. This is triggered by a lack of support from those closest to them, the isolation of inmates from the environment outside the prison and is also influenced by the factors of age, length of sentence and marital status, which trigger loneliness.

Suggestion

Hopefully, this research will be helpful for future inmates to improve social relationships further, starting by accepting one's circumstances, weaknesses, and strengths, as well as building good relationships with other people. Prisons must be able to maximize programs that are already running by building innovation in each program. To reduce the level of loneliness experienced by inmates, frequent session programs should be held with the inmates to build good social relationships with fellow inmates. Families are expected to provide psychological support to their members as inmates, including emotional support, appreciation support., and instrumental support.

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