

THE PRACTICE OF GROUP THERAPY FOR HIGH-RISK PRISONERS AS AN EFFORT TO BUILD SELF-ADJUSTMENT (CASE STUDY AT BANJARMASIN CLASS IIA CORRECTIONAL INSTITUTION)



Check for updates

^{1*}Anthony Putra Aditya Rahman, ²Muhammad Ali Equatora

^{1,2} Program Studi Bimbingan Pemasyarakatan, Politeknik Ilmu Pemasyarakatan - Indonesia

e-mail:

^{1*} antonapar24@gmail.com (*corresponding author*)

² bangtora1973@gmail.com

ABSTRACT

This study aims to explore the practice of group therapy for high-risk prisoners in building self-adjustment at the Banjarmasin Class IIA Correctional Institution. The method used was a case study, where data was obtained through observation and interviews with prisoners and prison officers. The results showed that group therapy is effective in helping prisoners overcome internal conflicts, increase social support, and strengthen relationships between prisoners. The active participation of prisoners in therapy sessions is an important indicator in their adjustment process. In addition, a conducive prison environment and support from officers also contributed to the success of the therapy. In conclusion, the practice of group therapy not only supports prisoners' self-adjustment but also encourages the development of positive social relationships, making it important to be implemented sustainably in rehabilitation programs in correctional institutions.

Keywords: *Therapeutic Practice; Prisoners; Self Adjustment*



©2025 Copyright : Authors

Published by : Program Studi Manajemen, Universitas Nusa Cendana, Kupang – Indonesia

This is an open access article under license :

CC BY (<https://creativecommons.org/licenses/by/4.0/>)

INTRODUCTION

These high-risk prisoners are considered to be able to influence other residents of the Penitentiary and can cause security and order disturbances (KAMTIB) if not handled quickly. According to Article 10 paragraph (1) of the Minister of Law & Human Rights Regulation No. 35 of 2018 concerning Revitalization of the Implementation of Corrections, it is explained there that high risk prisoners are prisoners who pose a threat to public safety or state security (Mas et al., 2020). The most challenging and problematic behavior in prison is self-injurious behavior and attempts to commit suicide stem from the inability of prisoners to cope with the pressures and conflicts that exist in prisons. Self-injurious behaviors resulting from suicidal and non-suicidal intentions need to be differentiated to plan appropriate management. The SIB Client category of high-risk inmates who will be used as research subjects, Attempted Suicide, is an act of failed suicide attempt, Suicidal Ideation, refers to thoughts of killing oneself in varying degrees of intensity and elaboration (Equatora et al., 2023). From the category of Self injurious behavior (SIB) which is the cause of prisoners attempting suicide in correctional institutions (LAPAS) caused by depressive mood, loss of interest and joy, lack of energy that causes easy fatigue and reduced activity (Equatora et al., 2023).

From previous research written by Gani (2023) focuses on obstacles and efforts to overcome the Implementation of Guidance for High Risk Prisoners (Attempted Suicide) in Correctional Institutions where in this implementation policy adjustments are made, cooperation with the community, and also focuses on mental healing of high risk prisoners through the families of prisoners. Research on factors that affect mental health problems in high risk block prisoners. In further research conducted by Panji Sulistio (2022), which in this study discusses the mental health problems of prisoners while serving their sentences due to the difficulty of balancing the demands of life in prison with their emotional well-being. This can lead to a sense of hopelessness and make himself a burden. Therefore, it is necessary to have self-adjustment of high-risk prisoners (suicide attempts) in correctional institutions (Sulistio et al., 2022).

Prisoners who experience pressure, cannot mingle with the environment, and have prolonged regret can cause depressive disorders, therefore it is necessary to have activities to fill spare time so that positive thoughts can be created, through group therapy it is hoped that a positive social support system will be formed, as well as a process of mutual learning between group members (Wuryansari & Subandi, 2019). In addition, group therapy also aims to provide emotional support, help solve problems, improve mental or psychological health, and improve prisoner self-adjustment. Group therapy uses interventions that aim to improve and solve the problems and obstacles experienced by prisoners (Aulia, 2019). The intervention used in this case is therapy which is carried out to guide subjects to find more effective ways to overcome the anxiety they feel related to the various things they will face, subjects are also expected to have good and more effective control over their lives in the future (Nindialoka, 2021).

Mental health is an important aspect of overall health, just as important as physical health. Mental health It is a fundamental component of the definition of health (Sulistio et al., 2022). Factors that influence mental health problems in high-risk prisoners such as, optimism factors, self-adjustment factors, social or environmental factors, length of detention factors. Most penitentiary systems have implemented an objective classification system that determines the level of custody given to inmates for common crimes. However, less attention is paid to identifying inmates in need of specialized management (Butar et al., 2021). It is important to view general crime prisoners as high-risk prisoners and provide them with supervision, monitoring, and program delivery

within prisons in accordance with the policies of the Ministry of Law and Human Rights of the Republic of Indonesia (Butar et al., 2021).

Suicides in Indonesia should be a major concern for the government. According to the American Psychiatric Association, suicidal behavior is the act of someone killing themselves and is often caused by stress, depression, or mental illness (Fuady et al., 2019). According to the National Criminal Center of the National Police, there were 971 suicides in Indonesia from January to October 2023, exceeding the 900 incidents reported in 2022 (Sasmito Madrim, 2023). According to the President Director of the National Mental Health Center of Mental Hospital dr. H. Marzoeqi Mahdi, Nova riyanti Yusuf, the phenomenon of suicide in Indonesia, Jakarta at the end of 2023 said that the highest number of suicides occurred in men. According to data obtained from the 2021 World Health Organization (WHO) Global Health Estimates, of the 6,544 suicides that occurred in Indonesia, 5,095 suicides occurred in men (Arlinta, 2023). The existence of suicidal ideas and plans was found to be greater in men than women, therefore the need for suicide prevention efforts that can be applied thoroughly in Indonesia, it is also necessary to identify risk factors for suicide (Arlinta, 2023). Inmate suicides that occurred over a three-year period in Indonesia can be seen on the next page.

Table 1
Data on prisoner suicides in Indonesia in the last 3 years

No.	Gender	Age	UPT	Type of punishment / verdict
1.	Male	27 Years	Class I Correctional Facility Bandar Lampung (2023)	Narcotics (15 years)
	Male	34 Years	Class IIA Narcotics Correctional Facility Karang Intan	Narcotics (15 years)
	Male	28 Years	Semarang Class I Prison	Narcotics (10 years)
	Male	21 years old	Medan Class I Prison	Maltreatment (10 years)
	Male	42 Years	Bintan Police Detainee	Narcotics
	Male	33 years old	prison Klas IIB Muara Sabak	Narcotics (15 years)
	Male	36 Years	Lapas Klas I Madiun	Narcotics (10 years)
	Male	70 years old	Class IIB Detention Center Sampang, Madura	Maltreatment (1.6 years)
2.	Male	48 Years	Class I Prison in Malang (2022)	Murder (10 Years)
	Male	34 years old	Class IIB Krui Prison	Illegal narcotics and firearms (12 years and 9 months)
	Male	26 Years	Karawang Class IIA Prison	Embezzlement (2 years 6 months)
	Male	41 Years	Nunukan Class IIB Correctional Facility	Narcotics (6 years)
	Male	31 years	Semarang Class I Prison	Embezzlement (1 year and 2 months)
	Male	52 years old	Semarang Class I	Murder (13 years and 6 months)
	Male	31 Years	Class IIA Narcotics Prison Bandar Lampung	Narcotics (6 years 6 months)
	Male	26 Years	Tobelo Class IIB Prison	Narcotics (6 years 6 months)
	Male	43 Years	Class IIB prison Batang	ITE Law (1 year)

3.	Male	45 Years	Jember Class IIA Prison (2021)	Narcotics (8 years)
	Male	26 Years	Class IIB Detention Center Banda Aceh	Narcotics (4 years)

Source: Media online: detik,kompas and merdeka, 2024

Based on Table 1, data that I got from online news in 2023 there were cases of inmate suicide in Indonesia there were 8 suicides that occurred in 2023 in correctional institutions (LAPAS), the average case of inmate suicide was narcotics cases above a 10-year sentence accessed from detik media (Saputra, 2023). In 2022 the most suicides were found in prisons, there were 9 cases of prisoners committing suicide this year, the cases also varied, some were murder, embezzlement and most of the narcotics were accessed from Kompas media (Nugraha & andi, 2022). Meanwhile, in 2021 there were 2 suicides found in prisons or detention centers in Indonesia with narcotics cases accessed from the independent media (Abdillah, 2022), the author can conclude from the above data that the average age of suicide prisoners in prisons from 2021-2023 is 30 years old and the average sentence of suicide prisoners is 8 years and above.

When undergoing a period of punishment in a correctional institution, prisoners must have significant changes in rehabilitation and successful reintegration, although each prisoner has different experiences and challenges in serving their sentence. As stated in Law No. 22 of 2022 concerning Corrections, it is explained that the Correctional System is a structured series of regulations, restrictions, and procedures to carry out Correctional tasks as a whole. (Gani et al, 2023). Prisoners must comply with the rules while in prison, their rights have been regulated in the criminal justice system. It is explained in Law Number 22 of 2022 concerning Corrections article 1 point 2 that the Correctional System refers to a structured framework that establishes guidelines, limits and strategies to effectively carry out the functions of Corrections in an integrated manner. In carrying out the order in the Correctional Institution security unit officers are responsible for overseeing order in internal and external supervision, the rules that must be followed by prisoners and detainees are closely related to the skills and authority of security officers who carry out their duties and functions professionally when dealing with prisoners.

This study aims to gain a deeper understanding of the phenomenon of attempted suicide attempts against the urgency that exists in Banjarmasin Class IIA Correctional Institution which in this study tries to provide group therapy practices to high-risk prisoners as an effort to build self-adjustment so that prisoners can think positively and minimize the cases of suicide attempts in correctional institutions. This behavior is shaped by a number of interacting factors such as mental disorders, personality factors, impulsivity, physical illness, personal motives, financial, family, social, cultural, situational, psychological, and biological factors. On the other hand, there is also a sense of hopelessness because the verdict of the prisoner is high, causing stress and depression disorders that give rise to intentions or thoughts to commit suicide, Banjarmasin Class IIA Correctional Institution under the supervision and monitoring of security officers and health workers must always monitor and deal with the problem of prisoners who experience indications of stress and depression to prevent suicide attempts (Gani, 2023). In group therapy inmates or individuals are more inclined or active in the process of group therapy activities and learn skills that can be used for self-improvement and self-adjustment. This therapy can make prisoners able to face and solve the problems they experience, group therapy can provide additional benefits through social experiences and

learning from others. It also creates a supportive environment where group members can work together to achieve the goal of positive change.

LITERATURE REVIEW

Self Theory

The self theory was developed by Carl Rogers (1951). According to him, individuals interpret and perceive the things and events they encounter in their lives, a person's entire system of perceptions and interpretations forms the individual's phenomenal field. This theory discusses a serious attempt to study events and develop concepts based on questions about behavior. Describing the self as a process simply refers to the self as a collection of processes. In psychology, the term "self" has meanings such as.

- a) Self-perception and one's emotional nature, the self is seen as an object that reflects the attitudes, feelings, observations, and assessments of the self towards the object.
- b) Psychological stages govern behavior and self-adjustment, specifically focusing on an individual's self-perception. Self-adjustment is a dynamic process in which the self and the cohesive entity are divided into active processes including thinking, remembering, and observing.

The first study by Sulistio and Anwar (2022) examined the factors that affect the mental health of prisoners in Class I Semarang Correctional Facility. Through a qualitative approach, this study showed that mental health problems often arise due to unstable emotional conditions, where prisoners feel they are in the worst situation. Several factors, such as optimism, self-adjustment, social environment, and length of detention, contribute to the mental health of prisoners, indicating the need for more attention in supporting their psychological well-being.

Furthermore, research by Gani, et al. (2023) focused on the implementation of guidance for high-risk prisoners at the Women's Correctional Facility Klas IIB Jambi, especially those who attempted suicide. The study used a sociological juridical method and found that effective coaching requires policy adjustments as well as cooperation between the prison, the community, and the inmates' families. In addition, counseling to prisoners is important to overcome various obstacles in the mental rehabilitation process, emphasizing the importance of a multidimensional approach in dealing with prisoners with mental health problems.

Finally, research by Febrianto and Ambarini (2019) examined the effectiveness of reality group counseling in reducing anxiety among correctional clients. Using a quasi-experimental design, this study involved clients who had just been released and experienced moderate to high levels of anxiety. The results showed that group counseling can be an effective intervention in helping correctional clients to deal with anxiety, supporting their social reintegration goals. Thus, the combination of various approaches in rehabilitation shows promise for improving mental health and supporting the social reintegration of inmates.

METHOD

The research design plays an important role in the conduct of the study, acting as a strategy to achieve the stated research objectives (Creswell, 2015). In this context, this research uses a case study approach to conduct an in-depth analysis of activities and events at various levels, such as individuals and groups. This approach allows the researcher to gain a comprehensive understanding of the practice being studied, which in this case is the practice of high-risk group therapy at Banjarmasin Class IIA

Correctional Institution. This case study not only aims to provide descriptions and test theories, but also to generate new theories from the results of the analysis conducted (Eisenhardt, 1989; Prihatsanti et al., 2019).

In order to collect reliable data, this study used various techniques, including field and desk research (Khatibah, 2011; Sari, 2023). Field research was conducted through direct observation, in-depth interviews with prisoners and officers, and collection of relevant documentation. Observation in the field helps researchers understand the implementation of therapeutic practices directly (Oktasari et al., 2023). In addition, in-depth interviews with various informants, including the Head of the Prisoner Guidance Section, provided valuable information about the implementation of the therapy. Triangulation techniques were also applied to verify the validity of data through various sources and methods (Wijaya, 2019). Through these steps, the researcher seeks to ensure that the data collected is not only accurate but also representative of the phenomenon under study. Thus, the results of the study are expected to provide a deeper understanding of the factors that influence the success of group therapy practices in correctional institutions.

RESULTS AND DISCUSSION

Implementation of Group Therapy Practice for High Risk Prisoners as an Effort to Build Self Adjustment

This research focuses on analyzing the implementation of group therapy practices for high-risk prisoners, with the aim of building self-adjustment, which is an individual's ability to adapt to the environment and situations faced. In this context, group therapy is expected to assist prisoners in building self-adjustment, strengthening social relationships, and encouraging their active participation. The results show that many high-risk prisoners experience difficulties in self-adjustment, which is one of the main causes of suicide attempts. Findings show that factors such as loneliness, feelings of uselessness, and loss of hope are the main triggers for suicide attempts. Prisoners who are unable to cope with internal conflicts and stress, both from the prison environment and family problems, show their weak self-adjustment. Group therapy serves as a solution to help them deal with the conflicts and pressures faced, so as to minimize the desire to commit destructive actions. After engaging in group therapy, inmates showed significant changes in self-adjustment. They experienced an increased ability to better deal with difficult situations and conflicts, and developed healthier strategies to manage stress. For example, inmates such as AW, ED, and SR who previously demonstrated an inability to cope with emotional distress are now able to deal with conflict more effectively and feel more adaptable to prison situations and family issues.

Research also reveals that the lack of social interaction among inmates contributes to emotional stagnation and increased suicide risk. Group therapy provides a safe space for inmates to interact in a healthy manner, strengthen social support, and build interpersonal connections. Through therapy, they begin to overcome their sense of isolation and learn to share their experiences with their peers. This creates positive social support, where inmates feel that they are not alone in facing problems, thus improving social relationships and interactions between inmates. Active involvement in group therapy also helps prisoners to open up. They initially felt uncomfortable to share personal experiences, but over time, many of them began to dare to share their experiences and feelings. This openness is an important indicator of the success of the therapy, as prisoners who are able to share tend to overcome emotional problems more

easily. Active participation in the group allows them to see problems from different perspectives, which in turn helps them find more positive solutions.

Through group therapy, many inmates who initially felt isolated begin to realize that they are not alone. The experience of sharing and listening to the stories of other inmates helps create a sense of community, provides emotional support that is essential for managing stress, and motivates them to better face the future. With the support they receive, inmates can build healthier social relationships and contribute to the formation of a supportive community within the prison. From the perspective of Carl Rogers' self theory, the success of group therapy in building prisoners' self-adjustment can be seen from several aspects. First, positive changes in prisoners' self-concept occur after they receive support and recognition from group members. Second, the therapy process helps inmates accept their true selves and reduce the gap between the ideal self and the actual self. Third, group therapy allows inmates to change their perceptions of the world and themselves, shifting the negative views that previously dominated their subjective experiences. Thus, group therapy not only helps in building self-adjustment, but also enriches inmates' life experiences with positive social support and mutual empathy.

Behavior and traits of high-risk inmates of suicide attempts in the implementation of group therapy associated with the theory of self

The results of this analysis of the behavior and description of the nature of high-risk inmates who attempted suicide during the implementation of group therapy showed that high-risk inmates who attempted suicide faced great challenges in building self-adjustment in prison. Their subjective experiences are dominated by feelings of isolation, stress, and helplessness that hinder the self-adjustment process. Unsupportive social environmental factors, as well as low coping skills, exacerbate their psychological condition. This analysis is in line with Carl Rogers' theory of self, where individuals who cannot achieve self-congruence and are unable to integrate their experiences in a healthy way will experience deep emotional distress, which can trigger extreme actions such as suicide attempts. Overall, this study shows that high-risk inmates who make suicide attempts have a phenomenal terrain filled with severe emotional distress, social alienation, and low self-assessment. Their main challenges are the inability to break out of the cycle of negative thoughts and the lack of effective social support, which ultimately reinforces feelings of hopelessness and encourages extreme actions.

Factors that influence the success of group therapy practices for high-risk prisoners as an effort to build self-adjustment

This study aims to analyze the factors that influence the success of group therapy practices on high-risk prisoners in an effort to build self-adjustment, which is an individual's ability to adapt to the environment and situations faced. Based on Carl Rogers' self theory, self-adjustment involves a dynamic process that includes self-perception, self-assessment, and response to the environment. The results show that the success of group therapy is influenced by several key factors.

Social support between group members is one of the most important aspects of group therapy. When inmates feel support and acceptance from fellow group members, they tend to be more open and active in therapy sessions. This support not only builds a sense of community, but also increases the confidence of prisoners, so that they can more easily adapt to their environment. In addition, the participation and activeness of prisoners in therapy activities also plays a major role in the success of the program. Active

engagement allows them to explore personal issues, receive constructive feedback, and practice new skills in a safe and supportive atmosphere.

Evaluation and monitoring by staff are also key factors in ensuring the effectiveness of group therapy. With ongoing evaluation, officers can provide constructive feedback and adjust the therapy approach according to the needs of each individual. This is important to support the development of prisoners' self-adjustment. In addition, active involvement in coaching activities outside of therapy sessions, such as skills training and rehabilitation programs, also makes a positive contribution. These activities help inmates develop new skills, increase self-confidence, and build a better life after release. A conducive prison environment also plays an important role in the success of group therapy. A safe, organized, and violence-free environment allows inmates to focus on the therapy process without external distractions. In addition, adequate access to necessary facilities and resources, such as comfortable therapy rooms and trained staff, greatly support the success of therapy.

Overall, these factors contribute to the formation of a more positive self-concept, increase inmates' self-confidence, and create congruence between the ideal self and the real self, thus facilitating better self-adjustment. The success of group therapy for high-risk prisoners in building self-adjustment is strongly influenced by social support, active participation, continuous evaluation, involvement in coaching activities, and a conducive prison environment, all in accordance with Carl Rogers' theory of self.

Results of Group Therapy Practice for High Risk Prisoners as an Effort to Build Self Adjustment

This study aims to analyze the results of group therapy practices on high-risk prisoners in an effort to build self-adjustment, which is an individual's ability to adapt to the environment and situations faced. Referring to Carl Rogers' theory of self, self-adjustment involves a dynamic process that includes self-perception, self-assessment, and response to the environment. One of the main outcomes of group therapy for high-risk prisoners with a history of suicide attempts is better adjustment. Group therapy helps inmates develop the coping skills needed to cope with emotional and psychological distress. Support in the group allows inmates to learn to manage negative emotions, increase self-confidence, and find healthy ways to deal with stress. This process contributes to greater emotional stability, making them better prepared to face the challenges of daily life in prison and after release. According to Carl Rogers, group therapy facilitates self-reflection and more realistic self-assessment, creating an environment that supports change. Thus, positive experiences in group therapy enrich inmates' self-perception, helping them feel more emotionally stable.

In addition, group therapy also provides a platform for prisoners to build positive social relationships and interactions. In group therapy, they have the opportunity to share experiences with fellow prisoners facing similar situations, which can reduce feelings of isolation and loneliness. These interactions increase the sense of community and build stronger social networks, providing an important source of support in the healing and rehabilitation process. According to Carl Rogers' self theory, individuals need a supportive and empathic environment to develop a healthy self. Group therapy provides this environment, where inmates can build positive and supportive social relationships, enriching their social experience and reducing their sense of isolation.

Another significant outcome of group therapy is the increased activeness and openness of inmates. Through participation in therapy, they are encouraged to be more open about their feelings and thoughts. The safe environment in group therapy allows

inmates to talk about personal experiences, including trauma and difficulties faced, without fear of judgment. This openness not only helps the individual's healing process, but also improves the overall group dynamic. Each member can learn from each other's experiences and gain new perspectives. In this context, group therapy creates a supportive and empathic environment, which aligns with Carl Rogers' theory of self regarding the importance of social support in the development of a healthy self.

CONCLUSION AND SUGGESTION

Based on the analysis of group therapy practices at the Class IIA Banjarmasin Correctional Institution, it can be concluded that group therapy is an important tool in building the self-adjustment of high-risk prisoners. This therapy allows prisoners to deal with pressures and conflicts that arise both inside and outside the prison, such as family problems. Through group interactions, inmates not only receive social support, but also learn to manage their emotions and find positive solutions to their internal conflicts. In addition, group therapy strengthens existing social relationships, reduces feelings of isolation, and improves emotional well-being. Self-openness during therapy sessions is an indicator of success, showing progress in conflict management and self-adjustment.

The factors that influence the success of group therapy practices are also very diverse. Strong social support from group members helps create a comfortable atmosphere for prisoners to express their feelings and problems. The active participation of inmates in the therapy sessions strengthens the adjustment process, while evaluation and monitoring by officers ensure the effectiveness of the therapy. Involvement in coaching activities outside of therapy also contributes positively to inmates' self-confidence. In addition, a conducive prison environment is essential for prisoners to focus on the rehabilitation process. Overall, group therapy practices not only serve to improve prisoners' self-adjustment, but also support the development of positive social relationships and openness that enrich their rehabilitation experience.

REFERENCES

- Aulia, P. (N.D.). Terapi Kelompok Untuk Mengurangi Stres Anak Didik Pemasyarakatan Yang Akan Bebas. [Http://Www.Kemenkumham.Go.Id](http://Www.Kemenkumham.Go.Id)
- Butar-Butar, E., Subroto, M., Ilmu, P., & Abstrak, P. (2021). Perlakuan Terhadap Narapidana Lanjut Usia High Risk. 8(6). <https://Doi.Org/10.31604/Justitia.V8i6>
- Deonisia A. (2023, December 11). Angka Percobaan Bunuh Diri Pada Laki-Laki Lebih Tinggi. Kompas.Id.
- Ediati, A. (2016). Hubungan Antara Dukungan Sosial Dengan Resiliensi Pada Narapidana Di Lembaga Pemasyarakatan Kelas IIA Wanita Semarang (Vol. 5, Issue 3).
- Equatora, M. A., & Rachmayanthi. (2023). Praktik Bimbingan Sosial Bagi Klien Pemasyarakatan Risiko Tinggi (H. Rachim, Ed.). Balitbangkumham.Pres.
- Favril, L., Indig, D., Gear, C., & Wilhelm, K. (2020). Mental disorders and risk of suicide attempt in prisoners. *Social Psychiatry and Psychiatric Epidemiology*, 55(9), 1145–1155. <https://doi.org/10.1007/s00127-020-01851-7>
- Febrianto, B., Ambarini, T. K., Psikologi, F., & Surabaya, U. A. (2019). Efektivitas Konseling Kelompok Realita Untuk Menurunkan Kecemasan Pada Klien Pemasyarakatan (Vol. 07, Issue 01).
- Fuady, A., I., Arief, M., Rahayu, P., & Artikel, S. (2019). Ide Dan Upaya Bunuh Diri Pada Mahasiswa Info Artikel Abstrak.

- [Http://Journal.Unnes.Ac.Id/Nju/Index.Php/Intuisi](http://Journal.Unnes.Ac.Id/Nju/Index.Php/Intuisi)
- Gandhi, B. S., Megawaty, D. A., & Alita, D. (2021). Aplikasi Monitoring Dan Penentuan Peringkat Kelas Menggunakan Naïve Bayes Classifier. *Jurnal Informatika Dan Rekayasa Perangkat Lunak (JATIKA)*, 2(1), 54–63.
<http://jim.teknokrat.ac.id/index.php/informatika>
- Harahap, D., Dakwah, F., Komunikasi, I., & Padangsidimpuan, I. (n.d.). Teori Carl Rogers dalam Membentuk Pribadi dan Sosial yang Sehat. <http://jurnal.iain-padangsidimpuan.ac.id/index.php/Irsyad>
- Imaduddin, H., Ali, M., Maki, Z. S., Tamyis, A. R., Muhammad, A. A., Aji, D. A. A., Yusuf, N A. T., & Sri, M. (2020). Psikologi Penjara : Penerapan Psikologi dalam Proses Pemasyarakatan.
- Kasus, S., Psikologi, I., & Nindialoka, H. (n.d.). Group Reality Therapy untuk mereduksi kecemasan narapidana wanita dalam menghadapi respon sosial menjelang masa pembebasan bersyarat, *PROCEDIA*.
<https://doi.org/10.22219/procedia.v9i3.16321>
- Mas, M., Salam, A., & Permasyarakatan Kelas Makassar, L. I. (2020). Penanganan Narapidana Risiko Tinggi Dalam Pemenuhan Hak-Haknya Untuk Mendapatkan Program Pembebasan Bersyarat Di Lapas Kelas I Makassar, *Handling Of High Risk Prisoners in Fulfilling Their Rights to be Eligible for Parole Programs in Class I Penitentiary Makassar*. In *Journal of Law* (Vol. 3, Issue 1).
<https://postgraduate.universitasbosowa.ac.id/>
- Melati, A., & Wibowo, P. (2023). Pengaruh Penyesuaian Diri terhadap Tingkat Stres Narapidana Seumur Hidup di Lembaga Pemasyarakatan Kelas I Cipinang. *Jurnal Intelektualita: Keislaman, Sosial, Dan Sains*, 12, 2023.
<https://doi.org/10.19109/intelektualita.v12i02.19825>
- Oktasari, E., & Suryadi, E. (n.d.). Penggunaan Media Audio Visual Terhadap Kemampuan Menyimak Teks Hasil Observasi *The Use Of Audio Visual Media On The Ability Of Listening To Text Observations* (Vol. 4, Issue 1).
- Prabowo, Y., Subekti, W. I., & Cindy, N. A. A. (n.d.). Program Studi Keperawatan Program Sarjana Fakultas Ilmu Kesehatan Universitas Kusuma Husada Surakarta 2020 Analisis Faktor Yang Mempengaruhi Depresi Pada Narapidana Di Rumah Tahanan Klas I Kota Surakarta.
- Prihatsanti, U., Suryanto, S., & Hendriani, W. (2018). Menggunakan Studi Kasus sebagai Metode Ilmiah dalam Psikologi. *Buletin Psikologi*, 26(2), 126.
<https://doi.org/10.22146/buletinpsikologi.38895>
- Putri, R. N., Hidayah, N., & Mujidin. (2021a). Penyesuaian Diri, Dukungan Sosial, dan Gaya Belajar Visual : Kontribusi terhadap Stres Akademik Siswa di Masa Pandemi. *Psyche 165 Journal*, 339–345. <https://doi.org/10.35134/jpsy165.v14i4.136>
- Putri, R. N., Hidayah, N., & Mujidin. (2021b). Penyesuaian Diri, Dukungan Sosial, dan Gaya Belajar Visual : Kontribusi terhadap Stres Akademik Siswa di Masa Pandemi. *Psyche 165 Journal*, 339–345. <https://doi.org/10.35134/jpsy165.v14i4.136>
- Rahardjo, H. M., & Si, M. (2017). Studi Kasus Dalam Penelitian Kualitatif: Konsep Dan Prosedurnya
- Rusli, M. (n.d.). Merancang Penelitian Kualitatif Dasar/Deskriptif dan Studi Kasus. <http://repository.uin->
- Saputra, D., & Satiadarma, M. P. (n.d.). Penerapan Art Therapy Untuk Mengurangi Perilaku Menyakiti Diri Sendiri (Self-Injurious Behavior) Pada Dewasa Muda Yang Mengalami Distress Psikologis.
- Sari, M. (n.d.). Penelitian Kepustakaan (Library Research) dalam Penelitian Pendidikan

IPA.

- Sasmito, M. (2023, November 29). KPAI: 12 Anak Bunuh Diri Sepanjang 2023. KPAI.
- Sukmanawati, C., & Prastiti, W. D. (2020). Religiusitas, kebermanaknaan hidup, dukungan sosial dan penyesuaian diri narapidana. *Jurnal Psikologi Terapan Dan Pendidikan*, 2(2), 87. <https://doi.org/10.26555/jptp.v2i2.18459>
- Sulistio, P., Anwar, U., & Pemasyarakatan, P. I. (2022). Faktor Yang Mempengaruhi Masalah Kesehatan Mental Pada Narapidana Blok Resiko Tinggi Di Lapas Kelas I Semarang Article History (Vol. 11, Issue 2). <https://ejournal.unibabwi.ac.id/index.php/sosioedukasi/index>
- Teori, L., & Asrama, A. S. (n.d.). BAB II. http://en.wikipedia.org/wiki/Borarding_school
- Abdul, G. R., Wulan, S. S., dan Putri, S., Sipin, D., (n.d.). Pelaksanaan Pembinaan Terhadap Narapidana di Lembaga Pemasyarakatan Perempuan Kelas IIB Jambi15(2), 273–284. <https://doi.org/10.33087/legalitas.v15i2.512>
- Trinurmi, S., Bimbingan, J., Islam, P., Dakwah, F., Uin, K., & Makassar, A. (n.d.). Teknik Terapi Kelompok (Group Therapy). <http://imron46.blogspot.com/2011/07/terapi-aktivitaskelompokorientasi.html>. Diambil
- Wijaya H. (2018). Analisis Data Kualitatif Ilmu Pendidikan Teologi. Sekolah Tinggi Theologia Jaffray.
- Wijaya H. (2019). Analisis Data Kualitatif: Sebuah Tinjauan Teori & Praktik. Sekolah Tinggi Theologia Jaffray.
- Wuryansari, R., & Subandi, S. (2019). Program Mindfulness for Prisoners (Mindfulness) untuk Menurunkan Depresi pada Narapidana. *Gajah Mada Journal of Professional Psychology (GamaJPP)*, 5(2), 196. <https://doi.org/10.22146/gamajpp.50626>