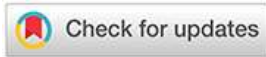


FAMILY SUPPORT FOR PRISONERS WHILE PASSING THEIR CRIMINAL TERM IN CORRECTIONAL INSTITUTIONS



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ABSTRACT

A person or group of people who commit a criminal act or acts that are contrary to the laws established in a region will certainly receive sanctions or punishment for their actions. Imprisonment is a form of punishment where the crime will rob someone of their freedom and separate them from their environment and family. While convicts are serving their criminal term in prison or detention, especially for first-time offenders, feelings of suffering and disturbance will arise, which arise from the impact of prisonization, which can result in the emergence of mental disorders or pathological mental disorders. One way to help prisoners cope with pressure and adapt to prison life is through family support.

Keywords: Prisoners; Family Support; Mental Disorders



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INTRODUCTION

For a person or group of people who have committed a criminal act, a sanction will certainly be imposed. There are two types of criminal sanctions that can be given to the perpetrators of criminal acts, namely the main punishment and additional punishment. Principal punishment is a criminal sanction consisting of death penalty, imprisonment, confinement, fine, and closure. Additional punishment includes revocation of certain rights, confiscation of goods, and announcement of the judge's decision (Lubis, 2022).

One of the main types of punishment, namely imprisonment, is a punishment that aims to limit the freedom of movement of a criminal offender who will hereinafter be referred to as a convict. During the period of imprisonment, convicts will feel the pain of imprisonment, especially for first offenders. According to Sykes (2007), it is stated that the impact of prisonization felt by prisoners occurs as a response to obstacles to adapting to a new environment. Where this response arises as a result of the pain of imprisonment, including Lost of Liberty, Lost of Goods and Services, Lost of Heterosexual Relationship, Lost of Autonomy, and Lost of Security (Scott, 2014).

This feeling of pain due to imprisonment will have an impact on the psychological condition of prisoners while serving their sentence. This psychological disorder or mental disorder is a pathological mental condition where there is a disturbance to a person's mindset or emotional disturbance which will result in interference with daily activities. For prisoners, this mental disorder will certainly interfere with the process of prisoners during the criminal period, this will later make it difficult for prisoners to prepare themselves to return to society. So that this mental disorder needs to be avoided for the success of the prisoner's coaching process.

Overcoming the pain of imprisonment requires resilience. Resilience itself is an individual's ability to deal with trauma, the ability to face difficulties, resilience in the face of pressure and rise from these circumstances (Kase et al., 2023). Resilience can be influenced by internal factors and external factors. Internal factors such as belief in oneself, optimism, self-efficacy, and so on. For external factors such as social support such as family support and the support of the closest people.

For prisoners, family support is quite important to provide, family support can increase self-confidence for prisoners, make prisoners feel affection, attention, understanding, and feel loved (Prabowo, 2020). This will increase the level of resilience of prisoners and enthusiasm for prisoners to carry out their prison terms. This will allow the inmates to participate in activities to improve themselves and prepare themselves to return to the community.

Family support itself has several functions for human psychological conditions, namely affective function, socialization function, reproductive function, economic function, and care function. According to Friedman (1998) there are 4 dimensions that make up the family support function. Emotional support where this support means that the family is a safe and peaceful home to use as a place to go home and rest. Aspects of emotional support consist of emotional support, trust, caring, empathy, listening and being listened to. Providing emotional support can be done by expressing empathy, attention, warmth, love and affection (Mahmudi, 2022). Instrumental support, which refers to the assistance that can be provided or obtained from each family member. Be it in the form of financial needs, eating, drinking, resting, and other things needed by each family member.

In addition, informational support is a description of where the family must be able to provide advice, opinions, criticism, suggestions and information that can be used to solve a problem or situation. The last is appreciation support, which is where the family

acts to guide and mediate when there are problems faced by other family members. Family as a giver of appreciation support also means that the family needs to provide support, encouragement, support, attention, and appreciation for everything that has been achieved or achieved by other family members.

Factors that influence family support include intimacy or interpersonal closeness between each family member, then acceptance or sense of acceptance where the availability of support when needed so as to minimize someone experiencing negative emotions. Furthermore, gender, interactions that occur between men are considered less intimate than interactions that occur between women. However, on the other hand, men will feel more intimate when interacting with women. This can be exemplified by the interaction between a father and his daughter, this will involve a much closer and intimate feeling of belonging where a father will try to take care of his daughter as well as possible compared to the interaction between a father and his son.

LITERATURE REVIEW

Research from Elfalianda and Aryanti (2023) discusses the correlation between social support and the level of resilience of Narcotics Prisoners during the Covid pandemic. This research discusses new problems that prisoners will face in prison, such as high levels of stress and refusal and prohibition from meeting face to face with their families. Going through difficult situations like this requires the ability to survive or what can be called resilience. Resilience can be influenced by the prisoner's interactions with his family. This has been proven to have a positive influence on the level of resilience of prisoners. People who receive social support from other people or other groups are known to be able to comfort and help convicts through their criminal periods with the various stressors they face.

Research by Kurniati et al., (2019) raises the issue of how worried prisoners experience about living their lives after being released from prison, because there is a lot of stigma and bad perceptions from society towards prisoners or former prisoners. This pressure does not rule out the possibility that it will encourage prisoners to do bad things such as running away, rioting in prisons, attacks on officers and fellow prisoners, and worst of all, destroying themselves. Efforts to overcome this are to increase the resilience of prisoners. This research discusses that resilience is influenced by 2 factors, namely risk factors and protective factors. This relationship can be obtained through family support factors. This will affect the way a person deals with stress and anxiety in their life. Therefore, prisoners who receive support from their families should have a good level of resilience.

Research from Decaprio and Subroto (2021) discusses the effect of family moral support on death row inmates. Where family support is needed for death row inmates because there is upheaval in the hearts and minds of prisoners when they are sentenced to death. With family support, it is hoped that it can help prisoners get through the coaching phase at the Correctional Institution well. In addition, family support can make death row inmates calmer and able to accept the results of their death penalty decisions. With support from friends and family, death row prisoners will have high confidence to carry out daily activities. Do not let being neglected or no longer by the family, lead to frustration. If this happens, it can cause security and order disturbances in prisons, both for the death row inmates themselves and for other people, with the support of friends and family, death row inmates will have high confidence to carry out daily activities.

Research from Faradiah et al., (2021) discusses family support and resilience in prisoners at the Sidoarjo correctional institution. It was stated that new conditions or

environments can create their own pressure for prisoners. Conditions with such pressure can affect the psychological state of prisoners while in prison and or after leaving prison. The pressure experienced by these prisoners does not rule out the possibility of doing things that endanger themselves and others.

There was a phenomenon of suicide that occurred in Sidoarjo Correctional Facility, one of the causes of the suicide was because his family never visited him. The lack of support provided by the family makes prisoners feel unrecognized, lacking motivation so that they are unable to face the problems that exist (Faradiah et al., 2021). These are several factors in the formation of resilience such as low social support, low self esteem, lack of positive emotions possessed by prisoners. Based on this description, the researchers conducted a study with the aim of knowing the relationship between family support and resilience in prisoners at Klas IIA Sidoarjo Correctional Institution. So it is felt that family support is very important for prisoners.

Research by Maulinda et al., (2020) aims to find out the role of family support on the resilience of drug rehabilitation participants in Palembang City. The hypothesis of this study is that there is a role for family support on resilience. Addicts need to get rehabilitation to recover. Recovery is done to stop drug abuse (National Institute of Drug Abuse, 2018). Addicts need rehabilitation that is not short. According to NIDA (2018) also states that the rehabilitation period requires at least 3 months and requires several courses of treatment. According to Law No. 35 of 2009 concerning narcotics, there are two types of rehabilitation that addicts must undergo, namely medical rehabilitation and social rehabilitation. The various stages in rehabilitation are the medical stage or detoxification, the non-medical stage or using therapeutic techniques (cold turkey, alternative methods, substitution therapy, community therapy, 12-step method), and the advanced formation stage.

Resilience is influenced by family support, the greater the family support, the higher the individual's resilience. Individuals will be more resilient in facing challenges if they struggle with their family (Maulinda et al., 2020). Sufficient attention from the family will increase individual resilience Monitasari also stated that family support will reduce the risk of someone experiencing relapse. This is because family support is a factor that supports the success of the rehabilitation program. So that family support will encourage individuals to become competent and resilient so that they can overcome the difficulties of their family members. Family Support also has the potential to increase recovery, repair, and growth in the family when facing serious life challenges.

METHOD

The methodology used in this research is a qualitative approach with literature study techniques. This method is used because it allows researchers to better understand the level of resilience of prisoners and their relationship with the family. Primary data in this study are information, theories, topics, and findings from original research as well as other information related to the research. The data was collected from various sources, such as books, journals, and other scientific articles. The main purpose of this research is to learn more about a particular phenomenon by describing, analyzing, and understanding related aspects.

Literature research or literature review is research that examines or critically reviews the knowledge, ideas, or findings contained in the body of academic-oriented literature, and formulates its theoretical and methodological contributions to a particular topic. (Pusparani, 2021). The focus of literature research is to find various theories, laws, arguments, principles, or ideas that are used to analyze and solve the formulated research

questions. The nature of this research is descriptive analysis, which is a regular description of the data that has been obtained, then given an understanding and explanation so that it can be understood properly by the reader.

RESULTS AND DISCUSSION

Imprisonment is a punishment that deprives a person of freedom and separates them from their environment and family. For the perpetrators of criminal offenses, they will be sentenced to a criminal sentence of loss of independence and then will be placed in the UPT Pemasyarakatan. In Law Number 22 of 2022 about Correctional article 1 paragraph 6, it is stated that for lawbreakers who have been sentenced to an *inkracht* verdict and will hereinafter be called prisoners will serve imprisonment in the Correctional Institution (Lapas), then in paragraph 5 it is stated and for lawbreakers (suspects) who have not been proven guilty or have not received an *inkracht* verdict while the judicial process is still being undertaken, they will be placed in the State Detention Center (Rutan).

As long as prisoners undergo a criminal period in prisons and detention centers, especially for first offenders, there will be feelings of suffering and disturbance which arise from the impact of prisonization. According to Sykes (2007), it is stated that the impact of prisonization felt by prisoners occurs as a form of response to obstacles to self-adaptation in a new environment. The result of this suffering can trigger the emergence of several psychiatric or mental pathological disorders experienced by prisoners. Prisoners who are in prison have psychophysiological tendencies or better known as psychosomatics.

This mental disorder is one of the problems often found in prisoners. Mental disorders such as psychosomatics, personality disorders, anxiety disorders, depression, and so on. This can occur one of them due to the pressure experienced by prisoners while serving their sentence. So that one way to help prisoners deal with pressure in prison is family support. Family support itself is a value that refers to social support that can be accessed or held by families and for families, where this value refers to support, readiness to provide help and assistance at times when needed. (Prabowo, 2020).

Support from families to prisoners is expected to increase the resilience of prisoners and help prisoners adapt and survive in an environment with a new culture in the penitentiary (Tunliu et al., 2019). Because for prisoners, especially first offender prisoners, the new environment they face in prison is an environment that is clearly different from the environment outside the prison. In addition to the fact that prisoners will face the painful effects of imprisonment, prisoners will also be confronted with "senior" prisoners who consider themselves powerful and feel superior because they were first in prison so that these "senior" prisoners feel they understand better and have more experience than prisoners who have just entered the prison.

By confronting prisoners with unfamiliar situations and tense feelings like this, family support is felt to be needed by prisoners to increase the resilience of prisoners. Resilience itself is the quality of a person in dealing with difficult situations. It also describes the ability of an individual to face, overcome, and strengthen themselves in the situation being lived. Basically, each individual has a different level of resilience, where each individual has their own way of overcoming the difficulties they are facing. This can be influenced by external factors and internal factors from each individual itself. So that the level of resilience in each individual can be strengthened and can also be weakened (Zellawati & Amalia, 2022).

There are several factors that can affect the level of resilience, namely Social Support (community support, personal support, familial support), Cognitive Skill, Psychological resources, and Psychological resources (Rahman et al., 2023). One of the external factors that can increase the resilience of prisoners is social support which includes support from the community, support for yourself, and support from family. With the support of the family for prisoners, it is expected to increase self-confidence, optimism, increase motivation for behavior change for prisoners, and help prisoners to accept themselves (Saputra & Muhammad, 2023).

Family support means a small group that has a close relationship between each other. The concept of family acceptance of other family members such as information, judgment, appreciation, instrumental, and emotional support will always be ready to be given to family members who are felt to be in need of support from the family (Permatasari, 2021). This kind of family support will make other family members feel cared for, loved and valued.

CONCLUSION AND SUGGESTION

Based on the research conducted by the author, the resilience condition of prisoners who do not receive support from their families through family visits is low compared to prisoners who receive direct family support. Nevertheless, the family support received by prisoners even though it is given indirectly, for example through online visiting services / video calls / Wartel, can have a slight impact on the condition of the resilience of prisoners. In addition, the resilience condition of prisoners can also be influenced from various aspects, for example, such as previous experiences.

The conclusion is that family support has a very large role in providing enthusiasm for prisoners in serving their sentence. One type of family support that has a major impact on the condition of prisoners' resilience is emotional support. This emotional support can later make prisoners feel loved, feel affection, attention, empathy, and care from their families. So that these things can later increase the spirit of the prisoner in serving the criminal period and prepare himself to return to the midst of society.

This family support will later improve and increase the resilience ability of prisoners to face problems and rise from the downturn experienced during the criminal period. If the inmate already has a resilient nature, the inmate can follow the coaching activities well, so that later the inmate can prepare himself to return to the midst of society when he has finished serving his sentence.

The type of family support that can have an impact on the psychological condition and level of resilience of prisoners is emotional support. This is because with emotional support from the family, prisoners can feel loved, feel affection, attention, empathy, and care from their families. So that these things can later increase the spirit of the prisoner in serving the criminal period and prepare himself to return to the midst of society.

However, it must be realized that improving resilience cannot only be improved through family support or external factors. prisoners also need to improve their resilience through internal factors, such as self-drive, enthusiasm and motivation, and so on. because oneself is the easiest encouragement to get and shape.

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