

## IMPLEMENTATION OF RECOVERY AND DEVELOPMENT OF SOCIAL FUNCTIONS OF ELDERLY INTEGRATED CITIZENS IN CLASS IIB COMMUNITY INSTITUTIONS GUNUNGSITOLI



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### ABSTRACT

*Correctional institutions are institutions or places that carry out the function of coaching inmates and children of correctional inmates. One of the coaching sessions in the prison is carried out for inmates of vulnerable groups, such as the elderly. One of the actions for the elderly inmates is the recovery and development of social functions. The purpose of this study is to analyze the implementation of the recovery and development of social functions, as well as the obstacles that occur in the implementation for elderly inmates in the Gunungsitoli Class IIB prison. The data sources of this study are taken from primary and secondary data. The data collection technique in this study uses interviews, observation, and documentation methods. The result of this research is the implementation of the restoration and development of social functions in the Gunungsitoli Class IIB Prison, namely spiritual worship, religious lectures, and gymnastics activities. The obstacles in the implementation of this are the physical, spiritual, and psychological limitations of elderly inmates and their families, who do not play an active role.*

**Keywords:** Implementation; Recovery; Inmates; Elderly



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## INTRODUCTION

Rehabilitation and guidance are provided to all inmates, including vulnerable groups. Vulnerable groups generally refer to those who face more disadvantages or weaknesses compared to others. These groups face greater social, economic, and health challenges, and therefore require special attention to ensure they can access equal rights as others. Vulnerable groups include children, adolescents, the elderly, persons with disabilities, women, minorities, and those living in poverty. One vulnerable group in need of special rehabilitation within correctional facilities is the elderly (Wirawan, 2021).

Research by Irito et al. (2021) on the Implementation of Minister of Law and Human Rights Regulation No. 32 of 2018 concerning the Treatment of Elderly Inmates at Class IIB Pariaman Correctional Facility shows that the implementation of rehabilitation and development programs aimed at supporting the social reintegration of elderly inmates faces several obstacles. These include the declining physical health of elderly inmates, inadequate nutritional provision, low participation of elderly inmates, and limited human resources in carrying out rehabilitation programs for elderly inmates. The activities conducted in correctional facilities aim to support the personal development of inmates. However, correctional facilities often pay insufficient attention to the condition of elderly inmates, especially those involved in criminal activities. High dependency on the facilities available only in the correctional facility leads to inadequate support systems for elderly inmates. As a result, elderly inmates are treated the same as other inmates, who typically have much better physical, mental, and emotional health (Fadilah et al., 2022).

Based on research conducted by Pahlevi (2019), the implementation of social function recovery and development as regulated in Law No. 12 of 2018, Article 5, is an effort to uphold law and human rights. Every individual has abilities and limitations in their lives, including the elderly, who have different shortcomings compared to others and thus require recovery and development of social functions. Gunungsitoli Class IIB Correctional Institution also implements social function recovery and development programs for elderly inmates to improve their social welfare when they return to society.

According to the Correctional Database System (Sistem Database Pemasyarakatan, SDP) as of February 17, 2024, the number of inmates in Gunungsitoli Class IIB Correctional Institution is 261, with 9 of them being elderly inmates. The programs conducted by Gunungsitoli Class IIB Correctional Institution for the recovery and development of social functions include religious services. Every Thursday, a service is held for Christian inmates with a pastor invited, while every Friday, a service is held for Muslim inmates with an invited cleric. For recreational activities, Gunungsitoli Class IIB Correctional Institution holds morning exercise sessions every Saturday for elderly inmates. However, the pre-release program at Gunungsitoli Class IIB Correctional Institution does not yet have well-planned activities implemented for elderly inmates.

Gunungsitoli Class IIB Correctional Institution also faces an issue of overcrowding. According to data from the Correctional Database System, the ideal capacity for Gunungsitoli Class IIB Correctional Institution is 181 inmates, but currently, there are 261 inmates. This overcrowding increases the workload of staff and makes the facilities insufficient.

From this reality, the author formulates the problems to be discussed as follows: how is the implementation of Social Function Recovery and Development for Elderly

Inmates at Gunungsitoli Class IIB Correctional Institution? What are the challenges in the implementation of Social Function Recovery and Development for Elderly Inmates at Gunungsitoli Class IIB Correctional Institution?

## **LITERATURE REVIEW**

This literature review discusses the theoretical frameworks and previous studies that inform the research on the rehabilitation and social function development of elderly inmates at Lapas Kelas IIB Gunungsitoli.

### **Maslow's Hierarchy of Needs**

Maslow's Hierarchy of Needs theory is crucial for understanding the rehabilitation needs of elderly inmates. This theory posits that human motivation is driven by a series of hierarchical needs, starting from basic physiological needs to higher-level psychological and self-actualization needs (Maslow, 1943). For elderly inmates, addressing their basic needs, such as health care, nutrition, and safety, is essential for facilitating their rehabilitation. Programs that enhance mental and spiritual well-being can help fulfill the higher-level needs, promoting a sense of belonging and self-worth, which is particularly important for elderly inmates facing isolation and stigma (Jones, 2018).

### **Social Learning Theory**

Social Learning Theory, proposed by Albert Bandura, emphasizes the importance of social interactions and observational learning in behavior modification (Bandura, 1977). This theory is applicable in the context of rehabilitation programs for elderly inmates, as these programs often incorporate peer interactions and mentorship. Previous research indicates that social support and positive role models within correctional facilities can significantly enhance the rehabilitation process by fostering an environment conducive to learning and behavioral change (Andrews & Bonta, 2010). Implementing recreational and spiritual activities allows elderly inmates to learn from each other's experiences, which can be particularly effective in reshaping attitudes and behaviors.

### **Reintegration Theory**

Reintegration Theory focuses on the processes and challenges faced by inmates upon their release and emphasizes the need for effective preparation during incarceration (Petersilia, 2003). This theory aligns with the purpose of the pre-release programs designed for elderly inmates at Lapas Kelas IIB Gunungsitoli. Studies have shown that comprehensive pre-release programs that involve family communication and community engagement significantly improve the chances of successful reintegration into society (Visher & Travis, 2003). By preparing elderly inmates for the realities of life outside prison, these programs aim to reduce recidivism and support the transition back into the community.

## **METHOD**

This study employs a qualitative method with a descriptive approach. Data collection is carried out through literature reviews, which is considered appropriate as it can explain the conditions being studied. The aim of this research is to understand the implementation of social function recovery and development for elderly inmates at Gunungsitoli Class IIB Correctional Institution. The data used in this study comes from previous research journals relevant to the research topic, supported by applicable legal

frameworks, and secondary data from existing literature.

Data collection is done through various documentation techniques, including interviews and field observations, which are documented to gather information from multiple secondary sources to support the writing of this research. The techniques used in this research are as follows:

According to Creswell (2014), conducting interviews requires guidelines to keep the researcher focused on relevant and structured topics. This ensures that the interviews directly address the core information needed from the respondents. The interviewees include:

- a) Head of Gunungsitoli Class IIB Correctional Institution
- b) Head of Inmate or Juvenile Guidance and Work Activities Section at Gunungsitoli Class IIB Correctional Institution
- c) Head of Registration and Community Guidance Subsection at Gunungsitoli Class IIB Correctional Institution
- d) Staff of Inmate or Juvenile Guidance and Work Activities at Gunungsitoli Class IIB Correctional Institution
- e) Elderly Inmates

In this study, the researcher participated directly and interacted in the rehabilitation activities at Gunungsitoli Class IIB Correctional Institution. Information was collected by recording detailed events in the field. The researcher observed the ongoing rehabilitation activities, including the physical condition of the facility, the rehabilitation process for inmates, challenges faced by staff, and the inmates' responses to the implementation of their rehabilitation rights. Observations were conducted on-site to gather more accurate data reflecting real conditions

The researcher gathered data from official documentation available at Gunungsitoli Class IIB Correctional Institution, including staff data, inmate data, the institution's history, and other relevant documents. Once all necessary documents were obtained, the researcher documented and recorded the information in detail for further analysis. In addition to official documents, the researcher also collected informal documentation, such as photographs of key moments during rehabilitation activities and environmental surroundings. This aimed to provide tangible evidence and facts supporting the research.

## **RESULT AND DISCUSSION**

The implementation of recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution was analyzed using direct observation and interviews. To understand how this implementation takes place, the author referred to the indicators from Grindle's theory (1980), which relates to implementation in political and administrative stages, known as the Top-Down model. The indicators from this theory measure the success of implementation based on two variables: the context of policy and the content of policy.

Based on Grindle's theory (1980), here are the results of the analysis regarding the implementation of recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution:

### **Context of Policy**

The content of the policy serves as an official guide in regulating actions or decisions

made during program implementation. The relationship between individuals is expected to create good governance. One important aspect to discuss is the influence of interests. This influence plays a significant role in the implementation process. In the context of this policy, the implementation of recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution aims to fulfill the rights and obligations of elderly inmates concerning their social function during their sentence, ensuring they receive equal treatment to achieve justice and human rights (HAM), just like other elderly citizens living in society. Thus, elderly inmates do not lose their social function, remain aware of their roles, and can lead a life similar to ordinary people, even while incarcerated. An excerpt from an interview with Informant 1 states:

*"At Gunungsitoli Class IIB Correctional Institution, there are 7 elderly inmates, and we have special programs for them in accordance with existing regulations to fulfill their rights and obligations so that elderly inmates can experience the same as other citizens outside the institution. In other words, they do not lose their identity as elderly citizens."*

Based on this interview, it can be concluded that Gunungsitoli Class IIB Correctional Institution implements recovery and social function development while considering the interests of elderly inmates, in accordance with applicable regulations in the correctional institution. This implementation is crucial as it impacts the lives of elderly inmates during their time in correctional facilities. If this program is carried out well, it will provide significant benefits for elderly inmates, who are a highly vulnerable group in various conditions, including in terms of social function.

The benefits of implementing recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution include three main programs: mental and spiritual programs, recreational programs, and pre-release programs. The mental and spiritual program aims to enhance the faith and devotion of elderly inmates, allowing them to lead better lives. The recreational program serves to reduce stress and depression levels among inmates during their sentence, given that elderly inmates are more susceptible to stress compared to others.

Meanwhile, the pre-release program helps improve the personalities of elderly inmates to prepare them for reintegration into society after serving their sentences. An excerpt from an interview with Informant 2 mentions:

*"The implementation of recovery and social function development programs for elderly inmates at Gunungsitoli Class IIB Correctional Institution is already underway. We have several activities, such as religious activities to fulfill the spiritual needs of elderly inmates. We also have a gymnastics program to promote physical health for the elderly. Elderly inmates are a vulnerable group, so it is essential to provide beneficial activities for them, one of which is to reduce stress."*

Based on this interview, it can be concluded that the programs within recovery and social function development offer numerous benefits according to their respective criteria. If these programs function effectively, they will have a positive impact on the lives of elderly inmates at Gunungsitoli Class IIB Correctional Institution. The degree of change aimed for through the implementation of recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution is for elderly inmates to grow and develop holistically, physically, mentally, and spiritually, while incarcerated. With this social function development, it is hoped that elderly inmates will have healthy bodies and minds, enabling them to be well-received by other inmates



and the community after returning to society. An excerpt from an interview with Informant 2 states:

*"Elderly inmates are far from their families while in correctional institutions, so it is necessary to provide support to prevent them from experiencing severe stress by offering beneficial activities. This program has been implemented generationally; we maintain and enhance the good aspects to ensure elderly inmates have a positive experience and do not suffer trauma or pressure while serving their sentences."*

Based on this interview, it can be concluded that the goals Gunungsitoli Class IIB Correctional Institution seeks to achieve through recovery and social function development include not only shaping the personalities of elderly inmates but also changing their perceptions of the correctional institution. Thus, they will gain positive life experiences while in prison, learn new lessons that change their outlook on life for the better, and reduce and prevent trauma during their sentences.

The decision-making process in the implementation of recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution is guided by Regulation of the Minister of Law and Human Rights No. 32 of 2018 concerning Treatment for Elderly Detainees and Inmates. The correctional officers designated as responsible for elderly inmates are tasked with formulating programs to be implemented and submitting them to the head of Gunungsitoli Class IIB Correctional Institution. After the program has been considered and approved, the responsible officer will arrange for its implementation, including scheduling, facilities, infrastructure, and necessary resources. In executing the program, correctional officers adhere to applicable regulations and consider the decisions of superiors. This indicates that the decision-making process for implementing recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution has been carried out appropriately according to Regulation of the Minister of Law and Human Rights No. 32 of 2018.

The implementation of recovery and social function development programs for elderly inmates at Gunungsitoli Class IIB Correctional Institution is crucial for enhancing the character of inmates, particularly regarding spiritual growth, which serves as a control center for their attitudes, speech, and behavior. The goal of this character development is to foster repentance among inmates, ensuring they do not repeat mistakes or engage in other criminal activities that could trap them in a life of crime. To achieve this religious education objective and improve inmates' mindsets, correctional institutions need to collaborate with relevant authorities to provide religious knowledge as preparation for inmates when reintegrating into society.

Gunungsitoli Class IIB Correctional Institution conducts spiritual activities for elderly inmates of Christian faith and religious lectures for those of Islamic faith. According to Article 9 of the Republic of Indonesia Law No. 22 of 2022 concerning Corrections, recreational activities are regulated as physical exercises that can be performed outdoors, allowing inmates additional time for entertainment, arts, and skill development. Gunungsitoli Class IIB Correctional Institution organizes gymnastics activities for every elderly inmate according to a predetermined schedule. The Regulation of the Minister of Law and Human Rights No. 32 of 2018 concerning Treatment for Elderly Inmates stipulates that support through pre-release programs aims to prepare inmates for successful reintegration into society after their sentences end.

This support includes communication with the families of elderly inmates and the

implementation of pre-release programs that focus on enhancing the physical and mental health of elderly inmates so they can resume social activities post-release. However, until now, Gunungsitoli Class IIB Correctional Institution has not fully implemented the pre-release program due to a lack of support from inmates' families. The resources involved in the implementation of recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution include the elderly inmates themselves, correctional officers, and related parties such as pastors, religious leaders, the Ministry of Religion, trained gymnastics instructors, healthcare workers, and the inmates' families.

Many parties are involved in executing this program to ensure smooth operations and achieve expected outcomes, although certain programs cannot be attended by specific parties, such as families in the pre-release program, which hinders implementation. An excerpt from an interview with Informant 2 states,

*"We have conducted mapping regarding correctional officers responsible specifically for elderly inmates. This aims to ensure that correctional officers focus more on the coaching. We also involve other inmates whom we trust to assist elderly inmates."*

Based on the results of this interview, it can be concluded that Gunungsitoli Class IIB Correctional Institution has established an organizational structure that has roles and functions in facilitating the rehabilitation of elderly inmates. This involves correctional officers and several other inmates deemed capable of taking responsibility and assisting elderly inmates in undergoing recovery and social function development programs while they are in the correctional facility.

### **Content of Policy**

Policy context refers to the situation or environment in which a program is implemented. The implementation of recovery and social function development for elderly inmates at Gunungsitoli Class IIB Correctional Institution is based on Regulation of the Minister of Law and Human Rights No. 32 of 2018 concerning special treatment for elderly detainees and inmates. This program is carried out to fulfill the rights and obligations of elderly inmates during their time in custody.

The strategies employed by the leadership in implementing recovery and social function development for elderly inmates involve collaboration with third parties. This cooperation aims to consider the needs of elderly inmates. The correctional institution's leadership has brought in religious leaders and pastors to provide lectures for elderly inmates, and they collaborate with the Ministry of Religion and external gym instructors so that inmates can interact with the community outside the prison. This strategy is expected to enhance their spirituality and faith, improve physical health, and familiarize them with community interactions. Additionally, Gunungsitoli Class IIB Correctional Institution collaborates with healthcare providers, recognizing that elderly inmates are particularly vulnerable to illnesses and physical deterioration.

Regular health check-ups are conducted specifically for elderly inmates to improve their physical health and prevent health issues that could hinder their participation in recovery and social function development programs. The leadership in decision-making must consider the needs of inmates and avoid imposing burdens on them to prevent future complications. It is hoped that the implementation of recovery and social function development will serve as a turning point for elderly inmates to refrain from repeating past mistakes.

The environment of Gunungsitoli Class IIB Correctional Institution actively

participates in the execution of recovery and social function development for elderly inmates. The roles played in this recovery and development include the correctional officers' responsibilities in organizing mental and spiritual programs, ensuring that religious activities run smoothly and that elderly inmates can participate.

Moreover, the institution actively organizes recreational schedules, including weekly gymnastics sessions. Correctional officers participate in these activities with inmates to foster confidence and enthusiasm, bringing in external gym instructors for assistance. However, despite the institution's efforts to meet inmates' rights related to pre-release programs, their implementation does not always proceed smoothly due to several factors. Elderly inmates exhibit obedience and compliance with the rules enforced in the correctional facility. This adherence receives positive feedback from the correctional institution, allowing mental and spiritual programs as well as recreational activities to run regularly without obstacles.

The good relationship between inmates and correctional officers is key to the sustainability of these programs. An excerpt from an interview with Informant 3 states,

*"I enjoy participating in gymnastics because it promotes health and makes me feel happy."*

Informant 4 adds,

*"I always listen to the lectures every Tuesday because they are funny and bring me peace and closeness to God."*

Based on these interviews, it can be concluded that elderly inmates at Gunungsitoli Class IIB Correctional Institution actively participate in the implementation of recovery and social function development. They express enjoyment in these programs, as they provide various benefits for each individual inmate.

### **Constraints in Implementing Rehabilitation and Social Function Development at Class IIB Gunungsitoli Prison**

The implementation of rehabilitation and social function development for elderly inmates at Class IIB Gunungsitoli Prison faces various constraints that hinder the smooth running of activities. Here are some of the frequent challenges encountered:

1. Physical, Spiritual, and Psychological Limitations.

Based on observations and interviews, many elderly inmates at Class IIB Gunungsitoli Prison experience significant health declines. They often suffer from illnesses that require them to be cared for and rest in bed. These physical limitations result in many inmates being unable to participate in exercise and worship activities, as they feel fatigued and unable to engage. Additionally, declining mental conditions pose a problem. Many inmates struggle to comprehend worship and lectures in the mental and spiritual programs. This requires special attention from prison staff, including pastors and religious leaders, to present religious activities in a simpler and more understandable manner for elderly inmates. Declining hearing ability also serves as a barrier to conveying information, necessitating that information be repeated multiple times and spoken loudly, which can overwhelm and tire the staff. These challenges require careful consideration and creative solutions to ensure that the implementation of the rehabilitation and social function development program at Class IIB Gunungsitoli Prison achieves its intended goals.



## 2. Inactive Role of Inmate Families

Another significant challenge is the lack of active participation from the families of inmates. Observations and interviews reveal that no families of elderly inmates visited them during the research process. Information from interviews also indicates that family phone numbers are often unreachable. The lack of active involvement from inmates' families creates various negative impacts. First, the inaction of families obstructs prison staff from implementing pre-release programs. Without support and communication from families, inmates find it difficult to connect with life outside the prison. Moreover, the absence of family leads inmates to feel disheartened and inferior, as they perceive that no one cares for them. This can diminish their motivation to change and reintegrate into society after serving their sentences. Feelings of helplessness and uncertainty about the future can disrupt the psychological development of elderly inmates. The despair arising from this situation requires attention from prison staff, who should seek solutions to help inmates feel valued and connected to the outside world. In addressing this challenge, it is essential for prison staff to explore ways to enhance communication with inmates' families, possibly through counseling programs or emotional support, so that inmates feel supported and have hope for their future.

## CONCLUSION AND SUGGESTION

The study concludes that Lapas Kelas IIB Gunungsitoli has made efforts to implement rehabilitation and develop social functions for elderly inmates according to Permenkumham No. 32 Tahun 2018. The three main programs include mental and spiritual programs to enhance faith, recreational activities to reduce stress and depression, and pre-release programs to prepare inmates for reintegration into society. However, the implementation faces challenges, such as the physical and mental limitations of elderly inmates and the lack of family involvement, which significantly hinders the rehabilitation process.

To improve the effectiveness of these programs, it is essential to enhance family involvement through communication initiatives and counseling. Greater attention should be given to the health needs of elderly inmates by providing better healthcare access and adapting programs accordingly. Additionally, regular evaluation and feedback from inmates can help refine existing activities, ensuring they are engaging and beneficial. Lastly, collaboration with external organizations can create a more robust support system for elderly inmates, facilitating better care during and after their incarceration.

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