

THE MENTAL HYGIENE APPROACH IN THE PERSONALITY DEVELOPMENT PROCESS FOR THE MENTAL HEALTH OF INMATES AT THE NARCOTICS CLASS IIA PRISON IN MUARA BELITI



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ABSTRACT

This study explores the application of a mental hygiene approach in personality development to improve the mental health of inmates at the Class IIA Muara Beliti Narcotics Correctional Institution. The research focuses on how the mental hygiene program is implemented and the obstacles encountered in its execution. Using a qualitative case study approach, data were collected through interviews, observations, and document analysis. The findings indicate that the rehabilitation program consisting of counseling, mental health education, and stress management activities has a positive impact on inmates by helping them manage emotions, reduce stress, and improve overall psychological well-being. However, the implementation of the program is still constrained by several challenges, including limited facilities, a shortage of professional mental health staff, and the presence of social stigma among inmates. These factors reduce the overall effectiveness of the program. In conclusion, although the mental hygiene approach has been implemented fairly well and shows positive outcomes, further improvements are needed, particularly in enhancing facilities, increasing the availability of trained personnel, and addressing stigma, to optimize the effectiveness of mental health development programs in correctional institutions.

Keywords: *Mental Hygiene; Prisoner Rehabilitation; Mental Health; Personality Development*

INTRODUCTION

Philosophically, the correctional system in Indonesia has undergone significant transformation, moving away from a retributive (punitive), deterrent (intimidation), and resocialization philosophy, towards a more humanistic and rehabilitative approach. In this system, punishment is no longer viewed as a form of revenge or deterrence that harms inmates, but rather as a means to restore and prepare inmates to reintegrate as productive members of society (Sulhin, 2011). The history of the prison system in Indonesia, which began during the Dutch colonial era, primarily emphasized the retributive aspect with the main goal of deterring individuals through physical punishment and inhumane conditions. However, as time progressed, this paradigm began to shift towards a rehabilitative approach, focusing on the social reintegration of inmates into society (Ma'ruf, 2023).

Dr. Sahardjo, one of the key figures in the development of Indonesia's correctional system, stated that correctional institutions are not for revenge but efforts to provide protection to society and reintegrate inmates back into society as useful members (Yulianto, 2021). This is in line with the enactment of Law No. 22 of 2022 concerning Corrections, which emphasizes the importance of developing the personalities of inmates at various stages of the legal process, from the investigation stage to post-conviction (Ditjenpas, 2025).

The main focus of the current correctional system is on rehabilitation and social reintegration, aiming to restore the physical, mental, emotional, and social aspects of inmates and prepare them to return to society (Isfannoury, 2020). One key element in this process is the mental development of inmates, which plays a significant role in helping them overcome trauma, stress, and mental health issues often caused by their experiences in prison (Wulandari, 2015; Trisanti & Suryono, 2014).

Mental hygiene, as an approach focused on preventing mental disorders and managing stress, becomes relevant in this context. This approach is expected to help inmates prepare for their reintegration into society with healthier mental conditions, while also reducing the risk of recidivism (Sulhin, 2011; Yulianto, 2021). However, its implementation in correctional facilities often faces various challenges, such as limited facilities, social stigma, and a shortage of professional staff (Subroto & Ubaidillah, 2024). Therefore, this study aims to explore the implementation of the mental hygiene approach in the mental health development of inmates at the Narcotics Class IIA Prison in Muara Beliti and identify the obstacles encountered in its implementation.

LITERATURE REVIEW

Syahfitri and Putra (2021) discusses the mental health of juvenile inmates, focusing on the condition of mental health among juvenile detainees. It uses a descriptive quantitative method, analyzing data collected from inmates at LPKA Tanjung Pati. The findings show that the majority of inmates had high mental health scores. This study is relevant as it provides insights into how the environment influences inmates' mental health, similar to the study on mental hygiene in the Narcotics Class IIA Prison.

Anton's (2022) research aims to explore the implementation of personality development programs for adult inmates to improve their mental health. Using a descriptive qualitative approach, the study finds that activities such as religious guidance and sports contribute to inmates' mental well-being. This research aligns with the study of mental hygiene, focusing on improving inmates' mental health through rehabilitation programs.

Haikal examines the implementation of Islamic spiritual personality development programs at Cipinang Prison. It shows that the program, which includes activities like prayer, religious study, and self-development, significantly improved inmates' behavior and spiritual awareness. This study supports the importance of spiritual guidance in improving inmates' mental health, which is relevant to the research on mental hygiene.

Ohoiwutun and Tando's (2025) research focuses on religious personality development programs at the Timika Class IIB Correctional Facility. It emphasizes the importance of religious activities in improving inmates' character and preparing them for reintegration into society. This is relevant to the research on mental hygiene, as both studies aim to improve inmates' psychological well-being.

Subadra, et al (2023) explores the implementation of personality development programs for narcotics recidivists at the Singaraja Class II B Correctional Facility. It highlights challenges such as overcrowding and insufficient budgets that hinder effective implementation. This research is relevant as it shares insights into obstacles in personality development programs, similar to those faced in the mental hygiene approach in the Narcotics Class IIA Prison.

METHOD

This study uses a qualitative approach to analyze the application of the mental hygiene approach in the personality development for mental health of inmates at the Narcotics Class IIA Prison in Muara Beliti. The qualitative approach was chosen because this research aims to deeply explore the implementation of the mental hygiene program, the obstacles encountered during its implementation, and the impact of the program on the mental health of inmates.

This study uses a descriptive qualitative approach, which aims to provide a detailed description of the application of the mental hygiene approach in personality development for mental health of inmates at the Narcotics Class IIA Prison in Muara Beliti. This approach allows the researcher to describe the phenomena occurring in the field while considering the social, cultural, and psychological context surrounding the inmates and correctional staff. The descriptive qualitative design was chosen because the focus of this research is to understand and describe in detail the experiences and perspectives of the informants regarding the implementation of mental hygiene.

Primary data is obtained directly from the field through in-depth interviews, observations, and documentation. Interviews are conducted with inmates involved in the mental health development program, correctional staff, and other relevant parties at the Narcotics Class IIA Prison in Muara Beliti. The informants selected for interviews include:

- a. Five inmates who are participating in the mental health development program based on mental hygiene.
- b. The Head of the Development and Student Affairs Section of the Narcotics Class IIA Prison in Muara Beliti, and the psychologist staff responsible for the mental health program at the prison.

Secondary data is obtained through documentation studies related to the implementation of the development program at the Narcotics Class IIA Prison in Muara Beliti, such as activity reports, data on program participants, and the Standard Operating Procedures (SOPs) underlying personality development and mental health care in the correctional facility.

Data is collected through interviews are conducted with inmates involved in the development program, as well as correctional staff and psychologists. Interview guidelines are prepared based on the dimensions of the mental hygiene theory used in this research. The interviews are semi-structured to obtain in-depth information about the program implementation and its impact on the mental health of the inmates.

Observation is conducted at the Narcotics Class IIA Prison in Muara Beliti to directly observe the implementation of the mental health development program based on mental hygiene. The researcher also observes interactions between inmates and staff, as well as other activities supporting mental health development in the prison.

Documentation involves collecting and analyzing relevant documents such as program implementation data, activity reports, and regulations that support mental health development at the Narcotics Class IIA Prison in Muara Beliti.

The data collected from interviews, observations, and documentation are analyzed using a qualitative analysis method with an interactive model approach as proposed by Miles and Huberman (1992). The stages of data analysis include:

1. Data Reduction

Data reduction is carried out by filtering and summarizing relevant information from interviews and observations. Irrelevant data or data that does not support the research will be excluded.

2. Data Display

After data reduction, the relevant information is presented in narrative form, describing the key findings of the study. Data presentation is also supplemented with direct quotes from interviews to support the findings.

3. Conclusion Drawing

After the data is presented, conclusions are drawn based on the patterns found from the results of interviews and observations. The conclusion drawing is done gradually by matching the analysis results with the research objectives to gain a better understanding of the application of mental hygiene in the mental health development of inmates.

RESULTS AND DISCUSSION

Efforts of the Mental Hygiene Approach in the Personality Development Process for Inmate Mental Health at the Narcotics Class IIA Prison in Muara Beliti

1. Prevention of Mental Disorders

Prevention of mental disorders is a fundamental step in the mental hygiene approach developed by Clifford Whittingham Beers. According to Beers, mental disorders can be prevented if detected early and intervened appropriately. At the Narcotics Class IIA Prison in Muara Beliti, the prevention of mental disorders begins with an orientation program held when inmates first enter the prison. This program not only provides basic understanding of how to adapt to a stressful environment but also introduces basic stress management techniques relevant to the principles of mental hygiene.

One important example is the orientation program attended by new inmates, aimed at providing initial insight into coping with a mentally stressful environment.

As stated by the Head of the Development Section, *"This counseling helps them know how to deal with the new environment."* This program aligns with Beers' theory, which emphasizes the importance of mental education as a more effective preventive measure against mental disorders. The program also involves inmates in observing their peers who are experiencing stress, fostering a supportive community to prevent mental disorders.

2. Mental Health Education

Mental health education at the Narcotics Class IIA Prison in Muara Beliti is an implementation of the mental hygiene theory that prioritizes preventive education for managing mental disorders. In line with Beers' principles, this education focuses on preventing mental disorders and stress management techniques that can be applied in daily life. Regular counseling provides understanding about the importance of maintaining mental health and how to cope with it in a stressful environment.

The Head of the Development Section stated, "*This counseling is practical and can be directly applied in the prison.*" This aligns with Beers' view that education is not only theoretical but also practical skills that can help individuals manage their mental health. The counseling, which involves various methods including lectures, group discussions, and visual media, helps inmates better understand and open up about their mental health. Inmates who participate in this program feel more prepared to manage their stress and emotions, and reduce the stigma associated with mental disorders.

3. Stress and Emotional Management

At the Narcotics Class IIA Prison in Muara Beliti, stress and emotional management is one of the main focuses in mental development. This program is designed to help inmates manage the stress caused by the pressures of the prison environment. In the context of mental hygiene according to Beers, stress management not only reduces anxiety but also enhances the emotional stability of inmates.

The counseling provided at the prison, along with breathing and relaxation techniques, has been proven effective in helping inmates manage stress. Inmate 1 shared, "*I feel calmer and able to think more clearly after attending counseling.*" Additionally, physical activities such as morning exercise and music classes also serve as effective stress relievers. These activities not only improve physical health but also help reduce psychological tension that arises from the pressures within the prison. Through this holistic approach, inmates are equipped with skills to cope with negative emotions, which is crucial in preventing more severe mental disorders.

4. Mental Health Rehabilitation and Recovery

Mental health rehabilitation at the Narcotics Class IIA Prison in Muara Beliti aims not only to treat existing mental disorders but also to prepare inmates for social reintegration. The rehabilitation program, which includes individual and group counseling, spiritual guidance, as well as creative activities such as art and sports, helps inmates recover holistically.

Inmate 5 expressed, "*I feel more mentally prepared now,*" after participating in the rehabilitation program that gave them the confidence and skills to face the future. Psychological counseling, spiritual guidance, and creative activities offer inmates various ways to channel their emotions in a healthy manner, in line with Beers' principles of comprehensive recovery. This rehabilitation focuses on physical, psychological, and social development to prepare inmates to reintegrate into society.

5. Counseling and Reducing Social Stigma

Stigma surrounding mental disorders is a significant barrier to the mental health recovery of inmates. At the Narcotics Class IIA Prison in Muara Beliti, the counseling program plays an essential role in reducing the social stigma associated with inmates

experiencing mental disorders. This educational approach aims to raise awareness about mental disorders, so that inmates no longer feel ashamed or isolated when seeking help.

The Development Staff explained, *"We take an educational approach so that there is no discrimination among inmates."* By raising awareness about mental health, inmates can be more open in seeking help without feeling stigmatized. This counseling program, which uses various methods including lectures, discussions, and visual media, is very effective in reducing stigma surrounding mental disorders, in line with Beers' principles of preventive education and empathy.

6. Supportive Social Environment

A supportive social environment is crucial in the mental rehabilitation of inmates. According to Beers, a supportive community accelerates psychological recovery. At the Narcotics Class IIA Prison in Muara Beliti, various activities involving cooperation between blocks, such as art and sports, serve to create a positive social environment and reduce social tension.

Inmate 4 shared, *"A peaceful environment is very helpful, if there is conflict, it just makes things more stressful."* By creating activities that support positive interactions among inmates, the prison fosters a caring community, in line with Beers' mental hygiene principles. These activities help reduce feelings of isolation and stress, and strengthen the social support network among inmates, which in turn accelerates their recovery process.

Barriers to the Mental Hygiene Approach in the Personality Development Process for Inmate Mental Health at the Narcotics Class IIA Prison in Muara Beliti

1. Limited Resources and Facilities

One of the main barriers to the implementation of the mental hygiene approach at the Narcotics Class IIA Prison in Muara Beliti is the lack of adequate facilities to support the program. Limited facilities, such as insufficient space for individual counseling and group therapy, can hinder the program's effectiveness. This situation aligns with Beers' mental hygiene theory, which stresses that a conducive and structured environment is crucial for supporting mental recovery.

The Development Staff revealed, *"The environment is very influential. When the atmosphere is conducive and activities are structured, inmates are calmer. But if it's full of conflicts or overcrowded, it can trigger stress."* Overcrowding in the prison increases social and psychological tension, which worsens the effectiveness of the development program. When counseling rooms are limited, psychological pressure cannot be managed well, leading to an imbalance in the implementation of mental development programs.

The Head of the Development Section added, *"Limited facilities, especially for individual counseling and therapy, are indeed one of the barriers."* This limitation reduces the opportunity for inmates to receive intensive psychological therapy, which is essential for building effective and profound therapeutic relationships, in line with Beers' principles of managing mental health in personal spaces.

Inmate 5 also shared difficulties related to limited facilities, *"Sometimes we have to wait a long time to attend counseling because the space is limited. This delays the recovery process."* These limitations of time and space clearly hinder the implementation of the mental hygiene program, extending the time needed for inmates to manage their stress effectively.

2. Stigma Against Mental Disorders Among Inmates

Social stigma surrounding mental disorders is a major barrier to the application of the mental hygiene approach at the Narcotics Class IIA Prison in Muara Beliti. This stigma causes inmates to feel ashamed, pressured, and even afraid to disclose their psychological conditions. Beers emphasizes that eliminating stigma against mental disorders is foundational in creating an inclusive rehabilitative environment. Without the elimination of stigma, individuals with mental disorders will feel isolated and reluctant to seek help.

One inmate shared, *"Sometimes my friends still find it strange. I try to explain that it's not something to be ashamed of."* While inmates are beginning to realize the importance of openness about their mental conditions, social barriers still limit expression and acceptance. This slows down their rehabilitation and recovery process. Beers suggests that unresolved stigma exacerbates social isolation and hinders recovery.

The Development Staff acknowledged that despite the educational programs, efforts to overcome stigma have not been entirely successful: *"Continuous socialization is important to reduce stigma. However, even though efforts have been made, some inmates still feel isolated and ashamed to talk about their mental health."* Therefore, an ongoing interpersonal approach is needed to change the culture and mindset among inmates so they can build a supportive environment.

3. Shortage of Psychological Staff and Limited Counseling Programs

The shortage of psychological staff at the Narcotics Class IIA Prison in Muara Beliti is a significant barrier to the effective implementation of the mental hygiene approach. Many mental development programs are still handled by general staff without a clinical psychology background. This results in a more generalized approach that lacks depth in addressing the psychological issues of inmates.

The Development Staff revealed, *"We lack psychologists. As a result, not all inmates can receive the counseling they need. The counseling program also doesn't reach all inmates intensively."* The shortage of psychologists means many inmates have to wait a long time for counseling sessions, which hinders their recovery process. This limitation causes the counseling process, which should be maximized, to be restricted both in terms of time and space, thus not providing optimal benefits.

Inmate 2 also added, *"Sometimes I have to wait a long time to speak with a psychologist. This really hinders me in dealing with my personal issues."* The lack of sufficient counselors to address deep psychological issues can worsen the mental condition of inmates, which in turn hinders the effectiveness of the mental hygiene approach.

4. Internal Conflicts and Non-conducive Environment

An environment full of conflicts and social tension inside the prison poses a major barrier to the implementation of the mental hygiene approach. This tension increases stress and anxiety among inmates, which negatively impacts their mental health. In the context of mental hygiene according to Beers, creating a stable and safe social environment is essential for improving an individual's mental condition.

Inmate 3 shared, *"An environment full of pressure often becomes a big barrier for us. When there is conflict, it can make us even more stressed and the recovery process is hindered."* This social tension exacerbates their mental condition and hinders the rehabilitation process. Beers also emphasizes that an environment full of tension will

only worsen existing mental disorders, and that a supportive environment will accelerate recovery.

The Head of the Development Section explained, *"We try to keep the situation safe and comfortable, but issues like overcrowding and tension among inmates often present major challenges."* Overcrowding exacerbates social tension, causing many inmates to feel pressured and anxious, hindering them from receiving the rehabilitation they need.

5. Challenges in Maintaining Mental Recovery Sustainability

Maintaining mental recovery after inmates are released is a major challenge in the implementation of the mental hygiene approach. The post-release period is a critical phase to ensure long-term rehabilitation success. Many inmates struggle to maintain stable mental conditions after returning to society due to a lack of social support, limited access to mental health services, and societal stigma against former inmates.

Inmate 4 shared, *"After the rehabilitation program is finished, we often find it difficult to maintain what we've learned without continued support."* Beers emphasizes that the sustainability of mental recovery must be maintained with continuous support, both from correctional institutions and the community. Without a strong post-release support system, inmates are at risk of returning to poor psychological conditions.

The Development Staff also noted, *"We try to cooperate with the Correctional Centre for post-release guidance, but sometimes coordination and support after release still become an obstacle."* The limited coordination between institutions responsible for post-release rehabilitation exacerbates this issue, hindering the sustainability of mental recovery.

CONCLUSION AND SUGGESTION

The mental hygiene approach implemented at the Narcotics Class IIA Prison in Muara Beliti has made a significant contribution to the mental health development of inmates. Programs such as initial orientation, continuous counseling, and stress and emotional management have proven effective in preventing mental disorders, raising awareness about the importance of mental health, and helping inmates manage anxiety and stress. Counseling programs, spiritual guidance, and creative activities such as art and sports also play a crucial role in the rehabilitation and recovery of inmates' mental health, while preparing them for social reintegration.

However, several barriers remain in the implementation of this approach. Limited facilities, such as inadequate space for individual counseling and therapy, reduce the effectiveness of the programs, while social stigma regarding mental disorders among inmates hinders them from being open and seeking help. Additionally, the shortage of psychological staff and limited access to counseling programs are major challenges in providing adequate support. Internal conflicts and a non-conducive environment, such as overcrowding, further exacerbate the mental health conditions of inmates and hinder the recovery process.

The sustainability of mental recovery after inmates are released is also a major challenge, especially due to the lack of social support and adequate mental health services. Therefore, a continuous support system is needed, both during the sentence and after release, to ensure that the mental recovery process is maintained and successful.

Based on the research findings, several efforts can be undertaken to improve the quality of the mental hygiene program implementation at the Narcotics Class IIA Prison in Muara Beliti. First, there is a need to improve facilities through the reorganization and

expansion of spaces, particularly for individual counseling and group therapy, so that inmates can receive more intensive attention during the mental rehabilitation process. When space is limited, the use of multifunctional rooms supported by flexible scheduling can be optimized to maintain service effectiveness. In addition, strengthening educational programs is essential to reduce stigma toward mental disorders. This can be achieved through more intensive and continuous counseling, as well as involving inmates in group discussions or sharing sessions that promote understanding, acceptance, and empathy.

Furthermore, increasing the number of psychological staff is crucial, which can be supported through dedicated budget allocation for recruiting psychologists and counselors, as well as providing basic counseling training for prison officers. Collaboration with educational institutions and non-governmental organizations can also be pursued to supplement the availability of professional personnel. Creating a more conducive environment within the prison is equally important by enhancing social development activities such as sports, arts, and other group engagements that involve all inmates, alongside routine monitoring of social conditions to promptly identify and address potential issues. Lastly, strengthening post-release collaboration between the prison and the Correctional Center is necessary to ensure the continuity of mental recovery programs, including the development of mentoring initiatives that support inmates in their process of social reintegration after release.

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