JURNAL SOSTEKMAS:
Jurnal Ilmu Sosial, Teknologi, dan Pengabdian Masyarakat
jurnal.sostekmas@um-tas.com

The Role of Family Visits in Efforts to Overcome Psychological Disorders for Prisoners

Aryani Saputri

Prima Indonesia University

aryani.saputri@gmail.com

Abstract

System Corrections and Law Number 12 of 1995 and regulation other has bring very significant changes in the state 's treatment of violators law . Changes This make treatment to Prisoners more respected and guaranteed rights humanity . One of them right Prisoners who must given is right For visited by family . Correctional institution woman Class IIA Tangerang which is inhabited by 350 inmates woman as of March 11 , 2020 give right prisoners For visited by his family . However Still There is fact occurrence disturbance psychological for rare inmates visited his family . The purpose of the research This For know How role visit families at the Class IIA Tangerang Women's Correctional Institution towards effort countermeasures disturbance psychological for prisoners . Type of research This is descriptive qualitative , namely with describe , explain , or describe the results data research . Data obtained with do observation and interaction directly in the environment with do interview with subject research . Research results show that visit family care carried out in institutions Community Development woman Class IIA Tangerang has walk Good as well as can seen impact from visit family own very positive essence , meaning and benefits for inhabitant fostered correctional facilities , her family , and the Tangerang Class IIA Women's Prison.

Keywords: psychological disorders, family visits, prisoners

INTRODUCTION

Humans are created by nature as social creatures. Since birth, humans have the instinct to live in association with each other (*Gregariousness*). (Effendi, 2010) . Thus, humans cannot live alone but must live within a pattern of interactions within society. Within society, a set of values and norms prevail. These values and norms serve as a means of controlling the behavior of each member of society. (Parmono, 1995)

One form of norm that applies in society is legal norms (*law*). Legal norms regulate sanctions as consequences for actions that violate legal norms that have been mutually agreed upon within a society.

Lawbreakers in Indonesia will be prosecuted and processed according to applicable legal procedures and regulations. This process is known as the Integrated Criminal Justice System , a criminal justice system for lawbreakers that involves four

law enforcement agencies: police investigators, prosecutors from the prosecutor's office, judges from the courts, and correctional officers. (Ali, 2007)

Correctional reform is a long-standing process within the criminal justice system in Indonesia. It begins with the prison system, which tends to treat prisoners retributively *for* mistakes or violations (Corrections & Sulhin, 2010) . Within the prison system, perpetrators of crimes receive cruel and inhumane punishments. This is no longer considered relevant, as treatment of prisoners is more effective without violence or retaliation.

Therefore, the concept of Correctional Services was born which prioritizes the guidance and protection of these lost people (Ganesha et al., 2019) . This concept was initiated by Dr. Sahardjo. In Article 1 paragraph 2 of Law Number 12 of 1995 concerning Corrections, it explains the purpose of the correctional system, namely to improve the quality of inmates so that they are aware and do not repeat the same mistakes so that they can be accepted back into society. (Government of the Republic of Indonesia, 1995)

Therefore, the existence of the Correctional System and Law Number 12 of 1995 along with other regulations have brought about significant changes in the state's treatment of lawbreakers. The change from the Prison System to the Correctional System shows that the treatment of prisoners and correctional students is more respected and their human rights are guaranteed compared to the prison system. Therefore, the rights of lawbreakers must be fulfilled and law enforcement officers must not violate what has become their rights. The rights of prisoners have been neatly arranged, one of which is the right to be visited. (Government of the Republic of Indonesia, 1995)

The implementation of visits is something that is closely related to the recovery or rehabilitation of the psychological condition of prisoners due to the psychological impact of the punishment they experienced (Ima, Indriyani, & Suryaningsih, 2007) . It will be easy to find prisoners with sad psychological conditions due to all the limitations experienced by lawbreakers in correctional institutions, but this can be overcome by the implementation of a visiting program for prisoners. Then, will prisoners who are rarely or never visited by their families experience psychological disorders or will they be fine? Seeing the importance of psychological support for prisoners in the Class IIA Tangerang women's correctional institution, what we need to see is how " the role of family visits in efforts to overcome psychological disorders for inmates in the Class IIA Tangerang women's correctional institution".

METHOD

The type of research used in this study is descriptive qualitative research, namely by describing, explaining, or describing the data from the research results that the author conducted. And using a qualitative approach where the author observed and interacted directly in the research environment to obtain research data by conducting interviews with research subjects. The research subjects were inmates who received visits or not, the families of inmates who visited, and officers of the Class IIA

Tangerang Women's Penitentiary. The data collection techniques used were observation, direct interviews and literature review.

RESULTS AND DISCUSSION

Implementation visit prisoners

The implementation of family visits is one manifestation of the integration of Correctional Institution Residents into the community environment. Family visits are one form of assimilation provided to prisoners as an effective means of guidance, because the existence of prisoners as human beings confined within the walls of correctional institutions is not a reason to limit prisoners from society (Maidi Satria, 2015) .

Thus it has been There should be regulations regarding family visits. However, to date, the Directorate General of Corrections has not standardized regulations regarding family visits at Correctional Facilities. This forces each facility head to adopt different policies as long as they do not deviate from established procedures.

Each section that plays a direct role in implementing family visits at correctional institutions in the organizational structure of correctional institutions has duties as stated in the Standard Procedures for Implementing Correctional Duties, namely:

1. GUIDANCE
   a. Check the validity of the visiting permit.
   b. Checking visitor identity cards and exchanging them for Visiting Cards, as well as checking visitors' belongings.
   c. Record in the visit register book (list E).
   d. Ask about the inmate's availability for visits.
2. PORTER
   a. Observing the visitors who will visit.
   b. Direct visitors to the visiting room.
3. KPLP
   a. person responsible for security and order of visits.
   b. Arrange the visit summons so that its implementation runs in an orderly manner.
   c. Check whether the prisoner/correctional student to be visited is really the person in question.
   d. Searching visitors and prisoners/correctional students who are about to/have finished their visit.
   e. Monitor visiting time limits.
   f. Supervise the implementation of visits . (Directorate General of Corrections, 2001)

Overview of Family Visits at the Class IIA Tangerang Women's Correctional Institution .

Family visits for inmates at the Class IIA Tangerang Women's Penitentiary have been running smoothly. The visiting schedule for inmates, as provided by the Head of

the Class IIA Tangerang Women's Penitentiary, runs from Monday to Saturday. Visiting hours are divided into two groups:

- First group or shift: 09.30 to 11.30 WIB
- Second group or shift: 13.00 to 16.00 WIB

Each visitor is given 20 minutes to meet with their family members, who are inmates. The time is divided into two groups due to the varying circumstances of the visitors. The Class IIA Tangerang Women's Prison provides a dedicated, comfortable space for inmates to meet with their families and express their longing.

The impact of family visits on the psychology of inmates at the Class IIA Tangerang women's prison

Correctional Inmates (in this case, prisoners) are creatures who have the instinct to live according to their wishes or are able to do what they want as long as it is still within the corridor of law and applicable life procedures (Herdiana, 2013) . However, with his status as a prisoner, he is no longer able to exercise his freedom. These limited living conditions are very likely to trigger the emergence of various forms of psychological disorders. This will certainly cause mental stress for the prisoner. The psychological state of prisoners who experience such stress certainly requires certain ways to overcome it, one form of which is in the form of family visits (Ima et al., 2007) .

Family visits conducted at Correctional Facilities in Indonesia generally allow gifts or souvenirs from families who visit prisoners in correctional institutions. ((Nurarif & Kusuma, 2013) . This allows for the influence of improving nutrition for the prisoners who are visited because in general the gifts received are nutritional intake in the form of food or other supplements to enhance the quality of the food provided by the prison.

Furthermore, family visits provide positive benefits because they provide a platform for inmates to share their feelings, problems, and concerns. Family visits provide inmates with a relatively calmer experience during their daily lives in prison. (Rahmawati, Arneliwati, & Elita, 2015) . Furthermore, family visits are a means of helping restore the self-confidence of prisoners who feel isolated from the outside world. Unconsciously, family visits can serve as a means of self-motivation for prisoners. (Komalasari E, 2006)

Based on interviews with several inmates at the Class IIA Tangerang Women's Prison , it was concluded that the inmates agreed with the implementation of the family visit program. Family visits provide a sense of comfort for inmates, as they feel cared for by their families. This boosts their morale and motivation as they serve their sentences. Furthermore, family visits have a positive impact on inmates, providing them with information about the world outside the prison from visiting families. (Noor, 2016) . With family visits, prisoners feel their burden is slightly lessened because they can share all their complaints while serving their sentence. Moreover, for prisoners who are married, family visits are useful as a means of obtaining information about the condition of their families outside of prison.

A similar assessment was expressed by the families of prisoners. They said that the opportunity to visit prisoners made the families happy because they could learn about the condition of their family members who were serving their sentences. The families of prisoners who visited the prison strongly approved of the implementation of family visits. These visits were a form of concern for their families, who were also prisoners (Ima et al., 2007) . When visiting prisoners, families provided valuable moral support to the prisoners. Families often advised prisoners to accept the situation as a

consequence of their actions and not to repeat unlawful acts to prevent similar incidents.

Officers at the Class IIA Tangerang Women's Penitentiary also consider family visits to be an important thing to implement, because with family visits, inmates feel cared for and not isolated from their environment. In addition, family visits can help calm the anxiety of inmates, who are experiencing isolation and help restore inmates' self-confidence (DAMAS, 2019) . Officers at the Class IIA Tangerang Women's Penitentiary also believe that family visits can also reduce the vulnerability of security disturbances due to boredom, feelings of alienation, and a desire to be free from the correctional environment.

Differences in Inmates' Behavior and Psychological Condition Based on Visit Intensity

Visitation at the Class IIA Tangerang Women's Prison has been running smoothly. While the Monday-Saturday visitation schedule is a positive aspect of family visitation, this doesn't guarantee that every inmate receives family visits. In reality, some inmates receive frequent, some rarely, or even never visits.

The number of prisoners used as samples was 10 people who were divided into 3 (three) groups, namely prisoners who were frequently visited (frequency of visits more than four times in one month), prisoners who were rarely visited (frequency of visits 1-2 times in one month), and prisoners who were never visited.

Inmates who are frequently visited exhibit positive behavior They also appear more compliant with officers and applicable regulations. This attitude is a result of the inmates' growing awareness that they desire to change. The role of the family as a motivator for inmates is a clear effort to help achieve the success of the correctional system. Most of them admitted that they strongly approved of the family visitation program and that it helped them overcome the stress, depression, or anxiety they experienced.

Differences in behavior and psychological conditions are also evident in inmates who are rarely visited. Inmates who are rarely visited often appear gloomy or daydreaming, act withdrawn, and show a lack of enthusiasm for existing rules. Hyperactive behavior is sometimes observed, which they display as a means of gaining attention from those around them (Widiantoro, 2016) .

Meanwhile, inmates who are never visited exhibit marked differences in behavior and psychological well-being. Inmates who are never visited appear withdrawn, struggling to socialize and communicate with other inmates. They often feel inferior and envious of inmates who are frequently visited.

CONCLUSION AND SUGGESTION

Conclusion

Based on the discussion above, it can be concluded that humans as social creatures Socially, no one can live without others under any circumstances. Prisoners, as human beings who must serve their sentences and whose freedoms are deprived,

also need to interact with others, especially those closest to them, such as family. With the increasing upholding of prisoners' rights, the right to family visits has emerged .

Tangerang Class IIA Women's Correctional Institution as one of the implementing units technical Community Development has implementation giving right prisoners in form existence visit family for Inmates . The implementation of visits has been running well and in accordance with applicable regulations. Family visits have been proven to have a positive impact on all parties, one of which is a positive impact on the physical and psychological aspects of inmates, which is expected to be realized through the emergence of positive behavior inmates in carrying out daily activities in prison. However, there are still facts of unexpected behavior from some inmates. This is known to be due to the unevenness of the visits that occur. Inmates who are visited frequently show relatively positive behavior, namely being calmer during their sentence. Meanwhile, inmates who are rarely or never visited generally behave alone and gloomy. Some have even thought about running away. The existence of a striking difference in behavior demonstrates the importance of the presence of the role of family or a significant figure for inmates.

Suggestion

Given the importance of family visits, it is necessary to provide guidance to inmates' families during family visiting hours to ensure they understand the importance of moral support from their families. Furthermore, officers must also provide counseling to the surrounding community to encourage them to actively participate in the inmate development process. Once family awareness has increased, prisons need to improve facilities and infrastructure to support family visits, such as increasing visiting hours and expanding visiting locations, as well as improving the comfort of visiting locations. This ensures that even relatively short but high-quality visits can have a dominant positive impact on changing inmates' behavior within the correctional facility.

BIBLIOGRAPHY

(Nurarif & Kusuma, 2016). (2013). IMPLEMENTATION OF PRISONERS' RIGHTS TO HEALTH SERVICES AND SUITABLE FOOD IN CLASS II A CORRECTIONAL INSTITUTIONS IN BOJONEGORO. *Journal of Chemical Information and Modeling* , *53* (9), 1689–1699. https://doi.org/10.1017/CBO9781107415324.004

Ali, M. (2007). Progressive Criminal Justice System; Alternatives in Criminal Law Enforcement. *IUS QUIA IUSTUM Law Journal* , *14* (2), 210–229. https://doi.org/10.20885/iustum.vol14.iss2.art2

DAMAS, R. (2019). EFFORTS OF CORRECTIONAL OFFICERS IN OVERCOMING STRESS IN INPUT IN CLASS II B WOMEN'S PRISON, BENGKULU (University of Bengkulu; Vol. 4). https://doi.org/.1037//0033-2909.I26.1.78

Directorate General of Corrections. (2001). *Standard Procedures for the Implementation of Correctional Duties* . Jakarta: Ministry of Justice & Human Rights of the Republic of Indonesia.

Effendi, R. (2010). *Independent learning materials (BBM) 2: Social, cultural and*

technological environmental education (PLSBT) semester 5 .

Ganesha, UP, Putra, AS, Raiyuliartini, NP, Gede, D., Mangku, S., Studi, P., … Ganesha, UP (2019). *Guidance system for narcotics convicts in Singaraja Class II B Penitentiary* . *2* (1).

Herdiana, I. (2013). *Self-Acceptance in Female Prisoners* . *2* (01).

Ima, LM, Indriyani, D., & Suryaningsih, Y. (2007). *THE RELATIONSHIP BETWEEN VISITS AND FAMILY SUPPORT WITH STRESS LEVELS IN PRISONERS IN CLASS II CORRECTIONAL INSTITUTIONS IN JEMBER* . 1–11.

Komalasari E. (2006). *Social support for heart disease sufferers* . Gunadarma.

Maidi Satria, M. (2015). The Assimilation Rights of Corruption Convicts in the Correctional System. *Journal of Legal Studies* , *3* (1), 47–54.

Noor, F. (2016). Intimate Relationships in Inmate Families at Sukamiskin Prison, Bandung (Vol. 1).

Parmono. (1995). Values and norms of society. *Journal of Philosophy* , *23* , 20–27. Retrieved from https://jurnal.ugm.ac.id/wisdom/article/view/31608/19134

Correctional, FS, & Sulhin, I. (2010). *Correctional (system) philosophy* . *7* (I), 134–150.

Government of the Republic of Indonesia. *LAW OF THE REPUBLIC OF INDONESIA NUMBER 12 OF 1995 CONCERNING CORRECTION* . , (1995).

Rahmawati, L., Arneliwati, & Elita, V. (2015). The relationship between family support and self-esteem of adolescents in correctional institutions. *Jom* , *2* (2), 1221–1230.

Widiantoro, FW (2016). *Description of Awareness of Protective Factors in the Social Reintegration Process of Female Prisoners* . *12* (September), 88–99.