

Qualitative Study of Subjective Well-being Phenomenology of the Assisted Citizens of Kedungpane Prison Semarang

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ABSTRACT

Being a prisoner in prison is certainly not everyone's dream. Imprisonment is an experience that is torturous, severe, full of suffering, frightening, worrying, and full of pressure for the prisoner. Good adaptability is needed to face the dynamic changes that are full of pressure and difficulties so that they can recover quickly and can maintain their integrity and function as an individual. This research is a qualitative research that aims to examine the subjective well-being of prisoners assisted by Kedungpane Prison Semarang. The number of participants in this study was ten people from various backgrounds of criminal cases with varying lengths of imprisonment. Data were collected using in-depth interviews and analyzed using the data exclusion method. There are three episodes of data analysis results, namely pre, early entry, and post adaptation episodes in prison. This research shows that subjective well-being on the subject in the form of cognitive and affective components is dynamic. This condition is influenced by the background of the case, the length of sentence, social support, the quality of the relationship in prison, personality, feelings of worth and purpose in life, and the religiosity of the subject.

Keywords: *Subjective Well-being, Assisted Residents, Correctional Institutions.*

1. INTRODUCTION

One of the impacts of modernization is what Nugroho Notosusanto called The Agony of Modernization (punishment and suffering due to modernization). Supported by advances in science and technology, modernization has indeed succeeded in giving birth to many changes towards the conveniences of life. But on the other hand, modernization has also succeeded in creating punishment and suffering due to an increasingly complex, hedonistic, cruel, violent and competitive life. The real form is rampant murder, robbery, theft, violence and various crimes that are increasingly sadistic.

Criminals, with various reasons, cases and backgrounds of their criminal acts, ultimately have to face law enforcement officials for violating the positive laws that apply in this country. After going through a series of trial processes in court, the perpetrators of these crimes must undergo a process known in the past as imprisonment in prisons or prodeo hotels. These convicts must undergo sentences

by imprisonment which is actually deprivation of their rights to life as free people, as a form of atonement for their mistakes, responding to the sense of justice for victims of their crimes, and ensuring that society is free from the possibility of criminal acts that could be committed again if he wasn't locked up in prison.

The concept of imprisonment is currently shifting to the concept of a prison. These convicts are no longer imprisoned to confine their freedom but are now more oriented towards efforts to return these convicts back to life in society or better known as the concept of prisons. The prison is in charge of preparing the convicts again to be able to live a normal life in their society by not repeating their crimes. Therefore, in the correctional process, these convicts are usually provided with life, psychological, spiritual, social and work skills so that when they are free, they can immediately plunge back into society, be able to immediately work and be productive.

We are often forget the children and families of inmates. Children and families of prisoners have been described as 'forgotten fictims', an invisible group 'and

Invisible victims of prison explosions.’ The number of them, women and children who are spouses or fathers they are in prison, in fact it cannot be denied because the prognosis will continue to grow and increase as criminal cases increase and the number of prisoners increases.

The family condition, which was originally normal, will suddenly change when the individual has to undergo imprisonment. For prisoners who are married, imprisonment is something that is torturous, heavy, full of suffering, sadness, fear, worry. Apart from the warmth of the family, being deprived of her right to freedom will be a tough experience and has the potential to bring trauma. However, for families, spouses or children who are left behind because their spouse or parents must go to prison, this situation is certainly a complicated situation that is not simple, heavy, sad and can be a source of traumatic stress for a prisoner.

Prisoners in the process of detention experience difficulties and problems such as inner conflicts, trauma, personality disorders, sexual deviations, self-closure, unstable emotions, anxiety, suspicion, difficulty adapting, saturation. about routine activities and food, longing for family, not being ready to face reality, problems with friends and anxiety about the future after leaving prison, suicide, loss of self-confidence can even commit crimes that are far worse than before. In addition, people’s perceptions of prisoners can have a negative effect on themselves.

Imprisonment for prisoners, as well as the loss of significant persons experienced by the families, spouses and children of the prisoners, is a life event that actually becomes a reality and a severe psychosocial stressor. Only individuals who have good resilience can make this situation a situation that does not make them worse off. On the contrary, it can actually make this condition an epiphani which is the turning point of the history of life for the better.

Going through a harsh, heavy, and stressful imprisonment process for an individual for a long period of time actually requires good and adequate adaptability. Subjective well-being is one of the positive psychological conditions needed for a prisoner to be able to undergo a more positive imprisonment process so that they can return to society after the end of the sentence. For this reason, the researcher and the team are determined to examine this phenomenon more deeply by using a qualitative case study approach.

The problem raised in this research is how the dynamics of subjective well-being on the assisted

residents of the Kedungpane Penitentiary Semarang and the factors that influence it. This study aims to examine the dynamics of subjective well-being on the assisted residents of the Kedungpane Penitentiary Semarang and the factors that influence it.

This research, theoretically, is expected to contribute to findings and ideas in the field of social psychology, especially those related to family psychology and forensic psychology regarding the correctional process. Practically, the findings of this study are expected to contribute in building positive psychology for prisoners who are currently undergoing prison.

2. METHOD

This research was designed using a qualitative approach with a case study method. Bogdan and Taylor [1] define qualitative methodology as a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior. Qualitative research methods are research methods used in natural object conditions where the researcher is a key instrument and research results emphasize meaning rather than generalization [2]. Data obtained through in-depth interviews with a semi-structured interview guide.

This research is a case study which is multiple cases. Case study (case study) according to Creswell [3, 4] is a model that emphasizes the exploration of a "limited system" or bounded context, in a case or several detailed cases accompanied by deep data mining that involves a variety of information in a comprehensive context.

The number of participants is 10 assisted residents of Kedungpane Prison that were selected by key person accompanying officers at the prison, aged 26-50 years old, have a family (wife and children), and has served a period of detention for at least 1 year. Here is the detail of the participants involved:

1. Si, corruption case, 4-year sentence, 40 years old.
2. An, fraud case, 2-year sentence, 44 years old.
3. Ca, narcotic case, whole-life sentence, 36 years old.
4. Bw, sexual abuse case, 6-year and 6-month sentence, 47 years old.
5. Fa, fraud case, 1-year and 6-month sentence, 50 years old.
6. Ha, robbery and murder case, whole-life sentence, 50 years old.
7. Rn, rape case, 3-year and 6-month sentence, 26 years old.

8. De, narcotic case, 6-year and 2-month sentence, 38 years old.
9. Hs, narcotic case, 2-year and 6-month sentence, 41 years old.
10. Cg, narcotic case, 6-year and 2-month sentence, 26 years old.

2.1 Data Analysis

The research data obtained through interviews and completed with observations will then be tabulated and analyzed thematically descriptively using a model of data explication analysis [5]. Explication is the process of making the respondent's expression explicit which is implicit or implied [5]. The stages that need to be considered to carry out data exclusion are: Obtain an understanding of the data as a whole, researchers compile a Description of Individual Phenomenon (DFI), the researcher identifies common episodes in each DFI, explication of themes in each episodes, synthesis of explaining the themes in each episodes [5].

3. RESULT

Based on the interview data, the researcher divided the research results into three main episodes: Pre-Prison Episodes, Initial Episodes in Prison, and Post-Adaptation in Prison. Several themes were found in Pre-Prison Episodes:

3.1 Case Background

The backgrounds of the cases raised in this study vary, so that the subject's sentence period varies. Subject Si is a civil servant in a district who is involved in a bribery case at his agency. The subject was convicted under the Corruption Crime Article with a long sentence of 4 years. Subjects received leniency and remission because of their good behavior while in prison, and volunteered to become Justice Collaborators.

Ad is a large-scale businessman with a turnover of billions of rupiah. Subjects were reported by their business associates for default. The article he was accused of was fraud with a sentence of 2 years in prison. Previously, the subject had been imprisoned in Cipinang Prison, Jakarta, but was transferred to Semarang due to considerations of prison overcapacity.

Subject Ca is a worker of a company imported goods from China. The subject was accused of being a drug dealer because the warehouse where the items were being guarded by the subject turned out to

contain a lot of drugs that were put in the generator engine. The subject himself felt ignorant and had never dealt with drugs. However, the legal facts on the ground made him receive a life sentence, even though he himself felt that he was not involved in the drug business. Based on these considerations, the subject chose to seek justice by submitting a judicial review, but it has not produced any results.

Subject Bw is a father of 3 children. The subject was a salesperson who was charged with sexual crimes against a minor. The sentence period is quite long, more than 6 years because the subject was charged with multiple articles, crimes and violations of child protection.

Fa is a former board member who is also a property entrepreneur in a city in Central Java who has stumbled over a fraud problem. According to the subject's admission, the subject felt that he had not committed the crime, because the main perpetrator was the staff of the company he led. However, as the person in charge, the legal facts made him responsible for the company's default so that he was punished with a sentence of 1 year and 8 months in prison.

Subject Ha is a fairly senior subject in prison with a sentence of SH (for life) due to robbery and murder cases at several crime scenes. His figure initially seemed calm. However, at the time of the interview, he looked very communicative and enjoyed the interview. Because of his seniority and the cases that ensnared him, Ha's figure seemed highly respected by other inmates.

Meanwhile, Rn is a relatively young father aged 26 years with one child who works in the world of night entertainment (discotheques). The subject stumbled on a rape case that made him languish for 3.5 years. Her family and life look messy due to the legal process she has to go through.

Meanwhile the subject De, who was also hit by a drug case with a sentence of 6 years and 2 months, tried to live his detention by resignation as a risk of the act he had committed. The subject tries to fill the activities in prison with various activities, simple, simple thinking, and resting. Support from the officers and fellow prisoners helped her to improve her subjective well-being, in addition to her batik activities.

Hs is a subject who feels that he is being trapped and victimized by his friend in a drug case. The court ruling identified a former drug user who quit in 2014 as a dealer. Working as a casual worker, sometimes being a truck driver makes the subject quite close to illegal goods called drugs. He accepted the 2 years 6

months sentence with heavy feelings because the subject felt he had been converted but was sacrificed.

In general, the subject's subjective well-being conditions are quite good because they get strong support from prison officers and good relationships with fellow prisoners who are full of activity. Relationships with family are also quite good and provide support to stay strong and improve themselves, even though there are children who experience psychological problems. The spirituality of the subject and the awareness to repent back to God made him able to surrender, be happy and remain happy even though his body was in prison.

Subject Cg was also caught in drugs as a dealer with a long sentence, namely 6a years 2 months. There is a deep regret from the subject, especially the feeling of guilt towards his mother and family which fell apart. Increasing activities, building good relationships with fellow assisted members, and religious activities are parts of supporting subjective well-being the subject.

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3.2 Initial Episode in Prison

The whole subject admitted that going to prison initially was a very scary, uncomfortable, even sad situation. Subjects also reported conditions of stress and depression due to sudden changes as a result of their having to deal with legal cases. This condition is exacerbated by the stigma of a prison that is considered haunted, cruel and sadistic because they have to hang out with criminals. Looking at the case, six of the seven participants were perpetrators of 'soft' crimes related to fraud and corruption, and sexual harassment, so that in terms of status, some of these subjects came from fairly good circles, so imprisonment was something that was 'shocking' and scary. Meanwhile, Subject Ha who is involved in robbery and murder cases, even though he is accustomed to a harsh and cruel world, turns out to still have to "submit" to the rules and norms of the Prison.

3.3 Post-Adaptation Episode in Prison

3.3.1. The routine activities

The routine activities that the inmates undergo while serving their sentences are monotonous and boring. Getting up in the morning, taking a shower,

eating, waiting and waiting filled with chatting with fellow residents are routine activities that they have to do until they finally go back to sleep. To eliminate boredom and maintain fitness, the assisted residents usually also do sports, volley balls, chess, marching. In addition, the assisted residents are also given assistance in the form of life skill classes as an alternative to work if they need it after leaving prison. The most awaited time for the inmates is a visitation day where they can meet their families, but even then, in a narrow and limited time.

3.3.2. Adaptation

Adaptability is an important factor for the continuity of research subjects in prison. Initially, all subjects felt a downturn in prison. But gradually, they are forced to come to terms with the situation and be realistic in seeing the life and future they have to live in. The correctional program carried out by prisons is very helpful for them to be able to adapt to the new environment called prison. The subjects began to practice living a very different life between in prison and in the casual world. Their luxury, affluence, and all the facilities they have must be left behind. Living a communal life with limited facilities, interacting with people with different personality characteristics, living a life that is full of rules and is very far from comfortable.

3.3.3. Social Support

Social support is felt to be very necessary for the subject in facing the cases that ensnared him and the imprisonment he has to face. Family, in this case is spouse and children, as well as extended family (parents and relatives), and the environment is a strong source of support for the assisted members. Support from fellow assisted residents and what is also very important is the support (support) from the officers who play a very big role in undergoing the correctional process because it is with them that the assisted residents can interact every day.

3.3.4. The Perceived Meaning of Imprisonment

If initially going to prison is seen as a disgrace that must be covered up, a reality that must be avoided, but gradually, as time goes by, the subject has a different meaning to prison. The subject Sg interpreted his

imprisonment with gratitude, because he felt that God loved him by putting him in prison. Maybe he will continue to live his deviant steps if he is not reminded by God. In line with Sg, An even admitted that prison is a "gift" that allows him to change, from pursuing the life of the world to immediately undergo repentance because of his crimes and wrong steps. The subject of Fz, who is the most senior and well-established in status and financially, interpreted prison as a reminder to be more careful and vigilant in his work. Meanwhile, the subject Rn, who daily deals with the world of immorality, feels that prison makes him feel he must stop all the crimes he has committed. Likewise, the subject of Bw, De, felt that prison was a place of atonement for his sins and mistakes. While the subject Ca, Hs, Cg, although not yet able to accept the imprisonment which he considered a legal mistake because he felt he was not involved in the crime he had committed, the subject realized that there were many things that could be learned while in prison. Meanwhile, subject Ha, who was rewarded by Sh, was struggling to file clemency in order to get a reduced sentence. For Ha, Hs, Cg, imprisonment is a warning from God that he must reorganize his life which has gone too far wrong direction.

3.3.5. The Increased of Religiosity

An interesting phenomenon that is commonly encountered in prisons is the mass repentance performed by the inmates. Prison, full of pressure, restraints, and suffering, made them feel helpless. Misguided ways in the form of crimes that they commit make them aware that they are wallowing in sin and immorality. Some of the assisted residents have come to a point where they feel they have to repent and return to religion, which may have been abandoned during their free life.

Specifically, this study examines the dynamics of subjective well-being in research subjects who are members of the Kedungpane prison in Semarang. Specifically, the discussion is directed at subjective well-being after the subject has entered into a prisoner in a prison, namely in the initial phase and the post-adaptation episode in prison.

An interesting finding from this study is that the participants' SWBs are dynamic and volatile. However, in general, these dynamics indicated an

improvement in the SWB of the participants from the time they were initially in prison to having adapted to life in prison. Some of the subjects who were nearing the end of their sentences showed a sizable increase in SWB because they were ready to return to their families and communities.

According to Andrew and Withey [6] subjective well-being is a cognitive evaluation and a number of levels of a person's positive or negative feelings. In this study, subjective well-being is described as a person's subjective evaluation of their life, which includes life satisfaction, high positive effects and low negative effects. Departing from this view, researchers generally find fluctuations and dynamics in cognition, emotional awareness, experience, positive and negative feelings and satisfaction regarding the subject's life in undergoing the correctional process.

According to Diener [7], evaluation of life satisfaction can be divided into: 1) Evaluation of life satisfaction globally (life satisfaction), namely the evaluation of respondents towards their life as a whole. Global life satisfaction is intended to present respondents' general and reflective assessment of their lives. More specifically, life satisfaction globally involves a person's perception of comparing their life conditions with their unique standards. 2) Evaluation of satisfaction in certain parts, namely the assessment made by a person in evaluating every part of an individual's life such as physical and mental health, work, recreation, social and family relationships. The two sub-aspects are not completely separate. Evaluation of life satisfaction globally or life satisfaction is a reflection of a person's perception of the little things in his life, plus how culture or culture affects a person's positive outlook on life.

At the beginning of the case and the initial period of imprisonment, all of the participants admitted to having experienced shocks in their lives. Life, which was initially stable, stable, and running quite well, was suddenly knocked over and taken away by force because the participants had to undergo legal proceedings and imprisonment at Kedungpane prison. There has been a change in the value of life satisfaction, especially in relation to loss of freedom, deteriorating financial conditions, shyness and torn self-esteem, and most importantly separation from family. Subjects Si, Bw, Fz, Hs, and Ct experienced very strong shocks due to having to separate from their families. Meanwhile, An, Rn and Ha, Cg, and De, despite experiencing shocks, did not look as bad as the

other participants because they had relatively problems with their families. The affective condition felt by the subject is also generally negative in tone characterized by specific emotions such as sad or distressed, disappointed, guilty, scared, hostile, irritable, shamed, nervous, jittery, afraid.

Slowly but surely, the shaking condition began to gradually decrease. As time passes, habit, and adaptability, the subject begins to reorganize his life. The most dominant factor in reviving a positive assessment of his life is social support provided by the family. All participants, except Rn and An felt that the family provided a very significant reinforcement to rebuild their confidence and self-esteem by never leaving the subject to fend for themselves in prison. This support is shown in the form of regular visits to prisons, communication through telecommunications facilities provided on a limited basis by the prison authorities. Participants, even though they are physically separated, are still psychologically biased to accompany their families, monitor their growth and development and care for children even though they are not like other family heads. Meanwhile, subjects An, Cg and Rn who experienced family breakdown were less biased to feel this support. Luckily, they still have their original family, parents and siblings.

Another biggest support comes from prison officers assigned by the State to guide participants to spend periods of detention while preparing to return to the community / a series of programs and activities designed by the correctional institution is a support system that can improve participant SWB. Cognitively, through a series of coaching programs, participants are invited to reorient their life goals, while understanding and taking lessons from their life journey. The participants were rebuilt in confidence, their enthusiasm was raised and they were provided with soft skills and life skills to face life when they returned to society. Emotional support is also provided by the prison authorities through psychological guidance programs when participants are down, upset, and depressed.

The religious program turned out to have a huge impact on participants in improving their SWB. Increased religiosity goes hand in hand with a sense of sincerity, resignation and trust and repentance by the participants. Participants actually felt gifted because they had been reminded by God because they felt they had strayed too far and left religion. In fact,

imprisonment allows them to get closer to religion and get a series of lessons for life in the future.

A series of activities and busyness in the prison, such as sports, competitions, creativity, gymnastics, ceremonies, are also a means of fun and entertainment amidst the boredom of killing time. All participants also felt helped when they became "activists" who were very active in assisting activities in prisons, either as instructors, trainers, seniors, or as counsellors for fellow prisoners. Participants perceive these as beliefs which will increase their self-confidence. Some of the participants can still be "productive work" to earn income even though the results are not too big. Prisons also provide instrumental and informational support related to the continuation of their legal efforts, starting from remission, review, parole, assimilation period, to clemency (specifically for HR subjects).

The series of program activities in Lembaga Pemasyarakatan allow participants to slowly increase their SWB, although it may not be as complete as when they are outside prison. Positive affection begins to be seen from specific emotions such as being interested or interested in something (interested), excited (excited), strong (strong), enthusiastic (enthusiastic), alert or ready (alert), proud (proud), excited (inspired), full of determination, attentive, and active in participating in all the programs provided by the prison authorities.

4. CONCLUSION

Subjective wellbeing of assisted citizens of Kedungpane Prison is described in 2 episode, namely: initial and post-adaptation episode in prison. The series of program activities in Lembaga Pemasyarakatan allow participants to slowly increase their SWB, although it may not be as complete as when they are outside prison

AUTHORS' CONTRIBUTIONS

The first author contributed to the initiation of research topics, data collection, and analysis. Meanwhile, the second author contributed to data collection and manuscript writing

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