

Psychological Well-Being of Juvenile Prisoners in Bandung

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Abstract

The psychological well-being of juvenile prisoners is very important in supporting their rehabilitation process, but is often neglected due to internal and external factors that affect their psychological condition. The correctional environment which is full of social stigma, limited psychological support, and mental conditions before detention are major challenges for juvenile prisoners. This study aims to determine the description of psychological well-being in juvenile prisoners in Bandung. This study used a quantitative descriptive research design with a total sampling technique. The research sample consisted of 80 juvenile prisoners in correctional institutions. Data collection was carried out using the Psychological Well-Being Scale questionnaire consisting of 42 question items with a Likert scale. Data analysis was carried out using a frequency distribution test to describe the level of psychological well-being based on high, medium, and low categories. The results showed that 62.5% of juvenile prisoners had moderate psychological well-being, 27.5% were in the low category, and only 10% had high psychological well-being. Factors such as mental conditions before detention, social interactions, and the physical environment in correctional institutions affect their level of psychological well-being. Social stigma and lack of psychological support are major challenges in improving their psychological well-being. Support from psychiatric nurses in correctional institutions plays an important role in helping juvenile inmates cope with stress and adapt to the detention environment. This study emphasizes the importance of psychological interventions to improve their well-being, especially by improving social support and reducing social stigma.

Keywords: adolescents, prisons, psychological well-being

1. Introduction

Juvenile inmates are individuals in the adolescent age range who are serving sentences in correctional institutions or rehabilitation centers for violations of the law.¹ Adolescence is a critical period in emotional, social, and cognitive development, where self-identity begins to form. When adolescents enter the correctional environment, this developmental process is often hampered by a variety of complex and severe challenges. One of the main challenges is anxiety disorders, which can be triggered by stressful environments, limited social interactions, and uncertainty about the future. In addition, many juvenile inmates experience depression due to isolation from

family and friends, as well as feelings of guilt or shame for the violations committed. Not only that, the social stigma against prisoners often worsens their mental condition, as many of them feel isolated or shunned by society.²

The psychological challenges faced by juvenile inmates in prison have a significant impact on their psychological well-being. Anxiety disorders caused by uncertainty, environmental stress, and lack of freedom create a stressful mental state that can weaken adolescents' resilience.³ Depression often triggered by social isolation, guilt, and disconnection from family or friends, results in decreased motivation, low self-esteem, and a pessimistic outlook on the future. Chronic

stress from strict routines, an unsupportive physical environment, and the potential for conflict or violence further deteriorate the mental balance of juvenile inmates, putting them at risk for serious emotional disorders.⁴

Psychological well-being is a condition in which an individual can feel positive about themselves, have a purpose in life, and function well in everyday life. Psychological well-being includes several main dimensions, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth.⁵ Self-acceptance reflects an individual's ability to accept their strengths and weaknesses. These dimensions form an important foundation for the well-being of individuals, including juvenile prisoners, in facing the challenges of their lives.⁶

Psychological well-being plays a very important role for adolescents, especially during the period of identity formation that is full of changes and challenges. Psychological well-being is crucial for their rehabilitation and social reintegration process.⁶ Adolescents who can accept themselves well and have clear life goals will find it easier to undergo rehabilitation programs and have the motivation to change in a positive direction. Conversely, low psychological well-being can hinder the rehabilitation process, strengthen maladaptive behavior, and increase the risk of recurrent behavior after detention.⁷

This study has a high urgency because the psychological well-being of juvenile prisoners not only affects their experiences during their detention but also their success in undergoing rehabilitation and social reintegration. Many juvenile prisoners struggle with stigma and the inability to move on from the past, which can exacerbate the risk of re-offending. The purpose of this study is to describe the psychological well-being of juvenile prisoners in Bandung.

2. Methods

2.1. Design

This study used a descriptive design that aims to describe the psychological well-being of juvenile prisoners in correctional institutions. This design was chosen to obtain a comprehensive understanding of the psychological well-being of adolescents through data collected from the respondents involved.

2.2. Sample Selection

The sampling technique used in this study was total sampling, where the entire population that met the inclusion criteria were included as samples. The research sample consisted of 80 juvenile prisoners who met the participation criteria and were willing to contribute to this study. Total sampling was chosen to ensure that the entire population in the category studied was represented so that the research results could be more relevant and accurate in describing the psychological well-being of the group.

2.3. Data Collection

Data were collected using a questionnaire distributed to respondents. The questionnaire used was the Psychological Well-Being Scale which consisted of 42 question items.⁸ Each question in the questionnaire used a Likert scale with six answer choices, namely strongly disagree (1), disagree (2), somewhat disagree (3), somewhat agree (4), agree (5), and strongly agree (6). Respondents were asked to check the answer that best suited their condition and experience. The scores obtained will be interpreted into three categories, namely low psychological well-being (0-166), moderate (167-182), and high (183-252).

2.4. Ethical Considerations

This study was conducted under the principles of research ethics to ensure the

protection of respondents' rights. The principle of autonomy was applied by giving respondents the freedom to participate voluntarily after receiving information about the objectives, benefits, procedures, and risks that may arise during the study. The principle of justice demands fair treatment for all respondents without discrimination, whether based on social background, religion, or legal status. Beneficence and non-maleficence were applied by ensuring that this study provides benefits, such as increasing understanding of the psychological well-being of juvenile prisoners, without causing physical or psychological harm. Confidentiality was strictly maintained, where all respondents' data was kept confidential and used only for research purposes.

2.5. Data Analysis

Data analysis was conducted using a frequency distribution test to describe the characteristics of respondents, including age, gender, education class, and frequency of gadget use. The results of the data are

presented in the form of a frequency distribution table to provide a clearer picture of the psychological well-being of juvenile prisoners in correctional institutions. This data is used to understand the relationship between existing factors and the psychological well-being of respondents.

3. Results

The results of the study showed the distribution of respondents based on age and level of education. Most respondents were 15 years old with a total of 20 people (25%), followed by 14 years old with 15 people (18.75%), and 16 years old with 15 people (18.75%). This age distribution shows that the majority of respondents are in the teenage age range, with a relatively balanced representation of various ages between 13 and 18 years. Based on education level, 37.5% of respondents came from elementary school, 31.25% from junior high school, and another 31.25% from high school (Table 1).

Table 1. Distribution of Respondents (n=80)

Characteristics		Frequency	Percentage
Age	13	10	12.5
	14	15	18.75
	15	20	25
	16	15	18.75
	17	10	12.5
	18	10	12.5
Schools	Elementary School	30	37.5
	Junior High School	25	31.25
	Senior High School	25	31.25

Table 2. Result of Classification of Psychological Well-being

Variable	Mean	Min - Max	Frequency (f)			Percentage (%)		
			High	Medium	Low	High	Medium	Low
Psychological Well-being	169.32	88-252	8	50	22	10	62.5	27.5

The results of the study related to the level of psychological well-being showed that the average value of psychological well-being among respondents was 169.32, with a range of values between 88 and 252. As many as 10% of respondents (8 people) had a high level of psychological well-being, while 62.5% of respondents (50 people) were at a moderate level, and 27.5% of respondents (22 people) showed a low level of psychological well-being.

4. Discussion

Psychological well-being includes six main dimensions, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth. In juvenile prisoners, their psychological condition is often influenced by various external factors such as the limited detention environment, as well as the social stigma that leads to feelings of alienation and anxiety.⁹ Based on the results of this study, most juvenile prisoners showed a moderate level of psychological well-being, with a small number having a high level of well-being, and most others in the low category.

Conditions in correctional institutions have a significant influence on the level of psychological well-being of juvenile inmates. Internal factors such as mental conditions before incarceration and personal life experiences can worsen or affect their well-being during their detention. Adolescents who have previously experienced stress or psychological disorders tend to be more vulnerable to declining psychological well-being in correctional institutions.¹⁰ On the other hand, external factors such as limited physical environments, less supportive social interactions, and lack of access to activities that stimulate personal growth can worsen their mental condition.¹¹ For example, the lack of rehabilitation programs based on self-development or lack of support from family

and friends can exacerbate feelings of isolation and frustration. In addition, the social stigma attached to their status as prisoners further worsens their sense of self-confidence and self-acceptance, two important dimensions of psychological well-being.¹²

The main challenges faced by juvenile prisoners in improving their psychological well-being are complex and varied. One of the biggest challenges is the social stigma attached to their status as prisoners. This stigma comes not only from the outside community but can also emerge in their interactions with correctional officers or fellow prisoners, who often view them as individuals who are beyond repair or unworthy of support.¹³ In addition, limited psychological support in prisons exacerbates this situation. Many prisons do not have adequate resources or facilities to provide ongoing psychological therapy or holistic rehabilitation programs. Without such support, juvenile prisoners struggle to manage stress, anxiety, and other emotional issues.^{14,15}

Psychological well-being plays a crucial role in the rehabilitation process of juvenile prisoners, as it is directly related to their ability to adapt and recover after incarceration. Improving psychological well-being through therapy and self-development activities can improve adolescents' ability to manage emotions, reduce stress, and build self-confidence needed for social reintegration after release.^{16,17} Good psychological well-being can also reduce the risk of maladaptive behavior and increase the motivation of juvenile prisoners to better follow the rehabilitation program. Support provided by health workers, such as psychiatric nurses, is very important in creating an environment that supports their mental health.^{18,19}

Psychiatric nurses in correctional facilities have a central role in supporting the psychological well-being of juvenile inmates. As trained healthcare professionals in the field of psychiatry, psychiatric nurses can provide psychological interventions, counseling, and mental health monitoring that are essential for young people who face emotional and psychological challenges while serving their sentences.²⁰ By providing appropriate psychological support, psychiatric nurses can help juvenile inmates cope with anxiety, depression, or stress that often arise in conditions of detention, and improve their readiness for social reintegration.^{21,22} Through a holistic approach, psychiatric nurses play a critical role in facilitating the psychological well-being of juvenile inmates, which in turn supports their better reintegration back into society and prevents re-engagement in criminal behavior.

5. Conclusion

The results showed that most juvenile prisoners had moderate levels of psychological well-being, with several internal and external factors influencing this condition. Major challenges faced by juvenile prisoners in improving their psychological well-being include social stigma, limited psychological support, and the long-term impact of detention that can hinder the rehabilitation process. The nursing implications of the results of this study indicate that nurses, especially psychiatric nurses in correctional institutions, play a very important role in supporting the psychological well-being of juvenile prisoners. Psychiatric nurses can take a holistic approach, which includes not only physical monitoring but also providing psychological support through counseling and therapy that is appropriate to the needs of juvenile prisoners. Further research is expected to further deepen the understanding of the factors that influence

the psychological well-being of juvenile prisoners, especially those related to rehabilitation programs implemented in correctional institutions.

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