

RESILIENCE OF NARCOTICS INMATES IN SERVING THEIR SENTENCE IN CLASS IIB DETENTION CENTRE IN PANDEGLANG

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Abstract

The purpose of this study is to determine the factors that form the resilience of narcotics prisoners and how the process of prisoners becoming resilient individuals. The method used in this research is qualitative method using case studies. Data collection is carried out using in-depth interview methods, participant observation, and documentation. Data analysis techniques use triangulation. This study shows that seven factors can affect resilience, namely: emotional regulation, immune control, optimism, casual analysis, empathy, self-efficacy, and reaching out. The process that prisoners go through is not easy, but the three informants deal with problems in their own way.

Keywords: Crime, domestic violence, husband, wife

Abstrak

Tujuan penelitian ini adalah untuk mengetahui faktor-faktor pembentuk resiliensi narapidana narkoba serta bagaimana proses narapidana menjadi individu yang resilien. Metode yang digunakan dalam penelitian ini adalah metode kualitatif dengan menggunakan studi kasus. Pengumpulan data yang dilakukan yaitu dengan menggunakan metode wawancara mendalam, observasi partecipan, dokumentasi. Teknik analisis data menggunakan triangulasi. Penelitian ini menunjukkan bahwa terdapat tujuh faktor yang dapat mempengaruhi resiliensi yaitu: regulasi emosi, pengendalian implus, optmism, casual analysis, empati, efikasi diri, dan reaching out. Proses yang dilewati narapidana tidaklah mudah, namun ketiga informan menyikapi permasalahan dengan caranya masing-masing.

Kata kunci: *Kejahatan, kekerasan dalam rumah tangga, suami, istri*

INTRODUCTION

State Detention Centre commonly called Rutan is a temporary detention centre for suspects who have not been proven or have not received a definitive verdict in the trial process. Based on what is explained by Law Number 22 of 2022 Article 19 paragraph (1) the Detention Centre is a place or institution that plays a role in carrying out the service function, the service referred to is in the form of detainee care which is a process carried out starting from admission to release of detainees in detention centers. Detainee care is carried out to maintain and protect the rights of suspects and defendants by providing services to their basic needs. However, due to the correctional institution experiencing

overcapacity, the detention center also participates in guiding so that the detention center has a dual function (S. E. Siahaan & Biafri, 2024).

The reason why prisoners are placed in detention centers is stated in Article 38 paragraph (1) Jo. Explanation of Government Regulation No. 27 of 1982 on the Implementation of the Criminal Code, the Minister may designate certain correctional facilities as detention centers. Furthermore, with the issuance of the Decree of the Minister of Justice No. M.04.UM.01.06 of 1983 concerning the Determination of Certain Correctional Institutions as State Detention Centres, correctional facilities can be converted into detention centers, and vice versa. Considering the phenomenon of overcapacity that occurs in detention centers because detainees who have completed their treatment in detention centers and changed their status to prisoners should be placed in prisons to further carry out guidance, there are still many prisoners who stay in detention centers until they finish serving their sentence.

As a result of being overcrowded, there is a negative impact on the mental health of prisoners, namely the occurrence of poisoning, forced deprivation between prisoners, many conflicts that occur such as fights between groups, theft, hazing, especially for prisoners who first enter the detention center, often grouping based on regionalism, This is in line with the opinion of Sykes in the "points of imprisonment theory" where Sykes states that prisonisation occurs as a form of response to problems of self-adaptation, this arises as a result of imprisonment itself due to deprivation of independence (Faruqi & Jarodi, 2023). This results in prisoners experiencing severe stress. Stress is the body's response to stressful conditions, if within normal limits stress keeps individuals alert so that they can cope with stressors properly, but if this continues and cannot be overcome, stress can cause dysfunction that can lead to symptoms of depression (Zellawati & Amalia, 2022).

According to Feoh et al. (2021) stated that prisoners are a group that is vulnerable to having a low level of resilience. The mistakes that have been made by prisoners are proof of the low resilience ability of prisoners in undergoing living conditions that have limitations. Undergoing a sentence in a detention center is a difficult thing for prisoners to do because when prisoners carry out coaching in detention centers because prisoners have different ways of regulating their emotions and each prisoner has a different psychological condition. This is in line with the opinion of Firdaus & Kaloeti, (2020) that when prisoners first enter the detention center, most of them experience a crisis of confidence in themselves, where prisoners are traumatized by the events that have happened to them, hopelessness, shock and often try to make self-acceptance of what has happened and undergo their sentence. Expressions of disbelief, shock, and sadness will hurt him (Septhen, 2022).

In addition, prisoners are often faced with various problems while serving their sentences, including those experienced by prisoners who abuse drugs. Skyes states that there are five basic problems felt by prisoners. 5 (Five) of these problems are loss of freedom and independence, loss of heterosexual relations, loss of service needs, loss of autonomy or self-determination, and loss of security experienced by prisoners. However, the various

problems that prisoners of narcotics cases go through are fairly complex when compared to prisoners of other cases, because narcotics prisoners are usually difficult to participate in the coaching activities provided because of the effects of drugs they have consumed. After all, them to be easily tired, and lazy (Retnodewi, 2020).

Utami & Masykur, (2020b) argue that individuals who have had a history of dependence on drugs tend to experience a fairly high relapse. This is due to the motivation from within to try to re-consume drugs again. If you stop consuming it, it will cause withdrawal symptoms (Hertina et al., 2022). For example, amphetamine users will experience a negative psychological impact of loss of self-confidence, frustration, irritability, difficulty concentrating, and tend to hurt themselves, then the physical impact caused by taking amphetamines is a disruption of the nervous system which can cause hallucinations and consciousness (Saparingga, 2023).

Several factors influence prisoners to resilience, one of which is social support because it can influence prisoners to accept their condition. In line with research conducted by Widiastita & Muhammad, (2022) shows that the social support factors provided by the family can have a positive impact on the psychology of prisoners because this support is consistently a social buffer, social support is usually provided by friends or friends, and people who are considered important by prisoners. Furthermore, according to Tusaiedan Dyer, in addition to the social support factors provided, individual factors from within the individual also have a major influence on resilience, where individuals have self-motivation for individuals to be able to survive in difficult situations (M. M. Siahaan & Wibowo, 2024).

Based on the phenomena that have occurred, prisoners need to be taught how to develop resilience in themselves, so that they can rise and survive in tough situations so that they can achieve resilience so that they can solve the problems experienced and become better people. Therefore, this research is important to see what factors support prisoners to become resilient individuals and to find out the process of prisoners becoming resilient individuals. So that when the prisoner has finished serving his criminal period in the detention center, the prisoner can return to the community and not re-offend as before.

METHOD

In this study using qualitative research methods The method used in this study is qualitative research methods. According to Winarni, (2021), qualitative research is a type of research that explores and understands the meaning of several individuals or groups of people who come from social problems. Qualitative research discusses history, community life, phenomena or concepts, social problems, and others. The purpose of researchers using a qualitative approach method is to be able to understand and find hidden things behind phenomena that are often difficult to understand.

There are two data sources in this research, namely primary data sources and secondary data. Primary data is data taken directly from the source, namely informants in the study, the object to be studied is determined by the researcher (purpose sampling), namely selecting the best person or place that can help us understand a phenomenon. Information in this study are employees and inmates at the State Detention Centre Class II B

Pandeglang. The first resource person in this research is a prisoner who is serving a criminal period at the State Detention Centre Class II B Pandeglang which is determined by observation. The second resource person in this research is the State Detention Centre Officer, namely the Head of the section of Detention Services and the Duty Officer. Reading sources and various other sources are used by researchers as secondary data in this study. Reading sources and various others are used by researchers as secondary data in this study. These sources include interviews conducted face to face, non-participant observation, and public documents such as newspapers, papers, reports, or private documents such as diaries, diaries, and email letters.

RESULT AND DISCUSSION

A. Factors Affecting Prisoners' Resilience

The activities of prisoners in the detention center are certainly different from the activities of prisoners when they live in the community, prisoners must have difficulty in adapting because in the detention center, prisoners lose their independence, all activities in the detention center are closely monitored by officers with detailed activity schedules made and carried out every day by prisoners (Muslikhah & Wibowo, 2023). The coaching carried out for prisoners is adjusted to the type of criminal offense committed by the prisoner, for example, drug prisoners who have difficulty staying away from illegal drugs will certainly have different coaching methods from other criminal offenders. The juridical basis that specifically regulates the guidance of drug prisoners is stated in Permenkumham No. 12 of 2017 concerning the Implementation of Narcotics Rehabilitation Services for Prisoners and Prisoners. The article explains that the guidance that must be carried out by narcotics prisoners is with the aim of the recovery process from the effects of the use of addictive substances, this is done to change the behavior of prisoners so that they recover as before and can be accepted back into society (Azwar & Abdurrahman, 2022). In this study, to become a resilient individual, informants must be able to control their emotions, have a sense of empathy, be able to control internal urges, have an optimistic attitude, be able to solve problems, know the causes of problems that arise, and be able to overcome challenges and take lessons for the actions taken, if the individual has passed this period, it can be said to be resilient. The following are the factors that influence resilience:

1. **Emotion Regulation.** Emotion regulation is the ability of individuals to have a calm attitude in overcoming stressors. The results of the study show that individuals who are lacking in terms of regulating emotions have difficulty in building and maintaining relationships with others. Conversely, good resilience when regulating can contribute to ease in regulating responses when communicating with others and with surrounding conditions.
2. **Impuls Control.** Impulse control is the ability of individuals to be able to control the passions, urges, desires, and pressures that arise from a person. Individuals who have a low ability to control impulses, usually tend to experience emotional changes that go up and down, causing emotions to be unstable and have an impact on their psychological and physiological control.

3. Optimism. In line with the views conveyed by Reivich and Shatte that individuals who have a resilient character are individuals who have an optimistic nature. He has the belief that everything can change for the better. Individuals have desires and hopes for the future, and careers, and believe that they can determine the direction of their lives compared to pessimistic people (Syaputri, 2021).
4. Casual Analysis. Causal analysis is oriented towards a person's ability to be able to identify in detail the root causes of problems that arise. If the individual cannot identify the root of the problem properly, it will cause him to be unable to do the same action.
5. Empathy. Empathy is similar to a person's ability to analyze the situation both emotionally and psychologically. Some people have a good ability to express feelings and non-verbal language such as voice emphasis, facial expressions, and body gestures.
6. Self-efficacy. Efficacy is defined as a person's belief in how he can solve problems and find solutions to these problems. Self-efficacy is an important part because it functions so that individuals have a resilient attitude because confidence and resilience can help individuals to solve problems by finding the right solution so that individuals do not easily give up due to the stress that befalls them.
7. Reaching out. Reaching Out is the individual's ability to build relationships to get help, talk to exchange opinions so that individuals can more easily solve problems both personal and interpersonal. Resilience is not just an individual's way of overcoming adversity but also concerns the individual's ability to be at the stage of achieving aspects that have a positive impact on being able to change his behavior through experiences and disasters that have happened to him.

B. Prisoners' Self-Control

Self-control is the ability of individuals to determine their behavior based on certain standards such as values, morals, and rules that apply in the community environment to be oriented towards positive behavior. It can be concluded that a person is independently able to bring about positive behavior. The ability of self-control that exists in a person requires an important role in interactions with other people and the environment to form mature self-control, this is necessary because when a person is forced to bring up new behaviors and learn these behaviors well. The opinion expressed by Averill) is that self-control is the ability of individuals to make behavioral changes, the ability of individuals to manage information about what is needed with what is not needed, and the ability of individuals to sort out actions that refer to things that are felt. The statement put forward by Averill focuses on a collection of organizing abilities in choosing actions that are by what he believes. Therefore, self-control is the ability to regulate, guide, and direct forms of behavior that can have positive consequences and is one of the potentials that can be developed and used by individuals during the life process, including in dealing with conditions in the environment (Mukaromatun et al., 2023). Averill calls self-control

personal control, namely behavior control, cognitive control, and decision control (decisional control) (Doni & Naben, 2023).

1. Behaviour control. Behavioral control is a response readiness that can directly affect or modify an unpleasant action, the ability to control this behavior is divided into two components, namely regulated administration and the ability to modify the stimulus (stimulus modifiability). The ability to regulate implementation is the individual's ability to determine who controls the situation or situation. Is it he who can control something or instead rules behavior by using external sources? The ability to regulate stimulus is the ability to know how and when an unwanted stimulus is faced.
2. several ways can be used, namely preventing or avoiding the stimulus, placing a grace period between ongoing stimulus sequences, stopping the stimulus before the time ends, and limiting its intensity.
 - a. Cognitive control (Cognitive control). Cognitive control is the individual's ability to filter unwanted information by processing unwanted information by interpreting, assessing, or associating an event in a cognitive framework as a psychological adaptation or reducing stress. This aspect consists of two components. This aspect consists of two aspects, namely information gain, and appraisal. If individuals get unpleasant information, individuals can anticipate conditions with various efforts and considerations. Providing an assessment means that individuals try to assess and interpret a situation or event by paying attention to positive aspects subjectively (Mayangsari & Suparmi, 2020).
 - b. Controlling Decisions (Professional control). Controlling decisions is a person's ability to choose an outcome or an action based on something that is believed or approved. Self-control in making choices will function well if there is an opportunity, freedom, or possibility for individuals to choose various possible actions.
3. According to Block and the explanation above, to measure self-control, aspects are usually used, namely: (a) Ability to make decisions (b) Ability to control stimuli (c) Ability to control behavior (d) Ability to anticipate an event or event (e) Ability to interpret events or events (Maranatha, 2023).

CONCLUSION

Prisoners in detention centers can present resilience factors through their processes and ways so that they can become resilient individuals. The way inmates achieve one of the resilience factors is to control emotions by looking for positive activities, these activities are telling stories about complaints experienced with fellow inmates, participating in independence coaching activities, and deepening religious knowledge, inmates take part in recitation activities and reading and writing the Koran so that they are not bored and stressed out.

Prisoners in detention can analyze the causes of the problems experienced. Where there is awareness due to the inability to control fatigue when working so it requires drugs for

doping so that he is narcotics dependent. There is a strong sense of optimism in prisoners to undergo their criminal period in detention because after completing the criminal period the three informants want to make their families happy, find halal work, and improve themselves to become better human beings. In addition, inmates in detention centers have a caring attitude toward each other. In stressful situations, inmates try to strengthen each other, give advice, and embrace, for example, such as reminding each other to attend congregational prayers, and giving advice and suggestions if the inmates make mistakes.

Factors that make prisoners resilient are being able to control themselves, as in self-control, prisoners must be able to control behavior, control cognitive abilities, and control decisions. Prisoners are said to be able to carry out these three aspects because they can control themselves well so that they do not return to using drugs, this is because the three informants undergo their sentences in detention by doing positive activities, avoiding negative environments, and firmly rejecting invitations to behavior that is considered bad.

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