

# The Experience of Men Adolescent with Violence During Serving a Sentence in Correctional Institutions

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## Abstract

**Background:** Adolescents who commit crime must be held accountable for their actions in a Correctional institution (CI). Correctional institution will give its own experience to adolescents inmates. This experience will be internalized by adolescents and contribute to the adolescents.self-concept.

**Objective:** This study aimed to explore the meaning of the experience of men adolescent while in Correctional institution.

**Method:** This research was a qualitative study used an interpretive phenomenology approach. The research was conducted in the working area of the Malang Correctional institution. The participants of the study were 7 participants obtained using purposive sampling which was in accordance with the inclusion criteria of the study. In-depth interviews are used to obtain data and data analysis using IPA (interpretative Phenomenological Analysis)

**Results:** This study produced four research themes, namely loss of self-control, anxiety before sentencing, experiencing bitter experiences during Correctional institution and self-reflection during live in the Correctional institution. Correctional institution provide their own experience in men adolescent who include psychic and physical. Coaching and providing mental health counseling is very necessary so that men adolescent do not experience psychiatric disorders when they interact again in society.

**Keyword:** *Experience, men adolescent, cases of violence, serve a sentence.*

## Background

The teen age period is an important period because at this time adolescents must be able to adapt to the psychological and physical changes experienced. These changes that occur in adolescents can cause positive and negative behavior. Negative behaviors in adolescents, for example murder, theft, torture, fighting and others that cause adolescents to undergo punishment in Correctional institutions (prisons).

Men adolescent have more prevalence of committing unlawful acts than women. Kartono<sup>1</sup> said that adolescent crime was mostly committed by teenage boys. Central

data on the Indonesian child protection commission states that the violence was mostly carried out at the age of 13-18 as many as 829 children (91%)<sup>2</sup>.

The crime committed by adolescents causes adolescents to receive punishment in Correctional institutions (Correctional institutions). Handayani<sup>3</sup> said that punishment in correctional institutions provides its own experience in adolescents. The experience experienced by adolescents will have an impact on the self-concept of adolescents, one of which is the self-identity of adolescents. Stuart<sup>4</sup>, said that self-identity will be strengthened if someone behaves in accordance with self-concept.

The adolescent during in prison are facing different situations with the previous situation. The adolescent will meet new people, previously unknown by the

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adolescent, new environment and new habits. These situations provide a special experience that can lead to anxiety, stress and even depression. This situation could also lead teenagers to do a self-evaluation that will affect self-concept. The health coaching and counseling are necessary for adolescents, thus they do not have psychiatric disorders and able to cope positive and have a positive self-concept.

## Method

This study is qualitative research with interpretative phenomenology research design. Research conducted in correctional centers of Malang. In-depth interviews conducted by researcher at seven participants that selected by purposive sampling with inclusion criteria of research which are which are adolescents aged 14-17 years, not a recidivist, background with violence case. This research is conducted since January 14 to February 2019. The data analyzes conducted by using IPA (Interpretative Phenomenological Analysis). Depth interviews are conducted to obtain data.

## Findings

The results of this study answer the purpose of research on the experience of men adolescent during Correctional institution. The theme of this study is losing self-control, anxiety before the serve a sentence, experiencing bitter experiences during Correctional institution and self-reflection during live in the Correctional institution.

### Loss of self control

This theme has three sub-themes, namely maintaining the honor of a place to live, easily ignited by emotions and feeling lulled by seduction.

The following is a quote from the theme to maintain the honor of a place to live.

*“At the time, I just can not accept my village is being mocked, how come it be, finally I just join”* (P6)

Participants also revealed about feeling lulled when making mistakes. Following are the participants' statements

*“... (felt during intercourse outside of marriage) well, I will go to the jail and have to drop out of school. I feel guilty... my mistake is being hit by her wiles.... who persuades is not me but the girl”* (P3)

*“I do not drink alcohol, but because I'm offered to have intercourse, finally I want to do it. But reportedly, then I should responsible for”* (P5)

Participants also revealed that they were easily ignited when making mistakes. Following are the participants' statements

*“Who die was due attacked the crowd, I did not know, I did not hit the victim who die, the cause of death due to the blunt force, police said due to beatings. What I feel only emotion, anger that can not be dammed”* (P2).

### Restless against the sentence

The theme of restless against the sentence is a theme that provides an overview of how the participants feelings when facing the sentences. Restless is interpreted as not peaceful, always worrying<sup>5</sup>.

### Subtema 1: Worried about waiting for a serve a sentence

Worrying according to KBBI<sup>5</sup> is fear (anxiety, anxiety) of something that is not known with certainty. This concern is interpreted as fear because the sentence is not clear how many years the sentence must be received. This can be seen from the participant's expressions contained in this statement:

*“Hmm..., I just worried about what the punishment (awaiting sentence)”* (P4)

*“Fear because fear of heavy sentence because of the threat of 15 years in prison, mind messy, chaotic heart”* (P6) (P7)

### Sub theme 2: Restlessness during the trial.

The last sub-theme of anxiety before the sentencing is anxiety during the trial process. Anxiety is a feeling of anxiety<sup>5</sup>. Anxiety here has a meaning that feels anxiety when the trial process takes place. The participant's statement explaining the anxiety is as follows:

*“I'm worried during that process, restless sorry my parents, I'm educated in a good way, but here I come”* (P6).

Experienced a bitter experience while in Correctional institution/ correctional institution

The theme of experiencing bitter experiences during the expedition gave an explanation of the experiences

felt by participants when they were in Correctional institution, where participants felt a bitter experience. Bitter experience according to KBBI<sup>5</sup> is an unpleasant experience, troublesome. This theme has two sub-themes namely suffering during Correctional institution (Correctional institution) and feeling uncomfortable during Correctional institution.

### **Sub theme 1 : Suffering during Correctional institution.**

This theme's sub-theme provides an explanation of the condition of the participants while in Correctional institution while serving a sentence which is suffering. Suffering in KBBI<sup>5</sup> is bearing something unpleasant. Participants experience unpleasant things while in a community institution. The participant's statement explaining this is:

... just want to go home as soon as possible, .. it's different in the inside and outside of prisons, feeling depressed, especially for them who come from Surabaya and Malang, they do not get along, because supporters. The most of here come from Malang and Surabaya. Feeling depressed because often fought over money, what issues come up to fight. If anyone who come carry sharp weapons, they were afraid, they are stealing from the clerk "(P2, P5)

"Yes, I don't think so, is that a bitter experience like that, Correctional institution, this is a bitter experience" (P3)

Sub theme 2 : Feeling uncomfortable during Correctional institution.

Comfortable is fresh, healthy<sup>5</sup>. Uncomfortable is feeling not fresh and unpleasant. This sub theme explains the discomfort felt by participants while in Correctional institution. The statements relating to this sub theme can be seen below:

"... the difficulty is definitely being away from family mam. The activities also limited mam, so depressed there. Here we've scheduled, Duha prayer in the morning, the followed with the recitation afterwards visiting hours for all the prisoners."(P1)

"It is varied mam, the small capacity it usually 10. I'm in a room with 30 prisoners. It's not wide, can't sleep." (P4)

### **Self reflection when in Correctional institution**

Reflection is a mirror, picture<sup>5</sup>. So the self-reflection is a participant in the mirror, sees himself.

Sub themes 1: a lively feel more useful when in prison

During in the prison, I get the pleasure and distress.. the pleasure is I could change better than before, I always do the crime in the outside. Thus, after getting here, there are many activities such as tausiyah (p1)

Also a lot of experience, I better understand the law and article that violate the country, could tell each other about the case that had been done, which is growing more mature mind to change when a free (p3, p4)

Sub-theme 2: Realizing the mistakes that have been made.

Realizing is realizing, knowing, feeling<sup>5</sup>. Recognizing the mistakes that have been made means that the participant knows the mistakes that have been made during in the Correctional institution by regretting what he did and promises not to repeat the mistakes made. The form of participant statements that support this sub-theme are as follows:

*"When parents going to here, I feel sad, also regret, thinking how pity the parents go far away here, regretting why I should be here, always cry when visited, Regretting my actions were so" (P2)*

## **Discussion**

### **Loss of self control**

Men adolescence lose control then violated the norms that exist in society by not being able to resist the temptation of the outside of themselves, such as doing sexual intercourse outside of marriage, was not able to redirect their behavior to positive thing by following their emotions to do violence to others and could not help themselves with made a mistake to keep the honor of their dwelling. Self-control is the ability of a person to organize<sup>6</sup>. Adolescent who have high self-control will be able to control his emotions and negative impulses from outside of himself, thus they have a positive attitude. This self-control is needed by the adolescent, because adolescents experience the transition to adulthood that causes changes in their physical and psychological. Changes in adolescent emotions is one of

the psychological changes in adolescence.

Emotions are a natural part of life. Adolescents are also in development, will experience emotional changes. Emotions provide adaptive role as other aspects of personality<sup>4</sup>. Emotions will help an individual to be more effective because it provides an awareness of the feelings they experienced. Adolescents are required to be able to control their emotions and negative impulses that coming from outside of themselves

The regulation of emotions related to self-concept. Good emotion regulation would cause a person can reduce his emotions that affect the reception itself. Research of Aris Rinaldi<sup>7</sup>, explained that good self-reception will lead to positive thinking, forming the concept of self<sup>8</sup>. Adolescent who is ex-convict who lost control to regulate emotions can be argued that the reception itself against psychological and physical changes is still not good so as to form a negative self-concept that would cause a negative adolescent behavior such as theft, lying and damaging public facilities and so forth.

#### Restless against the sentence

The restless against the sentence has a meaning that adolescents experience mood disorders are worried and feel at ease while waiting for the sentence to be received. Men adolescent also experience anxiety with verdicts that will be accepted by showing concern and anxiety. Anxiety is fear that is not clearly accompanied by a sense of uncertainty, helplessness, isolation and insecurity. Anxiety due to threats against the personality, dignity or identity. Anxiety may be associated with a penalty to be received<sup>4</sup>. Men adolescent express worry about the sentence uncertain. Adolescents undergo a change of identity is as a teenager with the status of prisoners, and if it has free will bear identity as an ex-con. Stuart<sup>4</sup> also said that a person's level of self-esteem is an important factor associated with anxiety. Low self-esteem are more prone to anxiety caused by the perception of adolescents about their ability to reflect the concept of self. Boys may be ready to undergo the punishment but anxiety causes adolescent give poor assessment to themselves as an inmate. Nurses and health workers should be able to recognize adolescent anxiety level so that appropriate preventive measures would reduce the number of adolescent depression in which this anxiety will cause a change in the quality of life of adolescents.

Serve a sentence is also a separate stressor in adolescents. Adolescents may experience anxiety and concern to respond to the stressor. Stress experienced by adolescents has a different impact on each individual depending on the individual's ability to manage their problems<sup>9</sup>. Adolescents will make coping mechanisms for their problems through adaptive and maladaptive coping. Adaptive coping mechanisms need to be taught early so that adolescents are able to do positive coping so that adolescents have high self-esteem and adolescents do not easily feel threatened so adolescents are not susceptible to anxiety.

#### *Bitter experiences while in correctional institution*

Adolescents during in prisons undergo psychological changes that experience positive and negative experiences. Adolescents experience *bitter experience during the prison has a meaning that in the penitentiary makes teens feel bitter experience of feeling miserable and uncomfortable in prison*

This is due to participants must adapt to the new environment in prisons. Away from family causes them to feel depressed because they feel a lot of people who love them. Prisoners are forced to obey the rules and activities in prisons so that they feel life is not free and suffering.

The physical environment and social environment in Correctional institutions that are far from the previous environment make physical and psychological discomfort for inmates who are stressful on inmates. Handayani<sup>3</sup> conditions and changes in life in Correctional institutions cause physical and psychological discomfort that will have an impact on the psychological well-being of adolescents. Life in Correctional institution is a life experience that is full of negative life events that have ever been experienced<sup>9</sup>. The bitter experience experienced by adolescents will change the teen's self-concept.

#### Self-reflection while in correctional institution

Self reflection is one form of self-concept. Self-concept is obtained through a process of self-perception, reflection or social comparison<sup>10</sup>. Self reflection has two stages namely self-assessment and self-reaction. Self-assessment can take the form of a self-evaluation by comparing the results of self-observation with pre-existing standards, as well as from others<sup>11</sup>. Self-

reflection of adolescents during this Correctional institution will have an influence on the self-concept of adolescents themselves.

Guidance provided in adolescent correctional institutions for adolescents has a positive psychological impact on adolescents. Participants revealed that in Correctional institution they received spiritual shower and religious activities. These religious activities make teenagers better so that adolescents are aware of the mistakes they have made and instill moral values in Correctional institutioners so that teens have the desire to change and repent for the better. Education and fostering moral and religious values provide knowledge and a very good basis for Correctional institutioners so that they are able to behave well. This guidance is in accordance with the role and function of correctional institutions that Correctional institutions are a means used to carry out law enforcement. This institution has a role and function to re-develop people who have received sentences so that they are willing and able to realize the mistakes and mistakes that have been made<sup>12</sup>

*Criminalization of children is an effort to bring awareness to children and turn them into law-abiding man, has moral, social and religious well<sup>12</sup>. Participants revealed that they be diligent in prayer and self-reflection for children in prisons. Participants were able to think clearly about the actions that have been done even mistakes that have been made.*

### Conclusion

Adolescents during serving his sentence in correctional institution experience unpleasant experience and enjoyable experience. Unpleasant experiences such as pain and discomfort and loss of self-control when making mistakes. Correctional institutions also provide experiences that make adolescent feel more useful and self-reflection. Experience may cause adolescents experience changes especially in the psyche. Coaching during and after coming out of the correctional institution is required so that adolescents are capable of controlling the emotions, able to cope positively to all the problems faced and interact with the public in accordance with the norms and rules. Coaching and counseling can be done by the community, related institutions and community health workers, especially community mental health.

**Ethical Clearence:** This research has done through an ethical trial test and declared ethical conduct in the medical PSMK Universitas Brawijaya with number 357 / EC / KEPK-S2 / 12/2018

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