

# Anxiety's Prison at the Jail

<sup>1</sup>Ns. Angie Febs Caryuza, S.Kep, <sup>2</sup>Dr. dr. Adnil Edwin, Sp.KJ, <sup>3</sup>Heppi Sasmita, S.Kp, M.Kep, Sp.Kep J

<sup>1</sup>Faculty of Nursing, Andalas University Padang, West Sumatera. Indonesia

<sup>2</sup>Faculty of Medicine, Andalas University Padang, West Sumatera. Indonesia

**Abstract:- Psychological conditions on prisoners is a State in which a person influences the attitude and behavior of the individual. The loss of freedoms, rights and life changes make prisoners separate from those closest to live with other prisoners triggers the onset of stress. Prisoners can experience the inner pressure, develop feelings of negative, think negative, psychological disorders such as against potential anxiety and depression. Psychological problems of prisoners such as concern, excitement, despair, emptiness, and the slump was the beginning of anxiety is felt. The purpose of this research is to look at the description of the level of anxiety of inmates who were in prison. Type of this research is descriptive analytic with sample amounted to 74 people. Data collection tools used are questionnaire STAIC-T (State Anxiety for Child-Trait) and data analysis using Chi-square. The results of this research were obtained that level of anxiety's prison who are at the jail are on the level of weight. Expected with this research can be a reference for developing nursing care against the anxiety experienced by the detainees so that anxiety may be reduced.**

**Keywords:-** Anxiety, Prison, Jail.

## I. INTRODUCTION

The prisoner is a person who is in detention and under article 1 point 21 of law No. 8 year of 1981 on the law of criminal procedure a suspect or defendant or detainee placed in a particular place by the investigator or public prosecutor or judge with the determinations. Prisoners who are still in the process of investigation, prosecution and examination in the District Court, High Court and Supreme Court in place inside the House of detention or PRISON (19 PP No. 27-year 1983). Someone who is locked up in the House of detention is also called prisoner (Carson, 2016).

The number of prisoners in the world continues to rise, more than 10 million people were arrested in the year 2016 (Fazel, Hayes, Bartellas, Clerici, & Trestman, 2016). The International Data Centre (2015) show that Indonesia is ranked 9th for the country with the largest number of prisoners in the world. The Directorate General of prisons of the Ministry of Justice and human rights (2015) reported on 22 February 2015 there are 137,495 prisoners and inmates scattered in 33 regions of Indonesia. This amount consists of 45,138 prisoners adult, child custody, 666 89,659 adult inmates, and inmate 2,032 children. In West Sumatra, the number of prisoners in July 2018 amounted to 5,099 prisoners (System Data Base Pemasyarakatan,

2018). In the southern Coastal Polres until July the 94 prisoners.

As for the cause of someone arrested is because snagged problem of persecution, murder, defamation, theft, abduction, counterfeiting, gambling, DRUGS abuse, sexual violence and other problems that harm other people or Country (Ardila, f. Herdiana, 2013; Fazel et al., 2016). The impact that occurs when a person is detained may result in physical and psychological (Liwarti, 2013). Physical impacts on inmates can be a weakness, nausea, dizziness, headaches, increased blood pressure, insomnia, tense muscles, abdominal pain and other physical complaints (facile et al., 2016). Meanwhile, the psychological impact on a prisoner may also occur such as anxieties, hopeless, delusional, discontent against life, depression, phobias, denial, guilt and shame (Hayes, Burns, Turnbull, & Shaw, 2012).

The most frequent problems arose and many happen is a matter of anxieties experienced by prisoners especially prisoners are still awaiting the verdict of the trial (Liwarti, 2013). Other impacts if a person detained in the form of loss of freedom, rights and life changes make prisoners separate from those closest to live with other prisoners can trigger the onset of stress (Liwarti, 2013). Life in prison is a life experience that gives rise to stress (facile et al., 2016). Prisoners can experience the inner pressure, develop feelings of negative, think negative, psychological disorders such as against potential anxieties and depression (S, Fazel. A, Wolf. C, Palm. P, 2014).

Prevalence the number of prisoners who are having anxieties in Country Norway reached 30.7% (S, Naidoo. D, 2012). The same study also conducted by Facile et al., (2016) in Europe and obtained number 1 of 6 prisoners suffered heavy units. Other research conducted by D, Uttarā. N, Mak. I, (2012) as much as 38% of prisoners suffered heavy units, 28% experienced anxieties being, and 34% experiencing mild anxieties.

Anxiety is anticipation of a person against a perceived threat (Craske & Stein, 2016). Anxiety is the fear that it is not clear that someone is accompanied by feelings of helplessness, isolation, uncertainty and insecurity (Stuart, 2016). Meanwhile, according to Ruth (2012) says that anxiety is an embodiment of psychological behavior and a variety of patterns of behavior that arises from the subjective feelings of apprehension and tension. Anxiety is also a common condition experienced by most people who disturb and most starts from childhood, adolescence, adulthood to old age (Craske & Stein, 2016).

Anxiety on the prisoner is the anxiety felt by prisoners due to the uncertainty of punishment that will be faced by prisoners. The anxiety that occurs in custody is worried, tension, despair, emptiness and deterioration (Hawari, 2013). Concerns at prisoners as what they will face after the verdict, what happened after the verdict later and how they live their lives later after the verdict of the trial. Concerns on prisoners also regarding the acceptance of her surroundings both family and society as well as the views of the people against their status as prisoners (Sulistiyorini, Ariani. Ahsan. Susmiatin, 2015).

Anxiety on the prisoners because it bore the status as a detainee is a stressor for someone, the penalty of which is uncertain, waiting to be assigned and wait for the verdict of the trial, the loss of freedom and independence, not satisfy sexual needs, loss of privacy, loss of a sense of security and a sense of comfort, the loss of access to information and a bad stigma from society and family, loss of privacy, had to adjust to an environment capable of jail (Liwarti, 2013). The effort could be done by nurses to address anxieties can be psikofarmaka and psychotherapy. Psikofarmaka that can be given to sufferers of ancestors can be a benzodiazepine and antidepressants are proven to be effective in eliminating or reducing the anxiety (Stuart, 2016).

Based on the initial survey conducted on June 11, 2017 to 15 prisoners obtained data that the 7 prisoners experiencing mild anxiety and 8 people experience anxietas are the symptoms of mouth feels dry, feel the disturbance in breathing, weakness in the limbs, excessive anxiety in one situation however could be relieved if things/situation ended, fatigue, sweating, fear without the pedestal, which obviously, difficulties in swallowing, change in the activity of the heart and pulse rate without stimulation without physical exercises, easy to panic, fearing ourselves hampered by unusual tasks done, frightened, worried by the current situation yourself might be panic and embarrass yourself and shaking.

The results of the interview with the Invisible Tahti in Polres southern coast said that in Southern Coastal Polres Rutan is already been done educational health and spiritual anxiety associated with spray experienced by detainees and efforts already undertaken by rutan to cope with anxietas happens on the detainees is to provide the guidance, providing scheduled activities such as prayer, Dhikr in congregation together, watching television together, mutual clearing rutan twice a week. Then give psikofarmaka medication for inmates who suffered the effects of anxietas on the prisoners in the prisons. But the problem anxietas is still felt by all prisoners. The same interview was done with Invisible Tahti Rutan Polresta Meadow that is already been done educational health and spiritual related to spray anxietas experienced by prisoners and the efforts already undertaken by the rutan to overcome the anxiety that occurs in custody is to provide the guidance, providing scheduled activities such as prayer, Dhikr in congregation together, watching television

together, mutual clearing rutan twice a week. Then give psikofarmaka medication for inmates who suffered the effects of anxietas on the prisoners in the prisons. But anxiety problems experienced by detainees in Polresta prison Pasture still felt by all prisoners.

## II. METHOD

### A. Research Design

This research is a descriptive research see the description of the level of anxiety of inmates who were in prison.

### B. Research Sample

The sample of this research is the inmate who is in jail with a total sample of 74 people. Sampling criteria in this study using a purposive sampling technique that is a technique that is based on a certain considerations made by the researchers themselves, based on the characteristics or properties of a population that has been previously inclusion criteria: (a) the respondents are willing to be, (b) aged 18-60 years, (c) status as prisoners, (d) could read and write.

### C. Research Ethics

Before collecting the data, researchers first followed the ethical test at the Faculty of Medicine of Andalas University Padang with number 2314/UN16.13.WD I/PN/2018. Then the researchers requested written consent from the participants, including the explanation of the research and conducted a voluntary commitment from the participants. Participants had the option to accept or reject, and all personal information was kept confidential. In addition, the researchers also conducted expert tests before doing the research. The researchers administered the research approval and prepared the enumerator (for data collecting) who had been willing to assist in data-collecting activities.

### III. RESULTS

Characteristic		Total	
		<i>f</i>	%
Age	Early Adult	50	67,6
	Middle Adult	24	32,4
Gender	Man	74	100
	Female	-	-
How Many Times are detained	Once time	74	100
Education	Unschool	3	4,1
	Primary School	10	13,5
	Junior High School	33	44,6
	Senior High School	23	31,1
	Continue Education	5	6,8

Table 1:- Frequentation Distribution of Prisoner at the Jail (Age, Gender, How Many Times Are Detained, Education)

Table 1 describes the frequency distribution of respondents in this study. Based on the table above, it can be noted that respondent was almost entirely on early adult.

To gender, all respondents are men and all were first detained. Educational level of respondents almost half of Junior High School.

Anxiety Level	<i>f</i>	%
Low	10	13,5
Mid	21	28,4
High	43	58,1

Table 2:- Anxiety Score of Prisoner at the Jail

Table 2 is the level of anxiety on prisoners who were in jail. There is seen that respondents more than a half (58.1%) have a high level of anxiety. As for medium and low anxiety respectively acquire 28.4% and 13.5%.

### IV. DISCUSSION

Characteristics of prisoners who experience anxiety in this research include age, gender, how many times was detained and education. The results showed that the characteristics of the aged on the respondents who experienced anxiety is largely a prisoner with early adulthood and a small part is a prisoner with adulthood. Early adulthood is the age of a vulnerable experience anxiety problems due to the changes in the age of psychological response in the brain, where multiple neuroendocrine changes. These changes make the anxiety level in early adulthood into high (Romeo, 2014). Early adult age is also the age of concern against the perpetrators of the crime (Wayne Osgonod, Michael Foster, & Courtney, 2010). Facile et al (2016) in her research also suggests that most detainees are experiencing anxiety is a prisoner with early adulthood. Similar research was also done by (Khalooei, Mashayekhi-Dowlatabad, Rajabalipour, & Iranpour, 2016), which suggests that the early adult prisoners at most the number of adult prisoners than vice. Early adulthood is a period in which someone looking for an activity that is both an experiment and is a time of transition. New freedom obtained will cause problems – problems that could not be predicted and is the time when the person is susceptible to emotional tension and ease anxiety (Dulmen, 2013).

In line with this study, Fazel et al (2016) has conducted a study of prisoners with mental health problems and obtained the majority of the prisoners is female. Man is also the most prisoners experience a *ansietas* compared to women (Carson, 2016). Most men – men are more inclined to commit actions that violate the law than women, such as rape, robbery, fighting, taking the drug – the forbidden drugs, theft, embezzlement and other. This is because men – men bear the brunt of more than women (Jeffery t. Walker, 2013).

From the explanation above it can be concluded that men – men are more prone to commit acts that violate the law. This resulted in the number of prisoners who are in prisons more men – men than women. Men – men tend to take action without thinking first what the impact will be accepted (Osasona & Koleoso, 2015).

The more levels of anxiety will be experienced by prisoners who first detained compared with residivis prisoners or prisoners who have been repeatedly detained (Mears, Cochran, Bales, & Bhati, 2016). Research done by Carson (2016) mention that the prisoner residivis have a level of anxiety that is less than the first prisoners were detained. This is because the first time prisoners detained will feel awkward towards new surroundings and parting with the people closest to you, it's hard to adjust to the environment of the prisoners and the stigma against prisoners environment not healthy physically and mentally (Osasona & Koleoso, 2015). The anxiety experienced by the prisoners is the anxiety with a mild to moderate level.

The first prisoners detained will be more difficult to adjust to the new environment, especially an uncomfortable environment and new people. Then the problems encountered will be heavier because it feels having to deal with the law and detainees must be separated from the people-people who are normally always located next to it. How long the sentence will be accepted which has not been certainly made the first prisoners detained will also feel more anxious.

Characteristics of respondents furthermore is education. Based on the research results obtained that majority are penal education Junior High School (middle school). Research conducted by Spjeldnes, Jung, & Yamatani (2014) – the average wage suggests that detainees have a level of secondary education to the bottom. Then the next study also stated the same thing i.e. education more prisoners are on the middle level down (Carson, 2016). Someone who is of his education at the secondary level and above will usually first think of the impact or consequences of the Act was going to do it first. It is inversely proportional to the people who have a secondary education to the bottom. Research conducted by Khalooei et al (2016) suggests that the most educated prisoners are at the junior high school category. Education greatly influences the actions of a person and a person's ability in dealing with the problem. The higher the level of education a person then the better anyway how someone to deal with the issue so that the anxiety in the face of problems not weighing people-people who have a secondary education level down (Kupferberg, Bicks, & Hasler, 2016).

The anxiety experienced by the respondents is the anticipation of a person against a perceived threat (Craske & Stein, 2016). Anxiety is a fear that is not obvious to a person accompanied by a feeling of helplessness, isolation, uncertainty and insecurity (Stuart, 2016). According to Ruth (2012) says that anxiety is an embodiment of psychological behavior and a variety of patterns of behavior that arises from the subjective feelings of apprehension and tension. Anxiety is also a common condition experienced by most people who disturb and most starts from childhood, adolescence, adulthood to old age (Craske & Stein, 2016).

Anxiety on the prisoner is the anxiety felt by prisoners due to the uncertainty of punishment that will be faced by prisoners. The anxiety that occurs in custody is worries, tension, despair, emptiness and deterioration (Hawari, 2013). Concerns at prisoners as what they will face after the verdict, what happened after the verdict later and how they live their lives later after the verdict of the trial. Concerns on prisoners also regarding the acceptance of her surroundings both family and society as well as the views of the people against their status as prisoners (Sulistiyorini, Ariani. Ahsan. Susmiatin, 2015).

Anxiety on prisoners because the bear's status as a prisoner is a stressor for someone, the penalty of which is uncertain, waiting to be assigned and wait for the verdict of

the trial, the loss of freedom and independence, not satisfy sexual needs, loss of privacy, loss of a sense of security and a sense of comfort, the loss of access to information and a bad stigma from society and family, loss of privacy, had to adjust to an environment capable of rotation (Liwarti, 2013).

The research results have researchers do similarly with some previous research that gets results that therapy supportif lowers anxiety figures against various circles. S. m. Mahajuddin (2012) says that supportif is one way that can decrease the number of anxiety disorders. According to Kleiman & Wenzel (2017) there are several therapies that can reduce the anxiety of numbers one is supportif therapy because therapy is providing good support from the therapist or the environmental party. The effort could be done by nurses to cope with the anxiety can be psikofarmaka and psychotherapy. Psikofarmaka that can be given to sufferers of ancestors can be a benzodiazepine and antidepressants are proven to be effective in eliminating or reducing the anxiety (Stuart, 2016).

## V. CONCLUSION

The anxiety of the inmates in prison more than half the height. Based on these results it is hoped the presence of some of the actions taken to lower the anxiety experienced by inmates. Decreased anxiety can be done with a variety of action in particular from the nurse's soul like a distraction technique or therapy specialist.

## ACKNOWLEDGMENT

This is a non-grant sponsored research.

## REFERENCES

- [1]. A. N. Ratih. (2012). *Hubungan Tingkat Kecemasan Terhadap Koping Siswa SMUN 16 Dalam Menghadapi Ujian Nasional. Skripsi.*
- [2]. Ardila, F. Herdiana, I. (2013). Penerimaan Diri pada Narapidana Wanita. *Jurnal Psikologi Kepribadian dan Sosial*, 2(1), 1–7.
- [3]. Carson, E. A. (2016). Prisoners in 2016 Summary, 1–36.
- [4]. Craske, M. G., & Stein, M. B. (2016). Anxiety. *The Lancet*, 388(10063), 3048–3059. [https://doi.org/10.1016/S0140-6736\(16\)30381-6](https://doi.org/10.1016/S0140-6736(16)30381-6)
- [5]. D, Utari, N, Fitria, I, R. (2012). *Gambaran Tingkat Kecemasan pada Warga Binaan Menjelang Bebas di Lembaga Pemasyarakatan Klas II A, Bandung. Padjajaran, Bandung.*
- [6]. Direktorat Jenderal Pemasyarakatan Kementerian Hukum dan HAM. (2015). *Jumlah Tahanan dan Narapidana.*
- [7]. Dulmen, M. H. M. Van. (2013). Emerging Adulthood — The Journal, 1(1), 3–4. <https://doi.org/10.1177/2167696812469356>
- [8]. Fazel, S., Hayes, A. J., Bartellas, K., Clerici, M., & Trestman, R. (2016). Mental health of prisoners: prevalence, adverse outcomes, and interventions. *The*

- Lancet Psychiatry*, 3(9), 871–881. [https://doi.org/10.1016/S2215-0366\(16\)30142-0](https://doi.org/10.1016/S2215-0366(16)30142-0)
- [9]. Hayes, A. J., Burns, A., Turnbull, P., & Shaw, J. J. (2012). The health and social needs of older male prisoners. *International Journal of Geriatric Psychiatry*, 27(11), 1155–1162. <https://doi.org/10.1002/gps.3761>
- [10]. International Centre. (2015). *International Centre of Prison Studies*.
- [11]. Jeffery T. Walker, S. M. (2013). No Title. *Understanding Statistics for the Social Sciences, Criminal Justice, and Criminology.*, 99.
- [12]. Khalooei, A., Mashayekhi-Dowlatabad, M., Rajabalipour, M. R., & Iranpour, A. (2016). Pattern of Substance Use and Related Factors in Male Prisoners. *Addiction & Health*, 8(4), 227–234.
- [13]. Kleiman, K., & Wenzel, A. (2017). Principles of Supportive Psychotherapy for Perinatal Distress. *JOGNN - Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 46(6), 895–903. <https://doi.org/10.1016/j.jogn.2017.03.003>
- [14]. Kupferberg, A., Bicks, L., & Hasler, G. (2016). Social functioning in major depressive disorder. *Neuroscience and Biobehavioral Reviews*, 69, 313–332. <https://doi.org/10.1016/j.neubiorev.2016.07.002>
- [15]. Liwarti. (2013). Hubungan Pengalaman Spiritual dengan Psikological Wellbeing pada Penghuni Lembaga Pemasyarakatan. *Sains dan Praktik Psikologi*, 1(1), 77–88.
- [16]. Mears, D. P., Cochran, J. C., Bales, W. D., & Bhati, A. S. (2016). Journal of Criminal Law and Criminology Recidivism and Time Served in Prison. *J. Crim. L. & Criminology*, 106(1).
- [17]. Osasona, S. O., & Koleoso, O. N. (2015). Prevalence and correlates of depression and anxiety disorder in a sample of inmates in a Nigerian prison. *International Journal of Psychiatry in Medicine*, 50(2), 203–218. <https://doi.org/10.1177/0091217415605038>
- [18]. Romeo, R. D. (2014). NIH Public Access. *NIH Public Access*, 141(4), 520–529. <https://doi.org/10.1016/j.surg.2006.10.010>
- [19]. S, Fazel. A, Wolf. C, Palm. P, L. (2014). Violent Crime, Suicide and Premature Mortality in Patients with Schizophrenia and Related Disorders: a 38 year Total Population Study in Sweden. *Lancet Psychiatri*, 1(5), 44–54.
- [20]. S, Naidoo. D, M. (2012). Prevalance of Mental Disorders in a Present Population in Durban, South Africa. *African Journal of Psychiatry*, 15(5), 30–35.
- [21]. S. M. Mahajuddin. (2012). School And Family Based On Group Therapy For Adolescence With Depression. *Jurnal Intervensi Psikologi*, 4(1), 17–40.
- [22]. Spjeldnes, S., Jung, H., & Yamatani, H. (2014). Gender Differences in Jail Populations: Factors to Consider in Reentry Strategies. *Journal of Offender Rehabilitation*, 53(2), 75–94. <https://doi.org/10.1080/10509674.2013.868387>.
- [23]. Stuart, G. W. (2016). *Prinsip dan Praktik Keperawatan Kesehatan Jiwa Stuart*.
- [24]. Sulistyorini, Ariani. Ahsan. Susmiatin, E. A. (2015). Pengaruh Relaksasi Otot Progresif dan Terapi Kognitif terhadap Tingkat Kecemasan Tahanan di Ruang Tahanan Polres Kediri. *The Indonesian Journal of Health Science*, 6(4), 108–118.
- [25]. System Data Base Pemasyarakatan. (2018). *Jumlah Tahanan*.
- [26]. Wayne Osgood, D., Michael Foster, E., & Courtney, M. E. (2010). Vulnerable populations and the transition to adulthood. *Future of Children*, 20(1), 209–229. <https://doi.org/10.1353/foc.0.0047>