

Depression Levels Of Prisons In Class II A Correctional Institutions Bulukumba Regency

Safruddin^{1}, Nurlina², Anel Ariyansyah³*

*Mental Health Nursing Departement Stikes Panrita Husada Bulukumba¹
Nursing Manajement Depatrtrment, Stikes Panrita Husada Bulukumba²
S1 Nursing Stikes Panrita Husada Bulukumba³*

Corresponding Autor: safaryahya1@gmail.com

ABSTRACT

A depressive disorder is a serious mental problem characterized by feelings of anxiety and sadness. Depressive disorders have increased from year to year, where the total number of people living with depression in the world is 322 million, this is supported by WHO 2017 data. Generally, someone in a depressed state experiences feelings of sadness, anxiety, or emptiness, and the impact that is caused if depression is not treated immediately, it will have an impact on oneself such as low self-esteem, social isolation, and even suicide attempts. Besides that, it will also have an impact on the people around it. The purpose of this study is to know the description of the level of depression in prisoners in Class II A Penitentiary in Bulukumba Regency in 2020. The research design used in this study is a descriptive research design with a cross-sectional approach. The affordable population in this study were inmates with all cases totaling 194 people with a sample size of 85 respondents. The sampling technique using a systematic random sampling method selects a sample from the population systematically. Data were collected using a questionnaire sheet. Based on the results of the research conducted, it was shown that the frequency distribution of the level of depression of the 85 prisoner respondents experienced mild depression as many as 64 respondents (75.3%) then moderate depression was 14 respondents (16.5%) and 7 respondents (8.2%) were not depressed. In all cases, the depression level of prisoners in class II A prisons in Bulukumba district experienced mild depression. Researchers suggest that further the sample size can be added so that data collection is more accurate and can be linked to other variables that can cause depression

Keywords: Depression, Prisoners, Regency

INTRODUCTION

Depressive disorders have increased from year to year, where the total number of people living with depression in the world is 322 million, this is supported by WHO data 2017. According to the World Health Organization (WHO) international disease classification. The prevalence rates vary by age, peaking in older adults (above 7.5% in women aged 55-74 years, and above 5.5% in men. The total number of people living with depression estimate increases by 18, 4% between 2005 and 2015, globally the burden of depression and other mental health conditions has increased (WHO, 2017). This reflects

the growth in the global population as a whole, as well as a proportional increase in age groups where depression is more prevalent.

The prevalence of depression is more common in people aged ≥ 15 years or young adults as evidenced by the results (RISKESDAS, 2018), for the province of South Sulawesi, there were recorded cases of depression with an average of 7.8%, which is much more when compared to the existing data. in Indonesia in cases of depression with an average of 6.1%. In the characteristic range of the age group, depression cases were dominated at 15-24 years with an average of 6.2%. Where women are 7.4% more dominant than men 4.7%. Thoughts, actions, feelings, and mental health are depressive disorders that lead to a medical condition in the form of sad feelings that have a negative impact. This is where most of the people who experience depression are prisoners.

Based on data from the Directorate General of Corrections (Ditjenpas, 2020). noted that the number of assisted residents in South Sulawesi province in January 2020 was 11,192 people, with a capacity of 5,798 people. When viewed from the number of assisted residents in South Sulawesi, it turns out that they are beyond capacity, which means that more and more assisted residents will experience psychological problems, one of which is depression.

Several related studies on the level of depression conducted (Kirana et al., 2017) on the level of depression of female prisoners in Medaeng Surabaya remand center, showed the results of 119 respondents detailing the level of mild depression as many as 24 (20.3%) people, moderate depression levels were 59. (50.0%) people and the level of severe depression were 36 (29.7%) people, and research conducted by (Sari wait, 2014) using BDI showed that the percentage of prisoners who experienced depression in Class II A Banceuy Prison, West Java 62.96%.

Based on the results of a preliminary study carried out directly at the Bulukumba Class II A Correctional Institution, in January 2020 prison officers were found to have a total of 194 prisoners, with different cases including the kidnapping of 6 people, the murder of 15 people, the torture of 3 people. , theft of 3 people, robbery of 1 person, narcotics of 141 people, embezzlement of 5 people, custody of 1 person, protection of 13 children, terrorist 1 person, and order of 5 people. So that the impact that can be found is of course different in general.

In general, someone in a depressed state experiences feelings of sadness, anxiety, or emptiness, and the impact that is caused if depression is not treated immediately will have an impact on oneself such as low self-esteem, social isolation, and even suicide attempts. Besides that, it will also have an impact on the people around it.

The focus of this research is on all prisoners in correctional institutions, the results of direct interviews with 5 prisoners at the Bulukumba Class II Correctional Institution in January 2020, showing that the factors that trigger depression in prisoners are not getting physical freedom, being away from family, thinking about their wives and children, thinking about the length of his sentence, thinking about people's perceptions of him, and thinking about how to re-socialize after leaving prison.

Based on the things described above, the researcher was interested in researching "Depression Levels of Prisoners in Class II A Correctional Institutions Bulukumba in 2020".

MATERIAL AND METHODS

The research design used in this study is descriptive design with a cross-sectional approach, which aims to get a picture of the level of depression in prisoners in Class II A Kab. Bulukumba. The population in this study were prisoners with all cases totaling 194 people in the correctional institution class II A Bulukumba with a total sample of 85 respondents. The sampling technique in this study uses a probability sampling method (random sample) with systematic random sampling. This method is used to systematically select a sample from the population.

The instrument used for the level of depression was the Beck Depression Inventory (BDI) questionnaire, in the form of a statement, and the Likers scale category (0,1,2,3) developed by Beck, Streer & Brown, which was cited in the study. BDI which consists of 21 group items describing 21 categories of symptoms and attitudes of depression, namely: feeling a failure, sadness, pessimism, feeling dissatisfied, feeling punished, feeling guilty, blaming yourself, feeling self-loathing, crying, irritability, self-blame, unable to make decisions to withdraw from social relationships, unable to carry out activities, feeling that they are not physically attractive, feeling tired, weight loss, sleep disturbances, loss of appetite, loss of sex libido, and somatic preoccupation
Data were analyzed based on measuring scales and research objectives using computerized software. The univariate analysis aims to describe descriptively the

development of the frequency and proportion of each variable under study, both independent and dependent variables.

RESULTS

Table 1. Frequency distribution of the demographic characteristics of Prisoners in Class II A

| Characteristic | Frekuensi (n) | Percentage (%) |
|--------------------|---------------|----------------|
| Gender | | |
| Male | 79 | 92.9 |
| Pemale | 6 | 7.1 |
| Age | | |
| Teenager (12-25) | 18 | 21.2 |
| Adult (26-45) | 64 | 75.3% |
| The edarly (46-65) | 3 | 3.5 |
| Education | | |
| Low (SD,SMP,SMA) | 79 | 92.9 |
| Hight (DIII,S1) | 6 | 7.1 |
| Profession | | |
| work | 55 | 64.7 |
| Student/college | 2 | 2.4 |
| housewife | 27 | 31.8 |
| cases | | |
| drugs | 58 | 68.2 |
| Theft | 3 | 3.5 |
| Murder | 12 | 14.1 |
| Kidnapping | 3 | 3.5 |
| Child protection | 7 | 8,2 |
| Embezzlement | 1 | 1.2 |
| Persecution | 1 | 1.2 |
| Amount | 85 | 100.0 |

The results of the analysis in Table 1 show that male respondents (92.9%) are more than female respondents (7.1%), respondents who have adult age (75.3%), more than their age. adolescents and the elderly, the distribution of education classified as high education level (92.9%) is more than low education, respondents who work (64.7%) are more than students and do not work (IRT), and based on cases with the largest number of respondents being drug cases (68.2%), followed by cases of murder, child protection, theft, kidnapping, embezzlement, and maltreatment.

Table 2. Frequency Distribution Of Prisoners' Depression Levels In Class II A

| Characteristic | Frekuensi (n) | Percentage (%) |
|---------------------|---------------|----------------|
| Normal | 7 | 8.2 |
| Mild depression | 64 | 75.3 |
| Moderate Depression | 14 | 16.5 |
| Amount | 85 | 100.0 |

The results of the analysis in Table 2 show that the frequency distribution of the level of depression of the 85 inmate respondents experienced mild depression (75.3%) more than those who did not experience depression.

DISCUSSION

Based on the results of research conducted in class II A prisons in Bulukumba Regency, it can be seen that the description of the dominant level of depression occurs in all various cases where the most cases are drug cases followed by cases of murder, child protection, theft, kidnapping, embezzlement, and maltreatment. . For the proportion of depression, the highest was mild depression, while the lowest was respondents who did not experience depression (normal).

One interesting finding from (Pieter et al., 2011) that depression generally experiences cognitive impairment. What is meant in this case is a condition where the individual feels excessive sadness and mental disturbances. This is in line with the results obtained in the study where respondents who served a sentence seemed to experience pressure and feelings of guilt which were supported by the results of filling out questionnaires distributed to inmates. Another important finding by (Lubis, 2016) divides the classification of depression into several sections including mild, moderate, and severe depression. The incidence of depression occurs especially in the Class II-A Penitentiary in Bulukumba Regency due to several triggering factors, namely not getting physical freedom, being away from family, thinking about wives and children, thinking about the long period of punishment, thinking about people's perceptions of themselves, and thinking about how to socialize again after out of jail.

Supporting previous research conducted by (Sinaga, Andriany, & Nurrahima, 2020) in the implementation of a coaching program for inmates in class II A Semarang. This is the same as the coaching program implemented in class II A prisons in Bulukumba Regency, where the guidance programs carried out by the prison include spiritual activities, the prison is not only a place for imprisonment but provides work training guidance for inmates such as making handicrafts (photo frames, cupboards), make-up, cooking, and so on, which will later become expertise in helping raise capital when returning to society. Also, the interaction between people is an important part of recovery, a positive response through individual contribution and activity.

The results obtained in the field of depression level researchers obtained were mild depression as many as 64 people obtained characteristics such as loss of demand and joy, fatigue. As many as 14 people had moderate depression with characteristics such as irritability, decreased appetite, feelings of guilt, and disturbed sleep patterns. And the remaining 7 people did not experience depression. According to (Kirana, Nurlela, & Septiani, 2017) depression can be caused by internal and external factors. The internal factors in question are age, marital status, education level, and length of legal period and for external factors, behavioral habituation from different environments was previously included in the existing programs in prisons. The current study conducted by (Misrawati, Asri, & Tenriwati, 2019) found that the most frequent occurrence of depression in prisons is drug cases.

Researchers assume that there are still prisoners in all cases who experience depression. This is because some prisoners still appear to have mood disorders, loss of freedom, unresolved emotional conditions, and interests. This is evidenced by the way of receiving insufficient information, resulting in feelings of insecurity, pessimism, and loss of pleasure. The level of mild and moderate depression of respondents can still carry out social activities and work, even though they are to be implemented.

There are other findings from research after being in crosstabs that found 4 characteristics that affect the level of depression, namely age, educational history, employment status, and cases of prisoners. The crosstabs results of demographic data where for the proportion based on age depression is more prevalent in adults than adolescents and the elderly, aged 12-25 with depression levels show the results of 18 people with details of 1 normal, 14 mild depression, 3 moderate depression, demographics aged 26-45 with a depression level showing the results of 64 people with details of 6 normal, 47 mild depression, 11 moderate depression, the age demographic 46-65 with a depressive level showing the results of 3 people with details of 3 mild depression.

At the age of 12-25 most of them experience mild depression from the results of interviews with several respondents and the results of the questionnaire show that they feel guilty with their families, ages 26-45 most of the respondents are married/married so they cannot meet their family, husband/wife, and added children. With the rules of limiting family visits by the prison authorities due to the Covid-19 virus outbreak, most

of them aged 46-65 experience mild depression because they have been able to adapt and some with recurrent cases.

In the history of education, the largest proportion of those who experienced depression were prisoners with low education compared to those with high education. For low education (SD, SMP, SMA) the level of depression shows 79 people with details of 7 normal, 59 mild depression because inmates with a history of low education on average do not think about what will happen to him and the sentences given, some inmates are educated. low feeling ashamed of their family, friends and the surrounding environment and they feel inferior because what they do is against the law, 13 moderate depression because they are inmates feeling wrong in their past relationships so they use drugs, commit theft, kidnapping and embezzlement, feel ashamed of family, relatives, and the environment. For a history of higher education (DIII, S1) with a depression level, it showed 6 people with details of 5 mild depression people they did not think about what they were doing and they made mistakes consciously and understood that what they did was against the law, 1 person was depressed where they felt ashamed of actions that have been done and they feel that they have tarnished the good name of the family.

In employment status for the largest proportion who experience depression are those who work compared to students and do not work (IRT). To work with the level of depression, it shows 55 people with details of 4 normal, 41 mild depression, in this case, they still have shame and feel aware of the behavior they have done, 10 depression is being they feel disappointed in themselves and feel like a failure. For students with depression level, it shows 2 people with mild depression, in this case, they feel wrong in the social sphere. For those who do not work (IRT) with depression, levels showed 27 people with details of 3 normal, 20 of them mild depression in this case with recurring cases and felt it had become commonplace, 4 moderate depression those who could not do things as usual and felt guilty.

Causes of entry to prison based on the type of case carried out, drug cases with a level of depression showed 58 people with details of 4 normal, 45 mild depression because they did not think about what led to entering an institution and did not think about the punishment they had undergone, 9 depression was being because they felt guilty about themselves. things are done and feel ashamed of the actions he did. In the case of theft with a depression level, the results showed 3 people with 1 normal, 2 mild depression

because they did not think about what kind of punishment they received. In the case of homicides with a depression level, it showed 12 people with details of 10 mild depression they did not think about what they had done and only served their sentence, 2 depression was they felt sorry for their actions. In the kidnapping case with a depression level, the results were 3 people with 2 normal, 1 depression, while they felt ashamed and guilty for their actions. In the case of child protection with a depression level, there were 7 people with details of 5 mild depression, they did not think about the punishment they were given, 2 depression was those who felt ashamed of what they had done. In the case of darkening with a level of depression, 1 person with a mild depression level showed the results because they did not think about what they had done and in the case of abuse with a depression level it showed the results of 1 mild depressed person on average did not think about what happened to him and did not think about what punishment has lived

CONCLUSION

The results of the research conducted at the class II A penitentiary in Bulukumba district, the following conclusions can be drawn: the depression level of prisoners in all cases the majority of them experienced mild depression. Internal and external factors are one of the triggers for depression, there are still prisoners in all cases who experience depression, this is due to some prisoners experiencing mood disorders, loss of freedom, unresolved emotional conditions, and interest supported by the way of receiving insufficient information, causing feelings of distrust. self and lose pleasure. For residents of the prison, It is hoped that it will be able to develop creativity and optimize the infrastructure provided by the prison which can be used as a forum in dealing with psycho problems and can also be useful in the future after the sentence is over. To the next researchers to given the limitations in the study, the number of samples can be added further so that data collection is more accurate and can be linked to other variables that can cause depression.

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