



Differences in stress on male inmates and female inmates in correctional institutions

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ABSTRACT

The purpose of this study was to determine the difference in stress on male inmates and female inmates at the Semarang Penitentiary. The hypothesis in this study is that there are differences in stress on male and female inmates. Stress on male prisoners is higher than female prisoners. Subjects in the study amounted to 100 respondents. This study used a cluster random sampling technique. Research data was collected using the Stress Scale on Prisoners. Data analysis was performed using the t-test technique. The results of the study showed that there was a difference in stress on male inmates and female convicts at the Semarang Penitentiary as indicated by the value of $t_{count} = 2.868 > t_{table} = 1.984$ with $p = 0.005$ ($p < 0.05$),

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Introduction

Penitentiary (hereinafter abbreviated as Lapas) is a place intended for individuals who commit crimes and are sentenced to a term in accordance with their crimes. Various different backgrounds exist in correctional institutions, which allows for friction between inmates. This can lead to hostility between inmates if it is not addressed properly, as in various incidents that have occurred where inmates have been involved in fights with other inmates. This condition is exacerbated by conditions in prisons that exceed their capacity, resulting in overcrowding. Data collected by the author from Ditjenpas.go.id Central Java Regional Office from January to February 2019,

Previous research conducted by Welta and Agung (2017: 66) shows that there is a relationship between distress and prison terms with the emergence of stressful conditions in inmates at Class IIA Penitentiary in Pekanbaru City. That is, the tighter and longer the sentence period, the higher the stress conditions felt by the convicts. Prisoners in serving their sentence often experience obstacles in their efforts to fulfill their needs, both biological and psychological. The many losses experienced by prisoners, such as loss of jobs, personal services, comfort and freedom make prisoners experience stress.

The United Nation Office on Drugs and Crime (UNODC) (2013: 11-12) explains that the reality in many prison systems is that detainees do not have even the minimum required space and a very

large number spend up to 23 (sometimes 24) hours in a cramped and cramped dwelling. The lack of adequate space is only one of many problems experienced as a consequence of overcrowding in prisons. The impact of overcrowding also occurs on the quality of nutrition, sanitation, detainee activities, health services and care for vulnerable groups. This affects the physical and mental well-being of all detainees, fuels prisoner tension and violence, exacerbates existing mental and physical health problems, increases the risk of transmission of communicable diseases and poses a major management challenge.

The change in life is a change that many prisoners experience. Prisoners (Prison Foster Residents) were previously part of social life who had no desire to become convicts. However, due to certain circumstances or circumstances, a person becomes a convict and enters a correctional institution. Convicts are convicts who are serving the crime of losing independence in a correctional institution. When they have to live in Correctional Institutions, the space for convicts to move is limited and they are isolated from society. Circumstances are limited and isolated can be a stressor that causes stress in prisoners. Even being a convict itself is a heavy stressor in the life of the perpetrator.

The occurrence of stress depends on the stressor and a person's response to the stressor. The stressor described by Siswanto (2010: 51-53) is influenced by the physical environment. Limited space for individual movement can cause stress. Restrictions on freedom of action and loss of privacy as individual beings are stressors that prisoners receive every day. The environmental situation in Correctional Institutions can cause different perceptions of each prisoner. The penitentiary itself has endeavored to equip the inmates with various spiritual cleansing materials and other positive activities, with the hope that the inmates will have good emotional management skills. Correctional environment that complies with the standards and pays attention to the conditions of the convicts who live in it will be able to prevent the inmates from feeling pressured during their detention period. However, stress on inmates still occurs and has fatal consequences in the occurrence of suicides in inmates.

Various incidents compiled by the author are related to the suicides of inmates, including prisoners caught in drug trafficking cases in South Sumatra, who decided to kill themselves in the bathroom of the prison on Monday, April 17 2017. A 43-year-old convict desperately tries to end his life in an unnatural way, hanging himself with a plastic rope. A resident of Kerobokan Class II A Prison, Denpasar, hanged himself in a public bathroom located at the corner of the Sanur Block on Wednesday 20 September 2017. The victim allegedly committed suicide because his wife asked for a divorce. A prisoner at Class II A Penitentiary (Lapas) Ambarawa committed suicide by drinking floor cleaners on Tuesday, March 10 2017 in Pamekasan. Inmates were found dead in their cell at Class IIA Lapas. The convict who was sentenced to 5 years in prison ended his life by hanging himself using a sarong wrapped around the iron bars of the cell ventilation.

Although cases of suicide occur in male prisoners, stress can also occur in female prisoners. As is the case with the results of research conducted by Asnita, et al (2015) which show that stress is also experienced by female prisoners. From a total of 46 respondents, it was found that 25 respondents (54.3%) experienced moderate stress. Respondents who experienced mild stress were 13 people (28.3%) and respondents who experienced severe stress were 8 people (17.4%). In fact, when looking at the results of previous research conducted by Mokobombang and Masykur (2014) regarding the background of women involved in murder cases, it is known that the background of women to be involved in murder cases is domestic violence, romance-jealousy, and extramarital affairs. There are two factors that influence women to be involved in murder cases, namely external factors and internal factors.

These external factors include, family relationships that are less harmonious are synonymous with domestic violence, jealousy, infidelity, and even wrong parenting. Internal factors in the form of psychological conditions and personality types are one of the important factors that influence the subject's involvement in murder cases. The psychological condition of the subject who experienced trauma as a victim of domestic violence, prolonged stress, difficulty managing anger, and immature

problem solving skills. Personality types such as vindictive, easily aroused, and introverted. When looking at these factors, female convicts are also prone to stress,

Stress can happen to anyone, it doesn't differentiate between men and women. Restrictions on freedom of action and loss of privacy as individual beings are stressors that prisoners receive every day. The existence of such a strong stressor in the prison causes a prisoner to become stressed. Cervon and Pervin (2012: 289) state that stress is seen as an event that occurs when a person views situations and conditions as something that is burdensome or beyond their ability and can endanger their well-being. The source of stress is called a stressor (stressor). Stressors involve psychological factors, such as school exams, social relationship problems, and life changes, such as the death of a loved one, divorce, or termination of employment (PHK). Stressors also involve everyday problems, such as traffic jams and physical environmental factors, such as noise and temperatures that are too hot/cold. Stress has broad implications for physical and psychological problems.

Based on the results of interviews conducted by the author on December 10 2018 with Binpas Class 1 employees and Semarang Binpas Class 2 employees, it is known that there is a problem of excess capacity at Lapas. The impact that arises from the problem of excess capacity is that inmates complain about the uncomfortable conditions of the prison and inmates feel pressured to be in it. This is because inmates feel that their privacy is not maintained because the occupants in each cell exceed capacity. The Correctional Institution itself has basically carried out spiritual coaching efforts so that the feelings of depression experienced can be reduced.

Stress arises as a result of demands that exceed an individual's ability to fulfill them. If a person is unable to meet the demands of needs, then he will feel a state of tension within him. Tension that lasts a long time and there is no resolution, will develop into stress. Stress has indeed become a part of life that cannot be separated from one's life, especially for individuals who live in correctional institutions. Women show a stronger response, while men's responsiveness to stress decreases. This different response makes men more susceptible to stress than men (Sarwono, 2007: 67). in fact, both male and female prisoners have the potential to experience stress, especially when they are in overcrowded prison conditions. Based on the problem of overcrowding in penitentiary conditions in the city of Semarang and the susceptibility of stress to inmates, both male and female inmates, the authors are interested in describing it in a proposal entitled "Differences in Stress in Male and Female Prisoners in Correctional Institutions" "

Method

Population is a generalized area consisting of objects or subjects that have certain qualities and characteristics determined by the researcher to be studied and then conclusions drawn. So, population is not only people, but also objects and other natural objects. The population is also not just the amount that exists in the object or subject being studied, but includes all the characteristics or properties possessed by the subject or object. The sampling technique is a sampling technique (Sugiyono, 2010: 81). In this study using cluster random sampling technique, namely "The technique of determining the sample when the object to be studied or the data source is very broad. This sampling technique is carried out in two stages, namely the first stage determines the regional sample, and the next stage determines the people in the area by sampling as well (Sugiyono, 2010)". The researcher first randomized each block in Class 1 prison and Class 2 prison in Semarang to determine the block to be used for research. After determining the block to be used for research, the researcher then randomized again to determine which prisoners in the block would be used for research. The data collection method is a conscious effort to collect data that is carried out systematically with standard procedures. The data collection method that will be used in this study is to use the Stress Scale on Prisoners. The scale method is a question or statement that does not directly reveal the attribute to be measured but rather reveals the behavioral indicators of the attribute in question. Before being used, data collection tools need to be tested for validity and reliability. In order to be able to describe the actual situation of the problem

under study, a good measuring instrument is needed. According to Azwar (2012: 1) in order to achieve a high level of objectivity, scientific research requires the use of accurate and objective data collection procedures. In a quantitative research approach, research data can only be interpreted more objectively if it is obtained through a measurement process that is valid and reliable as well as objective. The data analysis method used in this study is a statistical method, because this method is a scientific method, collecting, presenting and analyzing research data in the form of numbers. In addition, statistical methods can be drawn conclusions that can be accounted for. This is because it is based on regular, thorough and precise calculations.

Results and Discussions

The results showed that there were differences in stress on male and female inmates. Stress on male prisoners is higher than female prisoners. The results of this study are in line with the opinion expressed by Siswanto (2010: 51-53) which explains that stress is influenced by an individual's gender. Women usually have better resistance to stressors than men. Biologically, women's bodies are more flexible than men's, so their tolerance for stress is better. Especially if the woman is still at a productive age where her hormones are still working normally (Siswanto, 2010: 51-53). It is proven that the stress on male prisoners is higher than the stress on female prisoners.

Atkinson, et al (2009: 356-358) stated that changes in stressful events occur due to activation of two neuroendocrine systems controlled by the hypothalamus, namely the sympathetic system and the adrenal cortex system. The hypothalamus is also called the brain's stress center because of its dual function in an emergency. Its first function is to activate the sympathetic branch of the autonomic nervous system. The hypothalamus conducts nerve impulses to nuclei in the brainstem that control the function of the autonomic nervous system.

The sympathetic branch of the autonomic nervous system acts directly on smooth muscle and internal organs to produce several bodily changes, such as increased heart rate, increased blood pressure, and dilated pupils. The sympathetic system also stimulates the adrenal medulla to release the hormones epinephrine (adrenaline) and norepinephrine into the blood vessels. The combined effect of stress hormones carried in the bloodstream plus neural activity of the sympathetic branch of the autonomic nervous system contributes to the fight or flight response. These conditions encourage the emergence of various physiological responses to stress.

Uno (2008) explains learning motivation as internal and external encouragement to students who are learning to make changes in behavior, generally with several supporting indicators or elements. This has a big role in one's success in learning. Indicators of learning motivation can be classified as follows: 1. the desire and desire to succeed; 2. there is a need and encouragement in learning; 3. there are hopes and aspirations for the future; 4. there is appreciation in learning; 5. there are interesting activities in learning; 6. the existence of a conducive learning environment, so as to enable a student to study well.

The results of the study also showed that the majority of male convicts had stress in the low category, namely 21 people (42%). There were 16 men (32%) in the moderate category of stress, and 13 men (26%) in the high category. While the stress on female convicts is mostly in the low category, namely 24 people (48%). There were 8 people (16%) in the moderate category of stress for female prisoners, and 18 people (36%) for high stress for female prisoners. Although there is a difference in stress between male prisoners and female prisoners, the difference is not that big. However, female prisoners who have stress in the low category are more than male prisoners.

Women show a stronger response, while men's responsiveness to stress decreases. Women's bodies and brains react to stress in a different way than men's bodies and brains. Fluctuating estrogen and progesterone in the brain are responsible for the opposing response to stress in the female hippocampus. Men and women become reactive to different types of stress. Female brain circuits are

regulated by estrogen to respond to stress with nurturing activities and form protective social networks. This different response makes men more susceptible to stress than men (Sarwono, 2007: 67).

The results of this study support the facts previously collected by the author, that many male prisoners commit suicide due to stress. For example, in the case of convicts who were caught in drug trafficking cases in South Sumatra, they decided to commit suicide in the bathroom of a prison on Monday, April 17 2017. The cause was thought to be due to stress due to their family being ignorant and not coming to visit them. A 43-year-old convict desperately tries to end his life in an unnatural way, hanging himself with a plastic rope. A resident of Kerobokan Class II A Prison, Denpasar, hanged himself in a public bathroom located at the corner of the Sanur Block on Wednesday 20 September 2017. The victim allegedly committed suicide because his wife asked for a divorce. A prisoner at the Ambarawa Class II A Penitentiary (Lapas) committed suicide by drinking floor cleaner on Tuesday, March 10 2017 in Pamekasan. Inmates were found dead in their cell at Class IIA Lapas. The convict who was sentenced to 5 years in prison ended his life by hanging himself using a sarong wrapped around the iron bars of the cell ventilation. Victims often tell stories about their family life, which recently seems to not care about them anymore.

One of the causes of stress in prisoners, both male and female prisoners, is the overcrowding factor. Data compiled by the author from Ditjenpas.go.id Central Java Regional Office in April 2018, shows that there is overcapacity in prisons in the Central Java region, especially Semarang City, both in Semarang Class 1 prisons (121%) for male convicts and Class 2 prisons Semarang (114%) for female convicts. In addition to the loss of freedom, the prison situation which is not up to standard also triggers stress on inmates. Overcrowding in prisons is an unavoidable source of stress, thus placing inmates in a more stressful situation.

Law of the Republic of Indonesia Number 12 of 1995 concerning Corrections Chapter I Article 1 (8) states that convicts are convicts who are serving the crime of losing their independence in LAPAS. The loss of freedom experienced by convicts can trigger stress and depends on the individual's endurance in overcoming the various pressures that arise in prison. Female prisoners who are more resistant to stress have lower stress levels compared to male prisoners. This is inseparable from the characteristics of men who have higher burdens and responsibilities than women, so that the loss of freedom further increases the stress on male prisoners.

Cervon and Pervin (2012: 289) state that stress is seen as an event that occurs when a person views situations and conditions as something that is burdensome or beyond their ability and can endanger their well-being. The source of stress is called a stressor (stressor). The results of this study are in line with research conducted by Mashinta, et al (2015: 9) which showed that inmates in the Class IIB Situbondo Detention Center experienced mild psychological stress as many as 26 respondents (57.80%) and 19 respondents (42.20%) experiencing moderate psychological stress. Stress experienced by prisoners, both male and female prisoners, is a serious problem because it can have a more serious impact.

The weakness in this study was that in carrying out research at Class 2 prisons in Semarang, researchers could not directly disseminate the research scale, so they could not ensure that the responses given were the real responses from the research subjects. Another weakness in this study is that the researchers only used one block in Semarang Class 1 and Class 2 prisons with the number of inmates predetermined by the prison, so it was feared that the results of the research would not describe the conditions of Class 1 and Class 2 prisons.

Conclusion and Implication

Based on the results of the study, it can be concluded that there are differences in stress on male and female inmates. Stress on male prisoners is higher than female prisoners, so the hypothesis in this study is accepted.

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