

The Assessment of the Quality of Life Among Female Prisoners in Aceh Besar

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ABSTRACT

Living in a prison has a huge impact on the quality of life (QoL) and mental health, particularly for women. However, the study examined women's QoL in a prison are limited particularly in developing countries, including Indonesia. The majority of women imprisoned in Aceh are due drugs courier, theft, fraud, corruption. Without a better understanding its determinants, it is difficult to deliver an effective and specific program to improve the QoL of women in a prison. This study aimed to analyse the quality of life of female prisoners and their determinants in the Class II B Prison of Lhoknga District, Aceh. Total population of 52 female prisoners was selected for the purpose of this study. Data were collected through interviews using the Measuring the Quality of Prison Life (MQPL) instrument which consist of 129 Likert questions. The analysis was conducted using a simple and multiple logistic regression test. The average age of respondents 36 years with 20% have a lower educational level and the range have been in the prison from 1 month to almost 10 years. More than half of respondents were marriage women. Approximately 52% were in lower level of spirituality. Study found some of 42.3% of them also in lower category of QoL. The analysis showed no significant relationship ($p > 0.05$) between age, education, duration of punishment and marital status to QoL. The Multivariate analysis showed that the level of spirituality is strongly associated with the QoL of female prisoners ($p = 0.012$). This study suggested that spiritual aspects is contribution in raising the quality of life female prisoners encourage them to practise their faith.

Keywords: *mental health, prisoner, quality of life, QOL*

1. INTRODUCTION

More than 10.2 million people were incarcerated in rehabilitation centers such as pre-trial detainees or sentencing in 2013. On the other hand, the prison population of women has also increased by an average of 16% worldwide from 2006 to 2012. The most current problems while they are in prison are, insecurity, threats, and excessive overcrowding [1]. Increment in crime rates by women has been caused by several factors including poverty, economic conditions including lack of income, limited employment opportunities, unemployment, the existence of temporary needs, environmental conditions. The conditions such as uncontrollable societies and unstable personalities also take part. The crime occurred results in material and non-material losses [2].

Several reports reveal that some inmates experience high levels of physical and mental health problems related to the prison environment, which have been indicated by isolation, communal life, violence, insecurity, threats, and excessive overcrowding [1]. Being inmates, the space provided is certainly not the same as other individuals outside the prison. Living in an environment with limited and regulated mobility has caused the inmates' freedom is taken away. They must carry out obligations, adjust and comply with penitentiary regulations as well, and all implicitly established regulations that apply among fellow residents in which out of the officers' coverage. Facing a difficult and problematic life, some inmates remain mentally healthy, and show courage, endure and even try to help others. On the other hand, some detainees experience mental discomfort, which shows an attitude of despair, apathy, and

loss of enthusiasm for life, and some even commit suicide to free themselves from suffering [3-4].

The quality of life of a person has been determined by the individual's physical condition, psychological and independence levels and relationship with others. Female inmates have more frequent and intense mental health problems than those that occur not only in the male ones but also in the general population. Some significant biological changes occur in women. These occurrences seem more critical and evident in some age groups compared to men [5-6].

The purpose of the study is to find out the quality of life of female prisoners and their determinants. The heterogeneity is highly found in penitentiary related to physical exercise areas and fitness equipment.

2. METHOD

This research using a survey method aims to determine the determinants of female inmates' quality of life in Lhoknga penitentiary with a total population sample. The data in this research were collected using a research tool in the form of a direct interview questionnaire to respondents using the MQPL (Measuring The Quality of Prison Life) questionnaire, If QoL is high > mean and If QoL is low < mean. After being successfully collected, the next step is to analyze them through the stages of univariate, multivariate, and bivariate analyses using the chi-square statistical test.

3. RESULTS AND DISCUSSION

The results of the research were obtained with the majority of respondents (53.85%) both young and (46.16%) old age. The bivariate analysis results show that age is not related to the quality of life of prisoners. The statistical test results show that old age has an odd ratio value of 0.5 which can be interpreted as the age increases, the quality of life goes higher. According to the assumption of researchers, at the age of 38 years or approaching 40 years or more, one will have emotional stability. Because at this age, humans certainly have reached the peak of their lives in terms of physical, intellectual, emotional, work, and spiritual matters. People turning 40 years old have definitely left their young age and turned into full adulthood. What they experience at this age is stability, establishment, and sturdiness.

The results of this study surely differ from those proposed by Utami, for instance, a person at his/her young age has a better quality of life due to a better physical condition compared to an older one [7]. Hajar's research [8] describes that the majority of respondents with have a high quality of life are aged 26-35 years. Yusra in Tamara and Nauli said, normally, as a person ages, there will be changes physically,

psychologically and even intellectually. The changes occurring can cause susceptibility to various diseases and failure in maintaining homeostasis to stress. The results of bivariate and regression logistic analysis could be seen from the following table:

Table 1. The Relationship between Education and Quality of Life

Education	Quality Of Life				Total	OR	P value	
	low		high					
	n	%	n	%				
low	7	70.0	3	30.0	10	100	2.0	0.059
high	15	35.7	27	64.9	42	100		
amount	22		30		52	100		

The results of the research from table 1 obtained the percentage of the low quality of life in basic education respondents 70% higher compared to higher education respondents 35%. The statistical test results obtained odd age ratio of primary education 2.0 can be interpreted as a risk of low quality of life in basic education respondents twice greater than respondents in higher education. Statistically, there is no relationship between education and female inmates' quality of life in Class II Penitentiary Institutions B Lhoknga (P-value = 0.059).

Table 2. The Relationship between Age and Quality of Life

Age	Quality Of Life				Total	OR	P value	
	Low		High					
	n	%	n	%				
Old	8	33.3	16	66.7	24	100	0.5	0.22
Young	14	50.0	14	50.0	28	100		

Conceptually, the results from Table 2 show that the respondents with the highest quality of life were those with the highest level of education. In line with research conducted by Hajar and Sujeto [10], prisoners with secondary education are more than inmates with primary education level. This means that education level is not directly related to awareness about the dangers of narcotics. However, inmates with higher education levels are able to control the problems they experience when in the penitentiary. For instance, a shameful feeling related to the prisoners' status so that it could affect self-esteem and might have an impact on the inmates' quality of life.

The level of education is one of the factors that might affect the quality of life, the higher the level of one's education, the easier it is for someone to receive and filter the information given [11].

Table 3. The Relationship between Length of Prisoner in Prison and Quality of Life

Length of prisoners in prison	Quality Of Life				Total	OR	P value	
	Low		High					
	n	%	n	%				
Long time	5	31.2	11	68.8	16	100	0.5	0.085
New	17	47.2	19	52.8	36	100		
Amount	22		30		52	100		

The statistical test results from table 3 show that the odd ratio of respondents who have been in penitentiary for a long time could be interpreted as 0.5. The higher the quality of life of respondents will be, the longer the length of the prisoners in prison could be. Statistically, there is no relationship between the length of serving time and the quality of life of female inmates could statistically be found in Lhoknga Class II Penitentiary (P-value = 0.085).

The results of this research could be explained by the respondents who have been in prison for a period of more than 19 months having a high quality of life. This could be caused by the respondents being able to adapt to the penitentiary situation. Meanwhile, new inmates have a low quality of life because they have not been able to adapt to the prison atmosphere and have been in an emotionally unstable condition. In this case, the prison officers need to pay attention to foster new inmates.

According to the coaching research conducted by penitentiary officers, the condition seems to be good. Although respondents are already in the penitentiary, they still have a high quality of life. As Soerjowinoto mentions a model of guidance for inmates in the Penitentiary is inseparable from dynamics aiming to provide more provision for prisoners in welcoming life after serving a sentence. The term prison itself has been changed to correctional facilities. Armed with the mental and skills, it is hoped that they can successfully integrate themselves into society. All of these efforts are carried out in a planned and systematic manner. As long as they are in repentance, they might realize their mistakes and are determined to be useful human beings for the community, state, and nation [12].

Referring to Lewi and Sunarji's research, despite being female inmates who served a long sentence in penitentiary, they must continue to have happiness. Happiness is very necessary for female inmates because with the existence of happiness, they could live their lives enthusiastically, joyfully and happily [13].

Table 4. The Relationship between Marital Status and Quality of Life

Marital Status	Quality Of Life				Total	OR	P value	
	Low		High					
	n	%	n	%				
Married	14	51.9	13	48.1	27	100	2.2	0.15
Unmarried	8	32.0	17	68.0	25	100		
Amount	22		30		52	100		

The results of the research on table 4 show that a high quality of life is more common in respondents who have not been married. The statistical test results obtained an odd ratio of respondents' marital status 2.28 could interpret the risk of low quality of life in respondents' marital status 2.2 times greater than respondents of unmarried status. Statistically, there is no relationship between marital status and quality of life for female inmates in Lhoknga Class II Penitentiary (P-value = 0.115).

In contrast to Hajar and Sutejo's [10] research, in the quality of life variable, the majority of respondents who have a high quality of life are the married ones. Moons et al. [14] said that there were differences in the quality of life between individuals who were not married, divorced or widowed individuals, and those who were married or cohabitated.

According to the researchers, married respondents were more likely to have a low quality of life. This could happen due to the existence of responsibilities that could not be fulfilled by the respondent to the closest person who was her obligation, in this case, the wife leaving her husband and children. Especially a female inmate who has a greater emotional relationship with her children in which the family support is needed. With the attention of the family, the inmates' quality of life would be improved.

The source of a meaningful life in the values of appreciation (Experimental Values) obtained by the subject of the family, especially from the mother. The affection, love, and support obtained from the family, especially the mother has a great influence on the subject's purpose of life. The unchanging love or affection that was given by the mother to her both before and after being imprisoned, made the subject realize that she was meaningful. Through the affection or love from the family, the subject has a reason to continue struggling enthusiastically and not despairing in living her life, especially in serving a life sentence [15].

In addition to affection or love, support and togetherness that she received from family, lovers, and friends of fellow fostered citizens, another thing that was no less important to give meaning to the subject's life was the God she trusts. The subject believes that God loves and cares for her life. God provides an opportunity for her to introspect her previous life and obedience in fulfilling her religious obligations [15].

Table 5. The Relationship between Spiritual and Quality of Life

Spiritual	Quality Of Life				Total	OR	P value	
	Low		High					
	n	%	n	%				n
Low	16	59.3	11	40.7	27	100	4.6	0.012
High	6	24.0	19	76.0	25	100		
Amount	22		30		52	100		

The results of the research as shown in table 5 reveal that the high quality of life of respondents with high spirituality is greater than those of low spirituality ones. The statistical test results obtained an odd ratio of low spirituality respondents 4.6 can mean the risk of the low quality of life in low spirituality respondents 4.6 times greater than those of high spirituality respondents. And statistically there is a relationship between spirituality and quality of life among female inmates in Lhoknga Class II Penitentiary (P-value = 0.012).

In line with Saplala's [16] research, mentioning the most important spiritual activities for inmates is the Mass, which has also been considered the most helpful to uplift the quality of their lives.

Being different from religion, spirituality is a broader concept that is universal and personal, while religion is part of spirituality related to culture and society. A person's spirituality is inseparable from the influence of demographic factors including the stage of individual development, culture, family, religion, and life experiences of a person [17], [18].

The role of religion is very important since religion provides a way for humans to achieve a sense of security and anxiety in facing this life. Religion could provide a solution to humans to achieve a sense of security, fear or anxiety in facing life's problems [19].

Based on the results of research in correctional institution class II-B Lhoknga Aceh Besar, it is known that 57.69% of respondents have a high quality of life. The results of this research explain that although life in there is not the same as in the outside, they might feel comfortable being there, as this could be caused by the coaching done by the penitentiary. This could be received well by the inmates. As the results of the research, 65.4% of respondents agreed that the relationship between staff and inmates in prison was good, whereas 69.2% of respondents agreed with the statement of staff helping inmates maintain contact with their families. This fact is also supported by statements in which 30.8% of respondents disagree strongly if they feel tense in prison.

In addition, the statistical test results show that old age has an odd ratio value of 0.5 could be interpreted as when the age increases, the higher the quality of life will be. According to the assumption of researchers, at the age of 38 years old or approaching 40 years old or more, one would have emotional stability, because at this age humans reach the peak of their lives in terms of physical, intellectual, emotional, work, and spiritual.

From the statistical test results, it has been obtained an odd age ratio of basic education 2.0 which could be interpreted as a risk of the low quality of life for respondents in primary education 2 times greater than respondents in higher education. Therefore, statistically there is no relationship between education and quality of life for female prisoners in Class II B Penitentiary Lhoknga (P-value = 0.059). The results of this study have shown that respondents who have the highest quality of life most are respondents with a high level of education, this is certainly in line with research conducted by Hajar & Sutejo [10].

The results of this statistical test obtained the odd ratio of respondents who had long been in prison 0.5 which could also be interpreted that the more the quality of life of respondents would be higher along with the length of respondents in prison. Statistically, there is clearly no relationship between the length of serving time and the quality of life of female prisoners in Lhoknga Class II Penitentiary (P-value = 0.085).

Clearly, the results of the study indicate that a high quality of life is more common in respondents who have not yet married. Statistical test results obtained odd ratio of respondents marital status 2.28 could interpret the risk of low quality of life in the respondents' marital status 2.2 times greater than respondents of unmarried status. Statistically, this has no relationship between marital status and quality of life for female inmates in Lhoknga Class II Penitentiary (P-value = 0.115).

Indeed, the results of the study show that the high quality of life of respondents with high spirituality is greater than those of low spirituality respondents. The statistical test results obtained an odd ratio of low spirituality respondents 4.6 could mean the risk of the low quality of life in low spirituality respondents 4.6 times greater than those of high spirituality respondents. Evidently, there is a relationship between spirituality and quality of life among female prisoners in Lhoknga Class II Penitentiary (P-value = 0.012).

This is certainly different from research conducted by Hajar & Sutejo ([10] wherein the variable quality of life, the majority of respondents who have the high quality of life are married respondents. Research conducted [13] in Penitentiary Class 1 Medaeng with qualitative methods says all subjects tend to go to places of worship to calm themselves down. There are respondents who have not been able to adapt to the penitentiary environment but respondents choose to go to the mosque so that their minds

are calm. Spirituality is different from religion, spirituality is a broader concept that is universal and personal while religion is part of spirituality related to culture and society [17]. According to McEwen [17] spirituality is a multidimensional phenomenon that produces universal experiences, social constructs and individual development throughout life.

4. CONCLUSION

In conclusion, the majority of respondents have a high quality of life. Of the 5 variables studied only spirituality related to the quality of life in female inmates in Class II B Penitentiary Lhoknga (P-value = 0.012 (OR; 4.6 CI: 1.39-12.24), while the variables for age, education, length of serving a sentence and marital status is not related to quality of life. To improve and to maintain the quality of life of female inmates in class II B Lhoknga, the authority can provide: regular religion activities (reading Quran in mosque, zikir), female prison role model, regular activities with improve togetherness (like exercise, playing volleyball).

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