



# Preventing Depression Using Mind Body Therapy to Female Inmates at The Sungguminasa Class IIA Women's Correctional Institution

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**Abstract.** This research aims to determine the influence of Mind body therapy implementation on depression prevention among female inmates at the Sungguminasa Class IIA Women's Correctional Institution. This research used a type of quantitative research with experimental research methods, where this research applied the Mind body therapy to female correctional residents. The sample for this research was 35 correctional inmates who were selected using a purposive sampling method with the criteria of being women aged 20-45 years and a prison term of more than 1 years. Data collection was done using the Perceived stress scale (PSS), and the data was analyzed using the Statistical Package for the Social Sciences (SPSS). The results of the study proved that the implementation of mind body therapy could reduce the level of stress experienced by female correctional inmates, so that it could be a solution to prevent depression in inmates during detention time.

**Keywords:** Depression · Mind body therapy · Perceive Stress Scale

## 1 Introduction

The Correctional Institution is a non-profit government institution aimed at providing guidance to someone who has committed a crime and has received a legal decision from the court as a criminal. Prisoners in correctional institutions are called Correctional Inmates. The training provided to correctional inmates focuses on care, education, guidance, respect for human dignity which will provide provisions for becoming better person after being released. However, this guidance cannot prevent female correctional inmates from experiencing mental health problems.

Based on observations and interview at the Sungguminasa Class IIA Women's Correctional Institution, depression is a major problem often experienced by female correctional inmates. Based on the results of observations and interviews, depression in female correctional inmates often occurs due to prolonged stress because of difficulty

to adapt the environment in detention center. Moreover, there is also an internal pressure from limited movement space which then causes the inmates to take wrong actions such as injuring themselves to release the stress. The prolonged stress experienced by women correctional inmates is caused by pressure, which is originally comes from internal and external factors such as loss of self-confidence, worry about their future or their family conditions, declining physical condition, longing for abandoned children and husbands, and finally, it is fear. The negative stigma from those closest ones that makes them even more depressed.

Depression occurred is influenced by stress which was not handled properly. Unresolved stress will affect self-attribution, thereby triggering negative thoughts and negative behaviors on themselves, others, and their future [1]. Negative attributions that occur among female correctional inmates' trigger depression which, if left unchecked, will affect mental health, causing significant changes in physical condition, making social relationships worse and losing hope for live survival [2].

Depression due to uncontrolled stress indicates that the individual has low self-regulation. Self-regulation itself is an individual's ability to direct and monitor behavior to achieve a certain goal by involving physical, cognitive, emotional, and social elements [3]. To prevent depression, a balance between body and mind is needed to build good self-regulation so that individuals are able to manage and control the stress that triggers depression. It surely important because it can create their own health, so that the impact of mental problems being experienced by female correctional inmates does not have an impact on the lives of inmates.

Through this research, researchers are going to examine the influence of the mind body therapy method in preventing depression by implementing therapy sessions with meditation and yoga. The mind body therapy method is a therapy with a holistic approach, where the mind, body and emotions are interconnected in improving mental health and physical health to prevent more serious problems such as depression. This is done by helping female correctional inmates to control stress by involving internal awareness to connected feelings, thoughts, and physical conditions. By creating a balance between body and mind, it will help to build self-regulation in female correctional inmates' mind, so that they are able to manage and control stress that triggers depression in creating their own mental health.

Meditation in this program attempts to influence brain waves which influence the sympathetic nerves to balance the work of organ systems [4]. The results of implementing meditation will help Women's Correctional Inmates in improving their implementation. This meditation will also help female correctional inmates to master asana (yoga movements) and prayana (breathing), which causes a better management of negative emotions and also will assist Women's Correctional Inmates in developing self-awareness. By doing asana and prayana, female correctional inmates can carry out yoga well, so that it will support balance between body and mind, and in the end, can strengthen their self-regulation [5]. Good self-regulation in female correctional inmates will influence stress level that causes depression during detention time, and this, finally, will help the Sungguminasa Class IIA Women's Correctional Institution in creating female correctional inmates who are able to get through the prison period well and are able to live freely and responsibly as members of Indonesia society after detention.

2 Method

This experimental research was carried out for 3 months. Participants in this research were correctional inmates at the Sungguminasa Class IIA Women's Correctional Institution in Pattalassang, Gowa Regency, South Sulawesi. The population in this study were all female correctional inmates and the sample size was 30 respondents who were selected using a purposive sampling technique with the sample criteria being female, serving a prison term of more than one year, and aged 20-50 years. The data collection method uses an adapted Perceived Stress Scale developed by Cohen and Williams (1988) which consists of 10 statement items with 6 favorable and 4 unfavorable items. The assessment of favorable items on this scale uses a Likert scale with 5 alternative answer choices, namely 0 (never), 1 (almost never), 2 (sometimes), 3 (quite often), and 4 (very often). Meanwhile, the rating scale for unfavorable items is the opposite of the favorable scale value system.

The research design used is one group pre-test post-test design, pre-test (Y1) is the administration of a questionnaire before giving treatment (X) while post-test (Y2) is carried out after giving treatment (X) to the sample. This aims to determine the reduction in stress experienced by correctional inmates after receiving treatment using the mind body therapy method.

Table 1. One Group Pretest-Posttest Design

| Group      | Pretest | Treatment | Posttest |
|------------|---------|-----------|----------|
| Experiment | Y1      | X         | Y2       |

The implementation was carried out based on the opinion of Bompa and Haff (2009; 207) where the implementation was carried out over 16 meetings so that the body could adapt and to obtain significant psychological changes. Data collection was carried out by having a pre-test at the beginning of the meeting before receiving treatment and conducting a post-test at the end of the implementation after getting treatment.

Table 2. Descriptive Statistics

| Variable | N  | Minimum | Maximum | Mean  | Std Deviation |
|----------|----|---------|---------|-------|---------------|
| Pretest  | 30 | 17      | 33      | 27.03 | 3.399         |
| Posttest | 30 | 6       | 18      | 11.93 | 2.586         |

From the descriptive statistics data, the average pretest result is 27,03 with a standard deviation of 3.399 and the average posttest result is 11.93 with a standard deviation of 2,586. Table also shows that the average pre-test and post-test results are greater than the standard deviation. It means that the data used by researchers does not vary. The minimum and maximum pre-test scores were greater than the minimum and maximum post-test scores, indicating that there was a change in scores after treatment was given to the sample.

**Table 3.** Kolmogorov-Smirnov Normality Test

| Variable | Statistics | df | Sig.                |
|----------|------------|----|---------------------|
| Pretest  | 0.166      | 30 | .033 <sup>c</sup>   |
| Posttest | 0.103      | 30 | .200 <sup>c,d</sup> |

By seeing Kolmogorov-Smirnov normality test, the pre-test has a significance of .033<sup>c</sup> and in the post-test there is .200<sup>c,d</sup>. If the significance value is  $> 0.05$  then the data used in the research has a normal distribution. And if the significance value is greater than 0.05 then the data used does not have a normal distribution.

**Table 4.** Paired sample statistics

| Variable | Mean  | N  | Std. Deviation | Std. Error Mean |
|----------|-------|----|----------------|-----------------|
| Pretest  | 27.03 | 30 | 3.399          | 620             |
| Posttest | 11.93 | 30 | 2.586          | 472             |

**Table 5.** Paired Difference

| Variable             | Mean  | Std. Deviation | Std. Error Mean | 95% Confidence Interval Difference |       | t      | df | Sig. (2-tailed) |
|----------------------|-------|----------------|-----------------|------------------------------------|-------|--------|----|-----------------|
| Pre-test - post-test | 7.400 | 3.719          | 0,679           | 6.011                              | 8.789 | 10.897 | 29 | .000            |

Based on the table above, the significance value (2-tailed) was  $< 0.05$  that showed the difference between the pre-test and post-test, this indicated that there was an influence on the treatment given. Then the significance value (2-tailed) is  $0.000 < 0.05$  showed that there was a significant difference between the initial variable and the final variable, this showed that there was a significant influence on the difference given to the sample.

### 3 RESULTS AND DISCUSSION

Based on the results of the problem formulation and research objectives, data was collected to determine the differences before and after giving mind body therapy treatment to correctional inmates. The pre-test and post-test were given using a perceived stress scale using a Likert scale consisting of 10 statements, 4 favorable questions and 4 unfavorable statements.

**3.1 Description of Pre-test Data**

The pre-test was carried out at the beginning of the meeting before giving treatment, where the inmates filled out the perceived stress scale. The results of data collection are then categorized based on stress indicators. The results of the pre-test will be a benchmark for implementation which will be taken into consideration by researchers in providing action to female correctional inmates.

**Table 6.** Stress Indicator

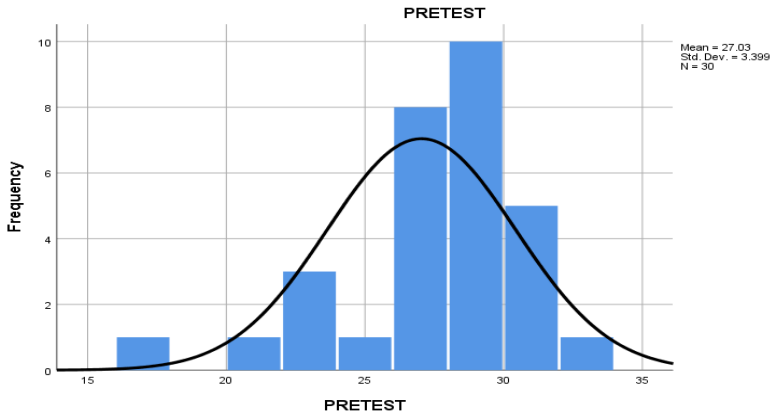
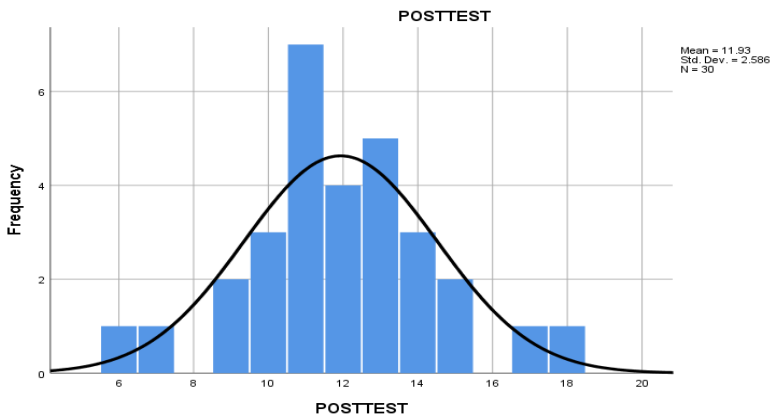
| Level   | Anxiety         |
|---------|-----------------|
| 0 - 13  | Low Stress      |
| 14 - 26 | Moderate Stress |
| 27 - 40 | High Stress     |

**3.2 Implementation of mind body therapy treatment**

After determining the research subjects, the researchers then planned treatment by providing mind body therapy treatment to help 30 female correctional inmates to prevent depression by focusing on reducing the level of stress experienced by correctional inmates which was held in 16 meetings. Starting from July 15 to August 20, 2023, the implementation will be held on Monday, Wednesday and Friday at 08.30 AM and will be held for 90 minutes at each meeting.

**3.3 Description of Posttest Data**

After implementing mind body therapy treatment on 30 correctional inmates, respondents again measured the perceived stress scale which contains 10 statements. Based on the results of the post test, there has been a change where the post-test diagram has decreased compared to the pre-test data, so the implementation of mind body therapy has an impact on the stress levels of Women's Prison Inmates with meditation and yoga therapy sessions with the assistance of researchers in establishing an interactive approach. with 30 female correctional inmates.

**Diagram 1. Histogram of Pretest Results****Diagram 2. Histogram of Posttest Results**

## 4 Conclusion

Based on the results of this experimental research regarding the effect of mind body therapy in preventing depression in female correctional inmates, it can be concluded that:

- A. Pre-test results are based on filling in the perceived stress scale at the beginning of the meeting before giving treatment. The data shows that the pre-test score that has been processed shows a range score of 27.03 which is categorized as high stress.

- B. The post test results show that the range score on the significance scale (2-tailed) is  $0.000 < 0.05$ , indicating that there is a significant difference between the initial variable and the final variable, where there is a decrease in the scale and based on the results of the t test, it shows that there is a significant difference between the initial variable and the final variable. final variable.

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