

## Relationship between Family Support and Welfare Psychology of Prisoners During the Covid-19 Pandemic

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### Abstract:

The high death rate due to Covid-19 does not only cause physical symptoms and illnesses but also has a major impact on well-being which includes mental health, including inmates at Class IIB Lumajang Penitentiary. The increasing number of inmates every year makes prison capacity overload. Low family support can lead to a person's psychological condition while serving a prison period, such as sadness, loneliness, and so on. The aim of the study was to determine the relationship between family support and the psychological well-being of inmates during the Covid 19 pandemic at Class IIB Lumajang Prison. The method used is correlation with cross-sectional design. The population in this study were all 529 inmates at Class IIB Lumajang prison in 2021 and the sample size was 228 respondents, using the simple random sampling technique. Retrieval of data using a questionnaire sheet family support and psychological well-being. The data obtained were then coded, scored, tabulated, and analyzed using the Spearman rank test. The results showed that most of the 120 respondents (52.6%) had good family support, and the psychological well-being of the majority of 135 respondents (59.2%) was in the sufficient category. The results of calculations with the Spearman rank test obtained  $p=0.000$ . Because  $p<0.05$ , there is a relationship between family support and the psychological well-being of prisoners during the Covid-19 pandemic at Class IIB Lumajang Prison in 2021. From the results of this study, it is hoped that respondents will be able to seek support from peers and prison staff to improve their psychological well-being and it is hoped that Class II B Lumajang prison officers will maximize their role to interact more deeply with prisoners.

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## INTRODUCTION

The COVID-19 pandemic is an infectious disease caused by a virus corona shining on the channel of human respiration. It can cause death, the disease can attack anyone, and it has happened everywhere. This virus comes from Wuhan, China, and now it's spreading to many countries, including Indonesia (Purwanto et al., 2020; Maisyaroh et al., 2023). The covid-19 pandemic has paralyzed various aspects of life, from education, work, religion, and the arts, causing material or non-material damage. The magnitude of the death rate not only causes physical signs and symptoms but has a major effect on well-being which includes mental health (Azizah, 2021; Ilpaj & Nurwati, 2020; Suryagustina, 2021).

Increasing the number of inmates each year became a major problem in the State developing with developed countries, according to the World Prison Brief report, which shows the

number of convicts in America Union of 2,121,600 people (Prison Studies in Agiesta, 2018). Data Ministry of Law and Human Rights in 2018, It is known that prison inmates in Indonesia reached 256,273 people, and capacity Prison housing is only for 126,164 people. Prison inmates reach 203% of the capacity (Satrio, 2019). Amount prisoners in East Java in 2019 as many as 13,442 or 66 percent of prisoners and criminal children living in prisons or detention center Number of inmates in September 2020 in Lumajang Regency of 529 people consisting of 16 female convicts, 3 children, and 210 male convicts (District Penitentiary Lumajang, 2020).

From the results of the interview on the 9th of March 2021 of, 15 prisoners, 9 people had good psychological well-being, and 6 people's psychological well-being was low; namely, 4 people felt anxious and worried about being infected covid-19 due to the imposition of restrictions The social consequences in prisons are less than optimal occupant overload. Besides that, families rarely ask about prisoners' conditions during serving time detainees, both officers and the prisoners themselves, regarding the conditions under which this crowded area is not worried about contracting it covid-19. Families also rarely bring medicines (vitamin supplements). maintain body immunity. 2 people feel objected/disappointed because there is a policy from prison authorities to limit visiting hours. The intensification of the family and visiting inmates will improve convict confidence, increasing welfare. The existence of this restriction creates a distance psychologically between both family and prisoner.

With the current density of prison occupants, of course, there will be new problems dropping levels of the health of prisoners due to limited room used, so we can not implement physical distancing because currently, Indonesia is experiencing a pandemic covid-19. Another possible potential entry of the virus into the prison environment is a visit from the inmate's family which, of course, comes from various regions and already interact with people outside the prison. The potential like this avoids remembering conditions of prison inmates that exceed the capacity it should be. This is what cause frequent problems to occur in prisoners, including symptoms of anxiety, depression, and trauma due to covid 19. These problems refer to the formation of psychological well-being.

Before the Covid 19 Pandemic condition occurred, Class II B Lumajang Lapas provided facilities in the form of face-to-face visits for families of the assisted residents of Class II B Lumajang Prison which were scheduled on Mondays, Tuesdays, Wednesdays, Thursdays and Saturdays at 09.00 – 11.00 WIB, but since On March 21, 2020, for the sake of preventing the spread of the Covid 19 virus in Class II B Prisons, a Lock Down was carried out (no face-to-face visits from families to Correctional Families). To further improve the health status of Prison Inmates during this pandemic, the prison still tolerates families to make visits to deposit goods for family members who are in the Class IIB Lumajang Lapas and to hold virtual visits through video call facilities, both from assisted residents. The Correctional Center, which is commonly referred to as "Docar Lajang" (Video Calls from Correctional Families to Families) and Video Calls from Families at home to Correctional Assisted Residents, is commonly referred to as "PAGODA". One of the family supports with the greatest influence is the presence of someone who visits them (in this case through the Free Video Call facility) to make the Prison Inmates feel happy. Especially when the person making the Video Call is the family, and they can still get visits from the family to take care of their belongings, which can increase their enjoyment, such as toiletries, food, medicines, and so on (Nugroho, 2020).

Based on the description above, the researcher is interested in discussing "The Relationship of Family Support with the Psychological Welfare of Prisoners During the Covid-19 Pandemic at Class IIB Lumajang Prison," and the study aimed to determine the relationship between family

support and the psychological well-being of inmates during the Covid 19 pandemic at Class IIB Lumajang Prison.

## METHOD

The research design used in this study used a cross-sectional research design. The population in this study amounted to 529 convicts. The number of samples is 228 people. Sampling using Simple random sampling. In conducting this research, the researchers determined the time for research on August 15, 2021. The data obtained was tested using the Statistical Package for the Social Science (SPSS) test using the Spearman rank test. The inclusion and exclusion criteria in this study are convicts registered at Class IIB Lumajang Lapas, prisoners willing to be respondents, cooperative prisoners, and prisoners who sign informed consent.

The instrument used in collecting research data is a questionnaire. The questionnaire used to determine family support was taken from Adha's research (2018). The family support questionnaire consists of 12 (twelve) questions related to emotional, esteem, instrumental, and informational support. The questionnaire used for psychological well-being was taken from Rahmi's research (2020). The questionnaire for psychological well-being found 26 (twenty-six) valid items related to self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal development.

## RESULT

This section presents the research results, which can be supplemented with tables, graphs (pictures), and/or charts. Part the discussion describes the results of processing data, logically interpreting findings meaningfully, and associating with relevant reference sources.

### Characteristics of Respondents

Table 1. Characteristics of Respondents Based on Age, Gender, and Education (n=228)

Variables	Frequency	Percentage
Age (years)		
21-30	58	25.4
31-40	116	50.9
41-50	48	21.1
51-60	6	2.6
Gender		
Man	212	93.0
Woman	16	7.0
Education		
Elementary	63	27.6
Junior high school	120	52.6
Senior high school	42	18.4
Limited company	3	1.3

Table 1 shows the distribution of respondents according to the age of convicts in Class IIB Correctional Institutions Lumajang, mostly aged 31–40 years, with as many as 116 respondents (50.9%). The distribution of respondents according to the sex of convicts at Class IIB Lumajang Prison, almost all of whom were male as many as 212 respondents (93.0%). The distribution of

respondents according to the education of convicts at Class IIB Lumajang Lapas, most of whom have a junior high school education of 120 respondents (52.6%).

## Family Support

Table 2. Frequency Distribution of the Demographic Data of Respondents according to Family Support

Support Family	Frequency	Percentage
Good	120	52.6
Enough	90	39.5
Not enough	18	7.9
Total	228	100

Table 2 shows the distribution of respondents according to the support of the convicts' families in Class IIB Lumajang Lapas; most are in the good category of 120 respondents (52.6%).

## Psychological Well-Being

Table 3. Distribution of the Frequency of Respondents' Psychological Well-being

Well-being Psychological	Frequency	Percentage
Good	89	39.0
Enough	135	59.2
Not enough	4	1.8
Total	228	100

Table 3 shows the distribution of respondents according to the psychological well-being of inmates at Class IIB Lumajang Correctional Institution; most of the categories are sufficient, as many as 135 respondents (59.2%).

## Relationship of Family Support with Psychological Well-Being

Table 4. The Relationship Between Family Support and The Psychological Well-Being of Convicts During The Covid 19 Pandemic

Family support	Psychological Well-being			Total	p
	Good	Enough	Not enough		
Good	66 (28.9%)	54 (23.7%)	0 (0%)	120 (52.6%)	0.000
Enough	20 (8.8%)	70 (30.7%)	0 (0%)	90 (39.5%)	
Not enough	3 (1.3%)	11 (4.8%)	4 (1.8%)	18 (7.9%)	
Total	89 (39.0%)	135 (59.2%)	4 (1.8%)	228 (100)	

From the results of the Spearman rank test, a value of  $<0.05$ , namely = 0.000, means that there is a relationship between family support and the psychological well-being of prisoners during the Covid-19 pandemic at the Class IIB Lumajang Penitentiary in 2021.

## DISCUSSION

### Family Support

Family support according Friedman (2013) is an attitude, an act of acceptance family to family members, form of informational support assessment, instrumental support and emotional support. The person who is in a supportive social environment generally have better conditions, because family support is considered acceptable reduce or buffer health effects individual mentality. Family support refers on perceived social support family members in the form of attitude or action. Family members looked on that person who is supportive always ready to provide help and assistance if needed (Friedman et al., 2010).

The results showed that the distribution of respondents according to the support of the convicts' families at Class IIB Lumajang Lapas was mostly in the good category, 120 respondents (52.6%), while in the sufficient category 90 respondents (39.5%), and in the less category 19 respondents (7.9%). Having high family support can make respondents steadfast and patient in serving their sentence.

This is in line with research conducted by Bukhori (2012) showing that there is a significant positive correlation between the meaningfulness of life and family social support with the mental health of Class I Penitentiary Class I Semarang prisoners. The higher the family support, the better the prisoner's mental health. Conversely, the lower the meaningfulness of life and family support, the lower the mental health of prisoners. The fulfillment of the needs provided by the family for convicts will make them psychologically more open and sensitive to the environment, so that when they return to society with good family support, they can increase awareness and patience in living a new life.

### Psychological Well-being

Psychological well-being is a state of full attainment of potential psychological person, namely the individual is able Become a person who is independent from pressure social life, being able to control the external environment, being able to continuously realize one's own potential, developing positive relationships with other people, and being able to make sense of one's life with clear goals in life, and be able to accept one's own strengths and weaknesses (Yuliani, 2018). The level of individual psychological well-being is closely related to the positive functioning that occurs in their lives. When an individual has a good psychological well-being condition, then the individual has a positive meaning in every life. Good psychological well-being will have a positive impact on life (Marcheline & Adiati, 2021).

The factors that affect the level of the respondent's welfare can be seen from the highest score from the questionnaire distribution, namely the ability of the respondent to solve problems encountered while in the Class IIB Lumajang prison. During the respondent's adaptation ability, self-acceptance and resolution of not repeating the actions that led him to prison can make the respondent's welfare not bad (good enough).

When viewed from the external aspect, the factors that influence psychological well-being are the age and education possessed by convicts. Age is able to make a person to be strong and think positively, that what is currently experienced is the fruit of the actions that have been carried out so far. The average age of the prisoners who were the respondents of this study was mostly 31-40 years, where this age is the adult age group (early adulthood and late adulthood) so that the thinking maturity of the prisoners has been perfectly formed. When serving a sentence, convicts can use it for self-reflection and introspection so that their psychological well-being does not decrease. Likewise with education, most of the respondents had junior high school education as



many as 120 people (52.6%). People who have education are certainly able to study, understand and actualize the newly acquired knowledge while serving their sentence. In prisons, prisoners are provided with skills, counseling and so on so that psychological well-being is in the sufficient category.

No matter how good a person's mentality is, if he enters a correctional institution, he will experience various psychological problems, because he has to live a life that is completely limited and isolated from the outside world. This can be used for respondents to do self-introspection and be able to refrain from things that could lead them back to the penitentiary. Respondents can also fill their free time in prison by participating in activities such as taking part in education and skills, entrepreneurship and so on facilitated by the prison so that when it is time to return to society they will have the provisions to navigate a new life. Not a few people who have left prison return to prison because their psychological well-being is low. This study shows the distribution of respondents according to the psychological well-being of inmates at Class IIB Lumajang Lapas, most of the moderate categories are 135 respondents (59.2%), while in the good category there are 89 respondents (39.0%) and in the less category there are 4 respondents (1.8%).

### **Relationship of Family Support with Psychological Well-Being**

From the Spearman rank test results obtained  $p\text{-value}=0.000 < 0.05$  which means that there is a family support relationship with the psychological well-being of prisoners during the covid 19 pandemic in Class Prisons IIB Lumajang Year 2021. Psychological well-being can be interpreted someone to live life with calm, content, happy, and rare show bad morals, if not prosperous, then someone always dealing with guilt, anxiety, fearful, indecisive, regretful, and irritable without real cause (Busro, 2018). Psychological well-being can improve with support family. Family support is one aspect that can influence psychological well-being. Family support are presence, willingness, concern from people who love someone (Yunitasari, 2018). Individual has a positive assessment against oneself, able to act independently autonomy, mastering the environment, owning purpose and meaning of life, and experience personality development then the individual it can be said to have psychological well-being (Pedhu, 2022).

The results of this study are in line with the results research conducted by (Alidrus et al., 2022) that the higher the social support family, the higher psychological well-being of female convicts in correctional institutions. And vice versa, the lower the family social support the lower the condition psychological well-being of female convicts in correctional institutions. Likewise with research conducted by researchers that there is very significant relationship between social support with well-being psychology of inmates in Lapas Narkotika with a value of  $r=0.500$ ,  $n=70$ ,  $p=0.000$ . It means, the higher the social support then the higher the psychological well-being inmates at the Narcotics Prison. And vice versa, the lower family social support then the lower level of psychological well-being inmates at the Narcotics Prison.

In this study, mostly prisoners have family social support in the good category as many as 120 convicts (52.6%) while the rest are in the moderate category of 90 convicts (39.5%) and low category 18 convicts (7.9%). Results that have been obtained shows that inmates in correctional institutions Class IIB Lumajang have support levels family in good category. Besides that, results descriptive data analysis also shows psychological well-being owned by most of the inmates are on sufficient category, namely as many as 130 (59.2%) while the rest are in the good category 89 convicts (39.0%) and low category 4 convicts (1.8%). Results that have been obtained shows that most prisoners in Class IIB prison in Lumajang has a level psychological well-being in the moderate category. Relative contribution of family support on inmates at Class IIB Lapas

Lumajang on this research from the results of statistical calculations know the value = 0.000 with the level the closeness of the relationship (Correlation Coefficient) of 0.370 the weak category.

The availability of family support will give the respondent the experience that he is still loved, valued, and cared for by the family where all the necessities of life while in Class IIB prisons are properly met; this shows that there is still attention and care for the respondent while serving his sentence. Family support provided by the family will improve psychological well-being so that respondents do not easily despair and so on because they can position themselves in a positive direction. For respondents, life in a Correctional Institution differs from the life of someone outside a Correctional Institution. If the condition of the respondent's welfare is low, it can cause stress. Therefore, a feeling of well-being within will enable the individual to survive and interpret the difficulties experienced as his life experience.

Thus, researchers argue that better support provided by the family will improve psychological well-being. While serving their sentence, Respondents can do self-introspection and build new enthusiasm by participating in one of the activities or activities in prison. This can be useful as a provision when later released from prison.

## CONCLUSION

The results of data analysis on the relationship between family support and the psychological well-being of prisoners during the Covid-19 pandemic at the Class IIB Lumajang prison show that good or sufficient family support will have an impact on good or sufficient psychological well-being. From the results of the Spearman rank test results were obtained p-value < 0.05 which means that there is a family support relationship with the psychological well-being of prisoners during the covid 19 pandemic in Class Prisons IIB Lumajang. Can be used as an ingredient evaluation and input for nurses to play an active role in education regarding family support and psychological well-being for prisoners and develop knowledge Nursing. Respondents need to search support from sources other than family, for example from peers as well as LP employees so they can see himself better and positive.

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