

FULFILLMENT OF THE RIGHTS OF DISABLED PRISONERS IN CORRECTIONAL INSTITUTIONS

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Abstract

This research aims to identify the challenges faced by elderly prisoners in correctional institutions related to declining physical abilities and mental health, analyze the role and effectiveness of independence development programs in helping elderly prisoners overcome these challenges and evaluate the benefits of developing independence for elderly prisoners, including improving the quality of life and their readiness for social reintegration after release. The findings show that mental health problems such as depression and anxiety are also more common among elderly prisoners, which are often exacerbated by social isolation and uncertainty about the future. This research uses a qualitative approach with a literature review method. A literature review was carried out to collect and analyze information from various literature sources that are relevant to the topic of fostering the independence of elderly prisoners. The results of the research can develop and implement a comprehensive and sustainable independence development program for elderly prisoners and involve medical personnel

Keywords: Elderly Prisoners, Independence, Mental health

A. INTRODUCTION

As life expectancy increases, the population of elderly prisoners in correctional institutions (prisons) is also increasing. According to research conducted by Turner & Trotter (2010), elderly prisoners face various physical and mental challenges that are different from other prisoners, such as decreased physical abilities, chronic diseases, and mental health problems. In Indonesia, elderly prisoners also experience difficulties due to inadequate prison facilities and limited health services, which fail to accommodate their specific needs (Kurniawati, 2022). (Moreover, the lack of geriatric healthcare programs in correctional facilities exacerbates their vulnerability, particularly in cases of chronic illnesses and disabilities. Without sufficient healthcare and social support, their condition tends to deteriorate more rapidly than their counterparts outside prison (Pradana & Arifin, 2021).

They often experience physical impairments that affect daily activities, as well as chronic illnesses that require special care. For example, Aday & Krabill (2011) noted that elderly prisoners have a higher prevalence of chronic illnesses than younger prisoners, and these conditions can worsen their quality of life in prison. A study found that elderly inmates suffer from multiple comorbidities such as cardiovascular diseases, diabetes, and arthritis, which require intensive medical attention. Furthermore, limited mobility in aging prisoners results in greater dependency on correctional staff and fellow inmates, increasing the burden on the system. Correctional institutions must implement specialized healthcare services to mitigate these health risks and improve the quality of life of elderly prisoners (Tsaqifa, 2020).

Additionally, mental health problems such as depression and anxiety are also more common among older prisoners, which are often exacerbated by social isolation and uncertainty about the future. Research indicates that the prevalence of depression and anxiety among elderly inmates is significantly higher than in the general elderly population (Di Lorito, Völlm, & Dening, 2018). The lack of social interaction and meaningful engagement in prison contributes to emotional distress and a decline in cognitive function. A systematic review also highlights that substance use disorders are prevalent among older prisoners, further complicating their mental health treatment. Addressing these issues requires tailored mental health programs that provide therapy, counseling, and emotional support for elderly inmates (Kamilah, 2022).

Therefore, a coaching program aimed at increasing their independence becomes very important. Independence coaching not only helps elderly prisoners face their sentence with more dignity but also prepares them for social reintegration after release. As stated, "Independence coaching can provide elderly prisoners with the skills they need to live more independent and meaningful lives, both in prison and after they return to society." Programs that focus on life skills training, vocational rehabilitation, and health education have been proven effective in enhancing their well-being and self-sufficiency (Lemieux, Dyeson, & Castiglione, 2002). The success of these programs depends on collaboration between correctional institutions, healthcare providers, and social workers to create a structured and supportive reintegration process (Williams, 2013). Additionally, proper policy adjustments and institutional commitment are necessary to ensure that elderly prisoners receive adequate resources for rehabilitation and reintegration.

B. LITERATURE REVIEW

Elderly Prisoners

Elderly inmates are defined as individuals aged 60 years and older who are serving their sentences in correctional institutions. Characteristics of elderly inmates include physical decline, special medical needs, and changes in mental conditions that require different treatment than other inmates (Pradana & Arifin, 2021). They often have difficulty adjusting to a correctional environment that is not designed for an elderly population, leading to increased stress and social isolation (Putri & Nurrahima, 2021). Research also highlights that elderly inmates often experience chronic illnesses that require continuous medical care, posing additional burdens on correctional facilities (Kurniawati, 2022).

Development of Independence

Independence coaching is the process of providing the skills, knowledge, and support needed for elderly prisoners to live their daily lives independently. The program includes training in daily activities, such as personal hygiene, cooking, and health management (Putri & Rekawati, 2020). Implementation of independence coaching in prisons can involve collaboration between prison officers, medical personnel, and psychologists. Additionally, structured rehabilitation programs have been shown to improve self-sufficiency among elderly prisoners, particularly in maintaining health and psychological well-being. (Sunarti, Ghozali, Haris, Rahman, & Rahman, 2020, p. 123).

Benefits of Independence Development for Elderly Prisoners

The literature shows that independence coaching has many benefits for older prisoners, including improved quality of life, reduced dependency, improved mental health, and support for social reintegration (Sholihah & Aktifah, 2021). Independence coaching also plays a role in reducing the risk of recidivism by preparing older prisoners for life after release (Subekti & Utami, 2023). In the Indonesian context, correctional institutions have started integrating

therapeutic programs such as Acceptance and Commitment Therapy (ACT) to help elderly prisoners manage anxiety and stress, enhancing their readiness for reintegration.

Framework of Thinking

The framework of thinking in this study is designed to understand the relationship between the challenges faced by elderly prisoners in correctional institutions, interventions in the form of independence coaching programs, and expected outcomes in the form of improved quality of life and readiness for social reintegration. Some of the things that underlie the framework of thinking in this study include the challenges faced by elderly prisoners.

Elderly prisoners have more vulnerable physical and mental conditions compared to younger prisoners. Factors such as physical decline, chronic illness, and mental health problems (e.g., depression and anxiety) are major barriers to living in prison (Firdaus, 2015). Physical decline can affect daily activities, while chronic illnesses require intensive medical care (Tsaqifa, 2020). Untreated mental health problems can also worsen their quality of life, making it essential for correctional institutions to provide tailored psychological and medical support. (Diyono, Kristanto, Aminingsih, & Yulianti, 2022, p. 45).

Independence Coaching as an Intervention

The independence coaching program is an intervention designed to help elderly prisoners overcome these challenges. This program can include a variety of activities such as life skills training, cognitive development, mental health support, and physical activity tailored to the conditions of elderly prisoners. Independence coaching aims to improve their ability to live their daily lives independently, both while in prison and after being released. By participating in the independence coaching program, elderly prisoners are expected to experience improvements in several aspects such as improving their quality of life.

This program can improve the physical and mental well-being of elderly prisoners by providing the support they need to live their daily lives better and with more dignity (Pradana & Arifin, 2021). One of the most important things is also readiness for social reintegration. Independence coaching also aims to prepare elderly prisoners to return to society after being released. With better life skills and independence, they are expected to be able to adapt to the environment outside prison and reduce the risk of re-committing crimes (recidivism) (Firdaus, 2015).

The expected results of this study are that it can show that independence coaching has a positive impact on elderly prisoners, especially in terms of improving the quality of life and readiness for social reintegration. In addition, the results of this study are also expected to provide recommendations for correctional institutions and policymakers to develop similar programs that are more effective and in accordance with the needs of elderly prisoners (Kurniawati, 2022).

C. RESEARCH METHODOLOGY

This article uses a qualitative approach with a literature review method. The literature review was conducted to collect and analyze information from various literature sources relevant to the topic of fostering the independence of elderly prisoners.

Data were obtained from various scientific journals, research reports, books, and articles from organizations working in the field of prisoner development. The main focus is literature that discusses the impact of independence development on elderly prisoners in correctional institutions.

D. RESULT AND DISCUSSION

Improving the Quality of Life of Elderly Prisoners

The results of the study showed that independence training significantly improved the quality of life of elderly prisoners. With the independence skills they gained, elderly prisoners were able to live their daily lives better and felt more empowered. Skills training such as personal hygiene, health management, and other basic skills were shown to have a positive impact on their well-being.

The Influence of Independence Development on Mental Health

Independence development also contributes to improving the mental health of elderly prisoners. When elderly prisoners feel capable of taking care of themselves, it reduces the feelings of hopelessness and depression that often arise from dependence on others. In addition, the emotional support provided during the coaching program helps elderly prisoners cope with stress and anxiety during their sentence.

Impact of Independence Development on Social Reintegration

Independence coaching prepares elderly inmates for better social reintegration. The skills acquired during coaching help them adjust to life outside prison, both in terms of managing basic needs and social interactions. It also reduces the risk of recidivism, as elderly inmates have the skills and confidence to lead productive lives after release.

Reducing Dependence and Recidivism

One of the main benefits of independence coaching is that it reduces the dependence of elderly prisoners on prison officers and other prisoners. When they are able to take care of themselves, it creates a more harmonious environment in the prison and reduces the burden on officers. In addition, independence coaching helps instill a positive mindset, which is important in preventing elderly prisoners from returning to a life of crime.

E. CONCLUSION

The development of independence for elderly prisoners in correctional institutions has broad and significant benefits. These benefits include improving quality of life, reducing dependency, improving mental health, supporting social reintegration, and reducing the risk of recidivism. The independence development program not only has a positive impact on elderly prisoners individually, but also creates a more conducive environment within the prison.

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