



Mental Coaching for Emotional Management in High-Risk Correctional Institutions with Super Maximum Security

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ABSTRACT

Mental coaching such as emotional management training in Correctional Institutions (prisons) is not only for training purpose but also should be a mandatory treatment for inmates. This coaching is useful for maintaining the mental health of inmates when serving their sentences, a form of rehabilitation, and preparation for integration. However, this form of coaching faces obstacles to being applied to high-risk inmates who are held in super maximum security prisons. Through visits and interviews with officers, it can be seen that this mental coaching training will be more beneficial for prison officers, especially super maximum prison security officers who face securing high-risk inmates every day.

INTRODUCTION

Correctional institutions are an important element in the criminal justice system whose main objective is to foster and guide prisoners so that they can reintegrate into society well and with dignity. As one of the drivers in the criminal justice system, this institution has a crucial responsibility not only in serving criminal sentences, but also in educating, rehabilitating, and preparing prisoners to live productively after completing their sentences.

Inmates retain fundamental rights like health, education, humane treatment, and self-improvement even after serving their sentences, therefore administration of correctional facilities must uphold legal protection standards and human rights. In addition to being against the values of justice, violations of these rights might impede social reintegration, which is the main goal of development initiatives. As a result, following these guidelines is essential to efficient correctional administration.

The Correctional Institution's structure is founded on the Republic of Indonesia's 1945 Constitution as well as Pancasila ideals, which serve as the cornerstone of the state. Pancasila offers a moral and ethical foundation for the administration of the penal system, particularly with regard to preserving fair and civilized humane principles. In the meantime, a legal framework established by the 1945 Constitution guarantees that all citizens—including prisoners—are treated fairly and in conformity with the law.

With this foundation, the Correctional Institution is expected to be able to carry out its function not only as a place to serve sentences, but also as a means of transformation for individuals to become better members of society. This reflects the state's commitment to implementing a justice system that is not only repressive, but also transformative, which ultimately aims to create a just, peaceful, and harmonious society.

As previously mentioned, the functions of correctional institutions include services, assistance,

community guidance, care, security, and observation, as outlined in Law Number 22 of 2022 on Corrections. These functions indicate a comprehensive approach that seeks to not only carry out criminal penalties but also to provide treatment that aids in the rehabilitation and social reintegration of prisoners. In this setting, the Correctional Institution serves as both a detention facility and a centre for individual development and mentoring so that they can contribute productively to society once their term is done.

The Minister of Justice of the Republic of Indonesia's Decree Number: M.02-PK.04.10 of 1990 on the Guideline of Prisoner Development emphasizes the importance of improving correctional guidance and counselling through a mental development approach that incorporates religious values and Pancasila. This strategy seeks to rebuild inmates' self-esteem as persons and citizens, allowing them to recognize their continued productive potential for national progress. This rehabilitation effort is critical not only for increasing inmates' self-esteem, but also for laying the groundwork for them to participate actively in social and economic life after their release.

The guidance and counselling provided address a variety of issues, particularly those related to mental health and skills. In the mental health setting, prisoners are taught moral principles, ethics, and spirituality in order to better their thinking and behaviour. Meanwhile, in the skills area, they receive practical training in areas such as job skills, entrepreneurship, or specific technical competence that are relevant to the labour market. This technique is supposed to provide inmates with skills that will enhance their economic independence in the future.

With this combination of mental and skill development, the correctional program serves as a full transformation instrument. Prisoners are expected not only to be aware of their misdeeds in the past, but also to cultivate new potential that will allow them to live a productive, dignified life consistent with societal ideals. This is consistent with the correctional system's objective of not just punishing but also educating and rehabilitating persons so that they can contribute to society. Mental improvement in prisons is achieved through

a variety of activities, including religious development. This exercise attempts to: grow spiritually, feel remorseful, and improve prisoners' self-confidence to become better people. In these diverse roles, correctional officers serve as guides and educators, social workers, guardians or parents, security guards, and community communicators. Mental development, such as mental coaching, differs from care, which is described in Law Number 2 of 2022 as activities carried out to support the physical and psychological circumstances of convicts, their children, and foster children. Mental coaching is the provision of mental maintenance services such as emotion management, healthy emotional expression, dealing with other people's emotional expressions, and aggressiveness control (Choi et al., 2023).

Emotional management training is crucial for prisoners' mental health, particularly for transforming negative emotions such as worry and wrath into positive emotions (Dewi et al., 2024). Mental development programs help offenders maintain their mental health, preparing them not just for reintegration but also for serving their terms in correctional institutions (Anton, 2022). Inmates must have good mental health in order to survive until the conclusion of their sentence and to successfully finish the correctional program. Individuals who must deal with the law undoubtedly face emotional stress and trauma, rendering them unable to survive in prison during their incarceration (Heipon & Subroto, 2023).

Inmates' mental health, in addition to physical health, is a critical component of rehabilitation. This component is also one of the reasons that prevents suicide, which occurs frequently in jail. Many inmates who are not mentally strong, have the tendency to choose to end their lives in prison. Mental health issues are one of the causes of this suicide (Mansyah & Hariati, 2023). Not only that, but after serving their sentence, mental health issues influence the recidivism rate for both convicts and former prisoners (Shishane et al., 2023). Individual counselling, psychosocial education, and group counselling are used to maintain mental health (Apriyani et al., 2017; Rudiansyah et al., 2023; Manurung et al., 2021). However, in practice, this is often hampered by overcrowding in prisons, lack of

human resources, and inadequate facilities and equipment (Sari, et al., 2022).

The level of security in correctional institutions (prisons) is critical to the effectiveness of the current development program. Still, jails with super-maximum security levels frequently pose substantial hurdles to development. This type of jail is intended to house high-risk offenders, such as those who have committed major crimes, terrorists, or who have a tendency to flee. Unfortunately, an approach that relies too heavily on isolation and tight security frequently overlooks the rehabilitation component, thereby harming prisoners' mental health.

Research by Kurki and Morris (2001) shows that super maximum security prisons tend not to meet the development goals that should be the core of the correctional system. On the contrary, an environment with prolonged isolation and tight security can damage prisoners' mental health, causing psychological stress, alienation, and even worsening their behaviour. This also indicates a violation of human rights (HAM), considering that prisoners still have the right to be treated humanely and have the opportunity to improve themselves.

Indonesia has at least five super maximum security prisons, two of which are new and intended to increase control over high-risk convicts (Patnistik, 2022). Yet, information about mental coaching programs in these facilities is limited. The absence of transparent public information on rehabilitation and disciplinary programs in super maximum security environments raises severe concerns about the extent to which rehabilitation objectives are met within this framework. Furthermore, an approach that focuses too heavily on security has the potential to create a disconnect between correctional policy and practice. The primary goal of the correctional system is to rehabilitate inmates so that they can return to society at a better capacity, rather than simply isolating them from the outside world. As a result, policies in supermaximum security prisons must be reevaluated in order to remain consistent with the concepts of rehabilitation and human rights. Even in extremely tight security situations, integrating good mental and skill development programs must be prioritized in order to achieve development goals

without jeopardizing prisoners' rights and welfare. However, even supermaximum security prisons recognize the need of developing and maintaining inmates' mental health. In Indonesia, spiritual approaches to inmate mental improvement are frequently used. The majority of the activities are religious. However, a psychological approach has also become a viable method of carrying out mental development.

Various correctional institutions apply a psychological approach to mental growth. One example is that Nusakambangan prison officials received psychological welfare training. Psychological counselling is also made available for inmates. Several prisons in Nusakambangan that have held psychological counseling include:

Class I Batu Nusakambangan Prison

This prison collaborates with the Indonesian Association of Clinical Psychologists (IPKI) to provide psychological counseling to its inmates (Batu, 2023).

Class IIA Karanganyar Nusakambangan Prison

This prison collaborates with the National Counterterrorism Agency (BNPT) to provide psychological counseling to terrorism prisoners (Kurniawan, 2024).

Class IIA Besi Nusakambangan Prison

This prison collaborates with BNPT to provide psychological assistance to inmates in terrorism cases (Son, 2024).

Class IIA Pasir Putih Nusakambangan Prison

This prison received visits from representatives of BNPT RI officers and Psychologists from HIMPSI Central Java to conduct routine examinations of terrorism prisoners (napiter) (Kusuma, 2023).

The incorporation of numerous development programs, particularly those focusing on mental health, is supposed to ensure that inmates' rights to mental health are adequately met. Fulfilling this right is essential to achieving the fundamental purpose of corrections, which is to rehabilitate inmates and reintegrate them into society. A good rehabilitation program not only helps inmates overcome trauma and mental problems caused by

their life experiences, but it also increases their ability to live productive and meaningful lives once their sentences are completed.

The effectiveness of the rehabilitation and reintegration program can be measured, among other indicators, by the rate of prisoner recidivism, or the likelihood of repeating criminal activities after release. A low recidivism rate suggests that the rehabilitation program was successful in changing convicts' mindsets and behaviours, as well as helping them gain skills to meet social and economic obstacles outside of jail. One new attempt to achieve this goal is the development of a mental health counselling program aimed at providing psychological support to convicts.

Since this counselling program is a relatively new initiative, more information is still needed from the prison community to understand how this program is implemented and to what extent it impacts the lives of prisoners. Further evaluation and research are essential to identify the strengths, weaknesses, and potential improvements of the program. Is this program able to create a conducive environment for mental development? How do prisoners respond to this counselling intervention? These questions are crucial to ensure that mental development programs truly contribute to achieving effective rehabilitation.

This raises a deeper research question: How do mental development and mental health programs support development in prisons in achieving rehabilitation goals? By answering this question, research is expected to provide valuable insights to develop more effective strategies in prisoner development, so that the Correctional Institution does not only function as a place of punishment, but also as an institution that is truly able to change the lives of prisoners for the better.

METHODS

This study will use a qualitative approach. Unstructured interviews were conducted to gather information on how prison officers view the implementation of mental health counselling and coaching programs in prisons. Prison officers who are directly involved interact with inmates, so they can see the daily lives of inmates. However, interviews couldn't be conducted with prison

officers. Data collection could also only be done once during a visit, so it is not possible to observe all activities carried out by prison inmates in their daily lives. Closed interviews with prison officers also cannot be conducted, so interviews are conducted in the context of open discussions during a visit to Nusakambangan, November 2024.

The limitations of this study lie in the limited number of informants that can be accessed. Prisons with maximum to super maximum security levels not only maintain the security of their inmates, but also various information about them. In addition, the psychological approach through prison officer training has only been carried out in the past year so that significant results have not been seen. This could be due to the Covid-19 pandemic that has occurred in the past four years which has meant that training could not be carried out earlier.

A relatively small quantitative data was obtained through secondary data provided by the correctional authorities. This data was provided through correspondence which was strictly confidential. The secondary information and data provided to the researcher is information that has obtained permission to be published. The information in this essay has passed the data request verification stage of the Information and Documentation Management Officer (PPID) of Pasir Putih Prison.

RESULTS AND DISCUSSION

Nusakambangan Island has several correctional institutions (prisons) with various levels. Referring to The Minister of Justice of the Republic of Indonesia's Decree (Permenkumham) No. 35 of 2018, these prisons are categorized based on the level of security, namely:

- Super Maximum Security Prison;
- Maximum Security Prison;
- Medium Security Prison;

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Minimum Security Prison.

Nusakambangan Island has several prisons, with 3 prisons with super maximum security, namely Batu Prison, Karanganyar Prison, and Pasir Putih Prison. Placement of prisoners is adjusted to the level of risk of prisoners as seen through the criteria (Article 10 of Permenkumham No. 35 of 2018):

- a. Endangering state security; and/or
- b. Endangering public safety.

A prison with a super maximum security level is a prison called "one man-one cell", where one person occupies one prison cell with minimized interaction. Prisoners who fall into this category have risks that are measured according to the criteria above, through an assessment by their correctional guardian. They are also always under the supervision of doctors, psychologists and referral psychiatrists who always ensure that prisoners are in good health. Prisoners have the opportunity to communicate with their immediate family via video call for 20 minutes once a month. Assessments and community outreach are carried out no later than 6 months, usually before that period because isolated conditions should not be carried out for a long period of time. The results of this assessment are used to decide whether prisoners can then be transferred to maximum security prisons, where prisoners will be placed communally, where one room contains 3-5 prisoners.

The guidance program provided is also adjusted to the level of prison security, and super maximum security prisons have a guidance program that includes (Permenkumham Article 11):

- a. Guidance on religious awareness;

- b. M
Guidance on national and state awareness;
- c. Guidance on basic legal principles; and
- d. Psychological counseling.

In practice, this guidance is not carried out in a rigid or fixed curriculum but through books and mentoring of prisoners with correctional guardians. Prisons do not have in-house counsellors or psychologists, so prisons collaborate with various other institutions that provide these services such as the National Counterterrorism Agency (BNPT) and the Indonesian Psychological Association (HIMPSI) to meet the need for psychological counselling. Nationalism indoctrination are carried out by providing books for prisoners to read in their rooms because prisoners cannot leave their cells. Mentors from BNPT and the Special Detachment 88 Anti-Terror (Densus 88) will conduct regular interviews and dialogues with terrorist prisoners to assess the reduction in risk levels according to the criteria stipulated in Permenkumham 35/2018. Prisoners in super maximum security prisons do not interact with security officers, therefore the guidance program is carried out through habituation so that a redefinition of criminals is formed. Awareness will arise from habituation and discipline. Coaching can also be carried out by officers through loudspeakers so that there is no direct interaction (Rachmayanthi, et al., 2020) Prisoners often experience psychological disorders that may occur due to adjustments to prison conditions, as well as hereditary factors. Prisoners who have shown a decrease in risk can then be transferred to a prison with a medium security level (Article 12 of Permenkumhan 35/2018).

The success of the correctional guidance program can be seen from the existing recidivism rate. It is hypothesized that the success of the

guidance program will result in little to zero recidivism. A strict guidance program is expected to have a deterrent effect on prisoners so that they will not commit violations and inhabit prisons again. The theory of deterrence punishment explains how humans are rational, so that punishment that causes suffering will make someone consider their actions and change their intentions to commit violations. Severe punishment will make the perpetrators, as well as those who witness it, change their intentions to commit violations. Imprisonment that takes away freedom is expected to deter perpetrators and deter those who witness it. Painful punishment, especially one that is quick, severe, and proportionate, can control and reduce harmful behaviour. This perspective suggests that the experience of being in a high-risk prison can ultimately reduce the risk of supermax prison inmates (Maulana, et al., 2022).

Nevertheless, this hypothesis ends in an assumption, not only because this hypothesis has various weaknesses (Ellis, 2003), but also because various studies show the failure of imprisonment as a deterrent that reduces or even eliminates recidivism. Super maximum security correctional facilities actually increase the rate of recidivism (Lovell, et al., 2007(Pizarro et al., 2014). Pasir Putih Prison, Nusakambangan, reported 5 recidivist since its opening as a super maximum prison in 2017 to 2024. One of them was the perpetrator of the bombing of the Astana Anyar Police Station, Bandung, in 2022. This may indicate that the super maximum security and disciplinary program does not necessarily eliminate the possibility of recidivism. The purpose of super maximum security itself is not to deter, but to secure high-risk prisoners (Article 9 of Permenkuham 35/2018). High-risk prisons such as those with super maximum security do not eliminate the possibilities of prisoners engaging in violent behaviour.

Prisoners misuse everyday items such as toothpaste, soap, shampoo, toothbrushes, cloth, chicken bones, and prayer mats as weapons, draw prison plans or paint slogans. Terrorist inmates in super maximum security prisons who are still unwavering in their ideology, target officers as *toghut*, who are considered idolaters (“worshippers of flattened birds”). Some inmates also attempt suicide or self-harm during family visits. This puts additional pressure on prison officers when interacting with inmates who attempt to harm themselves or others. Some terrorists use their ‘suffering’ in high-security prisons as a form of ‘social capital’ to gain respect after release. Super maximum security affects all high-security prison operations, including health care, because direct interaction with inmates requires trained security officers. Limited security resources can lead to activities that do not comply with work guidelines and affect other functions, including health care (Maulana, et al., 2022)

The motivation behind super maximum security is to “encourage behavioural change and reduce risk levels”, which implies rehabilitation motivation. However, there are concerns that the desire of terrorist prisoners to change is not driven by intervention programs but by the brutal building design and tight security systems (Maulana, et al., 2022). Super maximum prisons do not make rehabilitation a priority because the risk of security threats from prisoners is high so that interactions that are a medium for rehabilitation are impossible. The priority of super maximum prisons is the security of prisoners. Other high-risk prisons such as those with maximum security levels provide the possibility for rehabilitation programs under high supervision. Social connection is essential in recovery programs, cannot be overlooked. This interaction includes not just officers and inmates, but also connections with their relatives. A positive

relationship with prisoners' families is a key determinant in the success of high-risk rehabilitation programs (Gonzalez, 2021).

Mental coaching such as emotional management methods cannot be carried out immediately in super maximum security prisons, due to the lack of officer-inmate interaction. Prison security officers have a high prevalence of PTSD, depression and anxiety compared to other jobs and the general public. This can happen because of the daily pressure of prison security officers in dealing with violence, direct or indirect threats, and the risk of work accidents. However, this does not mean that this coaching cannot be done. Prison officers also need mental coaching to maintain their mental health in carrying out their stressful daily tasks in prison (Regehr, et al. 2019). The problem is, prison security officers rarely seek help because of stigma, lack of information about mental health (Wills, et al., 2021), and the unavailability of mental health services for prison security officers. According to research on the effectiveness of correctional institutions, some of the factors that contribute to ineffective coaching programs are limited trained officers, inadequate layout, outdated coaching methods, discontinuous stages, a lack of coaching time, and a lack of interest from prisoners (Bramandita & Prastiwi, 2023). Prison staff also help to improve the morale and mental health of prisoners serving life sentences (Pangestu, 2022). Research on their welfare is also rarely conducted so that there is a lack of information on how the conditions of prison officers affect rehabilitation programs. This was acknowledged by the prison officers who were the resource persons for the discussion, how their mental health was also affected by the condition of the prisoners being held.

CONCLUSION

Correctional institutions have the goal of coaching and guidance in social integration. The management of correctional institutions remains within the corridor of legal protection and respect for human rights. Correctional functions include assistance, coaching, community guidance, care, security and observation. Mental coaching in correctional institutions (Lapas) is an effort to improve and renew the behaviour of prisoners. Psychological mental coaching is indeed difficult to do in super maximum security prisons because of the minimal interaction between officers and prisoners. However, prison officers show the need for this mental training. There are needs of mental maintenance training for prison officers who are actually the spearhead of the rehabilitation program and integration of the correctional system.

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