

## FACTORS INFLUENCING VIOLATIONS OF CORRECTIONAL FACILITIES RULES COMMITTED BY PRISONERS IN SALEMBA

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### ABSTRACT

*Criminals who are in correctional institutions serve their sentences in accordance with the criminal articles imposed. The behavior that is often displayed by inmates in correctional institutions is that they do spiritual activities more often, but apart from that, they still have no desire to take part in existing activities, they also often violate existing rules in correctional institutions, some of them also feel that the activities those in prison are useful but some of them are still lazy in participating in activities already in prison. Basically, the function of correctional institutions is to prepare criminals so that they do not commit crimes again and help them change into better selves. To find out the problems that exist among inmates who are still carrying out activities that violate the rules in correctional institutions, a data collection method was carried out in the form of interviews and individual observations of ten inmates within a period of two weeks in March 2024. Results from interviews and observations found that the problem of inmates still violating the rules is due to their lack of self-regulation ability. Based on the dimensions of self-regulation, researchers conducted interviews with inmates and then the researchers selected five out of ten participants, it was found that all participants met three dimensions of self-regulation, namely the dimensions of forethought, performance and volitional control, self-reflection. From the findings of this interview, it is highly hoped that there will be follow-up training for the inmates to improve self-regulation.*

**Keywords:** self-regulation, correctional institutions, inmates

### 1. PREFACE

Correctional institutions or commonly called prisons are places or residences for people who have been found guilty by a court of violating the law. This correctional institution is a place to carry out guidance for prisoners and correctional students as regulated in Article 1 number 3 of Law Number 12 of 1995 concerning Corrections. A person who is in a correctional institution will have their right to freedom as a citizen revoked. This means that someone cannot be as free as someone outside prison. Correctional Institutions are not only for punishment, but also a coaching process for inmates so that they can realize their mistakes and try to regulate themselves. With this coaching, once the inmates are free they can be accepted back into society and their environment, even having better skills and being able to support work (Perkasa, 2020).

Violations do not only occur outside prison, but can also occur within it. There are many factors that cause this to happen, which is why further investigation and treatment is needed to prevent violations. Law enforcement is very necessary in handling violations of disciplinary regulations for correctional inmates. The aim of disciplinary punishment is as a form of administrative sanction which corrects and educates correctional inmates who commit disciplinary violations. Therefore, every correctional officer who has the authority to punish is obliged to first carefully examine correctional inmates who commit violations (Isfannoury, 2020).

Based on interviews conducted with prison officers to find out the condition of the inmates, information was obtained that the prison conducted by the researcher also had various activities provided by the officers so that the inmates had various activities, such as sports, productive work (such as sewing, making sandals, and making bread), educational activities (such as packet and English schools), religious activities, and health services (D, personal communication, February 23, 2024). As for the existing regulations at the prison, visits to the prison have a schedule and a maximum visitor limit of 5 people. If it exceeds that number, the next visitor must wait until the first 5 people have finished. The opening and closing hours are as follows: in the morning, from 07.30 to 11.00, and in the afternoon, from 13.30 to 16.30. Researchers, after conducting observations and interviews, found out that the conditions in the prison were like the regulations previously explained regarding visits, the people who visited were very orderly and followed the hours.

According to D, as a prison officer, the limited human resources in correctional institutions mean that inmates have very limited time to carry out activities provided by the prison, resulting in violations of rules by inmates. One form of rule violation that commonly occurs in prisons is interpersonal conflict between inmates. The closeness of individuals from different backgrounds and different levels of social skills can cause misunderstandings, disputes, and ultimately conflict. These conflicts can escalate and become arguments or physical disturbances that further disrupt order (D, personal communication, February 23, 2024).

Due to these limitations, the inmates feel bored every day just participating in student activities from morning to afternoon. Apart from that, researchers also found that the inmates were lazy, this was because they had previously consumed narcotics which was the influence of their laziness in participating in activities, they tended to only sleep and eat. Even though correctional institutions have provided facilities, not all inmates want to take part in the activities provided because some inmates choose to carry out activities after leaving prison. The behavior of inmates who do not follow prison rules may occur due to problems in their ability to regulate themselves. According to the theory of Schunk & Zimmerman (1997), it is explained that individuals who lack the ability to self-regulate act without direction and purpose, this seems to be in accordance with the conditions of inmates in prison. Therefore, in this research we were able to find out the reasons why inmates do not comply with the regulations that have been made in the prison.

## 2. RESEARCH METHOD

In this research, researchers used a qualitative approach with a case study type of research. Qualitative itself, according to (Mulyana, 2008), describes qualitative research as research that uses scientific methods to reveal a phenomenon by describing data and facts through words as a whole regarding the research subject. According to Basuki (2006), the definition of case study is a form of research (inquiry) or study of a problem that has particularity, can be carried out using either a qualitative or quantitative approach, targeting individuals or groups, even wide community. The researcher used this type of case study research because it was necessary to explore the condition of the inmates individually and the inmates tended to not be open and difficult to ask for their opinions, so the researcher only studied participants who were willing and had the characteristics of the participants that the researchers expected. The focus of the research is to identify the characteristics of inmates involved who have low *self-regulation*, as well as understanding the factors that influence rule-breaking behavior in prison.

Of the ten inmates who were willing to be interviewed, five people were selected based on specified criteria. Participants in this research were (a) inmates; (b) is serving a long sentence or

detention; (c) 24-25 years old. Participants are selected based on the criteria and willingness of the inmates.

Researchers conducted interviews with the first FS inmates, aged 25 years. FS is subject to Article 114 of the Narcotics Law. FS took this action because environmental and family factors caused FS to consume crystal methamphetamine. FS was given a sentence of 5 years and 2 months by the judge and has now served a sentence of 1 year.

Researchers conducted interviews with residents of the two RVs, aged 24 years. RV is subject to articles 114, 112 of the Narcotics Law. RV carried out this action because environmental and internal factors caused RV to consume and distribute crystal methamphetamine. RV distributed drugs from 2012 to 2015. Environmental factors were the problem, then internal factors also caused RV to consume drugs. During the 2019 *Covid pandemic*, RV had difficulty finding income to support his life, so RV distributed drugs to earn income.

The research conducted interviews with the third KR inmate, aged 25 years. KR is subject to Article 114 of the Narcotics Law, KR is distributing crystal methamphetamine. KR has served a sentence of 2 years and 4 months. KR took this action because of environmental factors and felt that being a dealer would make money faster. In 2015 KR used methamphetamine and in 2017 or 2018 he started distributing it.

The research conducted interviews with Fourth SR inmates, aged 27 years. SR is subject to Articles 114, 111 of the Narcotics Law and is a dealer in marijuana. SR took this action due to environmental factors. SR plans to work after leaving prison, but he is afraid of society's stigma against him.

The research conducted interviews with residents of the Fifth IG, aged 25 years. IG was charged under Article 170 of beatings. IG has served a sentence of 2 years, was sentenced to 6 years subsidiary 6 months. Environmental factors were the cause of the IG carrying out the beating until the victim died.

Data was collected through observation and interviews with participants in men's prisons. The researcher chose five participants according to the cases being studied. The participants the researcher chose had cases of drugs and beatings. The first interview meeting was conducted in a group with one participant, but the participant did not want to explain in full, so subsequent interviews were conducted face to face with each researcher interviewing one participant.

The place where the interview takes place is at a predetermined location, in the outdoor hallway on the second floor which can be visited by inmates. The researcher and participants sat next to each other on chairs with a distance of 50 cm. The researcher carried out observations and interviews with each participant for around 20-30 minutes and required several meetings to build *rapport* between the participant and the researcher. The interviews were conducted 2 weeks in a row.

Before starting the interview, the researcher built good rapport and provided paper and pen, the paper contained an identity form. Researchers have a paper which contains interview guidelines to ask participants in depth. Questions refer to participants' feelings when they are in prison as well as their daily life and what activities they do. The researcher also recorded the answers to the questions asked on the paper containing the questions.

### 3. RESULT AND DISCUSSION

After conducting interviews and observations with five inmates, it was found that the inmates still violated the rules determined by correctional institution officers. The problem of violating regulations in correctional institutions is very complex. Although rules are created to maintain order and discipline among inmates, there are various reasons why some individuals choose to break these rules. Factors such as internal motivation and external influences contribute to individual decision-making processes within correctional institutions, often leading to acts of noncompliance.

One of the factors that occurs in violation of regulations in correctional institutions is the density of correctional residents or *overcapacity*. The increasing number of inmates has led to *overcapacity* in many prisons, creating an environment where tensions are rising and conflicts are more likely to arise. This excessive density not only impacts human resources and infrastructure, but also exacerbates interpersonal conflicts among inmates. Bimantoro (2021) states that the impact caused by excess prison capacity causes a lack of supervision of prisoners, resulting in disruption of prisoners' rights.

Apart from interviews with inmates, it was concluded that violations of rules often occurred due to a lack of ability to control themselves, which resulted in them achieving their goals quickly without considering the truth or consequences. In line with this, Wangi and Walastri (2014) in their research found that crimes committed by inmates were generally caused by their inability to develop steps to achieve their goals and desires.

Thus, when they have a desire they tend to often be in a hurry and want to quickly fulfill their desire (Wangi and Walastri, 2014). Miller and Brown (1991) stated that self-regulation is an individual's ability to direct and monitor behavior to achieve a certain goal involving physical, cognitive, emotional and social elements. Therefore, based on the results of the interviews, it was concluded that the inmates indicated that they had low self-regulation.

*Self Regulation* is a process that continuously activates thoughts, behavior, *affects* (feelings) in an effort to achieve predetermined goals (Schunk & Zimmerman 1997). *Self Regulation* is a process where someone can regulate their achievements with their actions, evaluate their success when achieving targets and is a learning process that teaches individuals to be able to regulate themselves. The learning included in this is regulation which includes the thinking process and will emerge into a directed and orderly behavior (Omrod, 2009). Zimmerman (2000) defines *self-regulation* as a systematic effort to mobilize thoughts, feelings and actions to achieve personal goals.

According to Zimmerman, self-regulation is influenced by the individual, behavior and environment (Maghfirah & Rohmadi, 2017) including gender and class level (Ruminta et al., 2018). Meanwhile, other influencing factors are motivation and discipline or self-will (Friskilia and Winata, 2018) and self-observation (Nurussa'adah and Abidin, 2019). Apart from internal factors, there are external factors that also influence self-regulation, namely the influence of learning methods, conditions of the learning environment, peers, achievement and rules of the place of study, including control from parents (Suhendra et al., 2016).

This is related to strengthening or reinforcement in the form of rewards that can only be obtained from outside oneself (Karina & Herdiyanto, 2019; Wibowo & Nurwindasari, 2019). In this research, there has been no further research regarding the factors that cause inmates to have low

self-regulation abilities. Zimmerman (2000) defines that personal goal setting involves several stages of *self-regulation* which are divided into three dimensions, namely *forethought*, *performance* and *volitional control*, and *self-reflection*.

Forethought explains that *an* individual's ability to think first before taking an action, which aims to obtain positive results in the future. The indicators in the *forethought dimension* : *task analysis* is the ability to analyze roles and responsibilities, set goals, and plan strategic efforts to achieve goals. *Self-motivation beliefs* are beliefs to motivate oneself, including self-efficacy, goal orientation and expectations, and internal values within oneself.

Based on the interview results, RV has low *forethought* as indicated by his statement that "*I often have difficulty making decisions, usually I feel doubtful and indecisive and yes, I usually don't think about the consequences of my actions until it's too late* ." This also happened with other inmates, namely KR, SR, IG, and FS. KR said "*I sometimes find it difficult to assess the decisions I make, I don't know whether the decision is right or not* ." This is in line with the research results of Wangi and Walastri (2014) which stated that several behaviors of the inmates were found which indicated a low level of self-regulation, one of which was that the inmates were unable to make decisions in order to realize their desires.

FS is an inmate who has the desire to learn and wants to be better, but FS also said that "*... if the environment is still bad, it is difficult not to repeat the same mistakes*" . Similar to FS, IG also said that "*.. it is difficult to change if the environment is still bad*" .

*The performance and volitional control* dimensions are an individual's ability to control actions, emotions, impulses and will. *Performance and volitional control* are characterized by the following indicators: *self-control* is the ability to control oneself by involving the process of self-instruction to maintain concentration and choosing strategies to achieve goals. *Self-observation* is the ability to observe actions to produce a better understanding of oneself.

Based on the results of the interviews, it was concluded that KR and SR did not meet the dimensions of *performance and volitional control* , especially *self-control*. KR said that "*I am often distracted from the plans I have made and I lack focus on the goals I have set*." This is in line with research conducted by Sumayyah and Desiningrum (2016) showing that individuals need to regulate themselves so they can adjust their behavior to meet goals to be achieved. SR also said something similar that "*I am easily distracted from my own plans*" . As the results of research conducted by Wangi and Walastri (2014) stated that several behaviors of the inmates were found which indicated a low level of self-regulation, one of which was that the subject always felt unfocused and was easily distracted when completing tasks.

*Self-reflection* dimension is an individual's ability to self-reflect. The indicators of *the self-reflection dimension* are as follows: *self-judgment* is the ability to provide self-assessment against standards, and consider the causes and effects of actions taken. *Self-reaction* is the ability to react positively by changing goals hierarchically, choosing more effective strategies, and creating self-motivation in achieving goals.

Based on the results of the interviews, RV, FS, and IG admitted that they had repeated the same mistakes, so it was concluded that RV, FS, and IG still had low abilities in the *self-reflection dimension* . RV said that "*... I still make the same mistakes, I actually know it's wrong but when I'm in a pinch I can't resist the temptation not to make the same mistake again*." According to Berns (2013) self-regulation is a type of inability that involves someone controlling impulses,

behavior and emotions at the same time. As RV explains, RV still makes the same mistakes when he feels pressured.

As expressed by the inmates of FS (25) said that *"...I often go to the library here and take part in school packages, but I feel that the activities here are not sufficient because there are limited study times and study time is not optimal or less effective."*

Inmates KR (25) said that *"... I don't take part in activities in prison, usually I just watch TV in my room. Apart from that, I mostly do sports like futsal and table tennis", "... yes, I feel that the activities here are enough. "But I didn't take part because the activities didn't suit my interests so I wasn't interested in joining the activities."* This statement shows that he feels that he does not have enough time to participate in activities in prison. According to Susanto (2006), if individuals cannot regulate themselves well, this will result in less than optimal achievement of the goals they have set.

The inmates SR (27) said that *"... my routine here is just trading, I don't take part in existing activities"*. As expressed by the residents assisted by RV (24), he said that *"... used to join the Islamic boarding school but no longer because he was bored, usually now he just stays in the bedroom or does religious activities like praying and reading the Koran"*.

The inmates IG (25) said that *"... every day I only eat and sleep in my room apart from that, I mostly play futsal"*.

Based on interviews conducted with 5 inmates, it was found that each inmates generally did not fulfill 2 of the 3 dimensions of *self-regulation*. Based on the results of interviews with inmates, this research found that inmates, especially in cases of narcotics and beatings, generally the violations committed by inmates were caused by their lack of ability to carry out their steps to achieve their goals or desires.

Apart from that, frequent consumption of narcotics produces bad effects which ultimately causes the inmates to commit these actions. Narcotics are generally influenced by their closest friends or the environment, so they have weak self-control and they can follow what their friends are doing. Then the inmates' lack of ability to control themselves against negative impulses means that they cannot differentiate between acceptable and unacceptable behavior. This shows that the lack of self-regulation ability causes inmates to still break the rules and do things that are not right.

Based on the results of *the needs assessment*, inmates were found to be less able to manage their activities to achieve certain goals by controlling behavior, motivating themselves and using their cognitive abilities in taking action. Researchers conducted observations and interviews during three meetings with correctional inmates and it was discovered that they committed acts of violation of rules driven by several factors such as overcrowding of inmates or *overcapacity*. The problem of *overcapacity* in prisons is a problem that has been going on for a long time. This problem is not only caused by the lack of construction of prison buildings, but must also be seen from the perspective of other factors that cause this problem to arise.

This has led to the emergence of new factors, namely lack of self-control and being easily influenced by fellow inmates. To increase self-control in prisoners, guidance is needed by correctional institutions. Apart from that, the inmates also felt that not all of them were

interested in carrying out activities in the correctional institution, so they decided to only carry out spiritual activities and stay in their rooms.

#### **4. CONCLUSIONS AND RECOMMENDATIONS**

Based on the research results, it can be concluded that the factor that influences inmates to be lazy and not take part in activities in prison is their low self-regulation ability. This is proven by the results of interviews and observations of five inmates who generally do not fulfill 2 of the 3 dimensions of *self-regulation*. Inmates tend to break the rules because they lack the ability to control themselves, make hasty decisions, and do not take into account the consequences. They find it difficult to make decisions in order to realize their desires and they have difficulty assessing whether the decisions they have taken are correct or not. They also feel that they are often distracted from the plans they have made and lack focus on the goals they have set. Some of them also said that they often repeat the same mistakes and find it difficult to change if the environment is still bad. All of this shows that inmates experience an inability to self-regulate. Self-regulation is caused by several internal and external factors but in this research it has not been studied further regarding the causes of inmates having low self-regulation abilities.

Apart from internal factors, several external factors that influence the inmates to be lazy and not participate in activities in prison are the high population density which affects the discipline and obedience of the inmates. In addition, due to limited facilities, time and human resources in prisons, some inmates feel that the activities available do not suit their interests. Therefore, researchers suggest that developing a comprehensive program for inmates and increasing time efficiency that includes aspects of education, job training and social support can help inmates rebuild the lives of inmates in prison. The development of this program functions to reduce risk factors which can reduce acts of violation of disciplinary rules.

Based on the analysis, it was found that low self-regulation ability was one of the factors that influenced the inmates who still violated the rules, such as being lazy and not participating in activities in prison. Therefore, researchers suggest that inmates should be given activities that can improve their self-regulation abilities. This needs to be done so that violations of the rules do not occur again in prison or when inmates return to society. The implication is the importance of holistic interventions, including rehabilitation, social reintegration, a multidimensional approach to prevention, and policy reform to create a supportive environment for inmates. Although the challenges are great, with the right efforts, positive changes can be achieved in addressing environmental factors that influence inmates' criminal behavior.

A limitation of the research is that the interviews conducted with five participants were used as case studies, so they cannot be generalized to all inmates in prison. Apart from that, researchers were unable to carry out further analysis regarding the factors that cause inmates to have low self-regulation abilities. Therefore, suggestions for further research are to conduct more in-depth exploration to identify internal and external factors that specifically influence the self-regulation abilities of inmates. Further research can also examine whether low self-regulation abilities are a factor that influences someone to consume narcotics and commit assaults.

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