

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Gambaran Kesehatan Mental dan Penanganannya bagi Warga Binaan Pemasyarakatan (WBP) di Lapas Perempuan Kelas II A Pondok Bambu serta Tinjauannya Menurut Pandangan Islam

Latar Belakang: Kesehatan mental merupakan aspek penting dalam kesejahteraan individu, termasuk bagi Warga Binaan Pemasyarakatan (WBP) perempuan yang menjalani masa pidana di lembaga pemasyarakatan. Lingkungan lapas yang ditandai dengan pembatasan kebebasan, tekanan psikososial, keterpisahan dari keluarga, serta riwayat pengalaman traumatis menjadikan WBP perempuan sebagai kelompok yang rentan mengalami gangguan kesehatan mental. Oleh karena itu, diperlukan gambaran yang komprehensif mengenai kondisi kesehatan mental dan bentuk penanganan kesehatan mental yang dilakukan oleh WBP perempuan di Lapas Perempuan Kelas II A Pondok Bambu.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross-sectional. Populasi penelitian adalah seluruh WBP perempuan di Lapas Perempuan Kelas II A Pondok Bambu sebanyak 400 orang. Sampel berjumlah 80 responden yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan menggunakan kuesioner terstruktur meliputi DASS-21, Insomnia Severity Index (ISI), Self-Harm Inventory (SHI), Prison Adjustment Questionnaire (PAQ), Prison Victimization Survey, Prison Climate Questionnaire, serta Coping Orientation to Problems Experienced (COPE). Analisis data dilakukan secara univariat menggunakan SPSS versi 29.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas WBP perempuan berada pada kategori kecemasan normal (65%) dan depresi normal (66,3%). Namun demikian, gangguan tidur merupakan masalah yang dominan, dengan 53,8% responden mengalami insomnia sedang. Perilaku menyakiti diri ditemukan pada 75% responden. Sebagian besar responden mengalami kesulitan beradaptasi sedang (83,8%) dan tekanan lingkungan sedang (61,3%), sementara pengalaman kekerasan dilaporkan oleh 13,8% responden. Dalam hal penanganan kesehatan mental, mayoritas WBP perempuan memiliki tingkat coping adaptif tinggi (61,3%), coping maladaptif rendah (72,5%), dan coping netral pada tingkat sedang (75%).

Kesimpulan: Kondisi kesehatan mental WBP perempuan di Lapas Perempuan Kelas II A Pondok Bambu secara umum berada pada kategori relatif stabil untuk kecemasan dan depresi, namun disertai masalah gangguan tidur dan tingginya prevalensi perilaku menyakiti diri. Meskipun demikian, sebagian besar WBP perempuan telah menggunakan strategi coping adaptif dalam menghadapi permasalahan psikologis selama menjalani masa pidana. Temuan ini menegaskan pentingnya penguatan penanganan kesehatan mental yang berkelanjutan.

Kata Kunci: Kesehatan Mental, Warga Binaan Pemasyarakatan Perempuan, Coping, Gangguan Tidur, Lapas Perempuan

ABSTRACT

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Title : *An Overview of Mental Health and Its Management among Female Correctional Inmates at the Class II A Women's Correctional Facility, Pondok Bambu and Its Review from an Islamic Perspective*

Background: *Mental health is a crucial aspect of individual well-being, including for female correctional inmates serving sentences in correctional institutions. The prison environment, characterized by restricted freedom, psychosocial stressors, separation from family, and a history of traumatic experiences, places female inmates at a higher risk of mental health problems. Therefore, a comprehensive description of mental health conditions and mental health management practices among female inmates at the Class II A Women's Correctional Facility, Pondok Bambu, is required.*

Methods: *This study employed a descriptive quantitative design with a cross-sectional approach. The study population consisted of all female inmates at the Class II A Women's Correctional Facility, Pondok Bambu, totaling 400 individuals. A sample of 80 respondents was selected using purposive sampling. Data were collected using structured questionnaires, including the Depression Anxiety Stress Scales-21 (DASS-21), Insomnia Severity Index (ISI), Self-Harm Inventory (SHI), Prison Adjustment Questionnaire (PAQ), Prison Victimization Survey, Prison Climate Questionnaire, and Coping Orientation to Problems Experienced (COPE). Data analysis was conducted using univariate analysis with SPSS version 29.*

Results: *The findings showed that the majority of female inmates were classified as having normal levels of anxiety (65%) and depression (66.3%). However, sleep disturbances emerged as a dominant problem, with 53.8% of respondents experiencing moderate insomnia. Self-harm behavior was reported by 75% of respondents. Most respondents experienced moderate adjustment difficulties (83.8%) and moderate environmental stress (61.3%), while experiences of violence were reported by 13.8% of respondents. In terms of mental health management, most female inmates demonstrated high levels of adaptive coping (61.3%), low levels of maladaptive coping (72.5%), and moderate levels of neutral coping (75%).*

Conclusion: *The mental health condition of female inmates at the Class II A Women's Correctional Facility, Pondok Bambu, is generally relatively stable in terms of anxiety and depression; however, it is accompanied by sleep disturbances and a high prevalence of self-harm behavior. Nevertheless, most female inmates have adopted adaptive coping strategies to manage psychological problems during incarceration. These findings emphasize the importance of strengthening continuous and comprehensive mental health management.*

Keywords: *Mental Health, Female Correctional Inmates, Coping, Sleep Disturbance, Women's Correctional Facility*