

## **The Role Of Social And Psychological Support For Pregnant Women In Class Ii A Women's Correctional Institution, Semarang**

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### **Abstract**

#### **Introduction to the Problem**

Pregnant women in correctional facilities face unique challenges that affect their well-being and rehabilitation process. Incarceration can lead to increased psychological distress, social isolation, and inadequate access to essential healthcare services, including prenatal and postnatal care. The role of social and psychological support in correctional facilities is crucial to ensuring the well-being of pregnant inmates and their unborn children. However, in many institutions, the implementation of these support systems remains insufficient due to resource constraints, lack of trained personnel, and overcrowding. This study examines the extent to which social and psychological support is provided to pregnant women in the Women's Correctional Facility Class II A Semarang and identifies challenges in implementing these programs.

#### **Purpose/Study Objectives**

This study aims to analyze the role of social and psychological support for pregnant women in correctional facilities by assessing the availability and effectiveness of existing support programs, identifying challenges in their implementation, and evaluating their alignment with legal frameworks such as Law No. 22 of 2022 and Law No. 18 of 2014. Additionally, this research seeks to provide recommendations for improving social and psychological support in correctional settings, ensuring that pregnant inmates receive adequate care and assistance during their incarceration.

#### **Design/Methodology/Approach**

A qualitative research approach was employed to explore the experiences of pregnant women in correctional facilities and the implementation of support programs. Data were collected through in-depth interviews with pregnant inmates and correctional staff to understand their perspectives on social and psychological support. Observations were conducted within the correctional facility to assess the availability and quality of support services. Additionally, document analysis was performed on policies, regulations, and rehabilitation programs to evaluate their alignment with national legal frameworks and identify gaps in implementation.

#### **Findings**

The study found that social support is primarily provided through religious study groups and group counseling sessions, which help pregnant inmates cope with

incarceration. However, psychological support remains limited due to a lack of trained staff and inadequate infrastructure. One of the main challenges in implementing these support systems is the limited availability of trained professionals, resulting in infrequent counseling sessions. Overcrowding within the facility also restricts access to private counseling and mental health services, making it difficult for inmates to receive individualized psychological care. Additionally, reproductive health services are infrequent, leading to inconsistent prenatal care for pregnant inmates. Furthermore, insufficient training for correctional staff results in a lack of understanding of the specific needs of pregnant women, further hindering the effectiveness of existing support programs.

Although support programs align with legal regulations, their implementation remains suboptimal. To address these challenges, this study recommends increasing resource allocation to enhance support services, providing specialized training for correctional staff to better handle the needs of pregnant inmates, and improving facility infrastructure to create a more supportive environment. Strengthening these aspects will help ensure that pregnant women in correctional facilities receive the necessary social and psychological support to improve their well-being and rehabilitation outcomes.

**Paper Type:** Research Article

**Keywords:** Social Support, Psychological Support, Pregnant Women, Correctional Facility, Regulations.



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## Introduction

Pregnancy is one of phase life that requires attention special , especially related health physical , mental, and social . Attention to woman pregnant is very important Because phase This determine health mother and the fetus she is carrying . Conditions woman pregnant who needs support special become the more complex when they be in the environment limited , such as institution correctional . Some studies disclose that environment institution correctional own challenge unique , like limitations facility health , lack of access to support social , and isolation from environment outside , which can to worsen welfare physical and mental condition of prisoners woman pregnant ( Mumola , 2000).

In Indonesia, Class II A Semarang Women's Penitentiary is one of the... facilities that accommodate woman pregnant who is undergo punishment . Condition This need attention more to aspect social and psychological they , remembering limitations access health as well as mental stress faced . Research from Bard, Knight, and Plugge (2016) shows that woman pregnant in an institution correctional own risk more tall to disturbance mental health , such as depression and anxiety , compared with woman pregnant in the environment free . This is

caused by increased stress consequence isolation , social stigma , and lack of support from family and environment outside (Plugge, et al., 2016).

Welfare social and psychological woman pregnant in an institution correctional become very important Because influence health they as well as development fetus . A study by Chambers (2009) found that woman pregnant in prison often experience difficulty in get adequate prenatal care , and its impact can influence health fetus . In addition , Luther , Reichert, & Hasson (2011) emphasized that support good social and psychological can help woman pregnant in prison For more easy adapt with the pressure faced as well as reduce risk complications pregnancy .

Welfare social refers to a condition in which an individual can fulfil need basically as well as own support adequate social For face challenge life everyday . Well-being social is very related with support from other people, either in a way emotional , instrumental, and information , which helps somebody in maintain productive and meaningful life . According to House (1981) , support social shared become four category : support emotional , instrumental support , support information , and support awards . Support strong social has proven can reduce stress and strengthen capacity somebody in face crisis life , including for group prone to like woman pregnant in an institution correctional (Berkman & Glass, 2000).

Research by Thoits (2011) shows that support adequate social can repair condition welfare individual , good from aspect health physique or mentally. People who get support social tend own level more stress low , feel more safe , and have results better health good . Special For woman pregnant , support social can minimize risk complications pregnancy and strengthening connection social that can lighten up burden emotional during pregnancy (Cohen & Wills, 1985) .

Welfare psychological refers to a mental condition in which a person feel satisfied with his life , has price positive self , and able overcome pressure alive . According to theory welfare psychology as put forward by Ryff (1989), there is six dimensions welfare psychological which includes reception self , relationship positive with others, autonomy , mastery environment , goals life , and growth personal . Individuals who have welfare good psychology will capable overcome pressure life with more effective and have view positive about the future .

In context woman pregnant , well-being psychology is very important Because pregnancy often become period with stress tall consequence change physical , emotional , and social . A study by Dunkel Schetter (2011) showed that woman pregnant who is experiencing level high stress without support adequate psychological more prone to to problem mental health , such as anxiety and depression . On the other hand , women pregnant who gets support psychological ,

for example through counseling or therapy , tend to own level better mental health good and results more pregnancy positive (Dunkel Schetter & Tanner, 2012).

Welfare social and psychological each other related close , where support good social can strengthen welfare psychological a person . Research by Cohen & Wills (1985) shows that support social can functioning as a "buffer" that reduces impact negative from stress to welfare psychological . Support adequate social can provide a sense of security and help individual feel more capable face challenge emotional and social .

In context woman pregnant , well-being adequate social can prevent the occurrence problem psychological , such as stress excessive or depression , which can influence health mother and fetus . In addition , support good social also helps woman pregnant develop better coping skills effective in manage stress consequence change physical and psychological during pregnancy (Thoits, 2011).

Limitations access to service health , stress social , and lack of support psychological can increase risk complications during pregnancy , which ultimately also affects development fetus . Research conducted at the Women's Correctional Institution in England show that woman pregnant who is not get adequate support own risk more tall For experience problem pregnancy , such as birth premature or birth weight low (Knight & Plugge, 2016).

Women's case pregnant in an institution correctional No only occurred in Indonesia. In the United States , studies show that about 6-10% of women in prison currently pregnant moment they enter institution correctional . Pregnant women This face challenge significant in matter maintenance health , including limited access to prenatal care , support psychological , and well-being social during detention . Lack access to maintenance This can impact serious about health mother and fetus , and increase risk complications during pregnancy and birth ( Maruschak, 2006). While that , in England , the government has introducing support programs special mental health for woman pregnant in an institution community service . This program designed For reduce risk complications pregnancy , increase access maintenance health , as well as support maternal mental well-being . Policy the has show impact positive to health mother and fetus , helping prevent problem mental health and complications physical possible happen during pregnancy in a full environment pressure ( Knight & Plugge, 2005 ).

A number of regulation important in Indonesia has give base strong law For protection and fulfillment rights woman pregnant in an institution correctional . One of the relevant regulations is Law no. 22 of 2022 concerning Correctional , which states that woman in function reproduction , including woman pregnant , giving birth , or breastfeeding , including in group vulnerable . This is set up in a way clear in Article 61 Paragraph (2) Letter c, which states that Woman in function

reproduction entitled get attention and support , including fulfillment need basic , care health , as well as fulfillment other rights in accordance with condition they .

Apart from that , Article 4 paragraph (1) of the Regulation Government Number 58 of 1999 concerning Terms and Conditions of Implementation Authority , Duties, and Responsibilities of Care Prisoner arrange that maintenance prisoner must covers maintenance physical and spiritual , which is carried out based on the care program . More continued , Article 8 paragraph (1) in regulation the arrange rights prisoners , including right For get service health as well as mental and spiritual development . This confirms that convict woman pregnant entitled get support adequate social and psychological , appropriate with condition they .

Other supporting regulations is Constitution Number 18 of 2014 concerning Mental Health, which explains that health soul is a condition in which a person can develop in a way physical , mental, spiritual, and social . In Article 8 of the law mentioned , it is stated that effort promotional health souls are also carried out in Correctional Institutions and Detention Centers . Article (9) states that effort promotional This must includes (a) improvement knowledge and understanding convict about health soul , (b) training ability adaptation in society , and (c) create atmosphere conducive life For health soul prisoners . This means , the institution correctional own obligation For give supportive environment mental well-being , incl for woman pregnant .

Therefore that , make sure that woman pregnant in an institution correctional get support adequate social and psychological is very important thing For prevent complications health , good for Mother and also fetus . Support social in the form of help emotional and practical from officer , manpower health , and even fellow prisoner can give benefit significant in lower level stress and anxiety . While that , support psychological , such as access to counselor or service mental health , can increase welfare emotional woman pregnant women facing pressure consequence situation punishment and limitations access health .

This research aiming For analyze role support social and psychological for woman pregnant at the Class II A Women's Penitentiary in Semarang. With to examine various challenges faced , research This focus on how adequate support can increase welfare physical and mental condition of prisoners woman pregnant . In addition , research this will also analyze implementation base law related , such as Law No. 22 of 2022 and regulations others , in give protection and service for woman pregnant in an institution socialization . Hopefully , the results from study This can give more insight deep about importance support social and psychological as well as serve recommendation For increase quality services in the institution correctional .

## Methodology

Study This use approach descriptive qualitative For analyze role support social and psychological for woman pregnant at Class II A Women's Penitentiary in Semarang . Subject study consists of from convict woman pregnant , officer prisons , and manpower health . Data collected through interview in-depth , observation , and analysis documentation related policy as well as procedures that regulate support social and psychological in prison .

Data analysis was performed use technique analysis thematic , which includes collection , coding , and grouping of data based on themes main related support social and its impact to welfare psychological woman pregnant . The validity of the data is guaranteed through technique triangulation sources , member checking, and peer debriefing for ensure consistency as well as validity information obtained .

## Results and Discussion

### Research result

Findings study This give clear picture about How support social and psychological for woman pregnant in Class II A Women's Penitentiary in Semarang was implemented . In addition , the research This also identifies various obstacles and challenges faced in give support said . Although the support program social and psychological has applied , there is a number of constraints that affect effectiveness its implementation , good from aspect source Power and also condition environment prison . Discussion following will explain more Details about implementation support existing social and psychological , as well as various obstacles faced in support welfare convict woman pregnant .

#### 1. Implementation of Social and Psychological Support in Class II A Women's Prison Semarang

Based on the results of interviews and observations , support social and psychological for woman pregnant at Class II A Women's Prison in Semarang has applied in a number of form . Support social covers interaction routine between officer prisons and prisoners , as well as mental and spiritual development programs provided by the party prison through activity study and counseling group . One of the officer prison disclose ,

"We are personally routine stage activity study and counseling groups , especially For vulnerable prisoners like Mother pregnant , so that they Can get support emotional and mental." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

In addition , prisoners woman pregnant also get access service health reproduction that includes inspection routine from power medical , such as midwife and doctor the general public who came to prison in a way periodic . One of the convict woman pregnant state ,

" Routine midwife inspect every month , and if There is complaint special , i Can direct report to officer ." ( Interview with Inmate A LPP Class IIA Semarang).

For aspect support psychological , officer health prison give session counseling , although the intensity limited . One of the officer explain ,

" Counseling we usually do in accordance schedule , but Because limitations time , maybe Not yet can be optimal. We focus to those who appear to be most in need , such as convict pregnant ." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

Prisoner pregnant involved in activity designed coaching For support mental and physical health they during pregnancy .

## 2. Obstacles and Challenges

Although support social and psychological has applied , research This find a number of constraint in its implementation . One of obstacle main is limitations source power , good in amount trained officers and also facility available health . One of the convict say ,

" Sometimes There is complaints that are not Can direct handled , must waiting doctor come Sunday next ." ( Interview with Inmate A LPP Class IIA Semarang).

Counseling and examination sessions health often not can done in a way regular Because limitations power medical officer on duty at the prison . A officer health state ,

"The doctor came a week once , so if There is complaints of a nature urgent , somewhat difficult handled soon ." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

In addition , the condition overcapacity prison cause lack of room privacy For convict pregnant in get support optimal psychological . A officer prison add ,

" Capacity prison Already exceed , so room For counseling and examination often have to alternately and not Enough privacy ." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

Other findings show that Still There is lack in training officer prison about Handling special for convict pregnant , especially related aspect psychological and mental health , which hinders effectiveness giving more personal and targeted support . "We need more Lots training , especially about method handle convict with condition special like pregnant ," said a prison officer .

## Discussion

Based on results research that has been collected through interviews , observations , and documentation , can seen that support social and psychological for woman pregnant at Class II A Women's Penitentiary in Semarang has applied , even though Still face various constraints . In the section this , will discussed in a way Details

about How implementation support social and psychological the ongoing , challenges faced in its implementation , as well as relevance findings This with study literature and basis the law that has been explained previously . In addition , the discussion this will also review comparison with similar programs in other countries for enrich perspective about effort support for woman pregnant in an institution correctional .

#### 1. Implementation of Social and Psychological Support in Class II A Women's Prison Semarang

Support social and psychological benefits provided to convict woman pregnant in Class II A Women's Prison in Semarang shows existence effort For fulfil need base they , especially in aspect mental and reproductive health . Based on results interview with officer prisons and prisoners , development programs involving support social , such as study routine , counseling groups , and examinations health reproduction , has applied . A officer prison state ,

"We are personally routine stage activity study and counseling groups , especially For vulnerable prisoners like Mother pregnant , so that they Can get support emotional and mental." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

Such programs This help create a more environment supportive for convict pregnant , according to with theory support social from House (1981), which states that support social in the form of interaction emotional and spiritual can lighten up one's mental burden in face pressure life .

In context support health reproduction , prisoners pregnant get inspection health care carried out by midwives and doctors the general public who came in a way periodically . Although service This has available , frequency limited , as expressed by one of the prisoners , " Routine midwives inspect every month , and if There is complaint special , i Can direct report to officer ." Statement This show that although service health reproduction available , intensity and frequency inspection Still not optimal for fulfil need special woman pregnant , which requires maintenance more intensive .

In addition to support social , support psychological for convict pregnant is also given through session counseling , but the frequency limited Because limitations time and energy counselor . A officer health prison state ,

" Counseling we usually do in accordance schedule , but Because limitations time , maybe Not yet can be optimal. We focus to those who appear to be most in need , such as convict pregnant ." ( Interview with Officer Class IIA LPP Polyclinic Semarang).



This matter show that support psychological given Not yet maximum , and priority given to prisoners who are considered the most vulnerable in a way psychological . Findings This consistent with Dunkel Schetter's research (2011), which states that support intensive psychological care is essential For prevent impact negative from stress and pressure emotional experiences woman pregnant , especially in condition limited as in the institution correctional .

From the perspective law , implementation support This has in line with the provisions stipulated in Article 61 Paragraph (2) Letter c Law no. 22 of 2022, which states that Woman pregnant entitled get attention special in form maintenance adequate health and mental support . In addition , the Regulation Government Number 58 of 1999 concerning Maintenance Prisoners are also required to maintenance physical and spiritual , including mental and spiritual formation , which has implemented through study and counseling group .

However , there are limitations in intensity service counseling show that implementation Constitution the Not yet completely optimal. Constitution Number 18 of 2014 concerning Mental Health emphasizes importance mental health for all individuals , including prisoners , but findings study This show that support psychological for convict pregnant Still Not yet sufficient . This is reflect existence gap between existing regulations with its implementation in the field , especially related source limited power For ensure fulfillment rights mental health of prisoners pregnant .

**2. Obstacles and Challenges in Implementation Support Social and Psychological**  
Although the support program social and psychological has applied , research This identify a number of obstacle significant in implementation . Obstacles main is limitations source power , good in matter amount trained officers and also power health services available in prisons . This is cause service like counseling and examination health reproduction No can done in a way regular . One of the officer health disclose ,

"The doctor came a week once , so if There is complaints of a nature urgent , somewhat difficult handled soon ." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

Statement This indicates that although there is access service health , prisoners pregnant Possible must waiting long for get Handling medical , which of course just not ideal considering need health those who are specific .

In addition , overcapacity in prisons is also a problem. challenge big in implementation support social and psychological . Prisons that exceed capacity No only influence quality interaction social prisoners , but also reduce privacy in get support psychological . One of the officer prison add ,

" Capacity prison Already exceed , so room For counseling and examination often have to alternately and not Enough privacy ." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

Condition This reflect that available space For intervention psychological limited , which has the potential reduce effectiveness service counseling and triggering feeling isolated on prisoners pregnant .

Literature review show that environment full social pressure , such as in institutions correctional , can to worsen condition women's mental health pregnant . Cohen & Wills (1985) emphasized that support adequate social can functioning as a "buffer" against stress , but support This difficult given in condition physical that is not adequate . In addition , prisoners pregnant woman living in prison overcapacity is also more prone to experience anxiety and depression consequence limited room For interact in a way free and get personal counseling .

Other constraints is lack of training special for officer prison in handle convict pregnant . A officer prison state ,

"We need more Lots training , especially about method handle convict with condition special like pregnant ." ( Interview with Officer Class IIA LPP Polyclinic Semarang).

Findings This in line with study literature from Thoits (2011), who emphasized importance adequate training for officer For understand need psychological vulnerable individuals . Lack of training This hinder giving more personal and targeted support , which ultimately can to worsen mental welfare of prisoners pregnant .

Obstacles This show that although There is strong regulation related support social and psychological for convict pregnant , its implementation in the field Still Far from the ideal. Law Number 18 of 2014 concerning Mental Health and Law No. 22 of 2022 have give base clear law about rights health physical and mental condition of prisoners , but challenge source power , condition physique prisons , and the lack of training become barrier main For reach desired standard .

### 3. Comparison with International Implementation

Phenomenon limitations support social and psychological for woman pregnant in an institution correctional No only occurred in Indonesia. In the United States , studies show that 6-10% of women are imprisoned currently pregnant moment they enter institution correctional , and they face challenge big in get maintenance health as well as support adequate psychological support (Maruschak, 2006) . social and psychological in prison often limited , and care health reproduction No always available with adequate frequency , same as happened at Class II A Women's Prison in Semarang.

Temporary that , in England , the government has start implementing support programs better mental health comprehensive for woman pregnant in prison . This program covers counseling psychological , care prenatal health , and support social purpose For reduce risk complications pregnancy as well as increase maternal and fetal mental well-being (Knight & Plugge, 2005). Comparison This show that with allocation source more power big and right policies , support social and psychological for woman pregnant in prison can implemented more effective .

Learning from other countries such as English show that training special for officer prison , improvement frequency inspection health reproduction , and provision adequate space For service psychology is very important in increase welfare woman pregnant in an institution correctional . If implemented in Indonesia, the steps This can help overcome existing challenges and ensure that rights health physical and mental condition of prisoners pregnant fulfilled with Good .

### **Conclusion**

This research show that support social and psychological for woman pregnant at Class II A Women's Penitentiary in Semarang has applied through various mental and spiritual development programs , as well as service health reproduction . Although Thus , the implementation support the Still face a number of obstacles , such as limitations source power , overcapacity prisons , and the lack of training special for officers . Obstacles This impact on limitations access convict woman pregnant to counseling psychological and examination intensive health care , which is much needed For guard welfare their physical and mental health .

From the perspective law , implementation support This has in accordance with a number of existing provisions , such as Law No. 22 of 2022 and Law No. 18 of 2014 concerning Mental Health, which require fulfillment rights health physical and mental for prisoners . However , the gap between regulations and practices in the field Still significant , especially related with limitations source adequate power and infrastructure For support convict pregnant .

Learning from other countries, such as the United States and the United Kingdom , shows that allocation source more power big , training special , and improvement quality as well as frequency service health reproduction and counseling psychological is step important For increase welfare convict pregnant . Therefore that , it is necessary There is improvement support more social and psychological intensive in the institution correctional institutions in Indonesia so that rights health woman pregnant can fulfilled with more optimal .

### **Implications**

Research result This own a number of important implications for management support social and psychological in institutions correctional , especially for convict woman pregnant . First , research This highlight need urge For

increase source Power humans in prison , especially power trained health and counselors For handle condition special like pregnancy . Limitations in matter quantity and capacity officer prison have implications straight to quality support that can given , so that need There is allocation source more power big as well as more training comprehensive .

Second , overcapacity in institutions socialization and lack of adequate space For service counseling and mental health creates challenge Serious in give optimal support . Implications from findings This is the need repair infrastructure in prisons so that they can support privacy and comfort prisoners , especially for those who need support intensive psychological like woman pregnant .

Third , research This show that although regulation related , such as Law No. 22 of 2022 and Law No. 18 of 2014, have give base clear law about fulfillment rights health physical and mental for prisoners , their implementation in the field Still face constraints . This implies that policy more carry on required For ensure existence more mechanisms strong in supervise and evaluate implementation regulation said in prison .

Lastly , the findings This can become base for taker policy For consider improvement support psychological and social in institutions correctional in a way general , and for group prone to like woman pregnant in a way special . More programs intensive , good in form service mental health and support social based on community , need developed For ensure that convict woman pregnant get appropriate protection with need them , so that welfare them and the fetus they contain can awake with Good during the detention period

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