

Incorporating Psychological Approach in Nurturing the Inmates: Solution for Better Correctional System

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ARTICLE INFO

Keywords:

correctional system;
correctional facility;
inmates and nurturing
process

How to cite:

Rohayu, R., Absori., &
Surbakti, N. (2020).
Incorporating
Psychological Approach in
Nurturing the Inmates:
Solution for Better
Correctional System.
JURNAL MEDIA
HUKUM, 27(1), 23-32.

Article History:

Received: 03-11-2019
Reviewed: 21-12-2019
Revised: 20-06-2020
Accepted: 24-06-2020

ABSTRACT

Correctional facility has a duty and strategic function in implementing the imprisonment and nurturing the inmates. The existing regulations are unable to solve the problems within the correctional system. The purpose of this study is to find out a better solution with regard to the nurturing process of the inmates. This study employs doctrinal or normative approach. The research found that many inmates involve in criminal activities during the nurturing process. Besides, the inmates often become recidivists either by repeating the previous crime or conducting the new one. These facts show that the application of the existing regulations fail to change the inmates' behavior. Self-conscience of the inmates is a determinant factor and therefore, psychological approach needs to be incorporated in the nurturing process. This can be done especially by providing psychotherapy for the inmates.

DOI: [10.18196/jmh.20200139](https://doi.org/10.18196/jmh.20200139)

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1. Introduction

Correctional institution seeks to maintain a safe and secure facility and to provide inmates with opportunities for self-improvement. Recently, term correctional institution (*Lembaga Pemasyarakatan/LP*) has been used more frequently than the term prison (*penjara*). As its name implies, the former offers different approach to the convict from the latter. Correctional institution aims to look at and treat the criminals as human being.

As comparison, the purpose of prison system is merely to punish the perpetrators. Its image is negative since the society looked at the prison as a place for bad people. Consequently, many convicted persons have to encounter rejection from the members of the society in their return.

The rejection can neither be blamed nor justified. In many cases, the ex-prisoners often repeated to commit crimes after coming back. It is reasonable to worry that they may

give negative influences on the other members of the society, especially teenagers. However, prejudice and antipathy against ex-prisoners in general would also be unacceptable considering that many of them have been morally rehabilitated. Such persons really need sincere acceptance and support from the society, not a rejection. Otherwise, they may return back to the criminal activities.

The successful nurturing process in correctional system is reflected by the transformation of the inmates' behaviour when they come back into the society. Nevertheless, changing the inmates' behaviour is not a simple matter. Many inmates fail in their transformations and thus committing crimes again soon after leaving the correctional institution. Even there are many inmates involve in criminal activities while undergoing imprisonment. This phenomenon certainly rises a question on the quality of nurturing process received by the inmates inside the correctional institution. It seems that applying the existing rules¹ based only on positivistic paradigm² is not sufficient. As a matter of fact, crimes and riots occurring inside the correctional institutions that involves the inmates still happen today.³

Historically, the transformation from prison system to correctional system in Indonesia was intended not only to reformulate the imprisonment, but also to find out better method of treatment for the inmates. The treatment should serve multilateral orientation. Not only focusing on the inmates' potentials, it should also foster the community to participate in the so-called community building.⁴ Basically, the expected outcome of imprisonment carried out in correctional institution is to motivate the inmates to be good persons who respect and obey the law.⁵

From philosophical viewpoint, correctional system has abandoned the philosophy of retribution, deterrence and resocialization. In other words, punishment is not set for inflicting pain to the perpetrators for the sake of retaliation and not intended to create fear by means of pain. In addition, the convicts are not presumed as persons who lacks socialization. The philosophical basis of correctional system is social integration. As such, crime is assumed as a conflict that occurs between perpetrators and the community. Therefore, penalty is set to resolve the conflict and reunite the perpetrators and communities, or commonly referred to as reintegration.⁶

¹ Law Number 12 of 1995 on Correction mandates that Correctional Institution has a strategic function as the implementation of imprisonment as well as a place for nurturing the inmates.

² Legal positivism is a school of thought that addresses legal concepts exclusively and is rooted in current legislation. Legal positivism is also interpreted as a theory which states that the law will only be valid if it is in the form of norms that can be enforced and determined by an instrument in a country.

Sutanto, A.F. (2010). *Non-Systematic Legal Sciences: The Foundation of Philosophy of Indonesia Legal Science Development*. Genta Publishing, p. xiii.

³ Crimes committed by the inmates inside the Correctional Institutions include maltreatment, murder, drugs, and arson. Such situation leads to negative presumption that they would probably break the law after leaving the Correctional Institution or become recidivists.

Sosiawan, U.M. (2017). Upaya Penanggulangan Kerusuhan di Lembaga Pemasyarakatan. *Jurnal Penelitian Hukum De Jure*, 17(3), p. 366.

⁴ Poernomo, B. (1966). *Pelaksanaan Pidana Penjara dengan Sistem Pemasyarakatan di Indonesia*. Liberty, p. 95.

⁵ *Ibid*

⁶ Direktorat Jendral Pemasyarakatan. (2009). Cetak Biru, *Pembaharuan Pelaksanaan Sistem Pemasyarakatan*. Direktorat Jendral Pemasyarakatan, p. 11.

1.1. Statement of Problem

Overcapacity⁷ constitutes the classic problem that causes conflict within the penitentiary institution. Conflicts may occur among the inmates or between the inmates and the officers. The first type of conflict often leads to fights that result in persecution or even murder. With regard to the second type of conflict, sometimes the officers abuse their powers to intimidate the inmates with either physical or psychological violence.⁸

Prison system has also been criticized for its ineffectiveness in deterring the criminals. In some countries, the prison has even been criticized for producing more dangerous criminals. The interaction between fellow inmates with different backgrounds facilitates the transfer of knowledge and skill in doing crimes. Therefore, to some extent the prison also functions as the school for criminals. Furthermore, imprisonment also shows its weaknesses for creating dehumanization.⁹ All above matters prove that the nurturing process of the inmates need some improvements in order to successfully achieve its goals. The purpose of this paper is to find out the better approach in nurturing the inmates.

2. Method

This normative or doctrinal research employs comparative approach. The comparison was made with regard to the pattern of nurturing the inmates between Indonesia and Malaysia. Library-based study has been conducted to find out relevant primary and secondary legal materials. Primary legal materials used in this study consist of Law Number 12 of 1995 on Correction, the Government Regulation Number 31 of 1999 on Nurturing and Coaching of the Inmates, and the Decree of the Justice Minister No. M.02.PK.04.10 of 1990 on Nurturing Pattern of Criminal Offenders the Correctional System. Secondary legal materials used in this study include books and journal articles.

3. Analysis and Results

3.1. The Existing System of Nurturing the Inmates in Indonesia

The existing law and regulation relating to nurturing the inmates have actually been complete, however, applying the laws alone is not enough to reach the goal. Various aspects will also be influential to obtain the expected outcome such as infrastructure, officers, and the inmates themselves. Internal factor that motivates the inmates to obey the law or may be called legal awareness or legal conscience¹⁰ should be given more attention in nurturing process.

Based on above explanation, it is clear that correctional system does not solely serve the objectives of imprisonment, rather it is a guidance system that employs multilateral

⁷ Angkasa. (2020). Memutus Rantai Penyebaran COVID-19: Efektivitas Peraturan Perundang-undangan VS Pengeluaran dan Pembebasan Narapidana di Masa Pandemi, Web Seminar *Problematika Kebijakan Pembebasan Narapidana pada Masa Darurat Pandemi Covid-19*, Surabaya, Sabtu 9 Maret, Universitas Hangtuah. Angkasa prefers the term overpopulation rather than overcapacity.

⁸ Wirjaya, A., & Astried Permata, A. (2017). *Kematian Tahanan, Kegagalan Pemidanaan: Seri Monitoring dan Dokumentasi Pelanggaran Hak Asasi Manusia di Indonesia*, Lembaga Bantuan Hukum Masyarakat, p. 13-14.

⁹ Santoso, M.A. (2002). *Paradigma Baru Hukum Pidana*. Averroes Press, p. 15-16.

¹⁰ Friedman, L.M.. (2015). *Sistem Hukum: Perspektif Ilmu Sosial* (7th ed). Nusamedia, p. 81.

treatments for offenders. The approach used in this method is concerned more on the individual potentials and the society as a whole (community-based treatment).¹¹

Individual-centered treatment of the offender can be done with a psychological approach. Imprisonment is the last stage when a person is proven guilty of a crime. The perpetrator is placed in a correctional institution which aims to facilitates the transformation of the perpetrators to become good persons. From psychological perspective, correctional institution function as rehabilitation facilities for criminals. There would be a behavioral and mental transformation in the part of the inmates after undergoing this rehabilitation processes. In short, they behave will be better and become more useful persons within the community.

In connection to the above matters, several psychological concepts can be offered to reach the goal. These include personal orientation by utilizing individual/group therapy (for example cognitive therapy) and environmental orientation by creating a physical environment that supports the behavioral transformation of the inmates. With regard to this, the number of inmates should be in accordance with the size of the cell space to avoid density and distress which may lead to the aggressiveness.¹²

Harsono highlights that a top-down approach as applied so far is definitely ineffective and therefore this orientation should be changed in to the bottom-up approach. The bottom-up approach suggest the transformation process based on the inmates' learning needs. As such, the inmates should undergo a pre-test to check their levels of knowledge and to know their skills and interests. This will be followed with a mid-test in the middle of and a post-test in the end of the process to measure the progress.¹³

Considering the large number of inmates in every correctional institution throughout Indonesia, indeed, such an approach will not be easy in its implementation. Therefore, the government should provide appropriate condition in the correctional institution by, for example, minimizing the number of inmates in each block and in the sleeping area. Another issue to be considered is proportionality of the number of officers. Imbalance in number will cause the difficulties in controlling the inmates and may stimulate riots as ever took place in some correctional facilities recently. Consequently, the use of criminal sanction in the imprisonment should be limited to reduce the population in correctional facilities. Therefore, the nurturing process can be carried out more easily and properly.

The authoritarian approach shown by the officers may lead them to be in conflict with the inmates. As mandated by the the correctional law, the officer should guide the inmates. This task cannot be conducted properly when there is a conflict between the officers and the inmates. Such an uncomfortable situation may cause reluctance in the part of the inmates to take part in the nurturing program.

Obedying the rules generally just because people are afraid of the officers can lead to disobedience or even rebellion that can explode at any time. Whereas, mutual respect

¹¹ Gunakarya, W. (1998). *Sejarah dan Konsepsi Pemasarakatan*. Amrico, p. 83.

¹² Agung, I.V. (2000). *Kontribusi Psikologi dalam Penegakan Hukum di Indonesia*. <https://vano2000.files.wordpress.com/2012/06/kontribusi-psikologi-dalam-penegakan-hukum-di-indonesia.pdf> [Accessed June 24, 2018. 9.30 PM].

¹³ Rifai, M. *Program Intervensi Kemanusiaan Bagi Pembinaan Narapidana*. <http://publikasi.fisip.unila.ac.id/index.php/sosiologi/article/download/188/195>. [Accessed June 25, 2018. 10 PM].

will foster a sense of awareness in the part of the inmates in response to humanly treatment. Inmates are human being, just like other human beings. The point of difference between them and other human being is that they suffer from the deprivation of independence for temporary time as the consequence of their negative conducts.

Humans are humans. Whatever its religion, culture, customs, language, gender, nationality or wealth, race, color, even their ideological orientation, every human being has the right to humanity.¹⁴ However, it is important to emphasize that individuals cannot be separated from the bonds of social responsibility, social responsibility must not harm the dignity as God creatures.¹⁵

Saharjo states that criminal imprisonment as a criminal restraint of freedom should be curb individual independence by giving prisoners' the opportunity to repent. In addition, Saharjo has also established the main concepts of correctional conception, which are:¹⁶

1. People who get lost are protected by giving them life provisions as a useful citizen in society;
2. Dropping the criminal is not an act of revenge from the state;
3. Repentance cannot be achieved by torture but by guidance;
4. The state has no right to make someone more malicious than before they prisoned;
5. During the loss of freedom, the inmates must be introduced to the community and may not be exiled from society;
6. The work given to inmates must not be time-consuming or only for the state's interests at the time;
7. Guidance and upbringing must be based on *Pancasila*;
8. Human being must be treated humanly;
9. Prisoners are only given the loss of independence penalty;
10. It is necessary to establish new correctional institutions in accordance with the implementation needs of the guidance and conviction program.

One of the main principles in guiding the inmates as stated by Saharjo is "repentance cannot be achieved by torture but by guidance". In order to foster the repentance, moral guidance based on religious values should be given. With regard to this, the tendency among the officers to use positivistic approach will be contra productive. Moreover, if there is an abuse of power by inflicting both physical and psychological violence against the inmates. Such approach will cause the failure in achieving the goal of nurturing program.

Study made by Center for Detention Studies shows that almost all the inmates experienced various forms of violence. In the *Nusakambangan*, canings are inflicted to the inmates.¹⁷ The involvement of the officers in such persecution can be as

¹⁴ Tanya, dkk. (2015). *Pancasila Bingkai Hukum Indonesia*. Genta Publishing, p. 51.

¹⁵ *Ibid*.

¹⁶ Saharjo dalam Sihombing, N. (2013). *Pola Pembinaan terhadap Narapidana dalam Bidang Agama di Lembaga Pemasyarakatan Klas II b*. <http://nelsonsihombing.blogspot.co.id/2013/09/pola-pembinaan-terhadap-narapidana.html> [Accessed June 24, 2018. 9.30 PM].

¹⁷ Center for Detention Studies, *Realitas Penjara Indonesia 2: Survei Kualitas Layanan Pemasyarakatan (Wilayah Aceh, Bandung, Nusakambangan dan Semarang)*. (2015). Center for Detention Studies, p. 78. Look in Wirjaya, A & Permata, A. (2017). *Op. Cit*, p. 14.

perpetrators or abandoning the practice of persecution by other officers. They see the persecution but they did not take any necessary action to prevent it.¹⁸

It is important to be noted that psychotherapy should be given not only to the inmates but also the officers since they also need it. Boredom, paranoia against the inmates, and excessive feelings of worry because of living together with the perpetrators of crime would certainly interfere their mentality. Such pressures will definitely affect their work, emotions and their behaviors against the inmates.

3.2. Nurturing Process in Malaysia: A Comparative Study

Nurturing program in Malaysia is known as the Development of Human Program. This program has some phases, as follows:¹⁹

1. In the first phase, all prisoners are required to attend a disciplinary training within three months;
2. The second phase is the continuation of the first phase and the formation of identity and principle of good life. This phase takes six to nine months and inmates are given an opportunity to explore the religions respectively;
3. In the third phase, inmates undergo skills training. The length of time in the skills program depends on the sentence served by the prisoners. To practice the skills program, the prison team cooperates with outside parties such as the National Vocational Training Council. Prisoners are given a kind of certificate if finishing the skills course.

In addition, the Malaysian prison also signed a memorandum of understanding (MoU) with CIDB (Construction Industrial Development Board) for coaching courses such as making ceiling-plasters and dealing with coal. For inmates who serve short penalties undergo disciplinary training in the first and second phases only.

4. The fourth phase is a pre-free program in which prisoners are allowed to work outside specifically for well-behaved inmates. In the morning prisoners go to work and in the afternoon return back to prison. Additionally, the parole system was also introduced as the first, second and third phase of the continuation. For example, if an inmate is jailed for two years, then the last four months of the penalty will be spent outside the prison. Prisoners may return to the family homes, and interact with the community under the supervision of parole employees.

Treatment for juvenile delinquents and the process of imposing imprisonment is governed under the Child Act 2001. There are four different types of institutions for children who violate the law, with varying levels of security as follows:

1. Probation Hostels

Probation Hostels are designated and determined by the Minister of Women, Family and Community Development. Regulation, management and inspection by the life insurance and the implementation is guided by the Probation Hostels Regulation 1982.

¹⁸ Center for Detention Studies, *Realitas Penjara Indonesia 4: Survei Kualitas Layanan Pemasyarakatan (Wilayah Kupang, Pontianak, dan Manado)*. (2015). Jakarta: Center for Detention Studies, p. 78. Look in Wirjaya, A & Permata, A. (2017). *Ibid*.

¹⁹Deliani, (2007). Implementasi Ide Individualisasi Pidana dalam Pelaksanaan Pembinaan Narapidana. *Jurnal Pro Justisia*, 25 (2), p. 103-104.

2. School of Tunas Bakti (STBs)

The Child Act stipulates that STBs are established for education, training and detention of children. STBs are formed and established by the Minister of Community Virtue and regulations for management and inspection by the life insurance, with the guidelines of the Approved School Regulations 1981.

3. Henry Gurney Schools

Henry Gurney Schools is operated by Imprisonment with a higher level of security than STBs. Activities have been held with the guidelines of the Henry Gurney School Rules from year 1949.

4. Prison

The child punished to prison was placed in a Youth Rehabilitation Center carried out by imprisonment service. The Child Act 2001 stipulates that a child who is sentenced to prison will not be permitted to contact or be combined with an adult prisoner. Apart from this general protection, care and guidance for these children was controlled by the Prison Act from year 1995 which stipulates that a person under 21 years old is called "youth offender".²⁰

The Henry Gurney Schools are run by the prison service with a higher level of security and discipline compared to life insurance (Probation Hostels and STBs) facilities. This institution usually has a large area, with green open space, even though it is surrounded by armed security guards. The children's dwellings are dormitory-style, which is divided into houses supervised by a house master. Unlike a system in adults that focuses more on security, the Henry Gurney Schools encourages a closer relationship (one to one) between the house master and the children.

Henry Gurney Schools was designed with the British Borstal model, and like the life insurance facilities. The approach applied was discipline, strict routines, religious activities and skills training. There are also developed superior leadership skills and sports. In 2008, the Prison Office introduced the "*Children Model*" for integration rehabilitation activities, which included four phases, as below:

1. Phase 1 (2 months) Orientation and Discipline Building

At this stage, children are directed to understand school rules and participate in civic and religious education activities, as well as marching activities to develop discipline.

2. Phase 2 (6 - 12 months) Character Reinforcement

This phase applies the Therapeutic Community (TC) model for personality development. At this stage, it includes counseling sessions, moral education, religious communication and academic education. The academic program follows the applicable curriculum in public schools, with teachers appointed by the Ministry of Education.

3. Phase 3 (6 - 12 months) Skill Building

In this phase, boys can choose a certified skills training program through a Malaysian Skill Certificate or CIDB Program. The programs are welding, sewing, electricity, construction, landscaping, and non-certified skills activities, such as laundry, carpentry and cooking. For girls, schools offers courses in landscaping,

²⁰ Aprilianda, N. (2014). *Pengkajian Hukum tentang Model Pembinaan Anak Berbasis Pendidikan Layak Anak dalam Sistem Pemasarakatan*. Center of National System Research and Development, National Legal Development Body, Ministry of Justice and Human Rights of the Republic of Indonesia.

cooking, sewing and batik. Religious activities, counseling and sports continue at this stage.

4. Phase 4 (6 months)

At this stage, children are prepared to reintegrate into society by volunteering outside the school institution. Every child at Henry Gurney School has a personal document where every progress is recorded and evaluated every 3 months. Apart from the activities of resilience, in general, children take part in the same founding program. All schools personnel have received counseling training, but they still have not enough expertise to carry out individual coaching or behavioral change approaches. All staff received general training through the Correction Academy, but did not get specific lessons about the Children Model for dealing with child prisoners.

3.3. The Need for Psychological Intervention in Nurturing Process

Children who are in conflict with the law will have greater pressure than adults in taking responsibilities for their actions. The use of the term “child crime” is considered inappropriate since it will affect the psychology of children with a criminal label. The term juvenile delinquency is more appropriate to use in the case of children who break the law. Romli Atmasasmita emphasizes the importance of distinguishing treatment the treatment of wicked repetitions carry out by adults and children.²¹ The use of the term “delinquency” rather than the “criminal” will have a good impact to children. Children will be spared on bad stigma from the community when finishing the penalty. The well-acceptance from the communities is very important.

Psychological intervention in nurturing the inmates can be conducted by providing psychotherapy. It is considered useful to foster the awareness of the inmates gradually. A shift in practical thinking by prison officers in the context of conducting nurturing program must be carried out. Applying the rules and the law will only create a force that is rigid and contrary to the inner attitude of the inmates. Conducting comparative studies are deemed necessary to improve the legal system, especially in terms of criminal conviction patterns. Malaysian approach seems to be a good reference in improving the system of nurturing the inmates in Indonesia.

4. Conclusion

Problems that arise from behind the prisons wall will continue to be eternal, if there are no serious movement from the government to overcome it immediately. The classical approach is considered no longer sufficient to form good behavior of the inmates. Cases of riots that led to the burning of correctional institution, cases of torture and even the killing and control of drugs from the correctional institutions that carry out by inmates became a bad portrait of prisons stood under the roof of the Ministry of Law and Human Rights. The intervention of the pattern of guidance through a psychological approach to prisoners can even be carried out by the prisons staff.

²¹ Satria, H. (2018). Restorative Justice: Paradigma Baru Peradilan Pidana. *Jurnal Media Hukum*, 25 (1), p. 119.

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