

ABSTRAK

URGENSI PEMBERIAN REHABILITASI PSIKOLOGIS TERHADAP NARAPIDANA PEREMPUAN DI LEMBAGA PEMASYARAKATAN (Sudi pada Lapas Perempuan Kelas IIA Bandar Lampung)

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Perubahan status yang membatasi kebebasan, penolakan dari keluarga dan masyarakat, serta keterbatasan keterampilan pasca-pembebasan menjadi *stressor* bagi narapidana, khususnya narapidana perempuan yang memiliki tingkat kerentanan lebih tinggi terhadap stres dan depresi dibandingkan narapidana laki-laki. Tekanan fisik dan psikologis yang dialami narapidana perempuan dapat menimbulkan berbagai dampak negatif, seperti kecemasan, frustrasi, depresi, rendahnya harga diri, hingga risiko bunuh diri dan keputusan. Oleh karena itu, diperlukan adanya rehabilitasi psikologis dengan pendampingan psikolog bagi narapidana perempuan sebagai bentuk pemenuhan hak narapidana sekaligus upaya pemulihan mental dan sosial. Permasalahan yang diteliti oleh penulis adalah urgensi pemberian rehabilitasi psikologis terhadap narapidana perempuan dan faktor-faktor penghambat pemberian rehabilitasi psikologis terhadap narapidana perempuan di Lembaga Pemasyarakatan.

Penelitian ini menggunakan pendekatan masalah yakni pendekatan yuridis normatif dan yuridis empiris. Sumber data dalam penelitian ini adalah data primer dan sekunder. Narasumber penelitian ini terdiri dari Kepala Seksi Bimbingan Narapidana/Anak Didik dan Dokter Ahli Muda Lembaga Pemasyarakatan Perempuan Kelas IIA Bandar Lampung, Lembaga Advokasi Damar, dan Dosen Bagian Hukum Pidana Fakultas Hukum Universitas Lampung. Prosedur pengumpulan data digunakan dengan studi kepustakaan dan studi lapangan. Data yang diperoleh lalu dianalisis secara kualitatif.

Hasil dan pembahasan penelitian ini menunjukkan bahwa meskipun di Lembaga Pemasyarakatan Perempuan Kelas IIA Bandar Lampung belum terdapat narapidana yang secara resmi dirujuk kepada psikolog, kondisi tersebut tidak mengurangi pentingnya pelaksanaan program rehabilitasi bagi narapidana perempuan. Pendampingan psikolog justru penting diberikan sejak awal masa pidana sebagai langkah preventif, bukan hanya sebagai penanganan saat gangguan mental telah

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terjadi. Pemberian rehabilitasi psikologis bagi narapidana perempuan menjadi urgensi yang tidak dapat diabaikan untuk menjamin pemulihan mental dan keberhasilan reintegrasi sosial narapidana perempuan. Pemberian rehabilitasi terhadap narapidana perempuan masih menghadapi lima faktor penghambat, yaitu Faktor Undang-Undang, dimana regulasi yang ada belum memberikan dasar hukum dan pedoman operasional yang rinci mengenai pelaksanaan rehabilitasi psikologis. Faktor Penegak Hukum, yaitu ketiadaan tenaga ahli seperti psikolog dan psikiater serta tidak adanya pelatihan khusus untuk petugas Lapas. Faktor Sarana dan Prasarana, berupa keterbatasan anggaran serta fasilitas pendukung. Faktor Masyarakat, yang dapat dilihat dari stigma negatif terhadap mantan narapidana perempuan. Faktor Budaya, berupa nilai-nilai patriarkal yang masih kuat dalam lingkungan masyarakat.

Saran dalam penelitian ini adalah Lembaga Pemasyarakatan Perempuan Kelas IIA Bandar Lampung diharapkan meningkatkan ketersediaan dan kualitas layanan kesehatan psikologis narapidana perempuan, terutama dalam perekrutan tenaga ahli seperti psikolog. Selain itu, diharapkan pemerintah menyusun dan mengesahkan kebijakan nasional yang secara khusus menjawab kebutuhan khusus perempuan di Lembaga Pemasyarakatan. Kementerian Hukum dan Hak Asasi Manusia melalui Direktorat Jenderal Pemasyarakatan, perlu memberikan perhatian lebih dalam peningkatan sarana dan prasarana pendukung pelaksanaan program rehabilitasi bagi narapidana perempuan.

Kata kunci: Rehabilitasi Psikologis, Narapidana Perempuan, Kesehatan Mental, Lembaga Pemasyarakatan.

ABSTRACT

THE URGENCY OF PROVIDING PSYCHOLOGICAL REHABILITATION FOR FEMALE PRISONERS IN CORRECTIONAL INSTITUTIONS (A Study at the Class IIA Women's Prison in Bandar Lampung)

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Changes in status that restrict freedom, rejection from family and society, and limited post-release skills are stressors for prisoners, especially female prisoners who are more vulnerable to stress and depression than male prisoners. The physical and psychological pressure experienced by female prisoners can have various negative effects, such as anxiety, frustration, depression, low self-esteem, and even the risk of suicide and despair. Therefore, psychological rehabilitation with the assistance of psychologists is needed for female prisoners as a form of fulfilling prisoners' rights as well as an effort to restore their mental and social well-being. The issues examined by the author are the urgency of providing rehabilitation for female prisoners and the factors that hinder the provision of rehabilitation for female prisoners in correctional institutions.

This study uses a problem-based approach, namely a normative legal approach and an empirical legal approach. The data sources in this study are primary and secondary data. The sources for this research consist of the Head of the Prisoner/Pupil Guidance Section and Doctor of the Class IIA Bandar Lampung Women's Correctional Institution, the Damar Advocacy Institute, and Lecturers from the Criminal Law Department of the Faculty of Law, University of Lampung. The data collection procedure used was a literature study and field study. The data obtained was then analyzed qualitatively.

The results and discussion of this study show that even though there are no inmates officially referred to psychologists at the Bandar Lampung Class IIA Women's Correctional Institution, this does not diminish the importance of implementing rehabilitation programs for female inmates. Psychological assistance is important to be provided from the beginning of the prison term as a preventive measure, not only as a treatment when mental disorders have already occurred. The provision of psychological rehabilitation for female prisoners is an urgency that cannot be ignored in order to ensure the mental recovery and successful social reintegration of female prisoners. The provision of rehabilitation for female prisoners still faces five inhibiting factors, namely the Legal Factor, where existing regulations do not

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provide a legal basis and detailed operational guidelines regarding the implementation of psychological rehabilitation. The Law Enforcement Factor, namely the absence of experts such as psychologists and psychiatrists and the lack of special training for prison officers. The Facilities and Infrastructure Factor, in the form of budget constraints and supporting facilities. The Community Factor, which can be seen from the negative stigma against former female prisoners. The Cultural Factor, in the form of patriarchal values that are still strong in the community.

The recommendation in this study is that the Bandar Lampung Class IIA Women's Correctional Institution should improve the availability and quality of psychological health services for female prisoners, especially in the recruitment of experts such as psychologists. In addition, it is hoped that the government will formulate and enact national policies that specifically address the special needs of women in correctional institutions based on the standards and principles of the Bangkok Rules. The Ministry of Law and Human Rights, through the Directorate General of Corrections, needs to pay more attention to improving the facilities and infrastructure that support the implementation of rehabilitation programs for female prisoners.

Keywords: Psychological Rehabilitation, Female Prisoners, Mental Health, Correctional Institutions.