



## Implementation of Reproductive Health Services for Female Prisoners at Class IIA Women's Penitentiary in Bandung

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### ABSTRACT

*A convict is someone who is being rehabilitated by a state institution. However, prisoners have the right to good health, including reproductive health. This research aims to describe the implementation of reproductive health services for female prisoners at the Class IIA Women's Penitentiary in Bandung. This study uses a qualitative method with a phenomenological approach. There were 5 participants in this study who were determined using purposive sampling techniques according to the inclusion and exclusion criteria. The results of this study describe six themes: prevention of infectious diseases and non-communicable diseases (NCDs) through routine health education/screening, improving healthy lifestyles for female prisoners through regular exercise, menstrual hygiene services for female prisoners in prisons, providing balanced nutrition for prisoners' reproductive health, efforts to overcome stress for female inmates, and nurturing services from correctional officers in preventing sexual violence.*

**Keywords:** *Reproductive health, service implementation, female prisoners*

### 1. INTRODUCTION

Indonesia is a country that upholds human rights. The written acknowledgment of human rights is stated in Article 28 H Paragraph 1 of the 1945 Constitution of the Republic of Indonesia, which states that everyone has the right to live peacefully, prosperously, and receive health services. Human rights are inherent rights that humans have from the womb, and their position cannot be revoked by others (Dewi et al., 2022). Even if someone has violated the law and is serving a sentence in a correctional institution or detention center, that individual still has human rights that must be fulfilled. Therefore, the state is obliged to provide full physical and mental care as a form

of prisoner welfare management (Amelia, 2021).

According to Law Number 12 of 1995 concerning Corrections, a prisoner is a person with limited freedom in a correctional institution, while a correctional institution is a location for providing guidance to prisoners and correctional students (Dewi et al., 2022). According to World Female, 5% of the prison population are female prisoners. This case continues to increase rapidly every year, especially in countries with the use of Narcotics, Psychotropics, and other Addictive Substances (Dawinta & Utami, 2018). Although cases of female crime are fewer than males, women's involvement in crime is caused by increasingly complex social disparities

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resulting in widespread deviations in society (Palifiana & Wulandari, 2018).

According to information from the Director General of Corrections at the Ministry of Law and Human Rights, the ideal capacity of detention centers and prisons should be inhabited by 90,835 people, but in reality, it is filled by 132,372 people. This is known as over capacity, which can cause various problems such as limited and minimal maintenance of infrastructure, lack of workforce, namely prison guards, and suboptimal services (Dawinta & Utami, 2018).

One form of service that must be obtained by prisoners is health services. Fulfilling health is very much needed by everyone, both men and women. A person with good health will affect the productivity of their activities (Dewi et al., 2022). In this case, reproductive health conditions must also be considered (Dawinta & Utami, 2018). Reproductive health is a fundamental human right that needs to be guaranteed facilities and infrastructure to ensure and protect so that people can enjoy their rights (Hidir in Khadijah & Palifiana, 2022). Reproductive health is also regulated in Law Number 36 of 2009 and then refined in Government Regulation Number 61 of 2014 concerning Reproductive Health. One form of implementation of this law is on the welfare issues of female prisoners, including personal hygiene, dangerous behaviors that trigger Sexually Transmitted Infections (STIs), sexual violence, pregnancy, childbirth, to breastfeeding (Amelia, 2021). Like prisoners in general, female prisoners are also entitled to reproductive health. According to Lincoln, female prisoners often experience physical health problems. STIs are the most common reproductive health problem experienced by female prisoners. This is because women are more at risk of contracting STIs such as Chlamydia, Gonorrhea, Syphilis, and Human Immunodeficiency Virus (HIV) than male prisoners (Palifiana & Wulandari, 2018). Therefore, it is necessary to prevent problems that may occur in the female reproductive system because maintaining reproductive health is the same as maintaining personal health (Dewi et al., 2022).

Based on research conducted by Dewi et al. (2022), it was explained that there is still a lack of reproductive health services, especially menstrual hygiene and providing nutritious food for pregnant prisoners. In addition, according to Rabiou et al. (2018), it was explained that reproductive health services, especially menstrual hygiene, were very poor, with 80 female prisoners disposing of pads in the toilet and changing pads twice a day. Then, based on a news article published by Nugraha (2020), it was explained that there was deviant sexual behavior committed by female prisoners known as lesbians at the Class IIA Women's Penitentiary in Bandung. Although this behavior is very difficult to identify, employees and prisoners often see prisoners kissing and hugging. This behavior can certainly cause the transmission of diseases such as HIV/AIDS and various other reproductive health problems (Nugraha, 2020).

The Class IIA Women's Penitentiary in Bandung is the only special prison for women in the city of Bandung. Based on information obtained from interviews with nurses at the Class IIA Women's Penitentiary in Bandung, it was explained that until December 2023, there were 459 female prisoners and 1 baby with medical personnel including a general practitioner, 2 midwives, and 4 nurses as well as having reproductive health services, dental, rehabilitation for addicts and handling victims of drug abuse. Although the facilities and infrastructure in the prison and access to health services are quite adequate, it is still necessary to monitor the health conditions, especially the reproductive health of female prisoners. Moreover, currently, there is no research specifically on reproductive health conducted at the Class IIA Women's Penitentiary in Bandung. Based on this description, the researchers are interested in conducting research on the implementation of reproductive health for female prisoners at the Class IIA Women's Penitentiary in Bandung.

## **2. RESEARCH METHOD**

### **2.1 Type and Design of the Research**

This study uses a qualitative method with a phenomenological approach. Based on the objectives, results, and data analysis

techniques, this research is descriptive-analytic which aims to explain the subject in detail.

## 2.2 Place and Time of the Research

This research was conducted in November-December 2023 at the Class IIA Women's Penitentiary in Bandung, Jalan Pacuan Kuda Number 3, Sukamiskin, Arcamanik District, Bandung City, West Java.

## 2.3 Participants

This study uses nonprobability sampling in the form of purposive sampling technique. The subjects in this study were 5 people who were determined according to the inclusion and exclusion criteria. The inclusion criteria were prisoners aged >18 years, female convicted prisoners who had been in prison for at least 6 months, and prisoners who were willing to be research participants. While the exclusion criteria were prisoners who were >60 years old.

## 2.4 Instruments and Materials

The research tools and materials/instruments used include the researcher as the main instrument, interview guidelines, stationery, cameras, and voice recorders.

## 2.5 Data Collection

Data collection was carried out through interviews (in-depth interviews), observation, and documentation. The stages of qualitative research are the pre-field stage and the field activity stage. The pre-field stage includes preparing a research plan, selecting a research location, arranging permits, determining and selecting participants (Officers at the Class IIA Women's Penitentiary in Bandung provide information about the condition of female prisoners and the general condition of the prison to the researchers. Then the researchers adjust it to the existing inclusion and exclusion criteria. Furthermore, informed consent is carried out first to the 5 selected participants to collect data, namely in-depth interviews), preparing research equipment, and research ethics issues. The stages of research activities include confirming the presence of researchers, conducting interviews and documentation, paying attention to duration, paying attention to

research ethics, conducting observations, and giving rewards.

## 2.6 Data Analysis Technique

In the data analysis stage of this research, the results of interviews and observations are transcribed verbatim, then the researcher reads continuously and makes keywords, after which categories are generated. In the thematic analysis process, sub-themes are categorized and themes emerge which of course the data is valid based on the saturation determined by the researcher. The validity of data saturation in this study is 3.

## 2.7 Research Ethics

This study has been ethically approved by the Health Research Ethics Committee of the Faculty of Public Health, Airlangga University with number 220/EA/KEPK/2023 according to the 7 WHO 2011 standards, namely 1) Social Value, 2) Scientific Value, 3) Equitable Burden and Benefit, 4) Risk, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, which refers to the 2016 CIOMS guidelines.

## 3. RESULTS AND DISCUSSION

The characteristics of the research results found that the participant information is as shown in Table 1.

**Table 1. Characteristics of participants**

No.	Name Initials	Age (years)	Case	Duration in Prison
1.	S	36	Fraud	6 months 2 weeks
2.	NR	45	Narcotics	2 years 9 months
3.	LBY	24	Narcotics	4 years 3 months
4.	LS	50	Failure to repay business loan	1 year 2 months
5.	DCA	22	Violation of IT Law	1 year 3 months

The results of the research after verbatim transcription and thematic analysis obtained six themes, namely: (1) prevention of infectious diseases and NCDs through routine health education/screening, (2) improvement of healthy lifestyles for female prisoners through regular exercise, (3) menstrual hygiene services for female prisoners in prisons, (4) provision of balanced nutrition for prisoners' reproductive health, (5) efforts to overcome stress in female prisoners through activities carried out in the spiritual, artistic, and academic fields, and (6) nurturing services from prison officers in preventing sexual violence. The results of the researcher's observations are as follows: there are writing classes and libraries, in the morning the prisoners gather for gymnastics then are allowed to mingle with their other colleagues, the prison yard is clean, there is an announcement board to facilitate the delivery of information.

### **Theme 1: Prevention of infectious diseases and NCDs through routine health education/screening.**

*"There is health education about HIV AIDS once a month. For other health education, it's rare, 2-3 times a year. It's free for vaginal/cancer screening, there is a pap smear." (P2)*

*"I think it's 3 times with TB. Yes, cancer has been 3 times, cancer, TB, HIV, and cancer. But yesterday there was an order for anyone who wanted to have a pap smear to check for cancer?" (P3)*

*"Counseling about HIV once, then about TB lungs. But there was a pap smear for cancer screening." (P4)*

*"There was an HIV screening." (P5)*

Infectious diseases and non-communicable diseases are two types of diseases that are equally dangerous. Moreover, prisoners who during their detention period only stay in the prison environment, so they need to be given understanding and knowledge about the process and spread of these diseases. Efforts to increase prisoners' knowledge can be done through health education. Health education is all activities carried out to increase a person's,

group's, or community's knowledge and attitudes in order to improve health conditions (Suprayitno and Wahid, 2019). Educational methods can be in the form of individual, group, or mass approaches. The individual approach is like guidance and counseling using the interview method. Group approaches can be in the form of lectures, seminars, group discussions, demonstrations, and so on. The mass approach can be in the form of television shows to writing on billboards (Triana and Syafar, 2020).

Based on the research results obtained, the Class IIA Women's Penitentiary in Bandung provides routine education, which is 2-3 times a year regarding infectious diseases such as HIV AIDS, TB and non-communicable diseases such as cancer. The educational method provided is in the form of counseling or lectures. Then for prisoners who are undergoing treatment and rehabilitation from infectious diseases or non-communicable diseases, routine monthly health education is also provided by health workers at the Class IIA Women's Penitentiary in Bandung with educational methods, namely counseling/guidance. This is in accordance with the results of research by Khadijah and Palifiana (2022) that health education is proven to be able to increase prisoners' knowledge about reproductive health. In addition to large and small-scale health education, the Class IIA Women's Penitentiary in Bandung also provides facilities in the form of bulletin boards to make it easier for prisoners to understand a problem, especially regarding diseases.

Meanwhile, the Class IIA Women's Penitentiary in Bandung also participates in secondary efforts, namely health checks or early detection for prisoners. Based on the results of interviews and observations, it was explained that every prisoner who will enter the Class IIA Women's Penitentiary in Bandung must go through various health checks in the form of checking vital signs, TB, HIV, and STI examinations carried out at the polyclinic, Arcamanik Health Center, and Hasan Sadikin Hospital. In addition, early detection of cervical cancer in prisoners is also carried out, namely in the form of IVA examinations which were carried out in 2022. The good efforts of the Class IIA Women's Penitentiary in Bandung in

providing health education and early detection for prisoners create a positive impression for prisoners, as evidenced by the prisoners' expressing feelings of satisfaction with the facilities and infrastructure of the Class IIA Women's Penitentiary in Bandung.

## **Theme 2: Improving healthy lifestyles for female prisoners through regular exercise**

*"There is gymnastics here every morning." (P1)*

*"There is gymnastics every day, block exercise and everything. If it's all every Friday." (P2)*

*"Gymnastics every day. So, every block, then on Fridays all prisoners." (P3)*

*"Often, every day there is exercise per block. Saturday exercise for the elderly." (P4)*

*"If it's Friday, it's usually once a week. If the gymnastics is like what you just saw, taking turns." (P5)*

Improving a healthy lifestyle can be done in various ways, one of which is exercise. A good lifestyle resulting from routine physical activity is proven to maintain reproductive health (Kroll et al., 2017). The results of this study explain that in order to improve the quality of life of female prisoners, the Class IIA Women's Penitentiary in Bandung routinely carries out various sports activities. Block exercise is done every day, gymnastics exercises that must be followed by all prisoners are held every Friday, and elderly exercise is held on Saturdays.

## **Theme 3: Menstrual hygiene services for female prisoners in prisons.**

*"Usually bring your own, but you can buy it here. The toilet is in good condition, the water is clean too" (P1)*

*"If you bring your own underwear, it means from your family or buy it yourself here. It used to be given. If the menstrual pain is really bad, you can ask for a compress at the clinic, they will definitely give it." (P2)*

*"I never ask for compresses or medicine because it doesn't hurt that bad." (P3)*

*"For underwear, it is sent from home. Toilet is good, Alhamdulillah." (P4)*

*"Underwear and pads are obtained from family shipments. The toilet and water are clean. If I have menstrual pain, I just lie down. I don't take any medicine either." (P5)*

Personal and environmental hygiene has an important impact on reproductive health conditions. This is evidenced by research conducted by Cahyaningtyas (2019) that dirty water conditions containing *Candida Sp.* can cause reproductive health problems, namely candidiasis. The Class IIA Women's Penitentiary in Bandung has good toilet conditions and clean water, thus giving a feeling of satisfaction to female prisoners. In addition to water and toilet conditions, the fulfillment of personal needs also needs to be considered. This study explains that female prisoners get personal needs such as pads and underwear by buying at the canteen or from family visits. The Class IIA Women's Penitentiary in Bandung has also helped provide assistance in the form of personal needs for pads and always provides various forms of menstrual pain management such as medicines and compresses, although in reality prisoners do not ask for it because the menstrual pain felt is still at a normal level.

## **Theme 4: Provision of balanced nutrition for prisoners' reproductive health**

*"There is chicken, stir-fried vegetables, rice is also sufficient. Meals are also 3 times a day." (P1)*

*"Chicken, vegetables, fruits. Complete. 3 times a day." (P2)*

*"There is also a canteen, you can also get it from the cadong." (P3)*

*"There is meat, there are vegetables. Except for milk." (P4)*

*"Nutritional fulfillment is met, there are side dishes, vegetables, fruits (nodding)" (P5)*

The nutritional quality of a person is influenced by the diversity of the types of food consumed. The more diverse the food intake, the better the nutritional quality will be. Therefore, a person's health condition can also be determined from daily food (Sari, 2023). At the Class IIA Women's Penitentiary in Bandung, all prisoners have received proper and appropriate food. Balanced nutritional needs have a relationship with reproductive health. This is evident from the results of interviews with female prisoners which explain that there are side dishes, vegetables, and fruits.

#### **Theme 5: Efforts to overcome stress in female prisoners**

*"Just enjoy it. At most, playing. Then thank God there is also a mosque." (P1)*

*"For me, it's a work post, a work post in catfish, fishery in catfish." (P2)*

*"Stress wanting to go home. When it's really messy, you can hurt your own hands in the room, but there is no intention of committing suicide. But you can listen to music here. There are also daily lectures." (P3)*

*"The alternative is prayer, if not, then wandering around, playing." (P4)*

*"To cope, mostly smoking, it can also be through worship in the mosque, it's mandatory." (P5)*

Based on research conducted by Adnan (2017), personality types, social support, and coping mechanisms are factors that influence stress levels in prisoners. Acknowledgment from several female prisoners at the Class IIA Women's Penitentiary in Bandung stated that the reason for stress arises because they are already bored with life inside so they feel like they want to go home quickly. However, this is different from the opinions of several other prisoners who stated that they enjoy the legal process they are undergoing, so it is not a big problem because the female prisoners also do many other positive activities to divert feelings of stress. The results of research by Purwanti and Muslikhah (2020) explain that the more stressed a person is, the more it will impact their reproductive health condition. Therefore, the

Class IIA Women's Penitentiary in Bandung has various stress management that varies from the spiritual, artistic, and academic fields. Spiritual activities are performing worship which is mandatory for all female prisoners. For Muslim prisoners, it is mandatory to perform prayers at the mosque and attend lectures. For Christians, there is also a church and a Vihara place of worship for Buddhists. In the arts sector, the Class IIA Women's Penitentiary in Bandung also provides interesting stress management, which is allowing prisoners to listen to music. In the academic field, the results of the researcher's observations also found that there are writing classes conducted in the library to improve the quality and creativity of prisoners.

#### **Theme 6: Nurturing services from prison officers in preventing sexual violence**

*"Oh, I've never experienced sexual violence." (P1)*

*"Here we are embraced. There is no sexual violence. There is a complaint box provided in every block." (P2)*

*"If discrimination is like being ostracized, no. But here there is a reporting box like a reporting box." (P3)*

*"In fact, it's not like that, in fact we are sometimes familial." (P4)*

*"There is no violence, it's safe." (P5)*

The results of this study explain that prisoners have never received violent treatment or sexual violence from anyone. This is because prisoners feel embraced and treated the same as others. According to research by Hamzah and Herlambang (2021), there is a relationship between the level of gratitude and the lack of cases of sexual violence in prisons. On the one hand, the Class IIA Women's Penitentiary in Bandung also has good complaint facilities, namely each room certainly has a complaint box which is certainly directly processed and followed up

## CONCLUSION

The results of the study obtained six themes, namely prevention of infectious diseases and NCDs through routine health education/screening; improvement of healthy lifestyles for female prisoners through regular exercise; menstrual hygiene services in the form of toilet cleanliness and fulfillment of personal needs such as pads and underwear for female prisoners in prisons; provision of balanced nutrition for prisoners' reproductive health; efforts to overcome stress in female prisoners through activities carried out in the spiritual, artistic, and academic fields; and nurturing services from prison officers in preventing sexual violence.

## RECOMMENDATION

Although the Class IIA Women's Penitentiary in Bandung already has good reproductive health services, it needs to be further improved, especially providing more varied health education and prisoner stress management to be more positive, so that the reproductive health needs of female prisoners are also better.

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