



The Meaning of Life for Unmarried Convicts in Class II B State Detention Center Batusangkar

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ABSTRACT

Based on the study's results, it was found that the meaning of life of unmarried prisoners was seen from the fulfillment of the meaningfulness of life dimensions in which the three respondents could reach the stages of meaningfulness of life. The three respondents reached the meaning of their life after going through processes consisting of the stage of suffering or suffering, the stage of self-acceptance, the stage of changing attitudes, the stage of finding the meaning of life, the stage of self-bonding, and the stage of life which means that the respondent is more appreciative of the values of appreciation, namely by making family as the goal of life. This appreciation is manifested differently by the three respondents. In the first and third respondents, N and R chose to direct the meaning of their lives to become people who obey God and make their parents proud; the second respondent, SE, chose to direct the meaning of their lives to their families and education.

Keywords: *Anxiety Picture, Conflict, Social Worker*

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INTRODUCTION

The meaning of life is a form of a human life force to hcommitlive, so it can be said that life begins with the reason one should stay alive. The desire to serve others, be it children, wives, family members, the community of the country, or perhaps humanity, can reveal the meaning of life (Abramov, 2019). Lack of initiative, emptiness, meaninglessness, as well as boredom and apathy, as well as suicidal ideas, are all symptoms of meaninglessness in life (Gultom dkk., 2022; Hendra dkk., 2022; Sanusi

dkk., 2022). Finding one's purpose in life is a personal obligation that cannot be left to others but must be discovered by the individual (Susanto dkk., 2022; Yul Fanani dkk., 2022). According to Abbas (2020), the meaningfulness of life is a need or desire in a human being that underlies the various activities of his life to yearn for himself to be a person of dignity, honor, and worth. It can be used as a meaningful purpose in life (Abramov, 2019). A meaningful life can be said to be a life that has a clear goal and is better than the previous days (Ainslie, 2018). The purpose of life will be fought for with high spirits, where the intention has directed all its daily activities (Aguilar, 2019). The meaning of life can often be seen from the daily life of the person living their potential to be wider for himself and others (Aldahdouh, 2020). The meaning of life cannot be taken from others but rather a discovery or self-achievement that every human being truly wants to achieve with great passion.

Inmates Aguilar (2019) stated inmates are "persons who commit unlawful acts who are undergoing sentencing proceedings in the Penitentiary." Based on the explanation above, convicted is a very plural term used to summon those serving sentences imposed by the court related to their involvement in an act that violates applicable laws and regulations. Being an inmate is undoubtedly not easy because often he is serving and the great company he will experience (Al-Jubouri, 2021; Al-Tammemi, 2020). These significant changes are in the form of limitations in activities, work, individual social life, and even limitations in life goals. The individual will change his view of the condition, which is about what the meaning of life is like that starts from an unfaithful life to a meaningful one.

According to Frankl, according to Frankl (Al-Tammemi, 2020) is not revealed in absolute terms but is masked by having fun seeking pleasure, collecting money, and an excessive will for power. The condition of meaninglessness, if prolonged, will cause neogenic neurosis, which is a condition characterized by symptoms of boredom, apathy, meaningless, meaningless, aimlessness, and emptiness.

Early adulthood begins at 18, when the physical and psychological changes accompany the reduction of reproductive abilities (Almarzooq, 2020). Early adulthood is a period of self-adjustment to new patterns of life and new social expectations. Early adults are expected to play new roles, such as a spouse, parents, and breadwinners, new desires, and develop new attitudes and values according to the new task (Bell, 2020). Early adulthood is a term now used to refer to the transition from adolescence to adulthood. This age range ranges from 18 years to 25 years; experimental and exploratory activities characterize this period, and the transition from adolescence to adulthood is characterized by continuous changes (Han, 2020).

The development of an increasingly advanced age today in achieving the meaning of individual life realizes it through the creative value of each human being, individual attitudes, and experiences (Al-Bataineh, 2021). Creative value can inspire individuals to produce, create and achieve success, which is usually related to work and work. The value of the experience includes positive experiences such as finding the truth, love, and appreciation of beauty (Aldahdouh, 2020). In this case, an individual likely fulfills

the meaningfulness of life by experiencing different facets of life intensively, although he performs productive actions. The value of attitudes is related to individuals' attitudes to irreversible conditions, such as injustice, illness, suffering, and death (Abowitz, 2010; Ali & Amin, 2022).

Life as a young man or prisoner in a detention center has its scheme of thinking that tends to be pessimistic about life in the future (Tarafdar, 2019). Living as a prisoner makes him feel negative about other people's views of himself later, such as withdrawing and being less participatory in developing the aspirations that young people should already have. Moreover, living as an unmarried prisoner is, of course, a burden for inmates, living in prison with limited space and about their next life and, of course, needing support from those closest to them.

Living as a prisoner with various pressures and obstacles results in the loss of happiness as a human being. According to Harsono (in Ula 2014), "life in community institutions has an impact in various aspects such as physical and psychological impacts" based on the explanation above (Amrina dkk., 2022; Bell, 2020; Campbell, 2018), the psychological impact experienced by prisoners is the most severe impact experienced by the psychological impact due to punishment in the detention center, including losing personality by feeling no more confident, losing security because previously living with a family in a free environment. Still, after being in the detention center, it became changed (Aini, 2020). Loss of independence, which is usually free to do the things that want to be done as well as the desired things, the loss of personal communication, the loss of service, the loss of relationships between the opposite sex, losses of self-esteem, will trust and lose creativity. The loss of freedom results in the prisoner becoming more gloomy and losing the desire to do things in the detention center; moreover, an inmate who does not have a life companion results in the prisoner becoming more gloomy and not enthusiastic in laboring his daily life in the prison.

RESEARCH METHODOLOGY

The type of research that penneliti conducts are field research with a qualitative descriptive method (Creswell, 2014), namely explaining and describing the circumstances and phenomena that are clearer about the situation (Creswell & Creswell, 2018). Researchers researched unmarried inmates at the Batusangkar Class IIB State Detention Center. The research method used is a qualitative descriptive method. Qualitative research is research that has the effect of understanding the phenomenon of what is experienced by the subject of the study, for example, behavior, perception, motivation, action, etc., holistically and using a description in the form of words and language in a certspecificural context (moong, 2006). The methods used in qualitative research are interviews, observations, and documents. Researchers use this qualitative research method to learn more about the Meaningfulness of Prisoners' Lives.

According to the above opinion, qualitative research is research used to obtain data in the field and describe the events that occur. This research was carried out at the

Batusangkar Class II B Detention Center on the Meaningfulness of Life for Unmarried Prisoners; after obtaining information, the researcher will describe it as a report.

Researchers can use data collection techniques in this study, are interviews and documentation.

1. Interview

Esterberg in (Akhtar-Danesh, 2008) defines the interview as follows "*a meeting of two persons to exchange information and idea through question and responses, resulting in communication and joint construction of meaning about a particular topic.*" An interview is a meeting of two people to exchange information and ideas through question and answer so that that meaning can be constructed in a particular topic.

Esterberg in (Bairagi & Munot, 2019) presented several kinds of interviews, namely as follows:

1. *Structured Interview*

Structured interviews are used as a data collection technique when the researcher or data collector has known for sure what information will be obtained. Therefore, in conducting interviews, data collectors have prepared research in the form of written questions whose alternative answers have also been prepared.

2. *Semi-structural Interview (Semistructured Interview)*

This type of interview is already included in *the category of in-depth* interviews, which in its implementation is more accessible compared to structured interviews.

3. *Unstructured Interview*

An unstructured interview is a free interview where the researcher does not use *systematically* and thoroughly arranged interview guidelines for his data collection.

Based on the quote above, it can be understood that from several types of existing interviews, namely structured interviews, semi-structured interviews, and unstructured interviews; in this study, the researcher used semi-structured interviews because to conduct interviews, the author would compile interview guidelines to be submitted during the interview, and in conducting this interview, the researcher used tools such as notebooks, tape recorder or recording device, and camera.

2. Documentation

Ansara (2014) stated, "Apart from interviews and observations, information can also be obtained through facts stored in the form of letters, daily records, photo archives, meeting results, souvenirs, activity journals, and so on" Based on the explanation above, in addition to interviews and observations, information can be obtained from documentation where data in the form of documents like this can be used to explore information that

occurred in the past. It is necessary to have the theoretical sensitivity to interpret all these documents so that they are not just meaningless items.

The documentation method is a data collection method used to browse historical data. A document about a person or group of people, events, or events in a social situation is handy in researching quality. Documentation techniques or studies are a way of collecting data through the relics of archives and also including books on opinions, theories, postulates or laws, and others related to research problems. In qualitative research, data collection is mainly due to the proof of the hypothesis proposed logically and rationally through opinions, theories, or laws, either supporting or rejecting the hypothesis. Based on the above quote about the data collection method that the researcher uses, which is the documentation method where the researcher takes sound recordings and documentation in the form of photos when the researcher conducts research or interviews, which the researcher will later attach to the appendix.

The final stage of the research process is data analysis. Bogdan stated that data analysis is the process of systematically searching and compiling data obtained from interviews, field notes, and other materials so that it is easy to understand and the findings can be informed to others. Data analysis is carried out by organizing data, breaking it down into units, synthesizing them, arranging them into a pattern, choosing what is essential and what will be studied, and making conclusions that can be told to others (Creswell, 2007).

To carry out these steps in the data analysis process, the researchers followed Creswell (2007) opinion, namely:

1. *Data reduction*, reducing data means summarizing, choosing the main things, focusing on the things that matter, looking for themes and patterns, and discarding unnecessary ones
2. *Data display* (data presentation), data presentation can be done in the *form of* brief descriptions, charts, relationships between categories, *flowcharts*, and the like
3. *Conclusion Drawing/verification*, according to Miles and Huberman, *is conclusion drawing and verification*" (Amrina dkk., 2022).

Based on the opinions above, it can be understood that the steps in data analysis include data reduction, data presentation, and verification.

After conducting the research, the data obtained from the interview at the Batusangkar Class IIB detention center will be collected and narrated, after which an analysis and conclusion drawing will be carried out.

RESULT AND DISCUSSION

Based on the results of data analysis, there are several findings related to the meaningfulness of life for unmarried prisoners in the Class II B Batusangkar detention center; the findings are Factors that affect the meaningfulness of life for unmarried

prisoners. The fundamental motive of human beings to pursue a meaningful life is the meaning of life and the desire to live meaningfully (*will to meaning*). The meaning of life is considered essential and valuable by each individual, has an exceptional value, and can be used as a life goal for a person. According to Bastaman (1996), the factors that influence the meaning of life are quality and encounters.

1. Human Qualities

According to Bastaman (1996), human qualities are all abilities that are only possessed by humans and not possessed by other beings, among which are characteristics, attitudes, and conditions that are unique to humans and not possessed by other organisms. These are just a few examples of self-awareness, self-development, humor, the desire to live a meaningful life, morality, creativity, and self-transcendence. Based on the results of the research above, the factor that affects the meaning of the prisoner's life, according to Batman, is Hua man quality, namely the level of good or bad traits in humans where a person who has the meaning of life will have good qualities or qualities regarding himself such as nature, self-awareness of self-development and so on, but in the results of research that researchers found unmarried prisoners were able to attract quality themselves who is positive for himself and those he knows.

2. Meeting (*encounter*)

Based on the theory and data found in the field related to the meeting factor (*encounter*) can establish good relationships with others by communicating positively with people he feels are close and the newly entered prisoners. Based on the results of the research above related to meetings (*encounter*), according to Batman, the meeting that was makhsuded is a deep relationship between a person and another person as someone who has meaning in life can be seen from openness, mutual understanding and respect for each other well. In contrast, according to the results of research, researchers found that unmarried prisoners can establish relationships well with people who are new around them and can understand the situation he is currently in.

The achievement of the meaningfulness of life is a component of the meaning of life, which is an interrelated process. The components grouped into three, namely:

1. Personal Dimensions

According to Bastaman (1996), the personal dimension of a person's meaningfulness in life is encompassing. Self-awareness, or awakening a vast individual consciousness to create positive adjustments and change attitudes from negative to positive. Based on theories and data found in the field related to the personal dimension of the meaningfulness of life of unmarried prisoners, it can be concluded that respondents have a targeted desire to change themselves for the better or the desire to be better than before.

2. Social Dimension

According to Bastaman (1996), the social dimension of the meaningfulness of a person's life is the presence of a person or several close

people who always support trusted individuals and are always willing to assist when needed. Based on the theory and data found in the field related to the social dimension, which is *the social support* received by the respondent, it can be concluded that the respondent receives support from the closest people, such as family and friends. Still, the respondent does not have a close female friend who can support him during the current conditions he is experiencing.

3. Dimensions values

According to Bastaman (1996), the dimension of values has elements that include the meaning of life; that is, values are important and very meaningful for personal life as life goals that must be met as guidelines for its activities. Self-commitment is a person's desire to find the meaning of life and the purpose of existence that governs and leads his activity, that is, a conscious and deliberate effort in the form of the development of positive personal potential (talents, abilities, skills) as well as the use of interpersonal relationships to support the achievement of meaning and purpose of life

Based on the research results above, the dimensions of the meaning of life, according to Bastaman are grouped into Dimensi Personal, dimensi Social, and Dimension, Value. Through these dimensions, it can be seen that a person who has the meaning of life is someone who can fulfill the success component of a meaningless life to be meaningful, such as the meaning of self-understanding, namely the level of awareness of the conditions he faces and changes in one's attitude to be more precise in facing problems. The social dimension, namely in the form of support from people around, is a component that can be said to be able to see success in finding the meaning of life; in the study above, it was found that respondents received social support from several people around them.

CONCLUSION

Based on the results of research on the meaningfulness of life on three respondents conducted at the Batusangkar Class II Detention Center, it was found that the three respondents had gone through meaningful life stages. The three respondents went through the phases of finding the meaning of life after going through a process that included suffering, self-acceptance, attitude change, and the search for the meaning of life. The discovery of the meaning of their lives impacts the actions that must be completed after they have been able to plan for the future after the sentence is over. The meaning of their lives is reinforced by components that are integrated and reflected in the behavior of the respondents while in custody.

Compared with their past lives, at this time, the three respondents value appreciation more, that is, respecting family and appreciating life as a human being. All three respondents viewed the meaningfulness of life in different ways. In the first and third respondents, N and R chose to direct the meaning of their life to be a person who is obedient to God and proud of his parents, and the second respondent, SE, chose to direct the meaning of his life to his family and his education.

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