



RESILIENCE CAPABILITIES OF FEMALE INMATES WHO ARE COVID-19 SURVIVORS IN THE PEKANBARU WOMEN’S CORRECTIONAL INSTITUTION

Padmono Wibowo, Ghaneisya Anggareksi, Mulyani Rahayu, Maki Zaenudin Subarkah
Polytechnic of Correctional Science, Depok

Corresponding author, Email: padmonowibowo@gmail.com

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ABSTRACT

Resilience is an individual’s ability to adapt positively, be able to survive and remain stable and healthy when facing unpleasant and risky conditions, such as Covid-19 pandemic. This study is to describe the resilience ability of female inmates who are Covid-19 survivors at the Pekanbaru Women’s Correctional Institution. In addition, this study aims to determine the sources of resilience in female prisoners who survived Covid-19 at the Pekanbaru Women’s Correctional Institution to improve the resilience capabilities of prisoners. The research methods used are qualitative approach and descriptive design. Based on the results of the study, it is known that the sources of prisoners’ resilience abilities in dealing with Covid-19 originating from self perception is positive thinking, acceptance, self-motivation, others’ supports, being diligent in worship and visitation, while those from self efficacy are self-control, looking for solutions, willing to repent, adapting, being independent, being grateful, appreciating time, interpreting life, doing good, and being devoted, while what comes from I Have are the support and the rules. The results of the study also found that there were female prisoners who survived Covid-19 who were Non-Resilient are paranoia, stress, low self-esteem and denials, self-isolation, indifference, fear and pressure, breaking the rules and lack of attention. Therefore, intense efforts need to be made so that non-resilient prisoners have the ability to be resilient in dealing with Covid-19.

Keywords: resilience; inmates; covid-19; survivors

INTRODUCTION

The outbreak of the Covid-19 pandemic has claimed and will still claim the lives of millions of people around the world, including prisoners. The new variants of Covid-19 which emerge from viral mutations that are getting more immune and virulent have brought a massive impact that is getting bigger and bigger each day. Personal self-preparation through vaccines does not necessarily prevent exposure to Covid-19. As of September 27, 2021, there have

been no less than 4.209 million Indonesian people exposed to Covid-19 and the number continues to increase, as shown in the table below.

Table 1: Data on the Number of Covid-19 Survivors in Indonesia

Status	Total Number (People)
Positif for Covid-19	4.209.403
Cured	4.027.548
Died	141.585

Source : <https://www.Covid19.go.id/> accessed on 27 September 2021

Based on the data above, the recovery rate for Covid-19 sufferers reached 95.6% of the population who were confirmed positive for Covid-19, while the death rate due to Covid-19 was 141,585 people or 3.36% of the population exposed to Covid-19. However, the government did not state that the Covid-19 crisis was not an emergency caused by security disturbances¹.

In the midst of this situation, the fate of more than 250,000 prisoners and detainees scattered in Prisons (Lapas), State Detention Centers (Rutan) and the Special Child Development Institution (LPKA) is very vulnerable and worrying. The limitations of being prisoners have made the situation worse. Various ways are needed to recover and avoid Covid-19 in this difficult situation in which everything is limited. Various limitations and loss of privileges experienced by the prisoners are sense of security, freedom to meet needs, recognition, opposite-sex relationships, and freedom of movement.

The situation is exacerbated by the lack of knowledge sharing among prisons, a health system that lacks funds, and facilities for handling Covid-19 in prisons throughout the world. Prisons and detention centers should be considered as areas of public health to reduce the risk of transmitting the virus. Without a strong virus control strategy in prisons and detention centers, government efforts to reduce the increased risk of infection will be difficult².

The obligation to maintain distance among individuals (physical distancing) as ordered in the Decree of the Minister of Health of the Republic of Indonesia Number HK.01.07/MENKES/328/2020, cannot be immediately applied to institutions within the Correctional Institutions. Prisons (Lapas), State Detention Centers (Rutan) and the Special Child Development Institution (LPKA) are limited and restricted area of institutions that are specific in terms of security and not everyone is free to enter and leave. Meanwhile, the high occupancy rate (prisoners and detainees) makes prisons, detention centers and special child development institution very vulnerable to the transmission and spread of the Covid-19 and it is very difficult to implement physical distancing³.

The government, in this case the Directorate General of Corrections, has not had the data related to resilience or positive ability and adaptability, the ability to survive, the ability to remain stable and healthy for each prisoner in dealing with the risky situations, unpleasant conditions, various limitations as well as dealing with disasters and misfortunes in facing the Covid-19 pandemic. Prisoners and detainees tend to receive less attention for their suffering in the face of the Covid-19 pandemic. Serious efforts so that prisoners and detainees have resilience capabilities need to be made after an in-depth analysis of the sources and causes of non-resilience and resilience of prisoners.

Therefore, this study seeks to analyze the causal factors of resilience and non-resilience of prisoners facing the Covid-19 pandemic. A high level of readiness will have a very positive impact on increasing the

1 Rizki Bagus Prasetio, "Pandemi Covid-19: Perspektif Hukum Tata Negara Darurat dan Perlindungan HAM" *Jurnal Ilmiah Kebijakan Hukum* 15 No. 2 (2021): 327-346
2 Padmono Wibowo, Maki Zaenudin Subarkah, Mulyani Rahayu, Pramono, Naniek Pangestuti "Prisons and Detention Facilities Preparedness in Indonesia for Preventing and Control of Covid-19" *Atlantis Press Advances in Social Sciencem Education and Humanities Research*, volume 549. *Proceedings of the 1st International Conference on Law and Human Rights 2020 (ICLHR 2020)* 147-152.

3 Hasim Asngari, Padmono Wibowo, "Respon Masyarakat Terhadap Kebijakan Pembebasan Narapidana Dalam Rangka Penanggulangan Penyebaran Corona Virus Covid-19 di Dusun Punjul Desa Punjul Kecamatan Karangrejo Kabupaten Tulungagung" *Jurnal Ilmiah Kebijakan Hukum* 15 No. 2 (2021):165-180.

resilience level of prisoners. The readiness of management, facilities and infrastructure, officers, budget and others are indeed crucial to take preventive measures and treatment of prisoners and detainees facing Covid-19.

Resilience⁴ or resilience is a Latin word *resile* which means to return. Resilience can be understood as an individual's capacity to be able to face, overcome, strengthen themselves, and keep making changes in dealing with difficult situations. Resilience includes all the qualities of a person to be able to move forward to face all the difficulties the person has. Resilience is the quality possessed by individuals to be able to continue to move forward when faced with difficulties or problems. Brook & Goldstein defines resilience as an individual's ability to deal with problems and pressures more effectively, the ability to bounce back from problems, disappointments, and traumas, and to be able to develop more realistic goals.⁵

Women are included in the vulnerable group because their psychological condition is more vulnerable than the male prisoners'. Female prisoners, who are psychologically affected by the Covid-19, will experience various problems, ranging from anxiety, doubt, stress and depression. Environmental pressures that tend to be discriminatory will make women lose their respect for themselves⁶. The ability that must be possessed by individuals in the above conditions is what is meant by resilience. Individuals need certain abilities to manage the stress they experience so that they have

good resilience⁷.

Background

In the criminal justice system in Indonesia, punishment or imprisonment for convicts is a punishment in the form of limiting the freedom of movement of the prisoners.⁸ It is also an effort to protect the public from the threat of crime. According to Reksodipoetro⁹, The Criminal Justice System is a crime control system consisting of institutions of the police, prosecutors, courts, and prisons. The integrated criminal justice system has certain characteristics, namely "integration (coordination and synchronization), aims process (input-throughput-output), and mechanism. In the view of Albert Camus¹⁰, even the perpetrators of crimes as human offenders still have the freedom to learn new values and new adaptations. Therefore, the imposition of criminal sanctions must also be educational as a way to return prisoners to society as whole human beings. The sentencing process must not eliminate the convict's human power in reaching new values and new adjustments. The imposition of punishment on a human offender must be maintained, but educational sanctions (treatment) must be prioritized to direct criminals to become better human beings.

In Indonesia the concept is called Correctional. Therefore, the Correctional System¹¹ aims

4 Grotberg, E.. "Countering depression with the five building blocks of resilience" *Reaching Today's Youth*, 4(1), (1999): 66-72

5 Connor, K. M., & Davidson, J. R. T.. "Development Of A New Resilience Scale: The Connor Davidson Resilience Scale (CD-RISC)". *Journal Of Depression And Anxiety* (2003) 76-82

6 Azza, A. *The Woman Burden of HIV/AIDS Patient in Gender Perspective*. *Jurnal Ners*, 5(2), (2010): 118-126

7 Reivich, K., & Shatté, A.. "The resilience factor: 7 essential skills for overcoming life's inevitable obstacles. Broadway books" New York (2002) 15-24

8 Niken Subekti Budi Utami, Octa Nadia Mellynda, "Conjugal Visit: Juridical Review of The Fulfillment of Inmates Rights in The Correctional Perspective" *Jurnal Ilmiah Kebijakan Hukum* 16 No. 1 (2022): 97-118.

9 Ahmad Sanusi, "Pengeluaran Tahanan Demi Hukum Bagi Tersangka Dalam Perspektif Hukum dan Hak Asasi Manusia" *Jurnal Ilmiah Kebijakan Hukum* 14 No. 3 (2022): 435-444.

10 Hakki Fajriando, "Evaluasi Pelaksanaan Community Based Correction di Lapas Terbuka Kelas III Rumba" *Jurnal Ilmiah Kebijakan Hukum* 13 No. 1 (2019): 323-338

11 Padmono Wibowo, "Pentingnya Mitigasi Risiko

to form prisoners into fully human beings, realize their mistakes, improve themselves, and do not repeat the criminal acts so that they will be accepted again by the community and become good and responsible citizens. The main task of the correctional system is the treatment of prisoners and convicts, as well as clients which is carried out through the Correctional functions which include Services, Guidance, Community Guidance, Care, Security, and Observation by upholding respect, protection, and fulfillment of human rights¹².

The function of prisons is to prepare Correctional Inmates (WBP) so that they can integrate in a healthy manner with the community, so that they can play a role again as responsible community members or in short as a process of social reintegration. Therefore, the success rate of prisons in carrying out their duties will be effective¹³ if in it there is a three-dimensional interaction, namely: the technical dimension, the concept dimension and the human dimension. The treatment to prisoners and detainees in the Correctional System upholds the dignity and worth of humans¹⁴. The rights related to the treatment of prisoners and detainees are strictly regulated in Article 14 paragraph (1) of Law Number 12 of 1995 letter b, prisoners have the right to "receive treatment, both spiritual and physical care". It is also stated in letter d that prisoners have the right to "get proper health and food services". However, the efforts to care and provide health services are increasingly concerning and not optimal

due to the occurrence of overcrowding of residents, most of whom are narcotics cases. The impact of increase in the number of prisoners and inmates on narcotics cases not only causes overcrowding in detention centers and prisons, but also has other side effects, such as narcotics trafficking which is controlled from within the detention center/prison, narcotics trafficking in prisons, and health problems for prisoners and inmates due to drug addiction.¹⁵.

The negative impacts arising from the occurrence of overcrowding of residents of prisons and detention centers are more burden for the staff, deterioration of living conditions, lack of access to education, training and employment¹⁶, a decrease in the quality of health, physical and mental comfort that triggers tension and violence which increase the risk of disease transmission¹⁷. They also have impacts on state finances, human rights issues, health issues, security and economic issues due to illegal levies, security for officers, and effectiveness of coaching¹⁸.

The number of prisoners and detainees in 630 prisons and detention centers in September 2021 was 266,260 people. Data related to prisoners and detainees can be categorized in the following table:

Table 2. Prisoners and Detainees

Kategori	Jumlah	%
Prisoners	210.618	79,11
Detainees	55.642	20,89

Dampak Kepenuhsesakan pada Lapas dan Rutan di Indonesia" *Jurnal Ilmiah Kebijakan Hukum* 14 No. 2 (2020):263-284.

12 Haryono, "Implikasi Perubahan Undang-Undang Masyarakat Terhadap Perlakuan Tahanan, Anak dan Warga Binaan Masyarakat" *Jurnal Ilmiah Kebijakan Hukum* 15 No. 1 (2021): 17-36
 13 Ardyan Gilang Ramadhan, Maria Lusana Br Ginting, Chintia Octenta, "Efektivitas Program Pembinaan Kemandirian Pada Lembaga Masyarakat Berbasis Industri" *Jurnal Ilmiah Kebijakan Hukum* 15 No. 2 (2021): 181-198.
 14 "Elucidation of Law Number 12 of 1995 on Correctional System", (1995).

15 Insan Firdaus, "Analisa Kebijakan Optimalisasi Pelaksanaan Rehabilitasi Narkotika di Unit Pelaksana Tekni Masyarakat" *Jurnal Ilmiah Kebijakan Hukum* 14 No. 3 (2020):469-492.
 16 Jenny Goldie, "Crowded out", *New Scientist* 171, No. 2310 (2001): 9-11.
 17 Komite Internasional Palang Merah (ICRC), *Panduan Tentang Strategi Untuk Mengurangi Kepadatan Dalam Penjara*. New York UNODC (2013) 21.
 18 Novian et al. *Strategi Menangani Overcrowding di Indonesia: Penyebab, Dampak dan Penyelesaiannya*, *ICJR* (2018):103-120.

Total	266.360	100
Men	252.997	94,98
Women	13.363	5,02
Total	266.360	100
Children	1.942	0,75
Adults	259.361	97,38
Seniors	4.937	1,87
Total	266.260	100

*Source : Correctional Database System
September 20, 2021*

Based on data from the Correctional Database System (SDP) of the Directorate General of Corrections downloaded on September 20, 2021, there are 266,260 prisoners in prisons and detention centers throughout Indonesia. Meanwhile, the occupancy capacity is 132. 107 people, so there is an excess of 101% (134,153 people). Of these, 210,618 (79.10%) were prisoners and 55,642 (20.89%) were detainees. Based on the data, there are a number of prisoners and detainees who were exposed to Covid-19, and some led to death, as shown in the following table:

Table 3: Data on Officers, Prisoners and Detainees Surviving Covid-19 in Prisons and Detention Centers

Status	Jumlah (orang)
Positif for Covid-19 prisoners and detainees	4,343
Positif for Covid-19 Officers	1.872
Died	4

Source : <https://www.ditjenpas.go.id/> accessed 26 Februari 2021

In February 2021, there were 4,343 prisoners and detainees who were exposed to Covid-19. When compared to the total number of prisoners and detainees which reached the number of 266,260 people, it was relatively small, around 1.63% and 4 prisoners and detainees died or around 0.25% of the total number of those being exposed. Meanwhile, Pekanbaru Class IIA Women's Correctional Institution prisoners who were exposed to Covid-19 can be seen in table 4.

Table 4: Data on the Number of Covid-19 Survivors in Pekanbaru Women's Correctional Institution in 2020-2021

Status	2020	2021	TOTAL
Covid-19 Positive	85	39	124
Recoveries	85	39	124
Deaths	0	0	0

Source: Sub. Section of Community Guidance and Care on September 27, 2021

Prevention effort implemented by the government as a standard of prevention is implementing the 5M, namely washing hands, wearing masks, maintaining distance, staying away from crowds and reducing mobility. As a protocol for preventing the transmission of Covid-19, the 5M policy is very difficult to implement in prisons, detention centers and special child development institution. Therefore, prisoners and detainees are members of a group that is very vulnerable to being exposed to Covid-19. In addition, it is necessary to have strategies so that the rate of spread of Covid-19 can be suppressed and the recovery rate of sufferers increases, among the strategies¹⁹ of what needs to be done are to improve performance so that it is more stable and more optimal, supervise programs that have been running and establish cooperation with related agencies.

Prisoners and detainees, especially women and children who are serving terms in prisons, detention centers and special child development institution can be classified as a vulnerable group. In the Elucidation of Article 5 paragraph 3 of UURI No.39 of 1999, it is stated that what is meant by vulnerable community groups are the elderly, children, pregnant women, the poor and people with disabilities. Based on the law, only pregnant

¹⁹ Landra Fikri Dzaky, Arisman, "Analisis Lingkungan Strategis Pencegahan Penyebaran Covid-19 di Rutan Kelas IIB Kudus" *Jurnal Ilmiah Kebijakan Hukum* 15 No. 3 (2021):199-214.

women are included in the vulnerable group. Women who are not pregnant are not included in the vulnerable group. Meanwhile, according to the Human Rights Reference, those classified as Vulnerable Groups are: Refugees, Internally Displaced Persons (IDPs), National Minorities, Indigenous Peoples, Children, Migrant Workers, and Women. One of the efforts that need to be made for prisoners is the adaptability and the increase of body resistance to avoid exposure to Covid-19. Various efforts are needed so that the improvement of body's resistance can be realized.

Ability and inability of prisoners and detainees to adapt (resilience) toward situation or pressure which has detrimental effects on physique and mental need to be paid a serious concern. Resilience²⁰ refers to the positive adaptation of an obstacle and to rise from rock bottom which an individual experiences. The development of resilience becomes an imperative influence for an individual amidst the Covid-19 plague. It is direly needed by all individuals, especially for Covid-19 survivors who experience anxiety, stress, depression, and loss of self-trust. Continuous anxiety caused by the occurrence of the Covid-19 virus is related to one's low resilience because an individual with good self-resilience would possess the ability to survive and rise in facing various life's problems. Empirical evidence suggests that good resilience has essential roles in one's life, one of them is positive resiliency contribution in facing and overcoming Covid-19 virus stressor²¹.

According to Reivich dan Shatte²² there are seven skills that form resilience, emotion regulation, impulse control, empathy, causal analysis, optimism, self-efficacy, and reaching out. Emotion regulation is an individual's ability to stay calm under pressure by getting positive motivation from their closest relative or themselves. Impulse control is an individual's ability to control preference, urge, and pressure from within. Empathy is an ability to comprehend and possess concern toward other people. Causal analysis refers to one's ability to accurately identify the cause of an issue that they face. Optimism describes the relationship between action and expectation with one's life condition, seeing the bright in the future. Aside from the ability to form resilience, Reivich and Shatte also categorize three factors that support resilience. Those factors are individual attributes, family character, and environment. The individual attribute is self-esteem, empathy, sufficient intelligence, humor, and positive self-control. An individual with exceptional intelligence tends to own the ability to solve and overcome obstacles in their lives. Other than that, positive self-control becomes one's protective factor in developing resilience. The character of a family is a supporting factor of manifested individual's resilience. A harmonious home environment and good communication pattern between parents and children would immensely help an individual in surviving obstacles and developing their resilience. A resilient individual owns and grabs opportunities that provide fulfillment of human's basic needs of social support, care, and love from other people. Based on the aforementioned explanation, it is realized how important it is for a prisoners to have resilience. Resilience is a vital aspect that must be owned by prisoners. With resilience,

20 Capuano, R., Altieri, M., Bisecco, A., d'Ambrosio, A., Docimo, R., Buonanno, D., Matrone, F., Giuliano, F., Tedeschi, G., & Santangelo, G. "Psychological consequences of COVID-19 pandemic in Italian MS patients: Signs of resilience?" *Journal of Neurology* 268 No.3 (2020) 743-750

21 Reivich, K., & Shatté, A. "The Resilience Factor: 7 Essential Skills For Overcoming Life's Inevitable Obstacles. *Broadway Books.*" New York (2002). 15-24

22 Reivich, K., & Shatté, A. "The Resilience Factor: 7 Essential Skills For Overcoming Life's Inevitable Obstacles. *Broadway Books.*" New York (2002) 15-24.

they would be able to rise and adapt to the situation they face. Amidst this Covid-19 virus pandemic, Covid-19 prisoner survivors surely experience mental and psychological pressure thus resilience improvement is needed in order for them to adapt, survive, and get back on their feet.

Research Question

Research question in this study is:

How is the resiliency of female prisoners in Pekanbaru Correctional Institution who are the first and second Covid-19 clusters survivors?

Objectives

The objective of this was to know the resiliency ability and the source of resiliency of female prisoners who are survivors of Covid-19 in Pekanbaru Correctional Institution.

Research Methods

This study was conducted in Pekanbaru Correctional Institution from April to July 2021. Nvivo-12 plus software was utilized process the data. The research method used in this study were:

1. Approach

This study used a qualitative method with Interpretative Phenomenological Analysis (IPA) approach. A qualitative method with an IPA approach was used to explore deeper the experience, attitude, perception, or opinion of female prisoners who are Covid-19 survivors so that phenomena that were experienced by the research subject could be more understood. This approach resulted in descriptive data in the form of written or verbalized words of Covid-19 survivor female convicts. In line with Bogdan and Taylor in Moleong²³ who stated that qualitative research is a research

procedure that results in descriptive data in the form of written or verbalized words from people and observed behavior from occurring phenomena. According to Smith²⁴ the IPA approach is aimed to explore personal experience and put emphasis on an individual's perception or opinion of an object or event. The IPA approach attempts to reveal in detail how an individual and participants give meaning to their personal and social world.

2. Data Collection Method

The data in this study was collected through interviews, observation, literature study, and documentation. Interviews were conducted on 10 (ten) key informants, Covid-19 survivor female prisoners who vouched to be informants, which consisted of five (5) first Covid-19 cluster survivors and five (5) second cluster survivors. The referred clusters were group of the Covid-19 survivors who were exposed to Covid-19 in the same period of time. The informants from the second cluster were a group of convicts who got exposed to Covid-19 after the first group was deemed negative of Covid-19. The informants were chosen through purposive sampling²⁵ which was by selecting subjects who are in the best position to give the required information. Therefore, to determine the subjects or the interviewee, they must meet the special characteristics as a sample, in this case, a Covid-19 survivor. The next informant was the staff of Pekanbaru Correctional Institution who was Pekanbaru Female Correctional Institution Covid-19 Mitigation and Prevention Task Force. The researcher composed an interview guide to help focus when conducting the research, in

23 Moleong, Lexy J "Metodologi Penelitian Kualitatif". Edisi Revisi. Bandung PT Remaja Rosdakarya. 36 ed April (2017). p.4

24 Smith, J "Psikologi Kualitatif, A Social Cognitive Theory". The Gale Group. Yogyakarta: Pustaka Pelajar. Bandura (2003) p.11

25 Ulber Silalahi, "Metode Penelitian Sosial", PT Refika Aditama, Bandung: First ed (2009) p. 272.

line with the research objective which was to know the resilience of inmates who are Covid-19 survivors. The questions were made based on the research's objective and based on utilized theory which was open and flexible.

The observation was conducted by observing frequently the female inmates who are Covid-19 survivor for 2 (two) months to see their behaviors. Literature study was conducted through various relevant previous studies. Documentation was conducted by collecting several documents related to female prisoners and report documents of Pekanbaru Correctional Institution Covid-19 Mitigation and Prevention Task Force.

3. Data Analysis

Data analysis used in this study was Interpretative Phenomenological Analysis (IPA) which aimed to explore personal experience and emphasis on an individual's perception or opinion of an object or event. This approach attempted to reveal in detail how an individual and participants gave meaning to their personal and social world²⁶. Data processing was done through interviews, coding, and the drawing conclusion process. The stages of IPA analysis began with conducting interviews on personal experience, everyday life, life in the world (in this case life behind bars), narrating experience, and observation. The next stage was *Coding Categorizing* which was categorizing the findings/interview. The last stage was drawing conclusions which were describing, analyzing, and concluding.

Data analysis technique was conducted with the help of NVivo 12 Plus software, a software designed to process qualitative data research. Data and documents of interviews and

observations were first converted into interview transcripts (verbatim). From there, coding was then conducted which was arranging categories from keywords. Lastly was conducting description, analysis, and conclusion from the data.

DISCUSSION

According to Gortberg²⁷ the sources of resilience of each individual are different, depending on what can be seen from *I Am*, *I Have*, and *I Can* aspects. The resilience source of *I Am* aspect comes from one's inner self which includes attitude, feeling, and conviction that every individual has. Personal quality²⁸ which influences the level of resilience from *I Am* aspect includes having people who love them, empathy, and concern toward what others are feeling, proud of their own selves, having responsibility for one's actions, self-confidence, having conviction, and a lot of hopes.

Resilient source of *I Have* aspect comes from external, or surrounding environment. Social support can influence the forming of resilience. The qualities in forming resilience from *I Have* aspect are complete confidence in having relationships, having established structures and rules, having role model for exemplary behavior, having the urge to be independent, availability of health access, education and well-being which are obtained consistently in individual's fulfillment. Meanwhile, sources of resilience aspect for *I Can* are related to skills that an individual has in having social and interpersonal relationships. The quality of *I Can* resiliency is measured by the ability to communicate well, problem-solving, control feelings and urges, control oneself's and others' emotions, and able to build trust with other people. Based on the

26 Smith, J "Psikologi Kualitatif, A Social Cognitive Theory". The Gale Group. Yogyakarta: Pustaka Pelajar. Bandura (2003) p.11

27 Grotberg, E. *Countering depression with the five building blocks of resilience*. Reaching Today's Youth 4 (1), (1999): 66-72.

28 Desmita, "Psikologi Perkembangan Peserta Didik" Bandung: Remaja Rosdakarya (2017) p.26

analysis result of the informants, some themes which explained answers to the questions in this study were obtained. Several informants were having different resiliency and opinions which was in line with the theories of forming resiliency by Gortberg (1995). Based on data coding result which was conducted using NVivo – 12 Plus software resulting in research findings in which there were nonresilient and resilient female prisoners as seen in the table:

Table 5. Data of Resilient dan Non-Resilient Covid-19 Survivor Female Prisoners

Sources	Resilient	Non-resilient	Total
<i>I Am</i>	3 (30%)	7 (70 %)	10
<i>I Have</i>	4 (40 %)	6 (60 %)	10
<i>I Can</i>	5 (50 %)	5 (50 %)	10

Source : Result of Nvivo-12 plus data

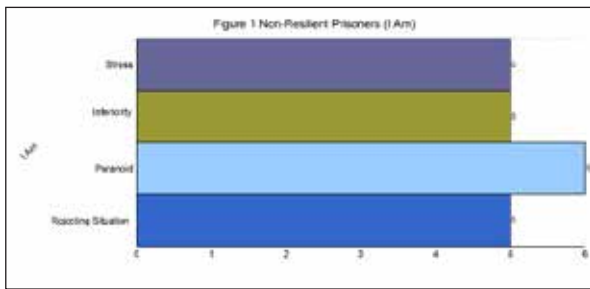
From the data, it can be seen that most of females inmates who are Covid-19 survivor in Pekanbaru Correctional Institution did not have the ability to adapt (nonresilient) in facing Covid-19 pandemic, which was in *I Am* aspect by 70%, *I Have* aspect by 6-%, and *I Can* aspect by 50%. Meanwhile, Covid-19 survivor female prisoners who had the ability to adapt positively, were able to survive and keep stable and healthy when facing risky and unpleasant conditions in *I Am* aspect by 30%, *I Have* aspect by 40%, and *I Can* aspect by 50%. Thus, it is important that the stakeholders, Pekanbaru Correctional Institution, Riau Regional Office, and the Directorate General of Corrections be more focused on increasing convicts' resiliency in facing the Covid-19 pandemic particularly in minimizing the occurrence of factors and behaviors of paranoid, stress, low self-esteem, denial, breaking the rule during recovery, feeling of lack of attention, closing up feeling, fear, ignorance, and pressure experienced by

Covid-19 survivor female prisoners. Indeed, highly skilled officers, adequate facilities and infrastructure, as well as intensive attention from officers are vital factors to achieve prisoners' adapting ability in facing risky and unpleasant situations like Covid-19.

Non-Resilient Prisoners

Prisoners who did not have the ability to adapt (non-resilient), seen from *I Am* aspect, showed paranoia, stress, low self-esteem, and denial of their situation. Their paranoid attitude started with the occurrence of suspicion and too much fear of Covid-19. This overwhelming fear was shown in their surrounding environment and the correctional officers. This paranoid behavior was understandable due to Covid-19 exceptional speed of spreading, high rate of mortality, non-existent drug, and limitation of life in Correctional Institution became factors in influencing female convicts' paranoid behavior. Non-resilient female convicts also showed behavioral stresses which were uncontrollable emotion, short-tempered, protective attitude due to the pressure experienced when undergoing the recovery process, limited treatment facility, non-existent Covid-19 drug, and images of death. Other behaviors were low self-esteem, nonresilient convicts were experiencing low self-esteem due to Covid-19 exposure, feeling alienated and stigmatized by the rest of the female convicts. Lastly, behavior which was shown by nonresilient convicts was denial of the fact that they were infected with the Covid-19 virus which was shown by the feeling of female convicts who were unable to accept their conditions and inability to think and act positively, Data process result through NVivo12 plus of *I Am* nonresilient aspect is shown in the following graph.

Graph 1. Non-Resilience Prisoners Data (*I Am*)



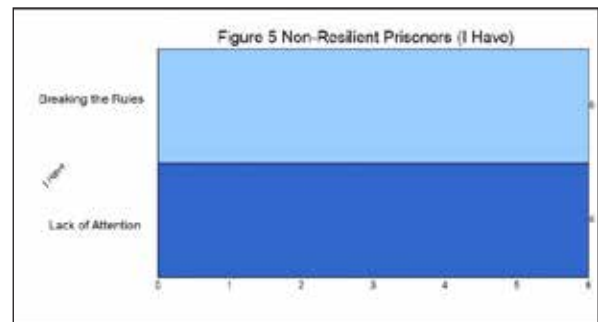
Source : Result of Nvivo-12 plus data process

The inability of prisoners in forming resiliency *I Have* such as the ability of an individual to respond to something, to be able to adapt to his surroundings, to be able to change and also to restore the problems he faces, as well as pressure or unpleasant experiences in life so that the individual is able to function properly, personally and socially. External aspects of *I Have* or those that come from outside or from surrounding environment of the individual that affect the inability (non-resilient) of female prisoners in facing Covid-19 are they broke the rules in healing process and when they felt ignored. The attitude which violates the rules experienced by female prisoners, who are survivors of Covid-19, is one of the non-resilient elements that dominates female prisoners of Covid-19 survivors. Violating the rules refer to how the prisoners often break the established rules both in the prison and at home.

The inattention experienced by covid-19 survivor prisoners at the Pekanbaru Class IIA Women's Correctional Institution is one of the things that influences these individuals to be classified as non-resilient individuals. The lack of attention means they do not get enough attention while they were in the correctional institution either by family, relatives, or the surrounding environment have an impact on the resilience of the individual. The results of the data processing using Nvivo12 plus about the aspects of *I Have* in Non-resilient

Prisoners, is shown in graph 2:

Graph 2. Non Resilient Prisoners (*I Have*)



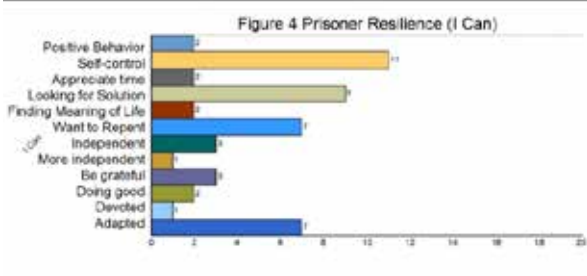
Source : Result of Nvivo-12 plus data process

The results of the study on aspect *I Can* of the prisoners who do not have the ability (non-resilient) in dealing with Covid-19 are caused by some factors such as feeling of closure, fear, indifference and pressure experienced while undergoing the treatment of the Covid-19 virus in the correctional institution. The attitude of closure is one of the elements of non-resilient that dominates female prisoners who are Covid-19 survivors. The attitude of closure in this context has to do with how prisoners are less able to blend in and adapt to the environment in the institution. The fear experienced by Covid-19 survivors at the Pekanbaru Class IIA Women's Correctional Institution is one of the things that affects the individual to be classified as an individual who is not resilient. The nature of fear in question is fear in socializing, fear in expressing opinions, and fear in making decisions in the prison.

Ignorance attitude experienced by Covid-19 survivor prisoners at the Pekanbaru Class IIA Women's Correctional Institution is one of the things that affects the individual to be classified as an individual who is not resilient. The ignorance attitude refers to a sense of indifference or neglect people around you. The pressure experienced by female prisoners who are survivors of Covid-19 is one of the non-resilient elements that dominates

the female prisoners of Covid-19 survivors. The pressure is included how individuals feel the pressure from surrounding environment, especially while undergoing the healing of the Covid-19 virus. The results of the data using Nvivo12 plus about the *I Can* aspects Non-resilient Prisoners, is shown in graph 3:

Graph 3. Non Resilient Prisoners (*I Have*)



Source : Result of Nvivo-12 plus data process

The Resilience of Prisoners

The results of the study on Covid-19 survivors show the prisoners ability to adapt positively, able to survive and remain stable and healthy when facing unpleasant and risky conditions (resilience) against Pandemi Covid-19. Judging from from aspect *I Am*, it shows that the resilience of female prisoners in Pekanbaru Women’s Correctional Institution came from the ability to think positively, to accept the situation/ resignation, to motivate oneself, the support from others, praying diligently, and the visits of others. Thinking positively in the midst of being exposed to Covid-19 and experiencing a situation that is very unnatural, abnormal and very restricted by rules is an extraordinary thing. This condition is not only due to the mentality of the individual concerned but also the presence of factors of encouragement, support and attention from fellow inmates and officers and paramedics. Positive thinking can stimulate physical and psychic to recover and to be healthy again when facing Covid-19.

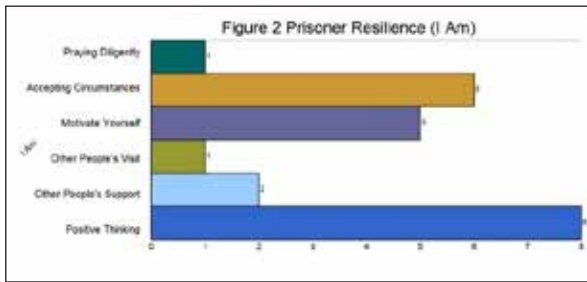
Ability to accept circumstances is an important factor for female prisoners to be resilient. The female prisoners realized that Covid-19 is a contagious and spreading virus. Therefore, the possibility of contracting Covid-19 is very high for them. Resignation becomes a mental strength and the strength to recover during suffering from Covid-19. Self-motivated attitude is one element of resilience that occurred to female prisoners who survived Covid-19. The attitude of self-motivated in this context has to do with the impulse from within the prisoner herself to act calmly as well as a factor of keeping the mentality of the prisoner herself.

Support from others is an element of resilience that occurs to female prisoners there. Support from others in this context is related to the an external impulse which encourage the prisoners to remain enthusiastic and think positively of what is happening. Visiting others is one element of resilient attitudes that occurred to female prisoners who were Covid-19 survivors.

Praying diligently in this context means getting closer to God Almighty, which can change the prisoners’ attitude from spiritual side. Getting closer to God through various worships is a source of psychic resilience to face the burden of life in prisons, to deal with Covid-19, and other problems. So that the adaptability becomes higher and higher.

Visits form others in this context is an external aspect which encourage the prisoners as well give positive impressions to them so they can be more enthusiastic in living their days. The diligent worship is one resilient elements which occurred to female prisoners who were Covid-19 survivors. The results of the data processing using Nvivo12 plus about the *I Am* aspect on Resilient Prisoners is shown in chart 4:

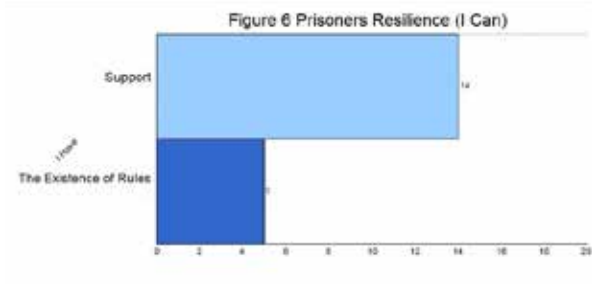
Graph 4. Resilient Prisoners (I Am)



Source : Result of Nvivo-12 plus data process

The results of the study on aspect *I Have* on prisoners who are resilient to face Covid-19 in Pekanbaru Women's Correctional Institution come from the support, and the existence of rules. The supportive attitude is one of the resilience elements that dominates female prisoners who are Covid-19 survivors. The supportive attitude in this context comes from outside/ other people (external). This attitude improves the prisoners' mentality that makes them feel worthy and can be a better person in the future. Rules is one element of resilience that occurs to female prisoners who are Covid-19 survivors. The existence of rules in this context is related to an attitude to obey the regulations inside and outside of the correctional institution, after leaving and before entering it. The results of the data processing using Nvivo12 plus about the *I Have* aspect in The Resilience Inmate, is shown in chart 5:

Graph 5. Resilient Prisoners (I Have)



Source : Result of Nvivo-12 plus data process

The results of research on aspect *I Can* on prisoners who are resilient in facing Covid-19 in Pekanbaru's Women Correctional Institution derive from an attitude of self-control, finding solution, willing to repent, able to adapt, be independent, feeling grateful, behaving positively, valuing time, able to interpret life, trying to do good, and be more independent and devoted.

Self-control is one of the resilient elements that dominate female prisoners who are Covid-19 survivors. Self-control in this context refers to a rational attitude in which a prisoner is not controlled easily by her emotion and ego. Finding solution is another element of resilience that occurs to female prisoners who survives from Covid-19. The attitude of looking for solutions in this context involves finding better solution in solving problems both what has happened and will happen.

Another element of resilience that occurs to female prisoners with Covid-19 is repentance. Repentance in this context refers to self-awareness of a mistake that he has made in the past so that she wants to change it for a better future. Adaptability is one of the elements of resilience that occurs to female prisoners who are Covid-19 survivors. Adaptability in this context is related to an effort to be ready or to develop with changing circumstances.

An independent attitude is one element of resilience that occurs to female prisoners who are Covid-19 survivors. An independent attitude in this context refers to an action not to depend on others in completing a task imposed on a prisoner. Being grateful is one element of being resilient that occurs on female prisoners with Covid-19.

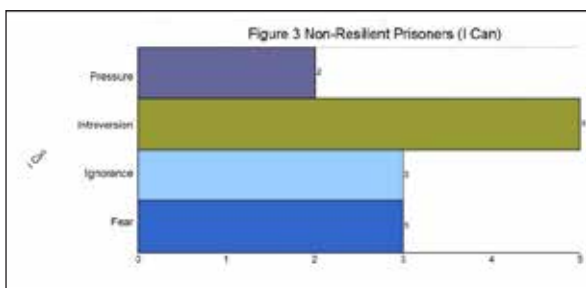
Being grateful in this context is related to acts of gratitude of presents which are given either directly or indirectly.

Positive behavior is another element of resilience that occurs to female prisoners who are Covid-19 survivors. A positive

behavioral attitude in this context is related to the prisoners' good deeds to other creatures. Appreciating time is one of the elements of resilience that occurs to female prisoners who survives Covid-19. The attitude of appreciating time in this context involves valuing time more by filling his free time by doing meaningful activities. The attitude of interpreting life is one of the elements of resilience that occurs to female prisoners who survives Covid-19. The attitude of interpreting life in this context is related to an attitude of gratitude for what is given so that a prisoner can improve herself for the better and have a better life goal in the future.

A more independent attitude is one of the elements of resilience that occurs to female prisoners who are Covid-19 survivors. The attitude of being more independent in this context has to do with an attitude of improving oneself to become a better person by being more independent and not spoiled. Filial piety is one of the elements of resilience that occurs to female prisoners survivors of Covid-19. The attitude of filial piety in this context is related to an attitude to become a better person by obeying the commandments of both parents. The results of the data processing using Nvivo12 plus against the *I Can* aspect in Resilient prisoners, is shown in graph 6:

Graph 6. Resilient Prisoners (*I Can*)



Source : Result of Nvivo-12 plus data process

Based on the results of the research on Covid-19 survivors at the Pekanbaru

Women's Correctional Institution, it was found that the Covid-19 survivors were proven to have problems with the source of resilience development because they did not have sources of resilience development, namely *I Have*, *I Can*, and *I Am*. This is supported by Desmita's opinion²⁹ that to become a resilient individual is not enough to have only one characteristic of resilience development, but it must also be supported by other characteristics. The result also shows that more inmates were did not have resistance and had problems with the source of resilience development. This proves that Covid-19 survivors experience a problem of the source of resilience development during the Covid-19 healing period and after recovering from Covid-19.

Basically Covid-19 survivors who can still experience symptoms are called the Long Covid phase and experience the symptoms such as difficulty concentrating, loss of confidence, loss of identity and difficulty in respecting as well as accepting themselves. This condition occurs because of a resilience problem which caused by psychological factors of Covid-19 survivors. This condition happens in a period ranging from 1 month to more than 6 months. In fact, 44% of Covid-19 survivors have experienced a decline in their quality of life. Covid-19 survivors in the Pekanbaru Women's Correctional Institution had experienced a decline in resilience. This happened because the inmates who survived Covid-19 were still in shock from the Covid-19 virus and at that time the mitigation of the Covid-19 was not well coordinated and the officers did not have instructions for the procedure for handling Covid-19 patients. The lack of knowledge and socialization about Covid-19 had made inmates in the first cluster traumatized both physically and psychologically. It did not stop here, Covid-19

29 Desmita, "Psikologi Perkembangan Peserta Didik" Bandung: Remaja Rosdakarya (2017) p.26

survivor prisoners were also traumatized by their surroundings because when they had been proven to have recovered from Covid-19 based on negative PCR SWAB results, other inmates were still reluctant to be close and even talk to Covid-19 survivor prisoners because they were considered dangerous. Survivors got excessive stigmatization from other inmates, as well as officers because they were considered to have the potential to transmit the virus.

It is the duty of the prison to provide the best possible care to each inmate so that they could serve their detention period well. Therefore, it is very important to improve the ability and competence of the officers. Officers must have at least 3 types of competence³⁰, namely technical competence, managerial competence and social competence. Also another important thing is the strong commitment of the head and all officers so that the implementation of the job can be carried out very well. The commitment in this case is³¹ Affective Commitment, concerning the emotional relationship of work to identification with and the involvement in the organization, *Continuance Commitment*, concerning commitments based on the costs associated with leaving the organization and Normative Commitment, concerning workers' feelings of obligation to remain with the organization because that is the best thing to do. In the midst of the Covid-19 pandemic, of course, it adds to the burden on officers, especially for prisoners who are exposed to the Covid-19 virus. Efforts to prevent the spread of Covid-19 by keeping a distance, washing

hands, and using masks in prisons are very difficult to do because of the limited space and area conditions. Efforts to treat Covid-19 sufferers who must be quarantined in special rooms also cannot be carried out optimally. Various limitations such as medical personnel, medical equipment, supporting facilities and a minimal budget contribute to the low quality of health services in prisons. However, other efforts besides giving vaccines also need to be done so that prisoners who are exposed to Covid-19 can recover. Factors that become the source of prisoners to be able to adapt (resilience) in the "*I Am*" aspect which possible to be developed such as:

- a. Being optimistic;
- b. The feeling of being loved and loving (attention);
- c. Empathy and altruistic;
- d. Proud of themselves;
- e. Having responsibilities;
- f. Having hope, confidence and trust;

Likewise with the "I Have" aspect, prison officers have an obligation to build inmates' resilience capabilities in dealing with various problems such as:

- a. Able to respond to everything well;
- b. Able to adapt to the environment;
- c. Able to change and control problems;
- d. Able to face various pressures;
- e. Able to socialize well;.

For sources of "*I Can*" resilience formation for prisoners facing various problems in prisons including dealing with Covid-19, the steps that need to be done by officers include:

- a. Striving to build good social and interpersonal relationships with prisoners;
- b. Improving communication skills;
- c. Problem solving ability;
- d. The ability to control feelings and impulses;
- e. The ability to control emotions;

30 Insan Firdaus, "Analisa Kebijakan Penerapan Sistem Merit Dalam Penempatan Lulusan Politeknik Ilmu Pemasaran dan Politeknik Imigrasi" *Jurnal Ilmiah Kebijakan Hukum* 15 No. 2 (2021):271-286.

31 Ahmad Jazuli, "Komitmen Agen Perubahan Kementerian Hukum dan Hak Asasi Manusia Dalam Pembangunan Zona Integritas Berkelanjutan" *Jurnal Ilmiah Kebijakan Hukum* 15 No. 3 (2021):415-430.

- f. The ability to understand the characteristics of oneself and others;
- g. The ability to behave positively.

CONCLUSION

The prisoners who survived Covid-19 in the Correctional Institution experienced greater and more severe suffering than the survivors of Covid-19 in the general public. This happens because of the limited conditions and strict regulations due to their prisoner status. Resilience ability to face various obstacles, problems, limitations and stressful situations as well as Covid-19 is very important for prisoners. Resources for building resilience *I Am, I Have* and *I Can* must be continuously pursued and ensured so that every prisoner has them. Situations, conditions and factors that influence the non-formation of sources of resilience and cause low resilience capabilities to deal with Covid-19 must be avoided.

Suggestion

Based on the conclusions and the problem of the resilience ability of female prisoners who survived the first cluster of Covid-19 and the second cluster at the Pekanbaru Women's Penitentiary, this study formulates several points of advice, first, it is necessary to prepare an action plan for handling aspects of building resilience in prisoners with Covid-19. Through this guideline, it is hoped that every officer will make professional and measurable efforts in dealing with Covid-19 sufferers and other conditions that affect the quality of life, life and achievement of the target of fostering inmates in Correctional Institutions.

The two Correctional Institutions are expected to conduct periodic evaluations of Covid-19 survivor prisoners who have been proven to be unresilient by monitoring by doctors and the authorities to be able to assist prisoners who have impaired resilience.

The three Directorate General of Corrections as stakeholders conducted special

training for officers who handle Covid-19 patients. In addition to medical aspects and health protocols, a very important aspect is the psychological handling of prisoners so that the sources of *I Am, I Can, and I Have* aspects of resilience can be higher and help the healing process.

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