



## **Rehabilitation Programs for Female Recidivist Inmates: A Review at the Class IIA Women's Correctional Facility in Bandar Lampung**

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### **Abstract**

The high rate of recidivism indicates that the rehabilitation programs available in correctional institutions have not been fully effective in assisting inmates with their rehabilitation and reducing the likelihood of reoffending after release. The Class IIA Women's Correctional Facility in Bandar Lampung is a specialized institution for female inmates, including those with a history of recidivism. This study aims to analyze the rehabilitation programs for female recidivist inmates at the Class IIA Women's Correctional Facility in Bandar Lampung and identify the challenges encountered in their implementation. A qualitative approach with a descriptive framework is employed to evaluate the rehabilitation programs at the institution in addressing female inmate recidivism. Data collection methods include interviews with prison staff, former inmates, and experts in the field of corrections, complemented by a literature review and direct observations. The findings reveal that while rehabilitation programs at the Class IIA Women's Correctional Facility in Bandar Lampung have an impact on inmates, they remain suboptimal. Vocational training programs are not sufficiently aligned with labor market demands, and psychological and social support services are limited, despite many inmates facing trauma and mental health issues. Societal stigma and a lack of family support further hinder reintegration efforts. To reduce recidivism and enhance reintegration, it is crucial to provide relevant vocational training, improve psychological services, and implement strategies to foster societal acceptance. Collaboration between the government, correctional institutions, and community organizations is essential in supporting former inmates and minimizing the risk of reoffending.

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## **INTRODUCTION**

Indonesia, as a country with continuously evolving social and economic dynamics, faces an increasing crime rate alongside population growth and challenges in securing employment (Ainsiyah et al., 2022; Kesuma, 2019; Wardhana et al., 2020). The criminal justice system aims not only to prevent crime but also to rehabilitate offenders to reduce the likelihood of reoffending. Correctional institutions play a central role in inmate rehabilitation through various programs

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designed to prepare them for reintegration into society (Adhha et al., 2021; Mufti & Riyanto, 2023). Law No. 22 of 2022 on Corrections emphasizes that correctional efforts encompass services, rehabilitation, care, security, and supervision to support the social reintegration of former inmates. This framework is designed with the expectation that released inmates can reintegrate into society, fulfill their responsibilities, and avoid unlawful behavior in the future (Ferdiansyah & Fatoni, 2021).

The Class IIA Women's Correctional Facility in Bandar Lampung is a correctional institution dedicated to female inmates, including recidivists, who face unique challenges compared to their male counterparts. This facility is designed to assist female inmates, including those who have repeatedly committed offenses. Female inmates often have diverse life histories that may involve financial pressures (Syafudin & Subroto, 2023), experiences of domestic violence (Bucerius & Sandberg, 2022; Sinaga, 2022), and mental health issues (Hidayati et al., 2021; Tifaldi & Subroto, 2023). After serving their sentences, they frequently encounter heightened social prejudice from both their families and the broader community, complicating their reintegration efforts (Islam & Fay, 2024; Mensah & Akuoko, 2023). Many women leaving prison face social isolation (Lachaud et al., 2024; Subroto & Sabami, 2024), inadequate support (Syafudin & Subroto, 2023), and find themselves returning to circumstances that may lead to criminal behavior (Beatrix & Salamor, 2023; Meilya et al., 2020).

With the evolution of the correctional concept, the role of correctional institutions has shifted from being merely a place of punishment to a center for rehabilitation (DM, 2017; Prayoga et al., 2023; Rahmat et al., 2021). In practice, inmate rehabilitation programs include independent development, which focuses on equipping inmates with skills and resources to support their reintegration after release (Brahmatya & Subroto, 2023; Candra et al., 2020; Zaki & Anwar, 2022). and personal development, which encompasses religious awareness, national identity, intellectual growth, legal consciousness, skills training, and mental-spiritual resilience (Ashari & Dewi, 2021; Putra, 2021; Saragih & Subroto, 2022). The primary goal of correctional rehabilitation is to reintegrate inmates into society, enable them to contribute actively to development, and support them in leading responsible and law-abiding lives (Antonius et al., 2023; Armony, 2023). Therefore, preventing recidivism among former inmates is a crucial objective of rehabilitation programs, requiring correctional institutions to implement effective mechanisms to ensure the success of inmate rehabilitation.

However, despite various rehabilitation programs, the recidivism rate among female inmates remains relatively high (Edwards et al., 2022; Hersyanda et al., 2024). Many former inmates reoffend after release, and some even escalate their criminal behavior. This phenomenon indicates that both punitive measures and correctional rehabilitation programs have not been entirely effective in preventing reoffending (Hersyanda et al., 2024). Recent studies have evaluated the effectiveness of rehabilitation programs in reducing recidivism. Septian et al. (2022) highlighted that despite the implementation of rehabilitation programs, recidivism remains prevalent, particularly in drug-related offenses, and there is no distinction in rehabilitation approaches between recidivist and non-recidivist inmates. Fatmawati.L & Rahman (2022) observed that in the Class III Women's Correctional Facility in Kendari, rehabilitation programs cover both personal and independent development but face challenges such as a shortage of security personnel and insufficient funding for food supplies. Meanwhile, Suherman (2018) found that rehabilitation programs for female inmates at the Class IIB Correctional Facility in Dompu align with regulations but do not explicitly address their effectiveness in preventing recidivism. Despite these studies, none have specifically analyzed the effectiveness of rehabilitation programs designed for female recidivist inmates, particularly at the Class IIA Women's Correctional Facility in Bandar Lampung. Therefore, this study aims to assess the effectiveness of rehabilitation programs for female recidivist inmates at this facility and identify the factors influencing the success or failure of these programs. The findings of this study are expected to provide recommendations for developing more effective correctional policies that support the rehabilitation and social reintegration of female inmates.

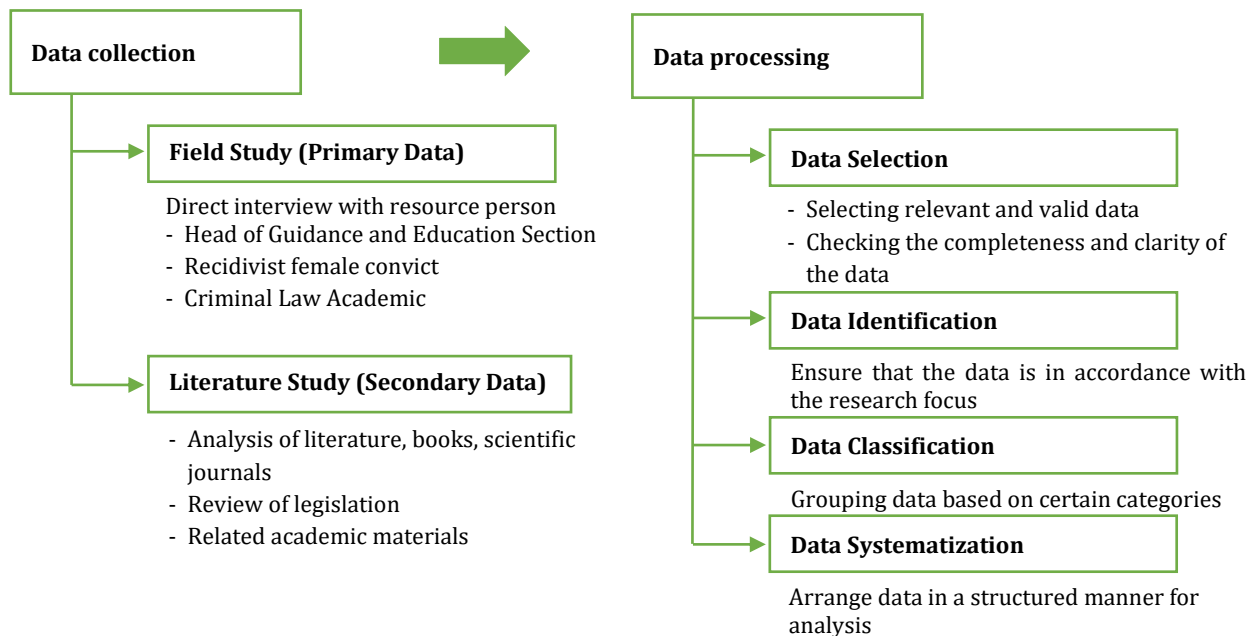
## METHOD

The methodology employed in this study integrates an empirical legal approach complemented by a normative legal approach. The empirical legal approach begins with an examination of

secondary data, followed by primary data collection through field research. Secondary data refers to an analysis and review of existing theoretical foundations, expert writings, and other relevant information, including formal regulations such as laws and judicial decisions. In contrast, primary data in this study consists of information gathered directly through observations or interviews with individuals related to the research subject.

The normative legal approach is used to assess legal issues as regulatory frameworks that align with the research context. This type of legal research, also known as theoretical or dogmatic legal research, does not focus on the practical application or enforcement of law. Instead, normative legal research primarily involves cataloging positive law, identifying legal principles and doctrines, exploring legal discovery in specific cases, organizing legal materials, evaluating the coherence of legal frameworks, comparing different legal systems, and studying legal history.

This research requires key informants who serve as primary sources of information for analyzing the identified issues. These informants play a crucial role in data collection to ensure an in-depth examination aligned with the research focus. The key informants in this study include Head of the Rehabilitation and Education Section, Female Recidivist Inmates, and Criminal Law Academics. The procedures for data collection and processing are illustrated in Figure 1.



**Figure 1.** Data Collection and Processing Procedures

Data collection in this study was conducted using two primary methods: field study and literature review. The field study aimed to obtain primary data through direct interviews with pre-determined informants, including the Head of the Rehabilitation and Education Section, female recidivist inmates, and criminal law academics. The interviews were conducted using a structured set of pre-prepared questions to ensure the accuracy and relevance of the data obtained. Meanwhile, the literature review was utilized to collect secondary data from various academic sources, such as books, scientific journals, legal regulations, and other scholarly materials relevant to the research focus.

Once the data was collected, the next stage involved systematic data processing, which was carried out in several steps. First, data selection was performed to extract information relevant to the research focus while ensuring completeness, clarity, and validity. Then, the selected data was identified to confirm its alignment with the research problem. After identification, the data was categorized into specific themes for easier analysis. The final step was data systematization, where the classified data was organized into a structured framework, enabling a clearer and more in-depth examination of the research problem.

Following the data processing stage, qualitative analysis was applied. This analysis involved descriptive narration of the data in a clear and systematic manner, allowing for a comprehensive interpretation and conclusion that effectively addressed the research questions.

## RESULTS AND DISCUSSION

Correctional institutions function as a means to achieve a holistic approach to punishment, aiming to rehabilitate individuals and reintegrate them into society as responsible and productive members. This system is designed with the expectation that released inmates will successfully reintegrate into society and avoid recidivism. Bandar Lampung has a correctional facility dedicated to the rehabilitation of female offenders. The Women's Correctional Institution Class IIA Bandar Lampung is a Technical Implementation Unit under the Regional Office of the Ministry of Law and Human Rights of Lampung Province, located at Jl. Ryacudu Bandar Lampung, Sukarama District, Bandar Lampung. The establishment of this correctional facility is based on the Decree of the Minister of Law and Human Rights of the Republic of Indonesia No. M.03-PR.07.03, dated February 23, 2007.

In addition to serving as a correctional facility, this institution also functions as a State Detention Center (RUTAN) designated for female detainees. Beyond rehabilitating convicted individuals with legally binding court decisions, the Women's Correctional Institution Class IIA Bandar Lampung also accommodates female inmates from the Way Hui region and those convicted of corruption offenses in Lampung Province. These female inmates are placed in the institution through law enforcement agencies, the Attorney General's Office, or judicial processes, including those still undergoing appeal or cassation. Educational initiatives within correctional institutions are a fundamental element of Indonesia's correctional system. The primary goal is to reform offenders so that they can lead better lives upon release while preventing future criminal behavior.

According to an interview with the Head of the Inmate Development and Education Section (KASI BINADIK), the rehabilitation approach for female inmates is designed to address their psychological, social, and emotional needs. Programs focusing on emotional and interpersonal relationships are frequently implemented, such as group counseling sessions that help inmates manage stress, build self-confidence, and improve relationships with their families. Additionally, vocational training in relevant skills such as sewing, cooking, and handicrafts is provided to support their economic independence after release.

Health and self-care programs, including education on hygiene, reproductive health, and healthy lifestyles, are also integral parts of the rehabilitation process. Equally important, a family-based approach is implemented through intensive visitation programs and parenting initiatives to help female inmates prepare for their social roles as mothers. This approach aims to maintain the emotional and psychological balance of female inmates, many of whom have children or family responsibilities that must be upheld despite their incarceration. This aligns with research conducted by Sutra (2020) which found that family visits positively impact inmates' psychological well-being. Through parenting programs, inmates are given opportunities to remain connected with their children, whether through direct visits, remote communication, or activities designed to strengthen emotional bonds between mothers and their children (Kennedy et al., 2020). These programs not only aid in the mental recovery of female inmates but also help prevent negative psychological effects on children separated from their mothers.

The rehabilitation programs implemented at the Women's Correctional Institution Class IIA Bandar Lampung reflect government policies aimed at transforming inmates into more positive, productive individuals while reducing the likelihood of recidivism. The correctional institution operates in accordance with Government Regulation No. 31 of 1999 concerning the development and guidance of correctional inmates, which includes Personality Development and Self-Sufficiency Development.

According to information provided by KASI BINADIK, one of the flagship programs at the Women's Correctional Institution Class IIA Bandar Lampung is the "Eradicating Hijaiyah Illiteracy" program. This initiative is part of the personality development efforts, serving as a crucial foundation for inmate rehabilitation. The program has successfully helped many female inmates, who previously had no knowledge of the Hijaiyah script, learn to recite the Quran, with some even participating in Quranic recitation competitions. For non-Muslim inmates, the institution collaborates with external

religious organizations, such as churches, to provide appropriate religious education. Personality Development Programs at the Women's Correctional Institution Class IIA Bandar Lampung can be seen in Table 1.

**Table 1.** Personality Development Activities at the Women's Correctional Institution Class IIA Bandar Lampung

No	Type of Activity	Description
1	Religious Activities	Rehabilitation programs aimed at enhancing inmates' faith and piety through worship and religious education. Programs for Muslim inmates include congregational prayers, religious studies, and pesantren (Islamic boarding school) sessions. Christian inmates participate in church services, while other religious groups have scheduled religious activities. These activities aim to encourage self-improvement and foster a closer relationship with God.
2	Nationalism and Citizenship Activities	Regular rehabilitation programs designed to instill a sense of nationalism and discipline among inmates, helping them improve their attitudes and behavior.

In addition to personality development programs, self-sufficiency development activities conducted at the Women's Correctional Institution Class IIA Bandar Lampung are presented in Table 2.

**Table 2.** Independence Development Activities at Class IIA Women's Prison, Bandar Lampung

No	Type of Activity	Description
1	Handicrafts	Making beadwork, keychains, and tissue holders to enhance creativity and serve as psychological therapy.
2	Cooking & Baking	Training in preparing various dishes and snacks, including making nuggets and other light meals.
3	Sewing	Learning basic to advanced sewing techniques for making clothes and accessories.
4	Tapis Embroidery	Training in the traditional Lampung tapis embroidery art, featuring high-value artistic patterns.
5	Screen Printing	Training in screen printing techniques on t-shirts and tote bags, with certification upon completion.
6	Agriculture	Learning about planting, maintaining, and harvesting crops to support food security.
7	Poultry Farming	Introduction to chicken farming, including feed management, health care, and business opportunities.
8	Fish Farming	Training in fish farming, covering species selection, maintenance, and pond management.
9	Sports	Activities such as volleyball, badminton, and table tennis for physical and mental health, with participation in competitions.
10	Therapeutic Community (TC)	A social support group for sharing experiences and supporting the rehabilitation process.
11	Motherly Counseling	Emotional support through counseling and experience-sharing among inmates.
12	Massage Training	Training in basic massage techniques for relaxation and health, as a post-incarceration skill.
13	Dance Training	Dance training for self-expression, fitness, and performances at in-prison and external events.
14	English Language Training	English language instruction for female inmates interested in becoming migrant workers after release.

Through skills training programs, counseling, and psychosocial support, external organizations assist inmates in developing the necessary capabilities for reintegration into society (Mufti & Riyanto, 2023). For instance, collaboration with non-governmental organizations provides

inmates with access to vocational training, entrepreneurship programs, and further education, enabling them to have better life choices after serving their sentences (Tamim & Subroto, 2023; Tuta et al., 2024). Additionally, moral and emotional support from volunteers and mentors contributes to building self-confidence and hope among inmates, preparing them to face challenges outside the correctional facility. With the synergy between correctional institutions and external stakeholders, the process of fostering inmates' self-sufficiency becomes more effective, sustainable, and beneficial to society (Adisaputra & Subroto, 2022).

However, in reality, the success of these educational initiatives often faces various challenges, particularly in addressing recidivism. Recidivism refers to the recurrence of criminal behavior by individuals after completing their sentences. The high recidivism rate in Indonesia presents significant challenges for correctional institutions, including the Women's Correctional Institution Class IIA Bandar Lampung, which specifically focuses on female offenders. Women in correctional facilities face unique challenges compared to their male counterparts, both during incarceration and post-release.

Many of these women come from difficult backgrounds, dealing with issues such as domestic violence, financial hardship, and mental health problems (Tifaldi & Subroto, 2023). These conditions affect the training they receive while incarcerated (Rizky et al., 2023). Furthermore, women who reoffend often experience greater social stigma than men, making their reintegration into society more difficult. The initiatives at the Women's Correctional Institution Class IIA Bandar Lampung are designed to help women improve their quality of life and prepare for life after release. These initiatives include various components, such as spiritual education, vocational training, ethical instruction, and mental health support.

One of the primary challenges at the Women's Correctional Institution Class IIA Bandar Lampung during the rehabilitation process is the lack of specialized professionals who play a crucial role in inmates' rehabilitation. Currently, the number of correctional officers with specialized skills, such as psychiatrists, psychologists, sociologists, and skilled vocational trainers, remains very limited. The imbalance between the number of experts and the needs of inmates results in limitations in rehabilitation program implementation. This is also supported by (Umar & Bachmid, 2020) who stated that the availability of human resources in correctional facilities significantly affects the effectiveness of rehabilitation programs. To address this shortage, institutions often need to bring in external experts, who are not always available on a sustainable basis. Additionally, the lack of infrastructure and facilities further hampers the effectiveness of rehabilitation programs (Putri et al., 2023).

Beyond the shortage of professionals and facilities, another major challenge in rehabilitation programs is the extent to which existing programs can meet the specific needs of female inmates. Female inmates have social, economic, and psychological backgrounds that differ from those of male inmates. Many have experienced trauma due to past abuse or violence and have low levels of education and vocational skills (Meilya et al., 2020; Sinaga, 2022). If rehabilitation programs do not take these factors into account, their effectiveness in reintegration remains limited. Generic approaches that fail to address their specific needs often hinder progress in social reintegration. On the other hand, research by Kakiay & Wigiyanti (2024) highlights that the skills taught in vocational training must be relevant to the job market to be applicable after inmates are released. If the acquired skills cannot be practically utilized, the risk of reoffending (recidivism) increases.

Psychological aspects also play a crucial role in the success of rehabilitation (Weiß et al., 2024). Many female inmates experience severe mental distress due to past trauma. If rehabilitation programs do not include adequate psychological support, their reintegration efforts become less effective. However, at the Women's Correctional Institution Class IIA Bandar Lampung, psychological care programs remain very limited. In reality, comprehensive psychological assistance could help these women rebuild self-esteem and mental readiness to reintegrate into society (Hamzah et al., 2020). In addition to challenges during rehabilitation, post-release support is also a crucial factor in the successful social reintegration of female inmates. Many former inmates face intense social stigma, which often hinders them from securing employment or being accepted back into society. This situation may push them back into the same environment, increasing the risk of recidivism. Beyond social stigma, economic factors also play a significant role. Female inmates, particularly those with family dependents, often face financial pressure after release. If the skills acquired during training

within the correctional facility are insufficient to secure decent employment, the likelihood of re-engagement in criminal activities increases.

Therefore, it is essential that rehabilitation programs at the Women's Correctional Institution Class IIA Bandar Lampung not only focus on technical skill development but also establish clear pathways for former inmates to gain employment after their release. Rehabilitation programs must adopt a more comprehensive approach by considering psychological, social, and economic aspects. Additionally, gender-responsive rehabilitation strategies should be implemented to ensure that the programs effectively meet the specific needs of female inmates. Strengthening post-release support—such as social reintegration programs, continued education, and emotional mentoring—is also necessary to help former inmates better adapt to life outside the correctional facility.

From this analysis, it can be concluded that rehabilitation programs at the Women's Correctional Institution Class IIA Bandar Lampung have the potential to support female inmates in achieving more effective rehabilitation. However, various obstacles remain, including a lack of specialized personnel, inadequate facilities, and insufficient post-release support. By enhancing the relevance of rehabilitation programs, strengthening resources, and establishing a comprehensive evaluation system, these initiatives can contribute more effectively to reducing recidivism rates and facilitating the social reintegration of female inmates. Further evaluation of the existing programs will be valuable in improving the quality of rehabilitation within the correctional system.

## CONCLUSION

Rehabilitation initiatives at the Women's Correctional Institution Class IIA Bandar Lampung play a crucial role in the social reintegration of female inmates, particularly repeat offenders. These programs aim to equip inmates with vocational skills, ethical guidance, and psychosocial support to reduce recidivism rates. However, their effectiveness remains limited due to several key challenges. One of the most significant issues is the mismatch between training programs and the actual needs of inmates after release. The skills acquired often lack relevance to the job market, exacerbating economic difficulties and increasing the risk of reoffending. Furthermore, the lack of post-release support worsens the situation, as social stigma and barriers to employment hinder their reintegration into society. From a psychological perspective, many female inmates suffer from trauma due to past violence, social pressure, and family conflicts. Unfortunately, psychosocial support in rehabilitation programs remains inadequate, making it difficult for them to rebuild self-esteem and cope with post-release pressures. The absence of a psychology-based approach weakens the overall effectiveness of the rehabilitation process.

Additionally, the institution faces resource constraints, including a shortage of professional staff, limited facilities, and insufficient funding. These limitations hinder the implementation of more targeted, personalized, and impactful programs. Furthermore, the lack of a rigorous evaluation system makes it challenging to assess the effectiveness of rehabilitation efforts in reducing recidivism. Therefore, reforming rehabilitation programs is imperative. Programs must be tailored to meet the real needs of inmates by providing skill-based training that aligns with labor market demands. Moreover, more comprehensive psychological support should be integrated to help inmates overcome trauma and develop mental readiness for reintegration. Enhancing resources, increasing the involvement of professional personnel, and strengthening post-release support are also key steps to ensuring successful social reintegration and reducing recidivism rates.

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