

## A narrative review of the psychological condition of a juvenile inmates

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### Abstract

The purpose of this study is to encompass epidemiological literature about the prevalence, risk factors, and psychological conditions of adolescents who commit crimes. The method used is a systematic process used to find literature about the causes of juvenile crime. The literature on these topics is summarized to provide an overview of these problems. The results found that too many teenagers which grow up in unhealthy circumstances, they are faced with many life challenges such as family, economy, and education that contribute to criminal behavior. It is hoped that this literature review will help community institutions, parents, and schools (school personnel: teachers, counselors) to improve arrangements for creating protection to minimize criminal cases in adolescents.

**Keywords:** Psychological condition, juvenile inmates, counselor.

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## Introduction

The prevalence of crime rates in Indonesia shows an increasingly worrisome trend. The statistic's central agency recorded the number of people affected by crime in Indonesia every 100,000 population in 2015 around 140 people, to 140 people in 2016, and decreased to 129 people in 2017. This crime or criminal act is not only committed by adults but also done by teenagers (Alizamar, Afdal, & Fikri, 2018; Alizamar, Fikri, & Afdal, 2017). This is evident in (Pemasyarakatan, 2018) ted that there were 2520 adolescents serving prison sentences in Indonesia. Plus since 2011 until the end of 2018, there were 11,116 children in Indonesia involved in criminal cases (Barnert, Perry, & Morris, 2016; DeLisi, Hochstetler, Jones-Johnson, Caudill, & Marquart, 2011; High, 2016; Liu, Patacchini, Zenou, & Lee, 2015; Munyo, 2015; Smit & Bijleveld, 2015; Yusuf, 2019). Criminal cases committed by adolescents are so numerous as persecution, brawl, drug traffickers, immorality, to commit murder .

The epidemiological data presented here is a number that shows the size of the problem of adolescents who must carry out useful activities such as positive, creative, and innovative thinking to advance the welfare of the nation. In addition, we need to explore the psychological conditions experienced by adolescents who commit criminal acts. Because the level of crime and crime originating from the productive age shows that there is a need for progressive efforts to handle the problem, both in psychological and physiological terms. Viewed from a psychological point of view, life changes that have been free, loss of life rights, separation from family and living with other community members will certainly trigger stress disorder, depression, social anxiety (Alizamar, et al., 2017; McDowell, 2006; Puspa Handayani, 2010; Rochmawati, 2014). While in physiological terms, changes in diet, sleep patterns, decreased appearance, to weight loss.

This needs to be done for interventions in reducing criminal cases committed by adolescents. How about official solutions to community threats such as criminal acts committed by adolescents. In this regard, educators will need insights about risks and protection factors for future adolescents who do not experience the same thing. The phenomenon that occurs at this time the educator literature in these case counselors lacks adequate information and does not have insight about psychological interventions that can

be done on adolescents who commit criminal acts. Thus, the aim of this review is to examine the literature over the past decade in order to provide insight into the condition of adolescents who commit criminal acts, and the role that educators can play on psychological problems and the lives of adolescents imprisoned.

### Juvenile Delinquency

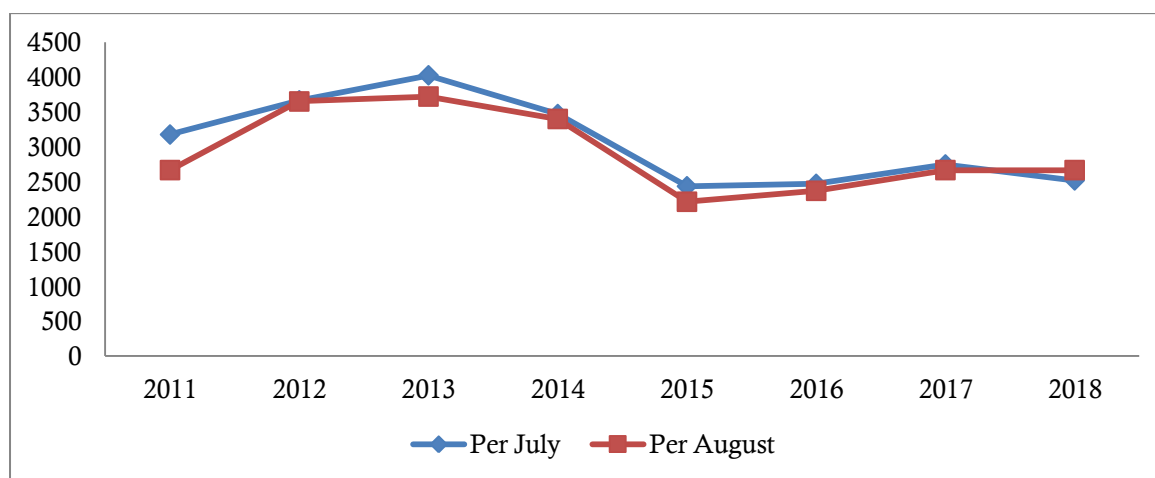
Juvenile delinquency is deviant behavior committed by individuals aged 12-18 years that can harm themselves and others. The problem of juvenile delinquency is a social problem that continues to develop and experience an increase in criminal acts (Hawkins & Weis, 2017; McDowell, 2006; Weisburd, 2015) Juvenile delinquency can be considered as a rational response to incentives for legal and criminal activities (Munyo, 2015).

Criminal penalties committed by adolescents are relatively lower than adults. This system is designed to recognize the needs of minors while emphasizing rehabilitation for punishment. This is supported by Steinberg's research (Steinberg, 2009) which revealed that multiple psychological treatments can be carried out due to psychosocial immaturity in adolescents. However, some countries are considering bringing young children as adults in court (Munyo, 2015; Young, Greer, & Church, 2017). Arora's latest research (Arora, 2018) shows that the threat of harsh sanctions does not deter adolescent crime. This conclusion is based upon the finding that criminal behavior decreases only slightly when individuals pass the age of the majority of criminals, the age at which they are transferred from adolescents to the more punitive adult criminal-justice system. Teenage blindness is one of the biggest social challenges in the whole world (Munyo, 2015). This has become a reference for various parties to intervene in the problems faced by adolescents.

**Table 1. Teenagers Inhabit Prisons in 2011-2018 in Indonesia**

Year	Total juvenile convicts	
	Per July	Per August
2011	3,180	2,670
2012	3,671	3,654
2013	4,030	3,725
2014	3,474	3,403
2015	2,438	2,216
2016	2,473	2,373
2017	2,751	2,670
2018	2,522	2,670

Source: <http://smslap.ditjenpas.go.id>



**Figure 1. Data on Prison Occupants in Indonesia 2011-2018**

Figure 1 shows that violations in adolescents have become a serious problem with criminal acts not only committed by adults but also teenagers. In general, there is no significant difference when viewed from the total number of assisted children in the Indonesian Regional Office, but this is important when

there is an increase as the number of fostered children from 2015 to 2018. Baron research (Baron, 2017) shows that many street teenagers get negative experiences. This bad experience teaches lessons that lead to increasing the likelihood of criminal behavior (Alizamar, et al., 2017; Baron, 2017). Adolescence is part to the development as an individual who is very important (Hilman & Indrawati, 2018). When there are irregularities that occur in adolescents. Life in the future will become disturbed and problematic in the next life.

## Psychological Conditions of Juvenile Inmates

Life in prison is very different from life outside prison. This causes psychological symptoms that occur while in prison. Psychological conditions experienced by adolescent inmates such as psychological well-being, social anxiety, depression, stress, self-disclosure (Alizamar, et al., 2018; Barnert, et al., 2016; Rahmi, Marjohan, & Daharnis, 2018; Smit & Bijleveld, 2015; Welta & Agung, 2017; Young, et al., 2017).

The initial condition that adolescent prisoners tend to get is psychological well being. The condition starts from loss of freedom, difficulty in adjusting and feeling lonely, which ultimately affects the psychological well-being condition (Rahmi, et al., 2018). Psychological well-being is the full achievement of one's psychological potential, where the individual can accept the strengths and weaknesses that exist in him, create beneficial relationships with others around him, have the ability to take decisions and be independent, able and competent to regulate the environment, have a purpose in life and feel able to go through developments in his life (Ryff, 1989). A psychologically healthy person has a positive attitude towards himself and others (Berzonsky & Cieciuch, 2016; Gupta, Etcoff, & Jaeger, 2016; Keyes, 1998; Woods, Hassan, & Breslin, 2017). However, it becomes a problem when there is a low psychological level of being in adolescents due to serving a prison sentence. Psychological well-being in adolescence is at a stage when a person seeks and begins to set his life goals (Martin, Papworth, Ginns, & Liem, 2014). Previous research conducted by Rahmi, A., Marjohan, M., & Daharnis (Rahmi, et al., 2018) also revealed that adolescent inmates cannot accept themselves and find it difficult to direct behavior so that it affects psychological well-being.

Furthermore, social anxiety is characterized by feelings of fear, inadequacy, low self-esteem, shame, feeling insulted, and depressed to interact with others (Yousaf, 2015). Adolescents with this condition have fears. However, they will embarrass themselves when interacting with others (Root, 2000). Social anxiety disorder as a disorder that makes someone feel afraid, anxious and avoid in situations of social interaction such as: more focused on self-attention when dealing with others (Sagalakova, Truevtsev, & Sagalakov, 2016). People with social anxiety disorder generally recognize the nature of their excessive fear, but their lives are significantly disrupted (Damer, Latimer, & Porter, 2010). Social anxiety also has an indirect impact on behavior in friendships, which tends to lead to lower satisfaction, uncomfortable relationships (Potter et al., 2014; Rodebaugh, Klein, Yarkoni, & Langer, 2011). Globally, prisoners' anxiety levels vary, depending on the conditions of confinement experienced by prisoners (Carvalho, Lecat, & Sendas, 2016). Anxiety that occurs also causes stress and depression in adolescent inmates (Maschi, Viola, & Koskinen, 2015; Morina, Malek, Nickerson, & Bryant, 2017). Some psychological conditions in existing prisoners, there needs to be special handling by various related parties in order to contribute thoughts, directions, guidance so that psychological problems experienced by inmates can be overcome with the help of various related parties.

One of the cases of concern today is a murder case committed by a teenager. Some studies reveal about 10% of all arrest cases within a year due to homicide committed by adolescents (Heide, Roe-Sepowitz, Solomon, & Chan, 2012; Price & Khubchandani, 2017). There are several conditions that are raised by convicted murderers. It has recently been proven that there are many incidents of persecution until the killing of a person becomes a normal thing to hear. For example, in visible from the case data of West Sumatra Regional Office convicts.

Figure 2 shows that there is a decrease in the number of prisoners in the West Sumatra Regional Office, but in 2015-2018, there has been an increase. Some experts claim the cause of this is because teenagers are not in school, neglected from parents, lack of affection (Price & Khubchandani, 2017; Waldegrave & Woodall, 2016). Such a situation gives birth to juvenile delinquency (Road, 2003). Nearly 1% of the population, is estimated to have a genetic component that is more likely to be expressed when the

childhood environment is traumatic (Association, 2015). These factors cause antisocial personality disorder in adolescents.

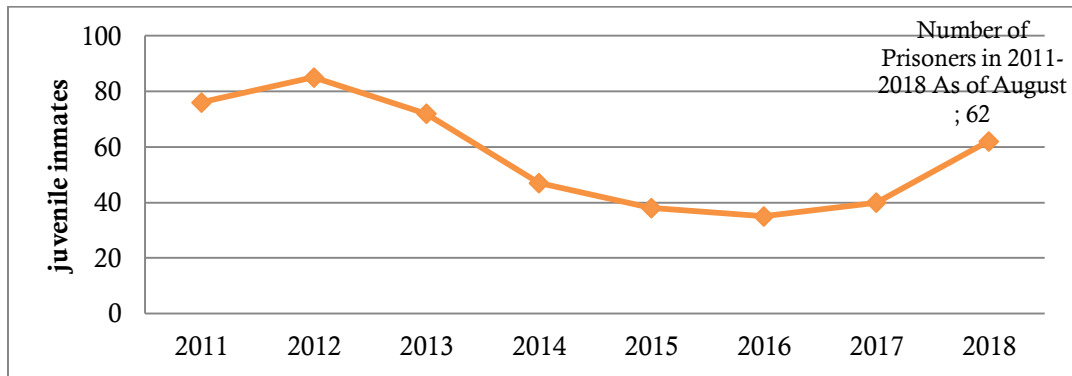


Figure 2. Number of Prisoners Per August in West Sumatra Regional Office

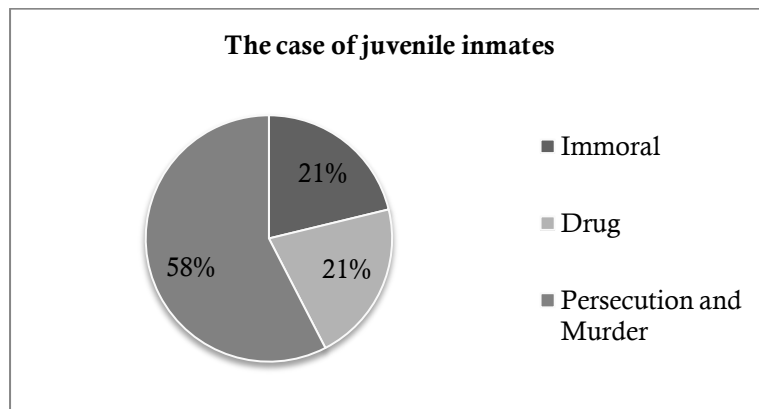


Figure 3. Judging from the Types of Sentences Served by Juvenile Inmates

Figure 3 shows that cases of maltreatment and murder are still relatively high among juvenile inmates. This is an important reference for us researchers, why teenagers easily commit criminal acts such as immorality, drugs, to torture and murder, even though this act violates applicable legal norms (MacMillan & Glass, 2016; McEnery, McGlashan, & Love, 2015; Price & Khubchandani, 2017).

### The role of counselors in dealing with juvenile inmates

The counselor is one of the educators who can provide guidance, guidance to juvenile inmates. Various strategies to reduce violations in adolescent inmates have adopted various approaches (Parker, Meek, & Lewis, 2014). Previous research has provided guidance to juvenile inmates regarding social anxiety and psychological well-being through a module media (Alizamar, et al., 2018; Rahmi, et al., 2018). Initially, this module focuses on issues related to common problems of prisoners. After that the module is developed for psychological problems for prisoners, starting from personal, social, learning and career problems. It was mostly done related to how adolescent inmates live their lives after being free until they get a job and later their role and become one of the reasons for reducing juvenile delinquency.

### Conclusion

Criminal acts by adolescents are interpreted as deviant behavior that requires direction by various parties. Even though teenagers have gone to prison, it is possible for teenagers to succeed in the future. Various psychological conditions have been experienced by inmates, ranging from social anxiety, low psychological well-being, stress to depression. The results found that too many teenagers grow up in unhealthy circumstances, they are faced with many life challenges such as family, economy, and education that contribute to criminal behavior. It is hoped that this literature review will help community institutions, parents, and schools (school personnel: teachers, counselors) to improve arrangements for creating protection to minimize criminal cases in adolescents.

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