

The Dynamics of Loneliness for Recidivist Convicts: a Case Study at Class 1 Penitentiary

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ABSTRACT: *In Indonesia, repeated criminal acts are very fluctuating. Many believe that the occurrence of recidivist prisoners is caused by the failure of guidance and lack of social support. The impacts that occur on recidivist prisoners are that they tend to be socially ostracized by society because they have committed acts that are contrary to the law, religious values, ethics and morals. This causes the prisoners to feel lonely. This study aims to determine the dynamics of loneliness in recidivist prisoners at the Class I Malang Correctional Institution (LAPAS). This study uses a qualitative method with a case study approach. The subjects of this study were two recidivist prisoners with drug and theft cases. The data collection technique used was through observation, interviews and documentation. Analysis of research data used thematic analysis with a Theory Driven approach. The causes of recidivist prisoners committing repeated criminal acts are influenced by several factors such as family factors, economic factors, education factors, and internal individual factors. The results of the study on the dynamics of loneliness in the two subjects had almost different dynamics of loneliness so that the responses conveyed were also different. The dynamics of loneliness in the two subjects were seen from four aspects, namely: despair, impatience, boredom, self-blame, and depression. Both subjects are more dominant in the aspects of despair and depression. This study is expected to provide information and can be an evaluation and improvement of recidivist prisoners about the dynamics of loneliness experienced.*

Di Indonesia tindakan kriminal yang dilakukan secara berulang kali sangat fluktuatif. Banyak yang menyakini bahwa terjadinya narapidana *residivis* disebabkan oleh gagalnya pembinaan dan kurangnya dukungan sosial. Adapun dampak yang terjadi pada narapidana *residivis*, yakni secara sosial cenderung dikucilkan oleh masyarakat karena telah melakukan tindakan yang bertentangan dengan hukum, nilai agama, etika dan moral. Hal tersebut menyebabkan para narapidana merasa kesepian (*loneliness*). Penelitian ini bertujuan untuk mengetahui dinamika kesepian pada narapidana *residivis* di Lembaga Pemasyarakatan (LAPAS) Kelas I Malang. Penelitian ini menggunakan metode kualitatif dengan jenis pendekatan studi kasus. Subjek penelitian ini terdapat dua narapidana *residivis* dengan kasus narkoba dan pencurian. Teknik pengumpulan data yang digunakan melalui observasi, wawancara dan dokumentasi. Analisis data penelitian menggunakan analisis tematik dengan pendekatan *Theory Driven*. Penyebab narapidana *residivis* melakukan tindakan kriminal ulang dipengaruhi oleh beberapa faktor seperti faktor keluarga, faktor ekonomi, faktor pendidikan, dan faktor internal

individu. Hasil penelitian dinamika kesepian pada kedua subjek memiliki dinamika kesepian yang hampir berbeda sehingga respon yang disampaikan juga berbeda. Dinamika kesepian terhadap kedua subjek dilihat dari empat aspek, yaitu: putus asa, tidak sabar, bosan, menyalahkan diri, serta depresi. Kedua subyek lebih dominan pada aspek putus asa dan depresi. Penelitian ini diharapkan dapat memberikan informasi dan dapat menjadi evaluasi dan pembenahan pada diri narapidana *residivis* tentang dinamika kesepian yang dialami.

Keywords: *Dynamics of Loneliness, Recidivists, Drugs, Theft.*

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I. INTRODUCTION

Criminal acts in Indonesia are very disturbing to the public. Criminal acts that are carried out repeatedly, either with the same or different cases, are called recidivism. The recidivism rate in Indonesia is quite fluctuating. According to news from L. Hakim (2022), in January 2020, the Director General of Corrections at the Ministry of Law and Human Rights of the Republic of Indonesia, Sri Puguh Budi Utami, expressed the importance of reducing the recidivism rate in Indonesia because the recidivism rate is quite fluctuating, reaching around 24 thousand people (Prasetyo, 2023). Based on data from the Ministry of Law and Human Rights as of February 2020 which was uploaded on its official social media, there were 268,001 prisoners and convicts who committed recidivism of 18,12% (Aulia, 2024). Based on initial interview from Mr. Muhammad Faishol Nur as Head of the Correctional Guidance Section of the Malang Class I Correctional Institution as of March 16, 2023, there were 3021 people who had the status of convicts with various types of crimes. For prisoners who have recidivist status, there are 516 people, if presented around 15,5%. Recidivist prisoners based on the type of crime that is highest are narcotics and theft, there are 372 prisoners who have recidivist drug status, while recidivist theft there are 88 prisoners.

Criminal acts are often found in social environments from small to large scales. As with juvenile delinquency, theft, murder, narcotics and so on. Moeljatno (2015) said that this criminal act is an act that violates the law which can be accompanied by sanctions for those who do it and can also be threatened with criminal penalties. According to Abdussalam (2007), criminal behavior is behavior that can form a pattern which does not have a sense of responsibility, commits criminal acts continuously and has an aggressive nature.

There are many factors that cause criminal behavior to commit criminal acts and even repeat them repeatedly (recidivism) starting from internal factors that exist in oneself and external factors that exist in the environment and do not get social support (Haryanto et al., 2021). Hadisuprpto (2010) said that behavior that commits criminal acts will get the consequences of their actions that violate the law in accordance with the established laws. There are several types of punishments that can be in the form of fines, imprisonment, social services, detention, and so on.

Based on Law No. 12 of 1995 concerning Corrections, article 1 paragraph 3 reads "*Correctional Institutions hereinafter referred to as LAPAS as a place to carry out the development of Prisoners and Correctional Students*". Prisoners who return to prison

after being released from their sentences. For example, what happened in the Class I Malang Prison, there were many former prisoners who returned to their cells to serve their sentences again, either for the same or different cases. With the return of former prisoners to the Prison to serve their sentences for their actions because they had committed violations of the law, they are called Recidivist Prisoners.

The crime of theft committed by former prisoners with qualifications of aggravation or violence is classified as theft carried out by doing certain methods and the theft can be aggravated by the threat of punishment (Lamintang, 2005). The proportion of theft crimes is above 20% and drug crimes are 25%. Recidivism factors are greatly influenced by the social environment and the impact of the prison term. The social environment, including the stigma experienced by ex-convicts, can lead to isolation and difficulty in rebuilding a productive life. This stigma often reduces their opportunities for employment and support from the community. In addition, lack of family support can make ex-convicts feel depressed and more vulnerable to returning to criminal behavior. Communities with negative norms also contribute to the possibility of individuals falling back into crime. In addition, the impact of the prison term itself plays a role in the high recidivism rate. Traumatic experiences during incarceration can affect the mental health of ex-convicts, leading to depression or anxiety. Therefore, it is important to implement effective rehabilitation programs and create a supportive environment so that ex-convicts can return to contributing positively to society (Astridge et al., 2023).

Based on documents and information from the Class I Malang Penitentiary. The following is data on the level of recidivism prisoners based on the type of crime found in the Class I Malang Penitentiary, as follows:

Table 1. Recidivist Prisoner Data

Recidivist Prisoners Based on Type of Crime	
Narcotics	372
Theft	88
Assault	12
Health	8
Robbery	8
Child Protection	7
Embezzlement	4
Sharp Weapons / Firearms / Explosives	3
Murder	3
Fraud	2
Gambling	2
Traffic Violations	1
Extortion	1
Morality	1
Corruption	1
Forestry	1
Robbery	1
Domestic Violence	1
Total Recidivists	516
Total as of March 16, 2023	3021

Recidivism is the repetition of criminal acts either with the same or different cases. Recidivism will return if an individual commits a criminal act again within less than two years after leaving prison. There are two factors that influence recidivism, namely internal factors and external factors. The internal factor is that the individual has weak self-control, lifestyle, intentions, habits and expertise in something. While the external factors are economic factors, environmental conditions, and getting influence from other people (Goodley et al., 2022). There are two characteristics of recidivism changes, namely: General Recidivism, namely repeated criminal acts committed by individuals but with different types of cases than before and Specific Recidivism, namely repeated criminal acts in individuals with the same type of criminal act in previous cases (Goodley et al., 2022).

Not all prisoners are caught in special recidivism cases, but some of the prisoners are actually in general recidivism cases. The main factor that causes them to become recidivists is none other than the existence of unsupportive environmental conditions, isolating the prisoners themselves, not accepting them back well so that it triggers the prisoners to do things they shouldn't do as an outlet for their frustration and urgent needs. This is reinforced by the results of observations and initial interviews by researchers who observed the behavior and reactions of a recidivist. Where one of the reasons former prisoners commit recidivism is because of the needs, desires, loneliness, and the surrounding environment that drives them.

Likewise, they also feel comfortable when they are in prison compared to being around the community. This is because they have a sense of comfort and have their own peace, because the subjects feel they have friends who support and protect each other even though they are fellow prisoners, while in society they feel pressured and ignored by their families and closest people because of their status as former prisoners so that there is no concern and warmth that is obtained but loneliness and a sense of neglect. Not only that, they feel more cared for because their basic needs are well met even though they live simply, and they participate in Job Guidance (BimKer) activities in the prison. So that one of them deliberately commits another crime in order to get comfort and a good life, even though it is often considered bad by society out there.

Judging from the initial data obtained, recidivist prisoners make repeat mistakes because they do not get social support, even family, friends and closest people leave them because they are ashamed of their status as prisoners. So based on the initial data obtained, researchers try to connect feelings of loneliness with recidivist prisoners. Individuals feel uncomfortable when they return to their family or closest people, and feel neglected because no one cares about them, which causes feelings of loneliness (Myers, 2012). Russell (2003) describes loneliness as a stable form of feeling lonely which can change in certain situations or individuals feel lonely because of their own personality, individuals do not get life and social support from their environment, individuals tend to feel sad, gloomy and worthless. which refers to individual failure

Myers (2012) said that feelings of loneliness can give rise to negative emotions such as depression, anxiety, discomfort, dissatisfaction, a tendency to blame oneself and feelings of shame. Loneliness can arise when someone is in a place where the individual gets existence from other people. The emergence of fear and being ignored by society makes individuals think that they are no longer worthy of socializing with society in general again.

According to Ireland & Qualter (2008), feelings of loneliness are divided into two, namely: social loneliness, this is caused by a lack of interest and the absence of others. Individuals lose their social integration and social relationships and emotional loneliness, this is caused by no approach in their intimate relationships, such as children who do not have parents or an intact family or individuals who do not have a partner or close friends. Individuals will feel a lack of special attention from each other, even though the individual is interacting with many people but he still feels lonely. According to Banse et al (2013), feelings of loneliness are a cognitive and emotional reaction to social relationships, but not in accordance with what is expected. The mismatch between desires and social reality that occurs causes individuals to do several ways to get attention back from the surrounding community. One of them is by committing crimes or criminal acts.

In theory Brehm (1992) it is stated that there are four aspects of feelings of loneliness, namely: despair, boredom & impatience, self-blame and depression. Brehm (1992) suggested that there are causal factors for feelings of loneliness in individuals, namely: a) Relationships that do not meet the requirements (inadequacies) so that individuals feel dissatisfied and uncomfortable in establishing the relationship, b) Changes in themselves and others that can affect their social relationships, c) The existence of self-esteem or self-assessment that is influenced by attitudes, interactions and behavior in a person, d) Interpersonal behavior and, e) causal attribution. According to Brehm (1992), there are four dynamics in feelings of loneliness, namely: a) despair, b) Depression, c) feelings of impatience and boredom, d) blaming yourself. In Sukdiana's (2016) research, the level of loneliness in juvenile prisoners at her research location obtained results from 73 respondents with 24 people (32.88%) who were not lonely, 38 people (52.05%), 7 people (9.59%) who were moderately lonely and 4 people (5.48%) who were severely lonely.

In the study Hakim & Subarkah (2022) it is explained about social support for prisoners who experience loneliness where the condition of recidivist prisoners feels unhappy and sad caused by social isolation. The study revealed the results that with social support can foster feelings where prisoners are still needed and appreciated by the surrounding community. The findings of the study indirectly discuss the level of loneliness of adult prisoners who have the status of recidivist prisoners and the importance of creating social support that supports recidivist prisoners to be better than before, accept them back as a whole, and care about the psychological well-being needed.

The importance of further research on the dynamics of loneliness in recidivist prisoners at Class I Malang Penitentiary lies in a deeper understanding of the psychological factors that influence their behavior. Loneliness can be a major driver for former prisoners to return to criminal behavior, because they feel isolated and not accepted by society. Not only that, recidivist prisoners are considered to have damaged religious, ethical, and moral values. By delving deeper into how loneliness affects their mental health and decisions, this study can provide valuable insights for the development of more effective rehabilitation programs. The novelty of this study compared to previous studies lies in its more specific focus on the relationship between loneliness and recidivism behavior. Most previous studies may have highlighted external and environmental factors that influence recidivism, but not many have directly investigated how loneliness, both socially and emotionally, contributes to an individual's decision to return to crime. By analyzing the dynamics of loneliness, this study can offer a new approach to understanding the challenges faced by former prisoners. In addition, this study has the

potential to recommend further research to be able to determine more concrete social interventions to help reduce loneliness among recidivist prisoners. Such as by increasing social support and building better networks, it is hoped that ex-convicts can feel a stronger sense of connection to society and feel more valued. This will be an important step in reducing recidivism rates and helping them live more productive lives after leaving prison.

II. METHOD

This study uses a descriptive qualitative research type with a case study approach (Creswell & Poth, 2017). The purpose of the case study research in this study is to determine the dynamics of loneliness that occurs in recidivist prisoners in Class 1 Malang Penitentiary. The subjects of this study were 2 participants who had the status of recidivist prisoners for drug and theft cases. The characteristics of the participants were recidivist prisoners for drug and theft cases, who were serving sentences of approximately two years and had an age range of 20 years and above (adult prisoners). The location of this research was conducted at the Class I Malang Penitentiary. This study used a data collection method using participant observation for approximately 3 months. In addition, it also used a semi-structured interview technique with the two subjects and documentation to strengthen the data that had been obtained (Sugiyono, 2019). Data was measured by checking the validity of the data using a credibility test. Testing the data from this study used time triangulation by obtaining the results of observations and interviews at different times or situations. The researcher used Driven theory using thematic analysis techniques. Research data is done using certain codes by grouping them according to the theme and subject of the research results conducted (Creswell, 2019). The resulting data will be reduced through information with problem solving related to the theory used.

III. RESULT AND DISCUSSION

Overview of the Results of Repeat Offender Prisoners' Violations

From the results that researchers have conducted on two subjects to determine the dynamics of loneliness towards recidivist prisoners who have committed criminal acts, especially in drug and theft cases, who are currently in Class I Malang Prison with the following characteristics:

Table 2. Subject Background Description:

No.	Description	Subject 1	Subject 2
1	Name	DO	Z
2	Gender	L	L
3	Age	31 years	30 years
4	Case	Drugs	Thief
5	Term of Detention	5 years 6 months	2 years
6	Status	Married	Divorced Alive
7	Last Education	SMP	SMP
8	Job	<i>Lazada</i> Courier	Sugarcane Truck Driver
9	Recidivist Information	2 times	2 times

Both subjects have almost the same background. Subject 1 (DO) is a recidivist in a drug case. The subject was charged with Article 111 Paragraph (1) of Law of the Republic of Indonesia No. 35 of 2009. The subject is serving his sentence again with the same case, namely drugs but with a different type, in the first case using crystal methamphetamine while in the second case the subject used marijuana. The subject's family is a broken home. The subject was abandoned by both parents so the subject chose to become a street child. The subject started trying to smoke in 2007 and drink alcohol in 2008. The subject was also introduced to drugs in the form of *koplo* pills in 2010 by his friend.

The reasons the subject always uses drugs are as a herbal medicine for himself when he is feeling tired, curiosity about various types of drugs, when the subject feels depressed and environmental factors also influence. In 2021, the client found his soul mate who finally decided to get married and currently has 1 child, an 8-month-old girl. The client actually wants to change himself with his own initiative and encouragement from his small family. However, at that time the client received an invitation or persuasion from one of his old friends while in prison who offered marijuana, which at that time the subject was hesitant to say yes or not. However, in the end the subject agreed to buy the item back. Before he had time to consume it, two police officers came to the subject's house until finally the subject was imprisoned for the second time.

Subject 2 (Z) is a recidivist with a case of aggravated theft. The subject is charged with Article 363 of the Criminal Code with a sentence of 2 years. Previously, the subject had also served a prison sentence with the same case, namely aggravated theft. The subject is an orphan. His father died when the subject was 5 years old. The subject was married in 2016 and was blessed with 1 son, but his marital status could not be maintained because his wife filed for divorce. So currently the subject only lives with his mother. In his first case, the subject committed the crime at his workplace because the subject was annoyed with his boss because the subject was always teased and belittled so that the subject was determined to take one of his boss's belongings, namely a power sound system.

Likewise with the current subject's case, the subject works as a sugar cane truck driver. The subject explained that at that time his mother was sick and the subject borrowed money from his friend, but because it was due and the subject had not been able to return the money, the subject was trapped and felt helpless, finally the subject stole a motorbike with the key still attached to the motorbike. Then not long after the motorbike was taken away by the subject. The perpetrator had just come home and was asked by his mother, "*whose motorbike is that?*" The perpetrator replied that it was his friend's motorbike. In the morning, three police officers came with the victim and the shop owner as witnesses and took the perpetrator to the police station.

The results of the study will be compiled based on aspects of loneliness by Brehm (1992) who stated that there are four aspects of feelings of loneliness, including: Desperation, impatience and boredom, self-blame (self deprecation) and depression. The forms of aspects of the dynamics of loneliness in both subjects are as follows:

Table 2. The form of the dynamic aspects of loneliness based on the results of interviews

Aspect	Subject 1 (DO)	Subject 2 (Z)
Hopeless	Broken home families do not have a permanent home to stay in (DO1.W1.38)	Sued for divorce by his wife because his wife was ashamed (Z2.W1.44)
	Often quarrel with his wife (DO1.W1.38)	Does not have social support from the surrounding community (Z2.W1.46)
	The environment has a negative impact (street children) (DO1.W1.42)	Tired, bored and feeling hopeless (Z2.W1.48)
	Give up and despair over his mistakes (DO1.W1.44)	Surrender to God and ashamed to meet with prison officers again (Z2.W1.54)
	Losing hope, unable to accompany and miss moments when his child was still small (DO1.W1.54)	Has no hope, other than looking after and caring for his mother (Z2.W1.52)
Impatient and Bored	Cannot control his emotions (DO1.W1.61)	Cannot control his emotions (Z2.W1.72)
	Often quarrels or vents his anger on an object (DO1.W1.61)	Has a grudge against people who are hypocritical or two-faced (Z2.W1.78)
	Stress and boredom in prison (DO1.W1.67)	Feels bored and fed up in prison (Z2.W1.48)
	Wants to get out soon so he can be with his family (DO1.W1.67)	Wants to get out of prison soon (Z2.W1.76)
Blame yourself		If there is a problem, it should be resolved properly (Z2.W2.12)
	Looking for a solution so that the problem can be resolved properly (DO1.W2.12)	Venting his emotions on an object (Z2.W2.16)
		Feelings of hatred towards himself (Z2.W2.18)
	Regret and hate yourself (DO1.W2.26)	Feeling unappreciated and unappreciated for his efforts (Z2.W2.18)
		Feeling that he is ugly and has ruined his family's name (Z2.W2.28)
Depression		Sadness for having to go to prison twice (Z2.W2.24)
	Feelings of sadness, tiredness and stress, wanting to get out of prison (DO1.W2.34)	Hidden intentions to commit suicide (Z2.W2.34)
	Feelings of guilt towards himself and his wife and children (DO1.W2.36)	Feeling lonely because of losing his family and father figure (Z2.W2.46)
	Never told anyone and chose to keep it to himself (DO1.W2.40)	More comfortable being alone than socializing (Z2.W2.44)
		Lack of self-confidence (Z2.W2.50)

Based on the table above, the dynamics of loneliness experienced by recidivist prisoners in Malang Prison show that the lack of social support and unstable family conditions contribute significantly to feelings of loneliness and despair experienced by subjects DO and Z. This is aimed at subject DO where he comes from a broken home, both of his parents already have new families so that the subject does not have a place to stay or even a place to go home, so the subject decides to become a street child where the subject considers the environment negative but the subject feels comfortable and can be a home for him. However, after the subject got married, the subject often quarreled with his wife because the subject was still using drugs secretly. Currently the subject feels hopeless and desperate because of his mistakes so that the subject had to go to prison for the second time. The subject also lost hope because he could not accompany his child when he was little.

Likewise, what was felt by subject Z, the subject also did not get social support and motivation from either family or other people, since his father died and required the subject to become the backbone of the family with only one mother, currently the subject's condition is also neglected and sued for divorce by his wife and separated from her children because the wife is ashamed of having an iron-fisted husband. There is no social support from the community because the community is indifferent to the subject's attitude. The subject feels hopeless, tired, bored and confused about what to do. The subject has surrendered to Allah SWT. The subject is desperate, the only hope at this time is to care for and look after his mother, but unfortunately the subject is currently in prison.

This is in line with the research of Andelia et al (2020) which emphasizes that low social support can worsen an individual's psychological condition, especially for prisoners who experience trauma or loss. In the case of subject DO, who came from a broken home, and subject Z, who lost his father, the lack of emotional support from family and society made them feel isolated and had no place to go home. Furthermore, the feelings of hopelessness experienced by both subjects are also related to their inability to cope with emotional problems (Listwan et al., 2010). Research by Astridge et al (2023) shows that individuals who feel isolated tend to experience depression and anxiety, which can trigger criminal behavior as a way to get attention or support. In this context, subjects DO and Z felt more comfortable in prison, where they received attention from fellow inmates, even in a negative environment. This reflects how the prison environment can be a "home" for those who feel neglected outside (Astridge et al., 2023).

In the next aspect, there is the aspect of impatience and boredom. This was also felt by both subjects. Where subject DO admitted that he could not control his emotions, if these emotions exploded and felt disturbed, it could result in fights and not infrequently the subject vented his anger on an object. The subject felt stressed and bored while in prison and wanted to get out immediately so he could be with his family. Likewise, subject Z experienced it, where the subject felt unable to control his emotions and the subject still held a grudge against people who had been hypocritical to him and were two-faced. The subject also felt bored and disgusted while in prison. The subject wanted to get out of prison immediately, the subject wanted to take care of and care for his mother. Previous research identified that the inability to manage emotions can cause individuals to commit impulsive acts, including violence or criminal behavior. Subjects DO and Z showed behaviors that vented their emotions in a detrimental way, reflecting a lack of effective coping skills. Previous research has also shown that individuals who

lack emotional support tend to be more prone to destructive behaviors (Goodley et al., 2022).

When DO experiences a problem, he first looks for a solution to his problem, so that the problem can be resolved properly. DO feels regret and hatred for his actions that require the subject to go back to prison for the second time and have to be separated from his family. This is also felt by subject Z, if Z experiences a problem he will solve the problem in a good way, but Z also often vents his emotions by throwing or slamming things if he is not left alone in order to calm himself down. The feelings experienced by the subject at this time are feelings of hatred because he feels unappreciated and unappreciated for his work and his very short-sighted thinking that requires the subject to repeat his mistakes for the second time and the subject goes back to prison. The subject feels bad and has damaged his family's good name. Both subjects also experience feelings of depression. Subject DO feels deep sadness and tiredness because he wants to meet and gather with his family. DO when he has a problem or whatever he is reluctant to tell others it would be better if he kept it to himself.

Likewise, Z also feels deep sadness because he always troubles his mother and currently Z can't do anything except pray for his mother. In Z, there was once a hidden desire to commit suicide because he was dizzy with his life and was in debt everywhere. The subject felt lonely because he did not have a sincere home from the people around him except his mother. So the subject felt more comfortable being alone than socializing with the community or inmates in the correctional institution. The subject felt less confident. The feelings experienced by both subjects tended to lead to depression, which showed that they not only felt lonely, but were also trapped in a negative cycle that was difficult to break.

Previous research shows that high levels of loneliness among prisoners can contribute to increased symptoms of depression, which in turn can worsen their mental condition. In the case of subject Z, the desire to commit suicide that emerged reflected an extreme level of despair, which is often overlooked in the context of rehabilitation (Zhao & Shi, 2020). Thus, it is important to highlight the need for more holistic interventions in rehabilitation programs for recidivist prisoners. Research by Haryanto et al (2021) emphasizes the importance of social support in reducing loneliness and improving the psychological well-being of prisoners. By creating programs that not only focus on legal aspects but also on emotional and social support, it is hoped that prisoners can more easily reintegrate into society and reduce recidivism rates.

Dynamics of Loneliness in Recidivist Prisoners

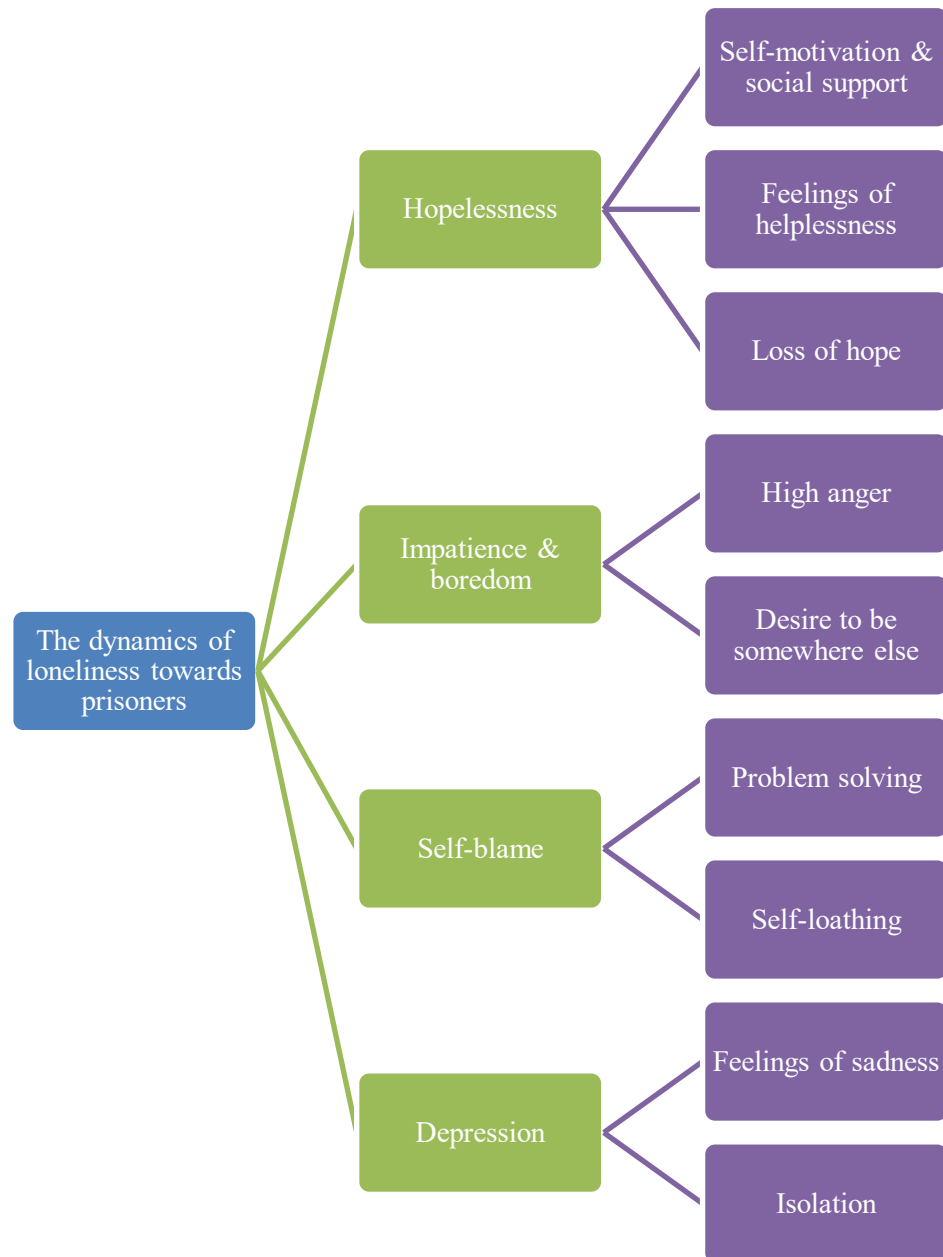


Figure 1. *Dynamics of Loneliness in Recidivist Prisoners with a Focus on Drug Crimes and Theft*

The results of this study indicate several indicators of the dynamics of loneliness towards recidivist prisoners. This feeling of loneliness appears in both subjects which are almost the same. Referring to the theory of Brehm (1992), the dynamics of loneliness are divided into 4 parts, namely despair, impatience and boredom, self-blame and depression. That feelings of despair are a person's condition that is presented with a lack of motivation and support from those around them, feelings of helplessness such as boredom, fatigue, confusion and loss of hope which causes a desire to do something recklessly (Brehm, 1992). The factors that influence from internal and external aspects, for example in family conditions, economy and within the individual. Both subjects stated that they failed in terms of family from the breakdown of household relationships to being abandoned or not considered by both parents.

This is one of the causes of feelings of loneliness. According to Erber & Erber (2017), feelings of loneliness are a negative emotional response to the individual's perception between desires and quantity and quality in actual relationships. This triggers the presence of affective and cognitive components. In terms of affective components, the emergence of different feelings will arise in the individual's negative emotions. While in terms of cognitive components, there is a mismatch between social relationships with what is expected and the actual situation.

The feelings of loneliness are related to emotional mental disorders in individuals such as despair, depression, somatic disorders or anxiety. This feeling arises in both subjects who feel despair due to the lack of support and motivation from those around them, feelings of helplessness due to bearing the shame of repeating their mistakes and feelings of loss of hope of not being able to gather, help and care for their families (Lazzari et al., 2024). This is reinforced by the results of an interview with one of the subjects who revealed:

"Losing hope, unable to accompany and miss moments when his child was still small" (DOI.W1.54)

"Has no hope, other than looking after and caring for his mother" (Z2.W1.52)

Individuals who experience feelings of loneliness tend to feel unhappy and dissatisfied with themselves. They are reluctant to open up to others and even tend to open up too little. Rather than that, they also feel hopeless and feel that their lives are in vain (hopeless). That also added that feelings of loneliness feel alienated from their group, do not feel love and affection from those around them, and feel that no one cares about them so they feel lonely (Say et al., 2024).

Richard et al (2017) explains that feelings of loneliness experienced by someone have a nature like a loop or rotation. Indirectly, individuals feel socially isolated, this perception will give rise to feelings of loneliness. This causes people who feel lonely to tend to isolate themselves from others. Feelings of sadness and feeling depressed in themselves so that negative emotions arise such as overthinking, stress, or attempts to end their lives. This leads to social loneliness and emotional loneliness. Socially, feelings of loneliness arise when the subject tends to choose to solve his own problems and is reluctant to tell others. Emotionally, the subject feels more comfortable when he is alone and does not want to involve others. If these feelings continue, they will get worse and are related to depressive disorders.

Ahmed & Samuel (2017) revealed that feelings of loneliness are one form of feelings of guilt and the subject experiences personal guilt, namely feelings of guilt that occur because of problems in violating "conscience" or awareness that occurs in individuals. DO and Z realized that their actions were deviant behavior and violated the law, even though with various reasons they continued to do it and repeat it again. Both because of economic problems, personal satisfaction, the need for recognition in groups, recognition of themselves and others. The recognition given and received by others can be linked to a person's self-esteem and social skills. The feeling of loneliness in the bereaved family is certainly inseparable from the feeling of loneliness experienced by DO and Z who are currently in prison. Previous research showed that there is a significant relationship between feelings of loneliness and a tendency to depression. Many things can cause a person to tend to be depressed, one of which is social factors

by showing concern, appreciation and social support for family and others (Wang et al., 2022).

Previous research also showed feelings of loneliness that give rise to feelings of hopelessness where teenagers tend to judge themselves as worthless and unsupported. This feeling makes them feel increasingly lonely and have difficulty in establishing good social relationships (Zhang et al., 2024). Furthermore, based on research that shows that every individual can open up (self-disclosure) to express themselves appropriately and in adjusting themselves (adaptive). However, on the other hand, if individuals cannot be open (self-disclosure) they will tend to be less confident, feel inferior and have feelings of fear and anxiety (Prizeman et al., 2024).

IV. CONCLUSION

Overall, this study describes the dynamics of loneliness in DO subjects who are recidivist drug convicts and Z subjects who are recidivist theft convicts. There are four aspects of loneliness dynamics, namely: despair, impatience & boredom, self-blame, and depression. In this case, both subjects appear to be more prominent in the aspects of despair and depression. It is shown in both subjects, DO and Z who do not have support & motivation, the emergence of feelings of helplessness and loss of hope and feelings of depression that arise will be feelings of stress, depression, deep sadness, attempted suicide, and difficulty in socializing. The researcher realizes that in conducting this study there are limitations. The researcher only focuses on recidivist drug and theft convicts. In addition, the interview process conducted by the researcher was only twice which was considered insufficient to obtain perfect results. The researcher hopes that this study can be deepened regarding the dynamics of loneliness, because there are several psychological theories that can refer to each dynamic, such as despair, depression and anxiety.

V. REFERENCES

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