

ABSTRAK

PENGALAMAN TRAUMA PSIKOLOGIS DAN ADAPTASI PSIKOLOGIS WARGA BINAAN DI LEMBAGA PEMASYARAKATAN KELAS IIB MOJOKERTO

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Warga binaan di lembaga pemasyarakatan berisiko mengalami trauma psikologis akibat kehilangan kebebasan, keterpisahan dari keluarga, stigma sosial, serta perubahan lingkungan yang terjadi secara tiba-tiba. Kondisi tersebut dapat memengaruhi kemampuan warga binaan dalam beradaptasi secara psikologis selama menjalani masa pidana. Penelitian ini bertujuan untuk mengeksplorasi pengalaman trauma psikologis dan proses adaptasi psikologis warga binaan di Lembaga Pemasyarakatan Kelas IIB Mojokerto. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Partisipan berjumlah 10 warga binaan yang dipilih menggunakan teknik *quota sampling*. Data dikumpulkan melalui wawancara mendalam, observasi, dan dokumentasi, kemudian dianalisis menggunakan analisis tematik. Hasil penelitian mengidentifikasi enam tema yang terbagi menjadi dua kelompok, yaitu tiga tema trauma psikologis meliputi kehilangan kebebasan sebagai sumber trauma psikologis, reaksi emosional akibat menjalani masa pidana, dan kesulitan adaptasi pada awal masa penahanan; serta tiga tema adaptasi psikologis meliputi strategi koping dalam menjalani kehidupan di lembaga pemasyarakatan, penerimaan diri dan penyesuaian terhadap kehidupan di lembaga pemasyarakatan, serta harapan dan makna hidup setelah menjalani masa pidana. Penelitian ini menyimpulkan bahwa pengalaman trauma psikologis dan adaptasi psikologis merupakan proses yang saling berkaitan. Dukungan pembinaan, pendekatan spiritual, serta penguatan psikososial diperlukan untuk membantu warga binaan mengurangi tekanan psikologis, meningkatkan kemampuan adaptasi, dan mempersiapkan reintegrasi ke masyarakat.

Kata Kunci: Trauma psikologis, Adaptasi psikologis, Warga binaan, Lembaga Pemasyarakatan.

ABSTRACT

PSYCHOLOGICAL TRAUMA EXPERIENCE AND PSYCHOLOGICAL ADAPTATION OF RESPONDENTS AT THE CLASS IIB MOJOKERTO CORRECTIONAL INSTITUTION

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Inmates in correctional institutions are at risk of experiencing psychological trauma due to the loss of freedom, separation from their families, social stigma, and sudden changes in their living environment. These conditions may affect their ability to adapt psychologically during incarceration. This study aimed to explore the experiences of psychological trauma and the process of psychological adaptation among inmates at Mojokerto Class IIB Correctional Institution. A qualitative study with a phenomenological approach was employed. Ten inmates were selected using quota sampling. Data were collected through in-depth interviews, observations, and documentation, and analyzed using thematic analysis. The findings identified six themes grouped into two categories. Three themes reflected psychological trauma: loss of freedom as a source of psychological trauma, emotional reactions to incarceration, and difficulties in adapting during the early stage of imprisonment. The other three themes reflected psychological adaptation: coping strategies during incarceration, self-acceptance and adjustment to life in the correctional institution, and hope and meaning in life after imprisonment. The study concludes that psychological trauma and psychological adaptation are interconnected processes throughout incarceration. Correctional rehabilitation programs, spiritual approaches, and psychosocial support are essential to reduce psychological distress, enhance inmates' adaptive capacity, and facilitate successful reintegration into society.

Keywords: Psychological trauma, Psychological adaptation, Inmates, Correctional institution.