

The Phenomenological Study of Persons Deprived of Liberty Suspected to Be Suffering from Depression: The Biopsychosocial Coping Mechanism

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Abstract

This phenomenological study investigated the perspectives of ten (10) persons deprived of liberty (PDL), who were suspected to be suffering from depression at the Palawan Provincial Jail. The research explored the issues and problems that PDLs encountered and how they coped with problems in terms of biological, psychological, and social aspects. The researchers used thematic analysis in interpreting and analyzing the qualitative data. The findings revolve on three main themes: (1) the biological factors, that include the problem in their hygiene, cell unit, financial, and physical problems, which could be detrimental to the physical status of the PDLs; (2) the psychological factors involve the preoccupation and emotions manifested in which these are the contributors that negatively affect the mental condition of the PDLs; and lastly, (3) the social factors that consist of family issues, lack of friends, and maltreatment. From the data gathered and analyzed, several issues might be the cause of the development of depression in which the PDLs have different ways of dealing and coping. This study may be used for future reference and may be a baseline for intervention programs. The researchers recommend that further research be made and an outreach program be organized based on the formulated intervention of this study.

INTRODUCTION

In the Region of MIMAROPA, Palawan is among the topmost congested prisons (Formoso, 2017). Toch (1992) affirmed that persons deprived of liberty (PDL) are more concerned about their privacy, activity, structure, support, emotional feedback, social stimulation, and freedom. The congestion of PDLs inside their cells resulted in issues and problems, such as depression, which are all interrelated and caused by lowering self-esteem, aggression, and Adverse Childhood Experiences (ACE) score (Matsuura, Hashimoto, & Toichi, 2009). Ivanoff and Jang (1991) added that when social desirability is persistent, hopelessness is unified by suicidal ideation. Hence, depression and stress among incarcerated males and females are always present but have different levels. In 2017, three PDLs, who showed depression before committing suicide, consecutively hanged themselves in a provincial jail (Talabucon, 2017). According to the officer in charge of the Provincial Jail Management Division, the cause of the incident is depression. In relation to these, the researchers examined the different issues and problems that PDLs experience in the jail, the factors that contribute to their depression, and their ways of coping with their mental health.

METHODS

This study used a phenomenological approach that examined the lived experiences of PDLs who were suspected to be suffering from depression. The analyses resulted in identifying how PDLs cope with stress concerning their physique and mental health and in understanding their interaction with their community in the provincial jail. This study also delved on presenting and understanding how the participants perceived their current situations and experiences. For the data collection, semi-structured interview was conducted by which guide questions were employed, but also allowing a free flow of discussion among the participants and an in-depth series of sessions that helped the researchers in gathering more concrete answers. The researchers gave the welfare officer a checklist of symptoms coming from DSM-V and used the Beck Depression Inventory (BDI) where most of the participants had moderate to severe depression based on the test that served as another source of information for data triangulation that ensured that the participants were likely to be suffering from depression. This is because, the BDI is a set of confirmed covert depressive behaviors that cannot be seen by a welfare officer. Thus, the researchers were the one to interpret the BDI.

The interview conducted followed a series of five steps: (1) the introductory part of the interview was the getting-to-know stage where the researchers asked the participants about their convicted case, how long was the participant incarcerated, the state of the participants' case, and the frequency of their case's hearing; (2) the second part was asking the participants about their state of mind, daily routine, and their activities the whole day; (3) the third part was an inquiry on the participants' situation inside the prison such as the food service, the bathroom use and sanitation, and the suitability for leisure of the prison inside the vicinity in general; (4) the fourth part probed on the experiences of the participants inside the prison, specifically on how they feel about the things that they encountered in jail; (5) finally, questions in regards to their coping mechanisms concerning biological, psychological and social aspects were asked. It is to be noted that the interview conducted followed the code of ethics accordingly.

RESULTS AND DISCUSSION

Issues and Problems Encountered that Leads to the Development of Depression

A. Biological Factors

Biological factors cover the physical and environmental aspects that affect the well-being of PDLs which might lead to depression. Several biological factors that were not met and satisfied contributed to the development of depression among PDLs inside the Provincial Jail of Palawan. The researchers could say that the core of the biological problems encountered inside the prison is the PDLs basic needs.

A.1 Financial Problem inside the jail

The financial state of PDLs is challenging to manage since the participants admitted that they do not have enough or proper job to earn money to sustain their needs inside the jail. This affects them in terms of insufficiency on food. When asked about the said problem, one of the interviewees said:

Dodo: 'Yun lang, pag wala kang pera syempre wala kang mabili-bili. Wala kang pang kape, pambili ng sabon sa mga labahan mo.

Insufficient goods and services, such as food and other necessities inside the prison, are prevalent. The prisoner's usual and preferred needs are not available at all times inside the prison (Weinberg and Sykes, 1959).

A.2 Hygiene Issues

Hygiene necessities are the most crucial and affected part since it is essential to humans. Lack of money results in an inability to afford their daily needs such as shampoo, toothpaste, detergent soap, among others. One of the participants confessed:

Karan: Namumrublema 'din po kasi walang pambili, minsan nagtitipid na lang ako. Yung isang colgate ko na isang pack, simula December pa po 'yun. Minsan konti lang nilalagay ko. Tipid talaga.

Totoy: Oo. Naglalaba ako ng walang sabon ma'am. Pwede pala 'yun? (pabiro)

For some PDLs, poor hygiene aids in the development of diseases and might cause them to feel depressed because

they can no longer provide for their basic necessities.

A.3 Problems with their Cell Unit

The size of the cell unit of PDLs only measures four feet by five feet. In such a small space that they have, 20 or more individuals are cramped inside. Alongside is the heat inside each of the cell units because of not enough ventilation, congestion inside per cell unit, and their uncomfortable bed space due to the invasion of insects.

Dodong: 44 kami sa selda, masikip yun pero pasanayan nalang.

Overcrowding in prisons hugely contributes to the spreading of diseases. Airborne diseases such as tuberculosis and viral infections are dominant in prisons that are overcrowded (Hoge et al., 1994). Congestion in the PDLs' cell unit may also add to their feelings of depression because they cannot move freely and comfortably. Lack of personal space may also add to the development of depression. PDLs also suffer from lack of ventilation since the windows are placed on the upper side of the cell. Aside from an enormous electric fan placed at the lobby for the use of everyone, there are no fans available to help reduce the heat in each cell.

Researcher: Nakakatulog naman po kayo ng matagal?

Karan: Hindi nga eh. Kase sa tabing daanan ang higaan ko. Ang selda ko tabi ng daanan.

Toto: Nung una ako dito, madiri talaga ako. Pero ngayon nasanay na rin. Minsan di ako makatulog kase may mga surot dito. Mabilis magtakebo. Kagatin ka man. Yan problema namin dito sa selda.

Bed bugs are a wingless, red-brown insects that suck blood. It hides in the cracks of bed, floor, walls, and wooden furniture during hours of daylight and attacks at night to feed on humans as their host.

A.4 Physical Problems

The participants stated they have their duties inside the jail. These duties involve the designation of cooking for his co-PDLs in their cell during lunch and dinner. In addition, guarding their fellow PDLs during midnight until dawn is also part of their duty.

Dodong: Nabibirapan kasi ako matulog nun sa dami ba ng iniisip, yung bubay ko sa labas, mga trabaho ko doon, namimiss ko din mga kamag-anak ko ba, hindi katulad dito na walang hanapbuhay ... ganun tapos kinaumagahan duty pa kaya nagkasakit at namayat talaga ako ba.

Karan: Madalas ako di makatulog. Kase iniisip ko pa rin nangyari.

The number of times that they need to comply with their duties depends on the number of PDLs per cell unit since they only need to work for their cell units' well-being. This results in the PDLs physical discomfort due to their inability to rest well due to insufficient hours of sleep.

B. Psychological Factor

It is important to know the psychological aspect in the development of depression among PDLs since everyone has their own covert behaviors. Also, it might not be obvious that the PDLs may be actually suffering from depression.

B.1 Preoccupation

Preoccupation can make it challenging for PDLs to focus on their present lives. One of the significant factors that caused preoccupation of the PDLs is their family. It is normal for any individual to think about their family or loved ones when they are away from them. This preoccupation is likely to lead them to feel depressed.

Researcher: May mga kasamahan po kayo na minsan tulala o nasa tabi lang?

Dodong: Meron. Syempre di yan maiiwasan lalo na kapag namimiss mo rin ba yung pamilya mo sa labas.

Totoy: Yung naiisip ko sana makalabas na ako para makasama ko na ulit mga anak ko.

Totoy: Naiisip ko kung ano na yung nagiging kalagayan nila (mga anak).

The researchers observed that the participants are preoccupied with the responsibilities that are left to their families, considering that a majority of them are fathers. In that sense, without the father in the family, there will be no source of income. For this reason, PDLs fail to provide for their families which may lead to feelings of inadequacy and failure as the head of the household. However, the fact that they are unable to do such a thing for their loved ones could make them think about it repeatedly.

Also, handling their cases did not make them feel at ease, as they have admitted that it was also the one that usually bothers them.

Totoy: Hindi. Yung dapat lang kasi dito yung mapabilis yung proseso ng kaso. Matagal kasi yung proseso eh. Minsan kasi isang taon wala kang hearing, yung kaso mo hindi mabuksan.

This might make them uneasy and helpless for the reason that PDLs cannot do anything about the process of their cases, and this might be a factor in developing depression. The more that PDLs think about their case, the more they would think about their freedom.

Totoy: Sa gabi. Iniisip namin kung kailan kami makakalabas.

Researcher: kumusta naman po kayo nung makulong kayo dito? Ano po yung madalas na iniisip niyo?

Jude: Wala, yung iniisip namin kung kailan kami makakalaya.

It is stressful for PDLs to think about their freedom when they are in an actual situation in jail. This might make the PDLs feel sad, as they over think about it and assuming that they have no enough solution for it.

B.2 Emotions Manifested

This anxiety might cause the PDLs to become restless and mistrust the one that conducts the investigation process. This kind of thoughts running through one's mind specifically a PDL might cause broad distress and can psychologically harm them. There is a high chance that the generalized anxiety disorders or panic disorders and depressive disorders are comorbid. These disorders are caused by trauma and stressful life events that happened recently (Thibaut, 2017).

Dodo: Ay takot. Kasi syempre daming tao kang makita. Tapos minsan nagabalakbak din sila. Hindi talaga mainasan yan nagabalakbak. Yung mga parang tinakot ka. Parang ganun. Parang gusto mong magtakbo ganun. Ang gulo nga.

Some of the PDLs are anxious in the investigation process for the results of the investigation will be used against them as evidence in front of the court.

Bebe: Marami. Di ko malaman. Minsan may ginagamit na ewan ko ba kung makina o ano basta laging nagiiiba kaisipan ko kapag ginamitan ako nun. Hindi naman ako masamang tao. Di nila dapat isipin.

Many of the PDLs feel guilty because of the crime that they were accused of committing. The researchers do not have a way of knowing whether the participants were guilty of their crimes. The participants' overt behavior cannot be a basis alone, for the legal court is the only judge of their crimes. Also, the inadequacy of activity or work for an extended period resulted in PDLs' reflection or thinking. The participants declared that guilt is one of the many things that they think about and this can likely harm PDLs psychologically if they do it regularly.

Karan: Iniisip ko kung paano mabago ang kasalanan na nagawa ko na di naman sinasadya sa pamilya ko. Iniisip ko rin kung paano ako makakabingi ng kapatawaran sa mga magulang ko at kapatid ko.

Dodo: Oo buhay naman yun. Nagdalaw pa nga yun dito, nagbingi ako ng sorry sa kanya.

In that sense, self-hate emerges among PDLs. This self-hate may be the cause of depression. But typically, people that are behind the bars felt anger arising from their current situation and to the person that brought them to prison. On the other hand, some PDLs have different triggers for anger; there is a particular participant who expressed his anger by stating:

Researcher: Simula nung napasok kayo dito 'tay, ano po yung mga naiisip niyo?

Dodong: Parang 'di ko rin matanggap na ganun yung nangyari, na nakulong ako

Researcher: Kase parang wala naman po intensyon niyo?

Dodong: Oo ganun na nga pero wala na rin ako magawa ba
Researcher: Ano yung nararamdaman nyo tay pag naiisip nyo po yun?
*Dodong: Natutulala ako ganyan tapos nawawala ako sa matinong isip. Akala ko nga din na ako mabalik sa isip noon eh *laughs. Oo walong buwan ako na nakaupo lang dyan tapos tabimik lang. Pagpasok ko dito noon nagwawala ako kase di ko talaga matanggap eh. Ayun nilagay ako sa Bartolina, dun ako nagtagal *laughs*

Low tolerance for frustration is a behavioral indicator, and it is related to aggression and hostility concepts (Beal et al., 2000). Anger and aggression are defined by Miller et al., (1992) as an attempt to harm a person intentionally. In the case of the PDLs, it is dangerous that PDLs feel anger for the reason that they have lots of time to think about it and when they are not physically occupied. When the PDLs feel anger, there is a possibility that they might physically harm the people around them; hence, the PDLs' mental health is at risk. As a result, preoccupation and emotions manifested by the PDLs have a connection in the development of depression because harboring negative feelings is unhealthy and can harm the psychological well-being of the PDLs.

C. Social Factor

These social factors hinder the capability of the PDLs to communicate with the people around them which is essential to building relationships.

C.1 Family Issues

Due to the lack of visitation, inconsistent communication, and the distance between the people deprived of liberty and their family, conflicts arise over which lead to misunderstanding and worse, may result in a broken family.

Bebe: Mmm, yung nagpahirap sa akin dito ay yung nahawalay ako sa pamilya ko kay ako nalang mag-isa dito.

Depressed patients that came from dysfunctional families were found out to have a worse case of depression (Miller et al., 1992). As a social being, one has the needs to socialize and talk with somebody especially the loved ones. In PDLs, they seldom talk to their family and this might cause them sadness.

C.2 Lack of Friends

Because of the lack of relationship with family, they tend to make friends other PDLs; however, they stated that it is hard for them to establish rapport and deepen relationships because they all have their problems, and they do not want to be the source of additional burden to others. This resulted in shallow friendship, whereas one cannot consider others as someone who genuinely listens and someone they can interchange thoughts and ideas with.

Bebe: Wala akong nakitang tao na pwedeng kaibigan na pwedeng mapagsabihan ng katotohanan.

As stated above, the PDL finds it hard to build a more stable relationship with other PDLs because they feel that they cannot talk to anyone and share their problems.

Researcher: bale po yung mga dahilan ng lungkot niyo ay yung minsan lang magbisita yung pamilya niyo tsaka pag wala po kayo nakakausap?
Jude: oo kapag walang nakakausap.

For this reason, the PDLs do not have someone to confide their deep feelings and this might lead to pent-up emotions that may cause depression.

C.3 Maltreatment

Maltreatment is the usual approach of the senescent in welcoming the new fellow PDLs. They were being abused by commands thru physical abuse and even verbal abuse as to establish the authority and superiority. They want to take revenge for the fact of being abused but they cannot due to the power possessed by others.

Bebe: Yung magigising ka tapos pag-upo mo ganyan bigla ka nalang susuntuin kahit wala kang kasalanan. Minsan nga nag-iisip lang ako. Nakapikit ako mag-isip tapos bigla nalang ako sinipa dito (turo sa tiyan). Hindi na ako makabinga tapos sinipa nila ulit. Ang sabi ko sa sarili ko na hindi na tama ito. Nung bago pa ako dito dati kapag sinasaktan ako, umiiyak ako kase di ako makaganti, alangan naman patulan ko eh may batas. Yung mga tao dito wala sa katuwiran.

Maltreatment causes trauma and the PDLs limit their future actions to avoid this. In that sense, traumatic life events might strongly influence the development of depression.

Coping Mechanisms

A. Biological Coping Mechanism

These coping mechanisms somehow lessen the factors that affect the well-being of the PDLs. Also, it might reduce the possibility of the progression of their illness, specifically depression. It lessens in a way that the satisfaction of biological needs might lead to the possibility of satisfaction of the PDLs psychological state. Here are the PDLs' method of survival every day considering the absence of their needs. According to them, if they do not have visitation of their families, they also do not have the financial means to support themselves inside.

Researcher: Ano po yun, napro-provide niyo naman po, nabibigyan niyo naman po yung sarili niyo?
Totoy: Halimbawa ako, pumupunta rin sa akin dito yung kapatid ko kabit minsan lang, bumibigay din ng pang-sabon.

A study showed that prisoners who are visited by their family receive family material assistance that brings joy to the prisoners (Kiser et al., 1991). Also, family support might be the source of the PDLs strength to overcome the struggles inside the jail. Prisoners were also observed to share their materials with other individuals inside the cell block (Lynch et al., 2012).

Dodo: Manghiram ka kung meron kang mahiraman. Tapos kung meron ka naman, palitan mo lang. Labat man kami diyan magkakaibigan. Sinong meron ayun bigay... ay iba man ako pag nakita ko na wala na silang damit sabi ko, "Wala kang sabon? Hiram mo muna 'to bayaran mo lang."

As said by the participant, generosity is a virtue that in some ways helps PDLs to survive their everyday living inside the jail. Also, whenever the participants need something, and they lack money to buy it, they owe money to the store for having debts that consist of their necessities.

Researcher: May time po ba na nauubusan kayo?
Totoy: Meron.
Researcher: Ano po ginagawa niyo pag nauubusan kayo?
Totoy: Pwede ka namang mangutang diyan (tindahan sa selda).

Having debts might temporarily satisfy the needs of the PDLs, but it might add to their burden as their debts pile up. There is an ample evidence that having debt can also impact other health results through psychosocial ways (Sweet et al., 2013). Making handicrafts as a sociotherapeutic treatment in PDLs is proved to be beneficial to the well-being of the PDLs, and at the same time, it has long-term effects (de Montmollin et al., 1986). Furthermore, selling handicrafts might get their mind off their problems regarding their financial state and this solution might give PDLs the hope that they can survive their problems. It is possible that when PDLs cannot endure the stifling heat inside their cell unit, they go outside. It is for the benefit of the PDLs' mental and physical state.

Researcher: Pero Tay, mainit po ba dito sa loob?
Boyot: Napakaimit. Mabuti pa ako dyan sa labas

Breathing fresh air helps clear the minds of the PDLs, and this can be a tool for coping with the situation inside the cell unit. A study showed that there is a mental well-being improvement in exercising outdoors. It has greater feelings of revitalization and is reported to have greater enjoyment and satisfaction (Boddy et al., 2011).

Researcher: Pag po ganun nakakaramdam naman kayo ng gutom?
Karan: Opo.
Researcher: Ano po ginagawa niyo para maibsan ang gutom?
Karan: Minsan uminom nalang ako ng tubig.

Through this, the PDLs cope with hunger in a way that it helps their biological state.

B. Psychological Coping Mechanism

B.1 Escaping

The participants described this coping mechanism as a method wherein while doing this, the stress that originated from several things are somehow lessened or temporarily forgotten. By avoiding, the participants meant that they refused to address it, and they store it deep in their thoughts. The participants bottle up their emotions, issues, and other problems that they experience inside the prison.

Researcher: May time po ba na nabibirapan kayo dito?
Karan: Meron din, pero minsan di nalang sinasabi kase mahirap eh.
Researcher: Paano po kayo nag-aadjust dun?
Karan: Minsan nananabimik nalang kase minsan masama.

Repression harms the psychological state of the PDLs, and some have no way of knowing, resulting in negative outbursts. Also, oversleeping is unhealthy for the body. It is possible that PDLs do not think about their problems while sleeping; however, the problems eventually come back the minute that they are awake.

Karan: Minsan pag anong ginagawa sa selda yun nalang, minsan nag-aayos o natutulog nalang po.
Researcher: Tingin niyo po ba nakakatulong yun para maibsan nararamdaman niyo?
Karan: Nakakatulong naman po. Natutulog nalang ako.

Researcher: Kung ganun po, kung wala kayo nakakasama o nakakausap, ano po yung ginagawa niyo para mawala yung lungkot?
Totoy: Natutulog nalang.

The PDLs in the Provincial Jail do not sleep because they just wanted to take a rest to escape from thinking over their problems inside the jail. Based on their statement, oversleeping could somehow help them, but in just a short period of time. PDLs also have high suicidal ideation are likely to be self-destructive (Lekka et. al, 2006).

Researcher: Pero di nyo naman po naisip na kunin po yung bubay nyo po?
Bebe: Minsan kase kung iisipin yung pagbihirap na dinanas ko dito sa loob, minsan maisip mo talaga (magpakamatay). Minsan pumapasok sa kaisipan ko na pinagsisihan ko kung bakit pa ba ako nabubay. Ganyan yung nagpapaikot-ikot sa kaisipan ko ba.

Based on the statement, the participant can no longer cope with his problems, and because of this he resorted to suicidal ideation.

B.2 Diverting Actions

Some of the participants stated that to be able to forget their problems inside the jail, they watch television inside their cell unit. This also aids in avoiding overthinking. One of them stated:

Totoy: Minsan nanunuod nalang ako ma'am ng probinsyano sa telebisyon para di na ako mag-isip.

As a result, the participants might lessen their preoccupation by diverting their attention to much better things. Also, one of the participants said that cooking food is his way to somehow lessen his sadness. Though the actions of the PDLs are limited, they still have ways on how they are able to minimize the sadness inside the jail.

B.3 Cognitive Reconstruction

This required the PDLs to reflect on the situation that they are currently in. Therefore, through the hope that they have, positive energy is the byproduct of it in which they will have the effort to go on and move on. Problems cause distress to PDLs that lead to anxiety or even sadness. Despite this situation, some PDLs faced problems with all their might and came up with self-realization as a coping mechanism.

Researcher: Paano po kayo nakaadjust din tay? Tagal rin po ng walong buwan.
Dodong: Yun na nga (laughs) naisip ko rin ba na bumalik na sa pag-iisip kaya nagpapasalamat rin ako na nakabalik pa ako sa wisyo kase akala ko mabuang talaga ako ba.

This coping mechanism pushed the participants to stop the feelings of sadness, and also, it served as a stepping stone towards acceptance. For this reason, the PDLs eventually accept that they have to face the situation and serve the time sentenced to them. One of the PDLs narrated:

*Researcher: Hindi niyo po ba iniisip pamilya o kaso niyo?
Boboy: Wala, dyan na eh. Tanggapin nalang.*

Accepting the situation is how PDLs cope. On the other hand, concerning PDLs who were wrongfully accused, they just accepted their fate. Moreover, when PDLs experienced acceptance, they might have peace of mind that may result in the lack of hesitation in doing other things. Acceptance leads to the adaptation of PDLs inside the prison. PDLs have adapted to their new environment and tried to blend in inside the prison. According to a participant:

*Researcher: hindi naman po kayo nakaramdam na prinoblema niyo sila? Kung ano na yung kalagayan nila?
Jude: Wala naman kasi yung pumapasok nalang sa isip naming yung narito kami, yung sitwasyon namin dito.
Parang ganun siguro talaga kasi pag dito kana di ka na rin malulungkot.*

People's adaptation to events differs from one another. Some people adapt by changing their perceptions and others do not change their reaction to some environmental happenings (Ng & Diener, 2009). Also, the participants started to build a routine and maintained it after coming to terms that prison will be their new house and family. Creating positive ideas among PDLs gives them the hope to continue their lives even in jail--- the hope that their sentence and hardship inside the jail will end someday and that they will be with their families again.

C. Social Coping Mechanism

Some PDLs, who cannot quickly adjust to the new setting, tend to self-entertain and avoid the triggers for some time until the transformation of surviving happens. Hence, PDLs have their way of coping with the stimuli that lead to depression such as stresses and personal deprivation, especially their liberty.

C.1 Avoiding the Triggers

As the people deprived of liberty was under submission to those who stayed longer inside the jail and does experience the maltreatment in any form of physical and verbal abuse, instead of involving themselves with a fight, they just usually avoid it, stay in silence in their own cell unit, or will just stay away from perpetrators.

*Researcher: may nakasagutan na rin po kayo sa mga kasama niyo po?
Dodo: wala man. Pero hindi mainwasan na sigawan ka pero hindi sa marami yung ano lang ba. Sigawan ka na nagkamali ka.*

*Researcher: Ano po nararamdaman niyo pag kayo lang mag-isa?
Karan: Wala, umiwas nalang sa gulo. Umiwas sa may diperensya sa pag-iisip.*

The concept of eluding difficulty in socialization through avoidance, the PDL have the tendency to care more on their sake because they do not want the consequences of their bad behaviors to add to their case. In addition, PDLs are trying not to make the same mistakes that caused them to be in jail. In order for them not to be a recipient in a discipline or chastisement, obedience is their solution.

Boboy: Basta sumunod ka, walang manyayari sayo. Lagi ka lang sumunod sa mga patakaran.

*Reseracher: so, para po sainyo, dito sa kulungan ano po yung pinakaprinoblema niyo?
Jude: kasi ang problema lang naman ditto kailangan sumunod ka sa maayos eh.*

Abiding the rules or any commands given by the authorities such as jail staffs or even higher ranking PDLs, makes them feel safe from punishments. Also, PDLs might be conditioned that when they behave or do something right, they will be rewarded.

C.2 Self-Entertainment

They find self-entertaining as a safeguard and a way to avoid boredom which allows them to think. Some of the participants shared:

*Researcher: Ano nalang po ginagawa nyo para mabawasan nararamdaman nyo?
Bebe: Sulat-sulat lang ako.*

*Researcher: Sa dalawang buwan na yun ano po ginagawa niyo para makaadjust?
Boyot: Nililibang ko sarili ko.*

Participating in hobbies provides satisfaction among the elderly (Mustakallio, 2015). It might be the easiest and safest way to displace the tension with himself and between fellow PDLs to prevent disagreement and disorganization.

C.3 Socializing

Regardless of how deep the relationship they have built, PDLs reported that having someone to talk to and laugh with is enough. The participants stated:

*Researcher: Kumusta naman po ang ugnayan niyo po sa kapwa niyo detainee?
Boboy: Okay naman din. Wala naman problema, marunong naman kasi ako makipagkaibigan eh.*

Dodong: Minsan lalapit ka sa kaibigan tapos makikipagbiruan para mawala din sa isip ko yung di maganda.

Jude: Hanap ka ng kausap mo, kakwentuhan para malibang yung sarili.

As PDLs have already built rapport and are already comfortable talking to each other on a one-on-one basis, they started joining groups in order to have the feeling of having of a family, as they were deprived for that kind of relationship inside since the first day they were brought in prison. A participant stated:

Dodong: May grupo-grupo dito pero ikaw na babala kung sasali ka, dun ako nakabanap ng pamilya ba.

As stated by the participant, it can be said that once they get affiliated within a group of the same interest, they feel that they have formed a new life with their real family as to where they enjoy and may do what they are used of doing. This means of coping may possibly help PDLs to feel the belongingness and affection of family.

CONCLUSION

PDLs are deprived of liberty as a consequence for the crime that they committed. While residing in Provincial Jail, PDLs shared several issues and problems on: (1) the biological aspect such as financial problem, maintaining their proper hygiene, conditions in the cell units, and physical problems; (2) the psychological aspect that includes the PDLs' preoccupations and emotions manifested; and (3) the social aspect like family issues, lack of friend, and the maltreatments they experience that led to the development of the depression in jail. Despite the difficulty inside, they are still able to manage themselves. They have different coping strategies on how to manage their stressors. Though some of them have healthy coping, that includes cognitive reconstruction and socializing, the researchers emphasized that it is also inevitable to have unhealthy coping, such as oversleeping and loss of interest in daily chores or activities in jail. Majority of the assumptions of the researchers were proven right especially the deprivation of the PDLs' basic needs. For this reason, a proposed intervention program was formulated to help and continue living. Finally, this proposed intervention promotes healthy coping and avoid entertaining negative thoughts.

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