

Parenting Stress in Prison Mothers: How Important is Patience?

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Abstract

Prisoners who take care of children in women's prison are very vulnerable to experiencing parenting stress due to limited space for movement, feelings of isolation, and contamination from other prisoners. For this reason, specific characteristics are needed in the inmates to reduce parenting stress, which creates psychological pressure through patience. Patience plays a role in self-control of negative emotions and behavior. This study aims to explore the dynamics of parenting stress and the patience of prisoner who take care of children in women's prison. The research method used in this study is qualitative with a case study approach. Data collection techniques include interviews, observation, and documentation. The research subjects used were three inmates who took care of children in women's prison. The data were analyzed using the qualitative data analysis model of Miles and Huberman. The results of the study show that the dynamics of parenting stress in inmates arise from aspects such as parents' stressful experiences, feelings of social isolation, parents' health, children's adaptability, and children's attachment to parents. The patience of inmates who care for children in women's prison is to accept God's destiny, have good prejudices, be sincere, surrender, be grateful, be optimistic, and always protect, educate, and strengthen children.

Keywords: Parenting stress, Patience, Prisoners.

INTRODUCTION

Nowadays, there is often a phenomenon that occurs in women prisoners in prisons, namely the existence of prisoners who are pregnant, giving birth, and even caring for their children in prison. Data from the Directorate General of Corrections as of February 19, 2022 according to Sri Puguh recorded that in Indonesian prisons there were 37 pregnant women, 32 nursing mothers, and 52 children of female prisoners (Agnetha & Cahyaningtyas, 2022).

Based on the review of journals and observations made by researchers at the Class II A Women's Prison Facility in Bandar Lampung, various cases are behind the existence of parenting in prisons, including prisoners caught pregnant and having to serve their sentences in prisons who eventually give birth and take care of their children in prisons while serving their sentences. Another case is that the child does not have a guardian or family who can take care of him outside the prison, so the mother of the prisoner is forced to bring and take care of her child in the prison (Observation of Prisoners at Class II A Women's Prison in Bandar Lampung, December 22nd, 2022).

Problems that occur in Class II A Women's Prison in Bandar Lampung that pose challenges to childcare include full-capacity residential rooms or not being separated from other prisoners, the

absence of the father's role in care, the age limit of children who can be cared for in prison, the unavailability of lactation rooms and children's playrooms in residential blocks, and the uneven fulfillment of special rights. In addition, the provision of special needs for women provided by the prison is not sufficient so that prisoners have to spend personal funds to meet personal needs that are lacking (Observation of Prisoners at Class II A Women's Prison in Bandar Lampung, December 22, 2022). This is in accordance with the results of a journal review conducted by researchers in Umi Hani's journal that there are several difficulties felt by mothers of prisoners who care for children in prison, including the difficulty of maintaining health because the clinic is limited by working hours, limited money and baby equipment, difficulty meeting their own and children's needs, difficulty meeting social needs, prisoners who have other children outside prison can result in disruption of parenting skills (Hani et al., 2021).

In addition to not meeting the special needs of prisoners and their children, prisons are not ideal places to raise children. The reasons why prisoners take care of their children in prison are due to forceful circumstances, the absence of families who can take care of children, and the fulfillment of children's main needs, namely breast milk and maternal love. Another reason why mothers of prisoners bring their children to prisons is because of the many cases of child neglect, so to avoid this, mothers of prisoners bring and take care of their children in prisons. Based on its function, the prison is a place for the guidance of prisoners who have violated the law and either in drug cases, criminality, even serious crimes such as murder or other cases and come from different backgrounds and have a variety of different traits and behaviors both good and bad, so that prisoners who have bad traits and behaviors such as aggressive behavior and speak with harsh words will form a bad environment in childcare. This is a challenge for mothers of prisoners who care for children in prisons and is one of the money factors resulting in parenting stress.

Conceptually, Deater-Deckard defines parenting stress as a series of processes that lead to unpleasant psychological and physiological reactions arising from attempts to adapt to the demands of parenthood (Deater-Deckard, 2004). Parenting stress can also hinder daily work and even hinder the growth of children in their lives. This is in accordance with the results of Umi Hani's research which explains that distress or stressful experiences have implications for the lack of empathetic parenting and pose a risk to children, cannot provide proper care to their children, and cannot carry out parenting due to anger and fatigue. For this reason, mothers of prisoners who take care of their children in Class II A Women's Prison in Bandar Lampung must have characteristics in themselves to deal with stress and so that they can go through problems or pressures in their lives. In dealing with parenting stress, prisoners must have the ability to control themselves both emotionally and behaviorally. Alan and Ertac revealed that there are characters or attitudes that act as self-control, especially in unstable conditions, namely patience (Ramdani et al., 2018).

The concept of patience according to Ibn Qayyim Al-Jauziyah, patience is an ability of the soul to restrain desires, eliminate sadness, avoid anger, avoid complaining and despair, restrain the limbs from doing bad things and strengthen the heart to carry out the decrees and shari'a of Allah (Ibnul Qayyim Al-Jauziyah, 1999). Patience is essentially one of the noble morals that prevents the

emergence of unkind and unattractive actions and one of the strengths of the soul and with patience the soul's problems become good and finished.

Patience is one of the keys to dealing with everything in life, including the caregiving process. Patience can be implemented by refraining from negative behavior due to pressure or obstacles in parenting that cause parenting stress. In relation to parenting stress, a patient attitude will help parents in realizing positive behavior and avoiding negative behavior in dealing with problems in parenting that result in the emergence of parenting stress.

Various studies on patience in parenting have been widely researched with the focus of the main problem being the characteristics of the child, while parenting stress in the aspect of parental characteristics in general, by linking the concept of patience has not been done much research, so that it can be a renewal in this study. Therefore, based on this description, the researcher felt compelled to conduct research on the Urgency of Patience in Prisoners in Facing Parenting Stress in Class II A Women's Prison Bandar Lampung.

RESULTS AND DISCUSSION

Dynamics of Parenting Stress in Mothers of Prisoners Who Care for Children in Prison

The dynamics of parenting stress in mothers of prisoners are experienced from before parenting to when caring for children in prison. Based on the data that has been obtained, the dynamics of parenting stress in mothers of prisoners who care for children in prison have started before the child is born and or before the child is brought to the prison environment. The thought of the difficulty of caring for children in prison is a cause of stress for mothers of prisoners so that the cause of stress triggers emotional, physical and behavioral responses in mothers of prisoners who care for children in prison.

Prison mothers who care for children in prison experience stress, anxiety and depression at the start of their imprisonment. This is caused by anxiety before giving birth. Based on the findings, it is known that mothers of inmates experience anxiety before giving birth, which is caused by the fear of mothers of inmates giving birth in prison in a state of inmate status. In addition, anxiety is also felt by mothers of prisoners after giving birth and caring for children in prison. Inmate mothers feel chaotic after giving birth because they have to go through it alone and there is no help from any party. In addition, mothers of prisoners often feel anxious if their children are under the care of others for fear of being given bad things. This is often experienced by mothers of prisoners who care for children in prison because there are many other prisoners who want to hold and care for children and some of them have bad behavior and often give bad things to children born to mothers of prisoners.

Based on the explanation above, it can be concluded that in the parental aspect, stressful experiences can lead to the emergence of parenting stress in mothers of prisoners. Based on the explanation above, the stress experienced by mothers of prisoners is anxiety, depression, and stress.

In the child aspect, parenting stress is related to problems with children's attributes, namely difficult child behavior. Based on the research results, the indicators on the child aspect are the

child's request and the child's adaptability. Children's adaptability can be known based on the exposure of the mother inmate that children who are not born in prison and enter not with their parents will have difficulty in adapting. In this study, congenital children who could not adapt were characterized by crying every night and did not want to go into the residential room and did not even want to be with their mother.

Based on the findings above, it can be concluded that there are several indicators that cause the emergence of parenting stress in mothers of prisoners who come from aspects of children who are included in difficult behavior, namely children's requests and children's difficulties in adapting. Adaptation difficulties based on the findings of this study are children showing characteristics that make children difficult to manage, namely the emergence of crying behavior in congenital children in the early days of entering prison caused by extreme changes in the environment and caregivers. The indicator of parenting stress led to a behavioral response in the form of anger at the mother inmate.

In the aspect of the relationship between parents and children, the emergence of parenting stress is related to the relationship between parents and children, especially with conflict in the relationship between parents and children. Based on the results of the study, aspects of the relationship between parents and children are parents' beliefs regarding their attachment to their children and the attachment between children and their parents. Based on the results of the study, it was found that mothers of prisoners felt unsure about their attachment to their children because there were other people who were closer to their children so that the children had emotional closeness to other people.

Based on the findings above, it can be concluded that parenting stress that arises due to aspects of interaction between parents and children is the inmate mother's uncertainty that her child is attached to her and the child's attachment to his mother because there are other people who are emotionally closer to her child. This unhealthy relationship experienced by the mother inmates resulted in parenting stress. Parenting stress experienced by mothers of prisoners takes the form of angry behavioral responses, indifference, and tightly restricting children. This is in line with Deater's opinion that parenting stress experienced by parents will reduce the quality and effectiveness of parenting behavior which includes a decrease in expressions of warmth and affection (Deater-Deckard, 2004), characterized by an indifferent attitude of the mother towards her child, a lack of consistency in parenting which results in the child seeking attention outside the mother, and an increase in harsh disciplinary methods characterized by restrictions on parenting by the mother in prison with parties other than parents.

Patience of Mothers of Prisoners Who Care for Children in Prison in Dealing With Parenting Stress

The patience of mothers of prisoners in dealing with parenting stress can be seen through the knowledge and understanding of mothers of prisoners of the concept of patience. Knowledge of the concept of patience is needed so that individuals can practice according to the intended

benefits. Knowledge of the concept of patience includes the definition, benefits, and virtues or rewards of patience.

Based on the research findings, there are several positive feelings felt by mothers of prisoners, namely by believing that with patience, God will give positive feelings, namely feelings of sincerity, gratitude, self-surrender, and optimism. The feeling of sincerity is a feeling of accepting the test and what is destined by Allah.

Based on the results of the study, knowledge about the concept of patience understood by mothers of prisoners that the test of patience is a sign of God's love and by being patient there will be help from God. This is in line with the word patience mentioned in the Qur'an, namely in QS Al-Baqarah verse 146 that Allah loves patient people and in QS Al-Baqarah verse 45 that people who are patient and pray will be given help by Allah. In the hadith also mentioned in HR Muslim which means "*and know that help is with patience*" (Ibnul Qayyim Al-Jauziyah, 1999).

Patience is one of the noble morals in self-control that individuals need in restraining negative feelings, thoughts, and behaviors. Based on the exposure of the mother inmates, that they undergo more worship activities in prison than when they are outside the prison. Carrying out worship activities as in the case above is one of the proofs of the mother inmates for trying to obey Allah. This is in line with the opinion of Al-Jauziyah who states that patience is part of faith, because Allah associates patience with various components such as Islam, faith, belief, devotion, tawakal, gratitude, good deeds, mercy, and so on (Ibnul Qayyim Al-Jauziyah, 1999). Based on this theory, the patience practiced by the mother inmates is with devotion and good deeds shown by participating in routine religious activities in prisons, namely mandatory prayers, dhuha prayers, reading the Qur'an, and lectures by spiritual advisors.

In addition to the obedience to worship carried out by mothers of prisoners, some behaviors also show that mothers of prisoners are patient in dealing with the stress of parenting in prison. Based on the findings, that the mother of prisoners limits her child to interact with other mothers of prisoners on the grounds that her child does not get negative influence from other prisoners. Efforts made by mothers of prisoners to avoid their children from negative influences are by being more protective of their children, namely by limiting their children's interactions with several prisoners who are believed to teach negative things. Despite receiving scorn from other prisoners for not allowing them to hold their children, the mother still protects her children from negative influences. The behavior of protecting children from negative influences is one of the patience of mothers of prisoners in parenting. In addition to protecting the child from the negative influence of other prisoners, the mother also always educates her child by teaching Islamic values through interaction with prisoners who attend ta'lim.

Mothers of prisoners who find their children negatively influenced by other prisoners always advise their children because their children follow the harsh words they hear from other prisoners. When the innate child does something bad, the mother always advises him and gently reprimands the person who influenced her child. Some of the statements above are behaviors that illustrate patience in mothers of prisoners in caring for children in prison. This is in line with Haerina's *Parenting Stress in Prison Mothers... 27-34 (Liviya, Agung & Salsabila)*

research that patience can be shown by good parenting behavior, teaching children well, educating children and reprimanding and giving understanding to children (Haerina, 2018). This also includes one of obedience to Allah, namely by caring for and educating children as a trust from Allah with the aim of worship, because according to Al-Jauziyah patience has three forms, namely patience in obedience, patience from disobedience, and patience in Allah's test (Ibnul Qayyim Al-Jauziyah, 1999).

Based on the results of research in interviews with mothers of prisoners, it can be concluded that patience in mothers of prisoners who care for children in prison is to continue to worship such as prayer, reciting the Koran, and participating in personality activities in prison in increasing faith and devotion to God, protecting, educating, and providing reinforcement to their children, advising children when they make mistakes, working hard to meet the needs of themselves and their children.

The Urgency of Patience for Mothers of Prisoners in Dealing with Parenting Stress in Class II A Women's Prison in Bandar Lampung

Parenting stress experienced by mothers of prisoners who care for children in prison based on the results of the study occurred from pregnancy to childbirth, as well as mothers of prisoners who experienced parenting stress long before they entered prison until they were forced to care for children in prison. The parenting stress is caused by the many obstacles to parenting in prison, the accumulated stress experiences of mothers of prisoners, feelings of social isolation, lack of adaptation to children, and the attachment of children and mothers who are not attached. This parenting stress makes mothers of prisoners who care for children in prison experience daily hassles, anxiety, decreased health conditions, and increased disciplinary methods for children. The impact of parenting stress experienced by mothers of prisoners if not managed properly will lead to worse behavior such as child neglect and child abuse. For this reason, a patient attitude is needed on the part of mothers of prisoners.

The patient attitude possessed by mothers of prisoners is inherent in themselves because they already have the characteristics of patience in themselves, there are also those who have just applied patience after getting advice about patience from others. The attitude of patience in mothers of prisoners also arises from the practice of daily worship carried out by mothers of prisoners consciously or because they follow the spiritual guidance program that has been programmed by the prison. The attitude of patience is an active attitude, therefore in the formation of the attitude of patience in mothers of prisoners is not through a short process, but must be sought continuously in *istiqomah* through habituation.

Based on the results of this study, the description of patience in mothers of prisoners who care for children in prison is the knowledge of mothers of prisoners about patience, the attitude of self-acceptance of the trials given by Allah, prejudice against Allah's destiny, sincere feelings of undergoing trials and care in prison, leaning all affairs to Allah, grateful for the favors and help that has been given, optimistic that they will go through the test well, and always protect, educate, strengthen children while living in prison.

Based on the explanation above, it can be concluded that the urgency of patience for mothers of prisoners who take care of children in prison is that when the mother of prisoners already has the characteristics of patience in herself, the mother of prisoners feels much calmer in undergoing the parenting process, continues to care in prison by not handing over parenting responsibilities to others, continues to fulfill her child's basic needs, when the child is not as expected such as tantrums, cannot adjust, and is difficult to regulate, the mother of prisoners continues to undergo this, and always protects the child from bad influences in the prison environment by bringing her child closer to a good environment.

CONCLUSION

Based on the results of research on the Urgency of Patience in mothers of prisoners in Facing Parenting Stress in Women's Prison Class II A Bandar Lampung, it can be concluded that the dynamics of parenting stress in mothers of prisoners who take care of children in Class II A Bandar Lampung Prison are experienced from pregnancy (for those who are pregnant in prison) to childbirth and before taking care of children in prison to when taking care of children in prison. Parenting stress is still often encountered even though mothers of prisoners have high patience in caring for children in prison. Parenting stress is caused by the experience of parental stress, feelings of social isolation, and daily hassles and is mild and infrequent. Mothers of prisoners who take care of children in Class II A Women's Prison in Bandar Lampung have patience in taking care of children in prison. The description of the patience of mothers of prisoners in dealing with parenting stress is by accepting the test ordained by Allah, prejudging, sincere, surrendering, grateful, optimistic, and always protecting, educating, and strengthening children.

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