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Marital Adjustments for Female Prisoners Undergoing Long Distance Marriages at Lapas Kelas II B Muara Teweh

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Abstract: There are many factors that cause long distance marriages, one of which is rarely highlighted is because one of the partners is involved in a crime and is serving a sentence in prison. Maintaining a household and carrying out duties and responsibilities, especially as a wife for a female prisoner, is a big effort. Female prisoners and their partners must be able to adapt to conditions of long distance marriage and limited communication. The ability to maintain a household was analyzed using Hurlock's marital adjustment theory. This research aims to find out and analyze the marital adjustment of female prisoners undergoing long distance marriages at Muara Teweh Prison as well as the factors that play a role in marital adjustment based on the marital adjustment theory proposed by Hurlock. The research was conducted using qualitative methods with a case study research design. Data collection was carried out by interviews, observation and literature study on 3 informants. Based on the analysis, it was discovered that 2 informants met the aspects of good marital adjustment and had a harmonious household relationship, and 1 other informant was classified as having a bad marital adjustment and had a disharmonious household relationship.

Keyword: Marital Adjustment, Long Distance Marriage, Female Prisoners.

INTRODUCTION

Humans as individuals, always go through various phases of growth and development. The phases that humans go through are essentially phases that are increasingly increasing, from individuals who depend on their parents then turning into independent and mature individuals. In this independent and mature phase, humans tend to start a new life through relationships with other people or partners in marriage. In marriage, there are important aspects that influence the marriage relationship itself, namely marital adjustment. Marital adjustment is a psychological process to deal with challenges in married life. Marital adjustment helps couples to build and cultivate a good relationship if done correctly. Not infrequently many couples are unable to make good marital adjustments, which has an impact on marriage disharmony. Positive marital adjustments bring couples to a good quality marriage as well (Zuliana & Kumala, 2020). Along with the development of technology and information as well as

industrialization, there have been many shifts including the concept of marriage and family. It is found that many people with families in urban areas are having long distance marriages (Friska Dyah Nugraheni & Hadi Pratiwi, 2020). There are several reasons why some couples have to undergo long distance marriages. Based on a publication entitled *Interpersonal Communication Long Distance Marriage*, it is stated that long distance marriages are mostly due to economic, work and educational factors (Hartini & Setiawan, 2023). Long-distance marriage is interpreted as a marriage relationship like in general but tends to have minimal physical contact or closeness due to distance and time (Cesaria & Fardana, 2022).

There is another factor that causes long distance marriages that is rarely highlighted by previous research, namely the involvement of one partner in a criminal act. This results in one of the partners languishing in prison/detention center or what is usually referred to as a prisoner. Living life in a correctional institution is not an easy thing. Many studies suggest that prisoners experience a lot of psychological pressure which is directly proportional to the length of their sentence (Elpinar et al., 2019). The limitations or pressures that are studied in depth are the limitations of heterosexual relationships for both men and women with the status of married prisoners. Research states that female prisoners are more susceptible to experiencing more stress than male prisoners. Female prisoners show a greater emotional side which is shown through anger, sadness and anxiety (Kurniasari et al., 2021). Female prisoners are very susceptible to mental disorders because they are separated from their families (children and husbands).

Several women who are already married are forced to serve their sentence in Class II B Muara Teweh Prison, which means that they are in a long distance marriage relationship. The phenomenon of couples being separated due to this crime is actually similar to the phenomenon of long distance marriage caused by work, economy or education as described above. Female prisoners are also separated by distance and time from their partners and children. With the above conditions, female prisoners are still able to maintain their household well, which is shown through their ability to maintain a household even though they are separated behind bars. The ability to maintain this marriage is certainly a big effort for a female prisoner. This is because female prisoners have much greater challenges than long-distance marriage couples in general. This challenge is proven by the limited communication between female prisoners and their partners, namely only face-to-face visits and video calls made twice a week.

There has been no research that has studied in depth the marital adjustments studied in female prisoners, which is the reason this research was conducted. Previous research has focused on couples in general, who are separated due to work, economy and education. There has been no research that specifically observes the relationship between husband and wife who are separated due to imprisonment. In fact, Indonesia is ranked 9th in terms of the largest number of prisoners in Asia. It is important to conduct this research to create a suitable and humane environment for a female prisoner in a correctional institution.

METHOD

The research method used is qualitative. According to Bogdan and Biklen in (Kaharuddin, 2021) this type of research produces results in the form of descriptions, writings of individual or group behavior in certain conditions or circumstances which are then studied in a complete, comprehensive and holistic manner. The consideration of taking this method is due to the limited availability of informants, and researchers prioritize the depth of understanding related to the adjustment of female prisoners' marriages so that it requires intensive interaction with the subjects compared to statistical measurements.

The approach used in this research is a case study. This approach model explores a limited system (one or several detailed cases). Data mining in case studies involves various sources to produce in-depth analysis with characteristics focused on phenomena or individuals. The

author wants to study the adjustment of female prisoners' marriages in Class II B Muara Teweh Prison, this condition is a specific and special condition so that a case study is an appropriate approach. The research informants are as follows:

Table 1. Research Informants

NO	INFORMAN	JUMLAH	ALASAN PENENTUAN
1.	Correctional Guardian in Women's Block	1 person	Party who has a binding responsibility in supervising the activities of prisoners and has a high intensity of interaction with prisoners
2.	Female Prisoners	3 people	Source of information related to the marital adjustment process that is being undergone
3.	Husband of Female Prisoners	3 people	As a source of additional information related to the marital adjustment process from the perspective of the female prisoner's partner
4.	Closest Friends of Female Prisoners	3 people	As a source of additional information related to the daily life of female prisoners (informants) and their relationships with their partners from the perspective of others (third person).

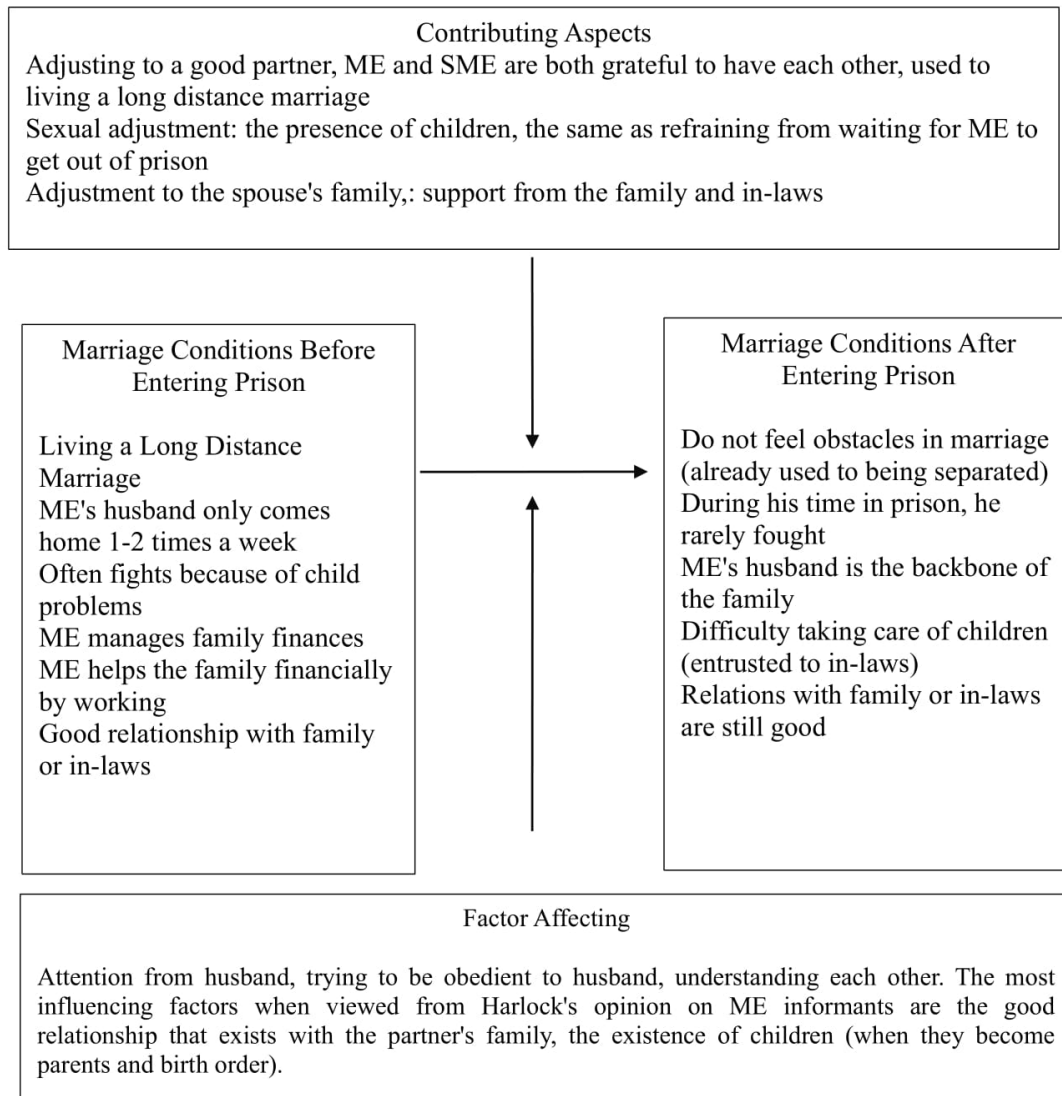
Source: Author's Editorial Team

RESULTS AND DISCUSSION

Martial Adjustment of Female Prisoners in Muara Teweh Prison

In answering the process of marital adjustment experienced by female prisoners in Class IIB Muara Teweh Prison, the theory of marital adjustment proposed by Hurlock was used. Based on the results of the study, differences in marital adjustment experienced by the three informants (ME, YU and ND) were found. Differences in the way to adjust to a marriage relationship are due to the ability of each individual to achieve a harmonious relationship. This is in line with Hurlock's statement that marital adjustment is a mechanism for adaptation of couples, so that marital adjustment depends on how the couple's ability to overcome marital conflict (Hurlock, 2017).

Informant ME, it fulfills 3 of the 4 aspects of martial adjustment. The aspects of marital adjustment in question are adjustment to the partner, sexual adjustment and adjustment to the partner's family. The ME informant's aspect of adjustment with her partner shows something positive because ME and ME's husband have a deep interpersonal relationship. The interpersonal relationship in question is evidenced by the feeling of gratitude for being married together (the concept of an ideal partner), there is a strong marital commitment to continue the marriage until old age (Selsatanzia et al., 2022), as well as the readiness of ME and ME's husband to undergo a long distance marriage. Before ME entered prison, she had a long-distance marriage because ME's husband had a job that required ME and ME's husband to live far apart. This experience is a factor that strengthens the mar adjustment journey that ME and SME undergo (Banggu, 2022). In terms of sexual adjustment, ME and ME's husband showed good adjustment. ME and SME have good emotional sexual adjustment. This is indicated by an agreement to restrain sexual desires until ME is released from prison (Hurlock, 2017). In terms of adjustment to the partner's family, ME also shows good adjustment. ME received positive support (encouragement and not being blamed) from his in-laws even though he was in prison and ME had good/uninterrupted communication with his in-laws. This good relationship between ME and his in-laws certainly does not create the potential for tension or conflict, instead it builds enthusiasm for ME to serve his sentence in prison. This situation is in accordance with the theory put forward by Hurlock, that good adjustment to the partner's family will encourage better marital adjustment (Hurlock, 2017).



Source: Author's Editorial Figure

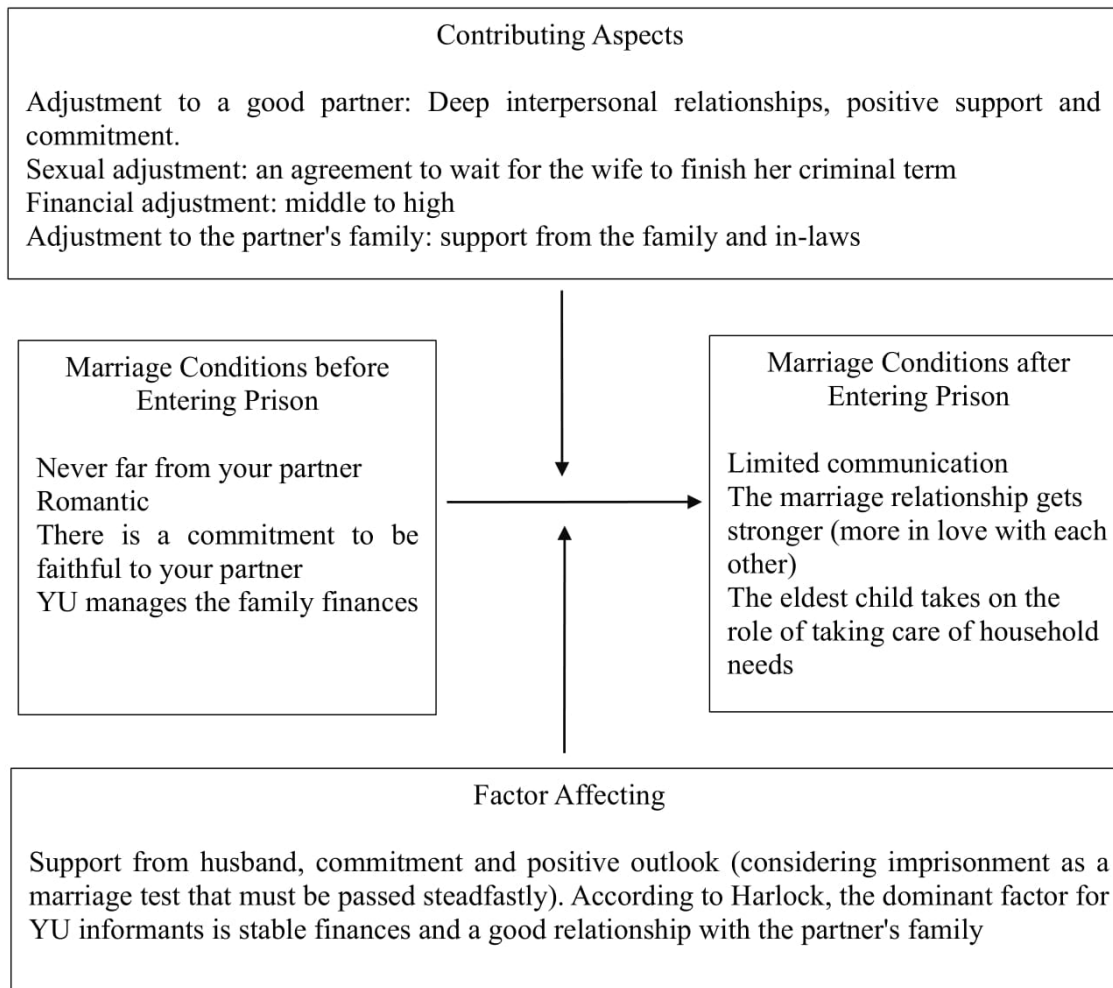
Figure 1. Informant ME's Marital Adjustment Scheme

Informant YU, it fulfills 4 aspects of good marital adjustment. In adjusting with a partner, YU and YU's husband show good adjustment. YU and SYU have a strong interpersonal relationship that creates harmony in marriage (Hurlock, 2017). This is evidenced by:

1. Strong relationship commitment: mutual trust, mutual maintenance of marriage relationships, wanting to live and die together.
2. Frequent dialogue intensity: every Tuesday or Thursday SYU and YU always visit and hold VC every Saturday
3. Living and receiving affection: always giving expressions of affection every visit and VC such as love you dear
4. Working together in doing household chores: SYU shows contribution in household chores both before and after YU in prison

In terms of sexual adjustment, YU and SYU have a sexual agreement through communication, namely that YU's husband will wait for YU until YU is released from prison (related to sexual desire). This indicates that YU has good sexual adjustment, because it is in line with the theory that states that mature married couples will realize that marriage is not a crazy sexual game (Hurlock, 2017). In terms of financial adjustment, economic conditions will have a strong influence on the sustainability of marital adjustment. If a couple finds it difficult to meet their

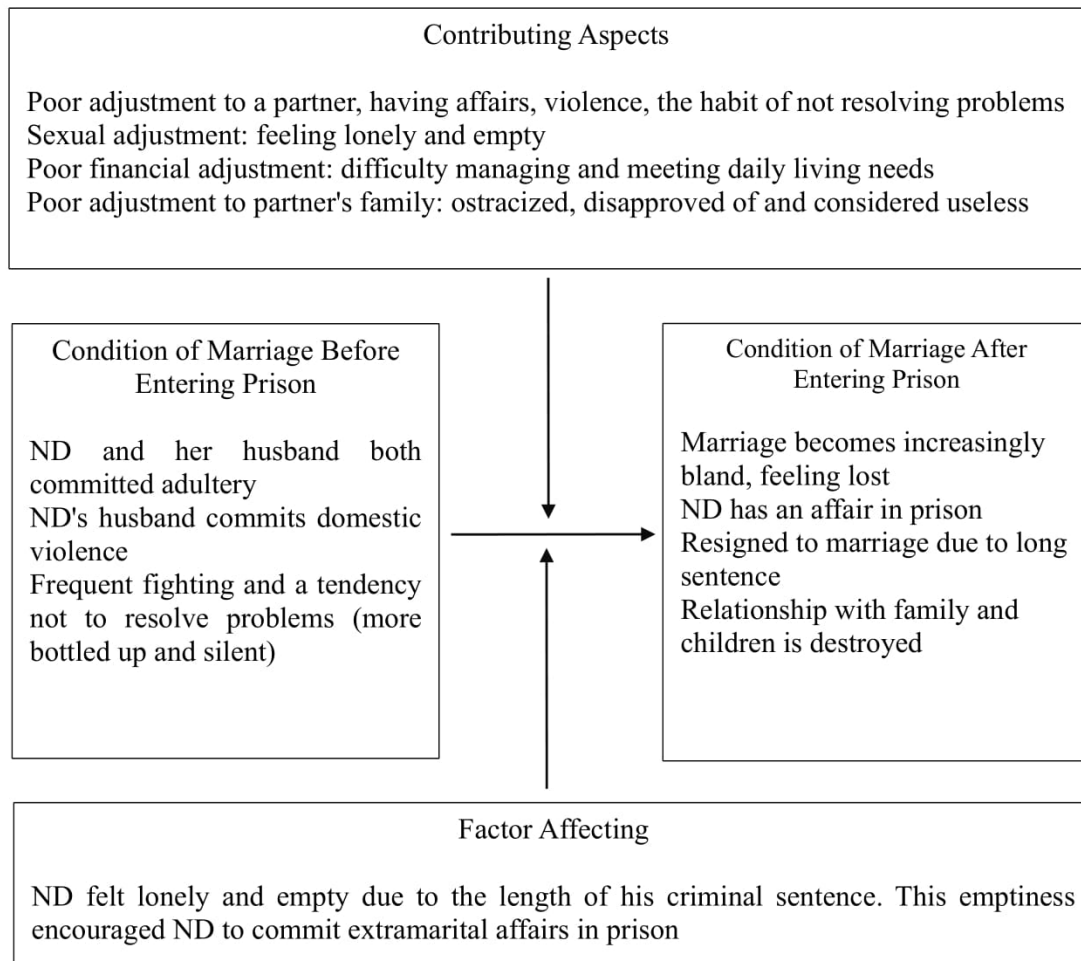
daily needs, then tension will arise in the marital relationship they are in (Hurlock, 2017). There is a substitute role played by YU's eldest child, helping to accommodate household needs well. There is no tension/conflict in financial matters between YU and SYU, which indicates that financial adjustment is going well. In terms of adjustment with the couple's family, YU and YU's husband also show good adjustment. This is evident from YU who gets good support from her in-laws even though YU is serving a sentence in prison and pays attention to the food needs and needs of YU's children. This is in line with Hurlock's theory which states that adjustment to a partner's family can be predicted from acceptance, appreciation and respect for the partner's family (Hurlock, 2017).



Source: Author's Editorial Figure

Figure 2. Informant YU's Marital Adjustment Scheme

Informant ND, did not show good adjustment with the partner's family. This is because ND has a bad relationship, especially with his brother-in-law. This bad relationship is because ND's brother-in-law feels that his family's good name is tarnished due to the crime committed by ND. The truth of Hurlock's theory regarding the 4 aspects that play an important role in creating harmony and happiness is recognized and clearly illustrated through informant ND. Informant ND is in a disharmonious and unhappy marriage. The feeling of emptiness, loneliness and deviant behavior (cheating) carried out by ND proves that the marriage he is in does not provide happiness.



Source: Author's Editorial Figure

Figure 3. Informant ND's Marital Adjustment Scheme

Factors Affecting the Martial Adjustment of Female Prisoners in Muara Teweh Prison

Hurlock in his book states that there are 6 factors that contribute to marital adjustment, namely the factor of becoming a parent. Based on the theory, it is stated that the presence of the first child when the economic situation is unstable or the couple has not adjusted well will make adjustment difficult (Hurlock, 2017). The second is the order of birth in the family. The similarity of roles in marriage with the roles held in the family will make martial adjustment easier (Hurlock, 2017). The third is the relationship with the partner's family, a good relationship with the partner's family will encourage marital adjustment that is increasingly easy for the couple to go through. The fourth is a stable financial situation, a married couple who already have economic stability will find it easier to adjust to marriage than couples who are experiencing financial difficulties. The fifth is unrealistic expectations, namely when couples ignore the reality of problems that arise in marriage, this will complicate the adjustment of the marriage that the couple is going through. The sixth is the number of children, couples who have determined the desired number of children and are able to achieve it it will be easier to adjust to marriage.

Based on the results of the analysis, it was found that each informant had different types of factors from each other. In informant ME, the influencing factors were when becoming parents, birth order in the family and relationship with the partner's family. In the factor when becoming parents, it is supported by the fact that ME and ME's husband prepared their economic situation well before having their first child, by delaying pregnancy for 1 year after marriage. This action

is in line with the theory because a stable economic situation when having the first child will make it easier to adjust to marriage. In the factor of birth order in the family, ME has an older brother and she admits to having a picture or reflection of the attitude of a man (her husband). ME's husband has a younger sister, and he admits to being able to understand better how women (his wife) behave. This is in line with the theory, where the similarity of the role of marriage with the role held in the family will make it easier to adjust to marriage. In the factor of relationship with the partner's family, ME and ME's husband both have good relationships with their respective in-laws. The in-laws provide attention in the form of communication and are willing to help care for ME's and ME's husband's children. This good relationship encourages good marital adjustments for ME and ME's husband.

In informant YU, the first factor that influences marital adjustment is a stable financial situation. The financial condition of YU and YU's husband is middle to upper class. Where SYU is able to meet household needs and YU's needs in prison. This encourages the creation of good marital adjustment in YU and YU's husband. The second factor is unrealistic expectations, YU and YU's husband have realistic thoughts about marriage, namely that in marriage there will be conflicts, one of which is the prison that YU is serving. The conflict that occurs does not cause problems because they are aware and strengthen each other. In the third factor, namely the relationship with the partner's family, YU has a good relationship with her in-laws. This good relationship is shown by good communication with her in-laws when YU is serving her sentence. YU's in-laws also show concern for YU's children. This good relationship further supports the marital adjustment that YU and SYU are undergoing.

In informant ND, there were no factors that could be fulfilled by ND's partner. ND had a bad history before she entered prison. This was proven by the affair that ND and ND's husband had before entering prison. In addition, ND often experienced domestic violence and had experienced separate beds. If analyzed more deeply, informant ND had a bad history of marriage before she entered prison. With these conditions, separation from distance worsened the condition of ND's marriage. The author tried to identify other factors that caused ND and ND's husband to have difficulty in adjusting to their marriage. According to Hurlock, there are several additional conditions that contribute negatively to adjusting to marriage. These other conditions are a short period of introduction (dating), marriage at a young age, limited preparation for marriage, mixed marriages, roles in marriage and unrealistic concepts of marriage relationships.

In the ND couple, there are several conformities with the theory mentioned above, that ND and ND's husband have a relatively short period of introduction. Based on ND's confession, he only dated for 5 months, then immediately decided to get married at a very young age, namely 15 years old. In fact, the introduction process is an important phase because in this phase, the couple will understand the initial character of the partner which of course will have an impact on the ability to solve problems when they are in a marriage relationship (Hurlock, 2017). This is proven true for informant ND, because based on the results of the interview it can be seen that ND and ND's husband have low abilities in solving household problems. ND tends to be silent and avoid problems, while ND's husband often commits violence.

CONCLUSION

The marital adjustment experienced by each informant is different. If a good marital adjustment is created in a marriage, a harmonious marriage relationship will be formed. Meanwhile, if the couple does not show good adjustment, it will contribute to household disharmony. Informant ME has good marital adjustment (meets 3 of 4 aspects of marital adjustment). Informant YU has good marital adjustment (meets 4 aspects of marital adjustment) and Informant ND has poor marital adjustment (does not meet all aspects of marital adjustment).

Factors that influence the adjustment of ME informants are when they become parents, birth order in the family and relationships with their partner's family. Factors that influence the adjustment of YU informants are stable financial conditions, unrealistic expectations and relationships with their partner's family. In ND informants, there are no factors from Hurlock's Theory that are fulfilled by ND informants.

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