

Analysis of a Cooperative Interaction Guidance Model Development for Female Elderly Inmates in Pontianak

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Abstract—This study aims to analyze the development of a cooperative interaction guidance model for newly admitted elderly inmates at the Class IIA Pontianak Women's Correctional Facility and to identify the guidance efforts and challenges encountered in its implementation. The study employed a descriptive method with a qualitative approach. The study participants consisted of 5 informants selected through purposive sampling, including 1 Head of the Inmate Guidance Subdivision, 1 Head of the Social Welfare Subdivision, 1 healthcare worker, and 2 newly admitted elderly female inmates. Data collection techniques included observation, interviews, documentation, and triangulation. Data analysis was conducted through data reduction, data presentation, and drawing conclusions. The results of the study indicate that social interactions among elderly inmates at the Class IIA Pontianak Women's Prison are cooperative in nature. Elderly inmates greet one another, help each other, collaborate, and build positive social relationships with both fellow inmates and prison staff. Rehabilitation efforts were carried out through initial health checkups, character development, religious activities, social activities, and skills training such as knitting and gardening. The main challenges in the rehabilitation process included the physical condition of the elderly inmates, limited facilities, and the lack of a prison specifically for the elderly. This study concludes that a cooperative interaction rehabilitation model can facilitate the adaptation process, improve social relationships, and support the rehabilitation of elderly inmates in a more humane manner.

Keywords— Cooperative Interaction; Model Development; Elderly Inmates; Rehabilitation.

I. INTRODUCTION

The concept of correctional rehabilitation emphasizes that the purpose of punishment is not only retribution but also rehabilitation and social reintegration. This is in line with the view that inmates remain part of society and must be prepared to return to a normal life after serving their sentences [1]. Therefore, inmates are referred to as “persons under guidance,” which signifies a process of guidance, mentoring, and personal development while serving their sentences.

The Correctional Institution is a technical implementation unit of the Ministry of Law and Human Rights whose function is to provide rehabilitation as part of a correctional system that views inmates as God's creatures, individuals, and members of society. The shift in the penal system from corporal punishment to imprisonment reflects a more humane approach within the legal system [2]. The Class IIA Women's Correctional Institution in West Kalimantan plays a crucial

role in the rehabilitation of female inmates, including newly admitted elderly inmates.

Older adults are generally defined as individuals aged 60 and older who experience a decline in physical, psychological, and social functioning and require special support in their daily lives, as defined in various social and health policies [3]. The diverse background of the inmates requires an appropriate guidance approach, particularly in fostering cooperative interactions among inmates to create a conducive social environment. Furthermore, the legal system in Indonesia views incarceration as a means of promoting public order and welfare, while respecting the human rights of every citizen, including elderly female inmates.

Human rights are fundamental rights inherent to every individual and must not be disregarded under any circumstances [4]. Therefore, elderly female inmates who have recently been admitted to the prison need special attention in the form of care, social rehabilitation, religious activities, health services, and psychological support so that they can adjust to their new environment [5]. For elderly inmates, rehabilitation cannot be treated exactly the same as for inmates of working age. They require a more humane, adaptive, and needs-based approach, particularly regarding physical and psychological health, as well as their ability to adapt to the prison environment [6]. Differentiated treatment for elderly inmates reflects the principles of humane treatment and respect for the equal rights of every individual, regardless of age or physical condition [7]. Therefore, rehabilitation based on cooperative interaction is essential to help elderly inmates adapt, build positive social relationships, and prepare for reintegration into society upon release.

The development of a model for fostering cooperative interaction among newly admitted elderly inmates at the Women's Correctional Facility is aimed at understanding the rehabilitation efforts currently being undertaken, identifying obstacles in the implementation of these efforts, and finding appropriate solutions to improve the effectiveness of rehabilitation at the Class IIA Women's Correctional Facility in West Kalimantan. Soerjono Soekanto emphasizes that social interaction consists of dynamic social relationships involving connections between individuals, between groups of people, and between individuals and groups [8]. In the correctional setting, cooperative interaction also serves to reduce conflict, enhance social adaptation, and foster a

conductive rehabilitation environment [9]. Therefore, this rehabilitation model is expected to provide both theoretical and practical contributions toward creating a rehabilitation program that is effective, appropriate, and tailored to the needs of elderly female inmates.

Several previous studies have addressed the rehabilitation of female inmates in correctional facilities in general [1], [6], [10]. Therefore, the *research gap* that this study aims to address is the limited number of studies that specifically examine the rehabilitation of elderly female inmates who have recently been admitted to correctional facilities, particularly in a local context such as the Class IIA Women's Correctional Facility in West Kalimantan, as well as how cooperative interactions play a role in that rehabilitation process.

Based on the above description, this study aims to analyze the development of a model for fostering cooperative interaction among newly admitted elderly inmates, to examine the rehabilitation efforts undertaken by prison authorities, to identify obstacles to rehabilitation, and to find appropriate solutions to improve the effectiveness of rehabilitation for elderly inmates at the Class IIA Women's Prison in Pontianak.

II. METHODOLOGY

An easy way to comply with the conference paper formatting requirements is to use this document as a template and simply type your text into it.

This study employs a descriptive method with a qualitative approach. A qualitative approach is a research approach that focuses on understanding meaning, experiences, and social reality based on the participants' perspectives in natural settings [11]. Qualitative research is also used to gain an in-depth understanding of social phenomena through the interpretation of experiences and social interactions that occur within the research setting [12].

The research subjects were selected using *purposive sampling*, which involves selecting participants based on specific criteria tailored to the research objectives [13]. The research subjects consisted of newly admitted elderly female inmates and correctional officers directly involved in the rehabilitation process at the Class IIA Women's Correctional Facility in West Kalimantan. The criteria for participants in this study were:

- Female inmates classified as elderly (60 years of age and older) who have recently been admitted to the Class IIA Women's Correctional Facility in West Kalimantan and are currently participating in or have participated in the rehabilitation process within the facility.
- Correctional officers directly involved in the rehabilitation process for elderly female inmates.

The data collection methods used in this study included observation, in-depth interviews, documentation, and triangulation. Data collection techniques are the most crucial step in this study because the primary objective is to obtain data [14]. Primary data were collected through observation and interviews with prison staff and newly admitted elderly inmates at the Class IIA Women's Correctional Facility in West Kalimantan. Meanwhile, secondary data were obtained

through documentation in the form of archives, written records, and photographs of rehabilitation activities.

In addition, the data analysis technique used in this study employed Miles and Huberman's interactive analysis model, which includes data reduction, data display, and drawing conclusions/verification [15]. Data reduction was conducted by summarizing and focusing the data from interviews, observations, and documentation to align with the research needs. Data display was presented in the form of narrative descriptions to facilitate understanding of the data obtained. The final stage of drawing conclusion was carried out by formulating the meaning of the research results based on the identified themes and subthemes [16]. The methodology scheme can be seen as follows:

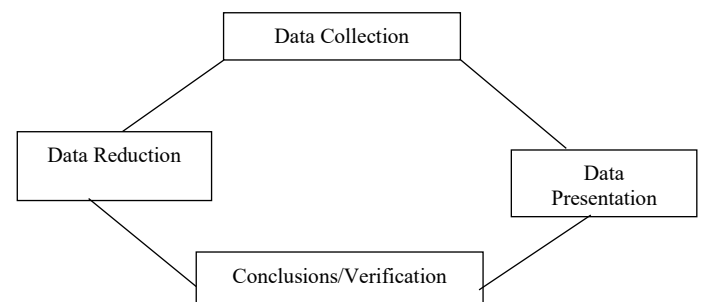


Fig. 1. Research Methodology Scheme

Furthermore, data validity was tested through extended observation, increased persistence, triangulation, analysis of negative cases, the use of reference materials, and member checks. These techniques were employed to ensure that the data obtained corresponded to field conditions and were scientifically sound. The criteria of credibility, transferability, dependability, and confirmability were used as benchmarks in testing the validity of qualitative research data.

III. RESULTS

A. General Data Results

The study was conducted at the Pontianak Class IIA Women's Correctional Facility, located in Sungai Kakap Subdistrict, Kubu Raya Regency. This facility began operations in 2017 and has the vision of "Becoming a Trusted Correctional Facility in Providing Guidance, Services, and Protection to Inmates." The rehabilitation efforts emphasize a humane treatment system, guidance, services, and the fulfillment of inmates' rights. The organizational values implemented include creativity, energy, friendliness, education, and "No Bribery." These values are applied in the process of rehabilitating inmates to foster positive social relationships between staff and inmates. The Correctional Facility Director, represented by the Head of the Inmate Rehabilitation Subsection (Kasubi Binapi), and the Head of the Community Guidance and Care Subsection (Kasubi Bimaswat) made up the informants in this study, healthcare staff, and elderly female inmates who had recently been admitted to the Class IIA Pontianak Women's Correctional Facility. The following is a list of the number of inmates in 2026. The specification of the inmates can be seen in the

following table:

TABLE I. List of Female Inmates for 2026.

No	Age	Description	Number
1.	17–70 years	From various regencies and cities in West Kalimantan	210
2.	50–70 years	Elderly	19
3.	2 years	Toddler brought by their parents	1
Total			230

B. Observation Results

The observational data in this study were obtained from observations conducted by the researcher of counselors, prison staff, and newly admitted elderly female inmates at the Class IIA Pontianak Women's Correctional Facility. On April 10, 2026, the researcher observed security staff conversing with female inmates in the vicinity of their workstations. Additionally, on April 23, 2026, inmates were observed conversing and interacting with one another within the prison grounds. Based on three rounds of observations of each informant, the researcher found that a model of cooperative interaction was being implemented in daily activities within the Pontianak Class IIA Women's Correctional Facility. Furthermore, the observations indicated that elderly female inmates were able to engage in effective social interaction through communication, cooperation, mutual assistance, and shared activities within the facility.



Fig. 2. Results of Observations of Prison Staff Interacting with Inmates

C. Results of the Interview with the Deputy Head of the Rehabilitation Subdivision

The results of the interview with the Deputy Head of the Rehabilitation Subdivision indicate that the primary goal of rehabilitation is for inmates to become better people and not repeat the mistakes they have made, so that they can be accepted back into society.

"The primary goal of the rehabilitation programs we conduct is for inmates to become better people and not repeat the mistakes they have made in the past, so they can successfully reintegrate into society." (Deputy Head of the Rehabilitation Subdivision, April 28, 2026)

The rehabilitation programs provided to elderly inmates include character development, religious activities, and worship services.

"The programs, as explained earlier, include character development, such as religious study sessions for Muslims and worship services for Christians, essentially, activities centered on worship." (Deputy Head of the Rehabilitation Subdivision, April 28, 2026)

The Deputy Head of the Rehabilitation Division also explained that the main challenge lies in the physical condition of elderly inmates during the rehabilitation process.

"Their physical condition is the main challenge, because they are elderly, it is not easy for us to rehabilitate them, so we must be very patient." (Deputy Head of the Rehabilitation Subdivision, April 28, 2026)

To address these challenges, prison authorities are striving to optimize human resources and collaborate with various other parties.

"By optimizing all available potential, including facilities and infrastructure as well as human resources, and through the collaborations with various parties that we have been conducting. This also includes the research team you are currently leading." (Deputy Head of the Rehabilitation Subdivision, April 28, 2026)



Fig. 3. Results of Interviews with Correctional Facility Staff

D. Results of the Interview with the Deputy Head of the Social Rehabilitation Division

The Deputy Head of the Social Rehabilitation Division explained that elderly inmates are still included in rehabilitation activities despite their physical limitations.

"Elderly inmates are, of course, a vulnerable group, sir. Since the distance between one block and another is quite far, it does pose a bit of a challenge, but we still include them in rehabilitation activities such as knitting workshops, gardening using poly bags, or directly in the garden plots located around the correctional facility." (Deputy Head of the Social Rehabilitation Division, April 28, 2026)

The Deputy Head of the Social Rehabilitation Division explained that social interaction among elderly inmates is going quite well.

"Among themselves, the elderly inmates socialize and interact well. As for their interactions with all inmates, they socialize with one another, help one another, and cooperate, without discriminating against one another." (Deputy Head of the Social Rehabilitation Division, April 28, 2026)

However, prison officials acknowledge limitations in facilities and human resources for the rehabilitation of elderly inmates.

"The challenges we face are primarily related to existing facilities and human resources (HR), because we are a general prison, not a prison specifically for the elderly." (Deputy Head of the Social Rehabilitation Division, April 28, 2026)

E. Results of Interviews with Prison Healthcare Staff

Interviews with healthcare staff revealed that the majority of elderly inmates suffer from hypertension, high blood sugar, and rheumatism.

"Generally speaking, there are no major issues; however, after a thorough examination, it turns out that most elderly inmates have hypertension and high blood sugar." (Prison Healthcare Staff, May 6, 2026)

In addition to physical conditions, newly admitted elderly inmates also experience stress, anxiety, and depression.

"Because they have committed a crime and are then rejected by their community and family, new elderly prisoners experience stress, anxiety, and despair on average; some have even been left behind by their partners." (Prison Healthcare Staff, May 6, 2026)

F. Interview Findings with Two Newly Admitted Elderly Inmates

An interview with one elderly inmate revealed that upon first entering the prison, she felt sad and isolated from her family.

"When I first entered the prison, I was extremely sad because I was far from my family and had never received a single visit." (Mrs. S, May 6, 2026)

As part of the rehabilitation process, elderly inmates participate in various activities such as congregational prayer, religious study sessions, exercise, knitting, and other skill-building activities.

"I always participate in every activity available at the prison, such as congregational dawn prayer, religious study sessions, exercise, and knitting to make things." (Mrs. S, May 6, 2026)

"We have congregational dawn prayer and listen to religious sermons. Then, after morning prayers, there's exercise, breakfast, and we participate in craft workshops, like making keychains or knitting." (Mrs. E, May 6, 2026)

They also mentioned that relationships among inmates within the prison are generally quite good.

"Our relationships here are pretty good, ma'am, though I usually choose to be friends with people my own age. Still, I try to adapt to everyone here and take the positive aspects from them." (Mrs. S, May 6, 2026)

"Alhamdulillah, our relationships are fine. Here, everyone respects one another. We don't hate each other; we respect and accept one another here." (Mrs. E, May 6, 2026)

The inmates mentioned that the programs they hope will help them improve are spiritual activities and skills training.

"The programs I feel have helped me are reciting the Quran to find inner peace and draw closer to Allah SWT, and knitting to create handicrafts, which expand my knowledge and skills." (Mrs. S, May 6, 2026)

"Programs that help us develop our character to become more self-aware, such as spiritual and religious guidance for all of us, and programs to enhance our creative skills, like handicrafts, so we can produce items that can be sold later." (Mrs. E, May 6, 2026)

IV. DISCUSSION

Based on the data collected above, several points can be discussed as follows:

A. Development of a Cooperative Interaction Guidance Model

The research findings indicate that the development of a cooperative interaction guidance model among newly admitted elderly inmates at the Class IIA Pontianak Women's Correctional Facility was implemented through harmonious social relationships between correctional officers and inmates, as well as among the inmates themselves. These social interactions are evident in good communication, shared activities, mutual assistance, and cooperation in rehabilitation activities. These field findings are supported by studies indicating that special treatment, as well as personality development and independence training for elderly inmates, significantly influence the optimization of social adjustment and well-being within correctional facilities [17].

B. Rehabilitation Program Activities and Adaptation Mechanisms for the Elderly

A cooperative interaction rehabilitation model is evident through the involvement of elderly inmates in character-building and self-reliance activities such as religious study sessions, worship services, religious lectures, exercise, knitting, and gardening. These activities serve as a means for elderly inmates to build positive social relationships and facilitate their adaptation to the prison environment. Consistent with these findings, a study revealed that self-reliance development programs tailored to the interests and talents of elderly groups in correctional facilities have proven effective in providing a platform for productive activities that enhance their quality of life during incarceration [18]. Furthermore, cooperative interactions also provide social support for newly admitted elderly inmates. Inmates feel supported by fellow inmates and correctional officers, which helps reduce feelings of sadness, stress, and anxiety while serving their sentences. Spiritual guidance activities also provide inner peace and help them accept their circumstances with greater grace.

C. General Infrastructure and Physical Mobility Challenges for the Elderly

Nevertheless, the study identified several challenges in implementing these programs, particularly limited facilities, the physical condition of elderly inmates, limited human resources, and the absence of a prison specifically for the elderly in Pontianak. The considerable distance to the program sites also hinders elderly inmates from fully participating in the activities. These challenges regarding accessibility and the provision of public facilities align with the findings of Subroto and Iswar, who noted that the implementation of rights for vulnerable groups in the field often faces obstacles due to budget constraints and a lack of basic supporting facilities that are not yet fully adequate or in line with standard elderly-friendly guidelines [10].

D. Physical Health and Elderly Welfare Services

In terms of health, the majority of elderly inmates suffer from hypertension, rheumatism, high blood sugar, and psychological disorders such as stress and depression. Therefore, prison authorities provide routine health services,

including health checkups, vitamin supplementation, exercise programs, and plans for elderly health posts (posyandu) as a form of attention to the special needs of elderly inmates. These chronic health conditions align with Nelwitis's research, which emphasizes that elderly inmates require adequate health care and specific periodic checkups to maintain their physical and mental health despite the limitations of the general prison environment [19].

Overall, the research findings and discussion indicate that the development of a cooperative interaction guidance model for newly admitted elderly inmates at the Pontianak Class IIA Women's Correctional Facility plays a crucial role in enhancing social adaptation skills, fostering harmonious relationships, providing psychological support, and promoting the successful, more humane rehabilitation of elderly inmates in accordance with their needs.

V. CONCLUSION

Based on the research findings regarding the development of a cooperative interaction guidance model for newly admitted elderly inmates at the Class IIA Pontianak Women's Correctional Facility, it can be concluded that the social interactions among elderly inmates within the Class IIA Pontianak Women's Correctional Facility are cooperative in nature. These interactions are evident in the inmates' tendency to greet one another, get to know one another, help one another, and cooperate with fellow elderly inmates as well as with other inmates. A shared sense of common fate among them serves as a factor supporting the creation of harmonious social relationships within the prison environment. Additionally, prison authorities continue to strive to maintain a conducive environment through various rehabilitation methods and group activities to ensure that positive social relationships are sustained.

Rehabilitation efforts for newly admitted elderly inmates begin with a physical and non-physical health screening before they participate in the rehabilitation program established in accordance with the prison's standard operating procedures. The rehabilitation provided includes religious activities, character development, social activities, and skills training aimed at helping elderly inmates adapt to the prison environment and improve their personal development. In practice, the rehabilitation methods applied prioritize positive social interaction among inmates as well as between correctional officers and inmates, thereby fostering a more humane and cooperative rehabilitation environment.

As a recommendation for follow-up actions to ensure the sustainability of this program, the Pontianak Class IIA Women's Correctional Institution is encouraged to continue integrating newly admitted elderly inmates with more senior elderly inmates in all rehabilitation activities, such as religious study sessions, community service, and other social activities to foster harmonious and mutually supportive social relationships. Spiritual rehabilitation activities, such as congregational prayer, religious study sessions, short religious talks, and worship services for non-Muslim inmates, should continue to be conducted regularly, as these activities have proven to help provide inner peace and support the

rehabilitation process for elderly inmates. Prison authorities are also expected to promptly implement the Elderly Health Post (Posyandu Lansia) program as a form of specialized health care for elderly inmates so that the rehabilitation process can proceed more effectively in accordance with their health needs, and also ensuring that room capacity restrictions are not exceeded in order to avoid overcrowding that might jeopardize the effectiveness and comfort of the rehabilitation process in the prison setting. Finally, the government, through the Directorate General of Corrections, is urged to consider constructing a prison specifically for the elderly in the West Kalimantan region, as elderly inmates require more specialized care, rehabilitation, and treatment compared to inmates of working age.

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