



# CHALLENGES ENCOUNTERED BY THE FEMALE PERSON DEPRIVED OF LIBERTY AMIDST PANDEMIC

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## ABSTRACT

*The study generally determined the challenges and coping mechanism of the female Persons Deprived of Liberty or PDLs of the Bureau of Jail Management and Penology, Cauayan City, Isabela. The study made use of qualitative narrative design and an interview guide was used to collect the data. Eight (8) female PDLs were interviewed to participate in the study. The participants during the data gathering disclosed that they had encountered challenges during pandemic. It includes weight problem and personal hygiene in terms of physical aspect, social aspect pandemic adjustment and social adaptation as the main problem. Furthermore, in interpersonal aspect they encountered were depression and boredom as their common problems. The effects of these challenges vary among the individuals because they have their ways to cope up with these problems, some of the participants thought of diversion, while others repressive coping is one of their ways to overcome their problems. Furthermore, praying or spiritual activity were the coping mechanism that can reduce their problem. Finally, the PDL's challenges can be overcome through social acceptance. The challenges were either helpful or harmful in the participant's life. Moreover, the study inferred that to cope up with the prison environment the participants choose to be more active in the conduct of the spiritual activity to invite positivity in a world full of negativities.*

**KEYWORDS:** Challenges, Person Deprived of Liberty, Pandemic, Coping Mechanism, Therapeutic

## INTRODUCTION

Life is a matter of liberty and freedom of choice and exploration of voluminous challenges. Being incarcerated is a half of life limited specially to access of all to every aspect of life. Men and women have the freedom and responsibility to do what action they wanted. Men literally protectors of family and women is means to be protected, but what if the woman commits an act and being incarcerated?

Woman is also known to be emotional in nature. Driven by the action to be in jail, several challenges being encountered which makes the woman problematic and suffering from physical, personal, and sociological issues. With the glance of pandemic much greater the pain and impact to the emotional frustration to the person deprived of liberty. It becomes more challenging as the concern of protocol to the services of BJMP. To cope up of being incarcerated women tends to work on itself just to divert attention and action that cover the emotion suffered.

Ackermann (2015) stated that women in prison in Africa experience compounded discrimination due to gender and poverty. Structural inequality results in women being poorly educated, having reduced access to economic resources and legal processes. Women often remain in pretrial detention since they are unable to afford bail or fines. A significant number of women

in prison are mothers and often, the sole or primary caregiver of children prior to detention. The true impact of female detention is felt by children who are imprisoned with their mothers, or who remain alone on the outside.

The common problems for women in prison generally come from both the lives they led before being imprisoned as well their actual incarceration. As a result of their gender, women arrive in prison usually with a different set of problems than male prisoners do. After being imprisoned, a woman might encounter different problems than a male inmate because most prisons are set up to deal exclusively with young male offenders. The critical problems faced by women prisoners are being separated from their children and partners; inadequate or substandard physical and mental health care; sexual abuse; a lack of vocational or educational programs; and an unsafe prison environment. Although some male offenders might face somewhat similar problems, the problems faced by women in prison differ significantly in terms of the effects on the women and their lives both in and out of prison (Ashraf, S, 2022).

Yadav et al.(2021) cited that with the sudden outbreak of coronavirus disease of 2019 (COVID-19) pandemic, the Health Care Workers (HCWs) have claimed varying echelons of stress, anxiety and insomnia. This is the first write up ever reported



describing the numerous studies conducted globally to determine the mental health issues in HCWs throughout in COVID-19 pandemic. Herein we compile the studies conducted in different countries worldwide. All these studies alleged high pervasiveness of stress, anxiety, depression, insomnia, somatization, obsessive-compulsive symptoms, and other mental disorders in HCWs. Female medical staff showed high occurrence of mental distress over male medical staff. Transmission of infection from HCWs to their family members further increases fear and distress. Ample education, training, psychosocial services, and social support have improved mental health of HCWs.

In International Committee of the Red Cross, in their Article, Halting the Spread of COVID 19 in congested detention facilities, the isolation center at Mandaluyong City has space for 150 female detainees as COVID-19 isolation facility and Correctional institute for Women to the Bureau of Corrections. The Philippine Red Cross supported the conducted COVID-19 testing of several detainees and staffs.

### **Pandemic Adjustment**

Testa and Fahmy (2021), stated that during the summer of 2020, a disproportionately high rate of incarceration and COVID-19 cases contributed to a set of circumstances that raised serious public health concerns, as correctional institutions became major COVID-19 hotspots. Higher levels of worry for a jailed person's well-being during the COVID-19 epidemic were linked to dysfunctional coping mechanisms, but not adaptive or functional coping techniques, according to the findings.

“Moral injury” is a word used to explain the complex psychological suffering that people experience when they are exposed to events that they believe are beyond their ability to handle. The COVID-19 problems for the prison estate are unique and evolving. The COVID-19 problems for the prison estate are unique and evolving. Some issues are more generalized, like those seen in society and health care; yet the structure of prisons adds to the challenges (Kothari et al, 2020).

### **Diversion**

The BJMP provides "quite efficient" services in the areas of basic needs, health, livelihood, education, sports, and recreation. The BJMP's service delivery was rated as "moderately satisfactory" by the detainees. The lack of basic sports facilities was cited by the detainees as a widespread issue. The BJMP jail services were not up to par, based on the detainees' mediocre satisfaction. Despite the fact that correctional services were delivered in accordance with the BJMP guidelines, there were flaws and errors in their implementation. The researchers recommended that the agency provide more spacious detention facilities, that BJMP personnel strictly enforce rules and regulations in the jail, that the agency pay attention to the welfare of prisoners, particularly their basic needs and the need for sports facilities; and that dedicated employees from the five pillars of the criminal justice system be employed to help offenders achieve justice (Guadamor and Martinez, 2018).

Several detainees and staff members in the Philippines' overcrowded prisons have tested positive. Because it "has the greatest jail population in the world," the Philippines' predicament is particularly difficult and potentially psychologically dangerous to consider. More than 700 inmates have tested positive as of June 2020, and given their 'locked away' status, a lack of resources, and a lack of adherence to minimum health requirements, the inmates and detainees are 'hidden victims of the COVID-19 epidemic' and hence 'invisibly susceptible.' The causes of hidden health concerns can frequently rise to complex mental difficulties that are linked to suicidal ideation. Furthermore, there are unreported COVID-19-related deaths that require additional attention because "social distancing was impossible within the jail, prisoners lacked nutritious food, and only roughly a quarter of the detainees used face masks," according to the research (Kahambing, 2021).

### **Depression**

Scott et al. (2015), they stated that the women's demographic traits and psychiatric disorders, as well as their substance use and drug treatment histories and criminal thinking inclinations, were all collected using a wide range of assessments. The women in this study, as well as other female detainees in drug treatment programs, were divided into three groups for the purposes of analysis: women with substance use problems but no comorbid psychiatric disorders, women with substance use problems but no comorbid psychiatric disorders, and women with substance use problems but no comorbid psychiatric disorders. These therapies are most effective when offered as part of a person-centered recovery framework with integrated service modules.

Skowroński and Talik (2018), examine the differences in stress coping strategies between groups of inmates who are separated by their perceptions of their quality of life. The findings of the study show that inmates' stress coping strategies are linked to their feeling of quality of life. This result holds true not only for the overall sense of quality of life, but also for each of its dimensions: psychophysical, psychosocial, personal, and metaphysical. Thus, the employment of constructive stress coping strategies—such as seeking help, engaging in personal problem-solving activities, and drawing conclusions from poor life choices – is linked to a greater level of life quality.

### **Social Acceptance**

Guitering et al. (2018), investigated the difficulties that inmates confront while incarcerated, as well as their coping techniques and realizations. The detainees faced environmental, personal, health, and legal obstacles, according to the findings. As a result, they automated several coping methods to deal with their current problems. Finally, the findings revealed some of the inmates' realizations and lessons, such as conversion, stronger family ties, and the development of respect and discipline ideals.

Narang and Jones (2016) found out that these findings are comparable in terms of the chance of using PDL. This is something that the Department of Justice (DOJ), which oversees



the country's leaders, is concerned about. BuCor is a collective noun that refers to a group of people. PDLs were used to controlling other inmates, which led to them usurping power, confronting prison officials, and creating power dynamics that were antithetical to the rehabilitative goals. Abuse was common in various institutions, prompting victims to seek retaliation through the courts by filing a lawsuit challenging their detention conditions.

Flores-Barolo and Vicente (2019), pointed out that the challenges and coping techniques of Sablayan Prison and Penal Farm's selected Persons Deprived of Liberty (PDLs). Individuals' reactions to these challenges differ because they have different ways of adapting to the jail environment. One of the subjects considered suicide, while others developed adaptive behavior in the face of jail. Self-reflection and regeneration, faith in God, jail as a haven, and positive outlooks on life are some of the other effects of trials. The trials had a positive or negative impact on the participants' lives. Furthermore, the research found that to cope with the jail environment, participants opted to become subservient, accept the consequences of their actions, keep themselves busy, and remain engaged in religious activities.

### Theoretical Framework

The study was guided by the deprivation theory, feminism theory and behavioral theory. Deprivation Theory is offenders use disorganization as an adaptive mechanism to cope with the social and physical deprivation of imprisonment. When confronted with inmates began to try to tackle their problem jointly as a result of comparable restriction. When this happens, an inmate society emerged, "A society that contains a network of positions, which reflect varying types of adherence to sub cultural norms as well as adaptive reactions to the difficulties of confinement" (Paterline & Orr, 2016).

In the other hand, feminism theory is not only about women; it is about the world, engage through critical inter sectional perspective. Despite many significant differences, most feminism theory is a reliably suspicious of idealistic thinking, generally oriented toward fluid processes of emergence rather than static entities in one-way relationship and committed to being a political as well as an intellectual enterprise. It is rooted in and responsible to movements for equality, freedom, and justice. (Marry Wollstonescraft, 2009), In connection to the female PDL's

Behavioral theory is an analytical structure to pinpoint the behavioral roots of superior performance, where "behavioral" denotes "being about mental processes." Such roots are identified in behavioral deviations from market efficiency. The causes of these deviations are behavioral factors that bound firms' ability to pursue and compete for superior opportunities. Because these bounds are systematic and diffused among firms, they ensure that latent opportunities are not competed away. In this setting, the behavioral bases of superior performance stem from a superior ability to overcome focal behavioral bounds. This analytical structure is used to identify the mental processes especially

important to firm performance that strategic leaders can reliably manage. Its key insight is that superior opportunities are cognitively distant. They rarely correspond to common ways of thinking. The reason for this is that it is necessary to overcome strong behavioral bounds to pursue these opportunities (John B. Watson, 2018). In connection to the PDL's.

### Objectives of the Study

This research aims to determine the challenges encountered by the female person deprived of liberty during this pandemic at BJMP Cauayan City, Isabela.

Specifically, it seeks to answer the following:

1. To identify the challenges encountered by the Female Person Deprived of Liberty during the time of pandemic; and
2. To Identify the coping mechanisms of the female PDL's during the time of pandemic.

### METHODOLOGY

#### Study Design

The study entitled, "Challenges Encountered by the Female Person Deprived of Liberty Amidst Pandemic," used a Qualitative-Narrative Design to match proper with the desired outcomes. The narrative approach allowed the respondents to feel uninhibited to express themselves in their own words and focused on what is most important to them

#### Population of the Study

The researchers selected only eight (8) female PDL's as respondents of the study because the researchers don't have enough time to ask all of them. The locale of the study was conducted at BJMP, Cauayan City Isabela.

#### Data Gathering Tool

The researchers opted for semi-structured interviews based on open-ended questions.

#### Data Gathering Procedure

The researchers used interview as the main tool of this study. Interview questions was self-constructed with the help of adviser. One-on-one interview between the researchers and respondent reach a small number of people in-depth and offer insight into an array of experiences. One-on-one interviews are the most used data collection tools in qualitative research (Sandelowski 2002). In the conduct of the study, the researchers asked permission or approval to conduct this study to the BJMP. Also, the researchers secured a permission to the head of office, after the securing permission from authority, the researchers formulated the interview guide question and proceeded to validation. Then the researchers proceeded to the interview personally to the 8 female persons deprived of liberty. After acquiring all the information, the researcher promptly transcribes, code, and analyze the data. Then, themes would be generated using the thematic analysis method in the interview. The researchers adopted thematic analysis. The process gave more emphasis on the told, the events or the content of the narratives and paid a little attention to how a



story unfolded during the conversational exchange between the researchers and the respondent. Each transcript was analyzed individually.

### Treatment of Data

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### Ethical Consideration

Ethically permissible research must offer benefits to PDLs that outweigh the risks. Analyzing all the potential risk is crucial. The researchers sensibly selected the words to be used on the questions and during the interview because some words might trigger harmful emotional or psychological responses. Gaining the trust of the respondents were very crucial in this study because it made the participants more cooperative and honest in answering the questions. Thus, they were informed that pseudonyms were employed to maintain the anonymity of their identity. Likewise, to ensure the protection from exploitation and to be truly ethical, researchers actively considered what is best for the participants, and the organizations.

## RESULTS AND DISCUSSION

The following discussions encompass the Female Person Deprived of Liberty revealed as among Challenges encountered Physically, Socially and Interpersonally, specifically during the time of Pandemic and the strategies and Coping mechanism to address the Challenges encountered.

### Challenges encountered by the Female Person Deprived of Liberty during the time of pandemic

A. *Physical challenges encountered by the female person deprived of liberty during the time of pandemic*

**Weight Problem.** Female person deprive of liberty experienced weight losses while staying inside the jail facility due to stress and lack of appetite, as quoted from the sample statement of P6 "*Nangayayat ako kakaisip sa mga problema ko lalo na ngayong pandemic at na i-stress din ako at nawawalan ng gana kumain, pero gumagawa pa rin ako ng paraan na mag exercise para medyo mabawasan ang problema*" [I'm losing weight and felt being dull due to the problems I encountered this pandemic while we are inside the cell, but I am doing exercise to lessen the problem that I have encountered] then P7 also said that "*Dahil sa pandemic ma'am lalo akong nangayayat dahil mas nadagdagan na naman yung iniisip ko*" [ Because of pandemic I'm losing weight due to overthinking] and P8 said also that "*Okay naman ako noon ma'am kaso unti unti akong nangayayat nung*

*nagsimula yung pandemic dahil grabe yung naging epekto ng pandemic saamin ma'am*" [I was okay before but when pandemics start everything has change then I' am slowly losing weight because it has a big impact for me].

According to sample statements from participating offenders, Female PDLs lose their appetite due to stress, overthinking, and the impact of the pandemic which leads to weight loss. During this unprecedented time, we're all processing stress differently. But for many in lockdown, the realities of socially distanced living are having a dramatic impact on our eating habits. When experiencing stress, appetite can be affected in a few different ways. Some people find themselves binge-eating as a way to cope with the feelings of being overwhelmed, while others find themselves not eating for extended hours or days. You may find that no matter how much you prepare, cook, meal or try to stock the house with the necessary foods to keep the body healthy, it's still difficult to maintain a healthy appetite. If this is the case, begin the process of rebuilding appetite by identifying the stressors. Gauge ways to be able to reduce the stress; be it asking for help, support, or taking a break (Britt, J 2012).

**Personal Hygiene.** Female persons deprive of liberty encountered improper hygiene problems due to protocols, as quoted from the sample statement of P2 "*Hindi na kami katulad ng dati noon na nakakapaglinis ng katawan namin dahil sa bagong patakaran ngayong pandemic nalagyan ng limit lahat*" [We cannot clean ourselves like before because everything has a limit now due to the protocol] then P3 said that "*Mula nung pandemic ma'am hindi na kami gaanong nakakapaglinis ng katawan namin dahil sa nagkaroon na ng limit lahat*" [ When pandemics start, we cannot clean ourselves like before because everything has limit].

Women require more attention to personal hygiene, however female PDLs actions in this area are restricted due to limited accessibility and additional pandemic protocols. Personal hygiene is a necessity in life. It is the need of every individual to keep herself clean and tidy in all aspects. The most common causes of lack of personal hygiene are lack of time, energy, dullness etc., These can be brought under control by proper planning and fixed timings for taking these measures (Ventura et al., 2020).

B. *Social challenges encountered by the female person deprived of liberty during the time of pandemic*

**Social Adaptation.** Female persons deprive of liberty experienced social adaptation because they are a new comers. Social adaptation is considered one of the issue directly linked to human behavior, as quoted from the sample statements of P7 "*Nahihirapan akong makisalamuha kasi bahugahan palang ako*" [As a newbie, I am experiencing difficulties to get along with other detainees] then P8 said that "*Mahirap pa makisama ma'am kasi baguhan palang ako dito sa loob ng kulungan*" [As a newbie, I am experiencing difficulties to get along with their environment and I am trying to find ways to adapt].



The sample statements from the, Female person deprived of liberty don't get along with other detainees because they are newcomer which affect their relationship to each other. In prison, the PDLs focus on survival. They employed various mechanisms to adjust to stressful, unpleasant, difficult situations inside the prison. The work of Johnson and Dobrzanska (2005) points toward the notion that humans can be highly adaptable regardless of the environment. In addition to that, the prison provides an environment in which inmates learn how to get along with other inmates and it also teaches inmates how to adapt to unfamiliar environments. According to an inmate in the study of Crank 2010 noted of prison adjustment, "I think those in here have a real good adjustment ability, the ability to adjust deferent situations"

**Pandemic Adjustment.** The pandemic, hits hard of excuses no one. There have been numerous restrictions imposed, as stated from the sample statement of P1 "*Nahihirapan akong mag adjust kasi hindi pa ako sanay sa mga patakaran nila ngayong pandemic*" [I have difficulties adjusting to their new rules and regulations this pandemic] and P2 said that "*Dahil sa patakaran nila ngayong pandemic nahirapan ako mag adjust*" [I have difficulties adjusting because of the rules that they have implemented].

The difficulties of imprisonment on how PDL adjusted from being free to being controlled and restricted. Adjustment to prison community is a complicated process because of absorption in to the new protocols that they encountered. Base from the sample statements from the participating offender, Female PDLs are also having difficulty adjusting to the new environment in the facility because they are new to the inside world of jail, and they are just prone to outside world. As the 2019 novel coronavirus (COVID-19) is spreading worldwide in 2020, there is growing concern about the impact of pandemic on mental health. Multiple stressors associated with the pandemic, such as health-related stressors, job loss, and work-related stress, could increase the prevalence of adjustment disorders worldwide. The present article acknowledgement adjustment disorder as a highly relevant mental health outcome of the pandemic that should be addressed by mental health professionals Quero (2020).

*C. Interpersonal challenges encountered by the female person deprived of liberty during the time of Pandemic*

**Depression.** The female PDLs experienced depression due to overthinking and because they've missed their family outside. As quoted from the statements of P1 "*Dahil sa pandemic mas lalo kaming nastress ma'am mas lalo naming iniisip yung pamilya namin sa labas, ang hirap iwasan ma stress lalo na at nandito lang kami sa loob*" [Because of the pandemic, it is hard to avoid the stress ma'am especially that we are here inside the facility jail] then P2 said also that "*dahil sa nangyareng pandemic ma'am mas lalo akong nadepress kasi iniisip ko yung kalagayan ng pamilya ko sa labas*" [Because of the pandemic, I was even more depressed due overthinking].

The sample statements from participating offenders, Female PDLs said that they've missed their family and they experienced stress due to overthinking which led to depression. Depression is a major human blight. Globally, it is responsible for more years lost to disability than any other condition. It is largely because many people suffer from it. Depression is widely diagnosed and untreated because of stigma lack of effective therapies and inadequate mental-health resources Smith (2014).

**Boredom.** The female Persons Deprived of Liberty or PDLs felt boredom. As quoted from the statement of P8 "*Syempre ma'am hindi po maiwasang hindi maboring dito sa loob ng kulungan, may mga libangan po pero nakakaranas pa din po ng pagkaboring kasi sobrang hirap maglibang dito sa loob mas lalo na ngayong may pandemic*" [We can't avoid boredom, sometimes we're having leisure, but we are still experiencing boredom because it is hard for us to have fun here inside the dorm due to the pandemic]. Based on their statement, the female PDLs cannot avoid boredom because they are staying inside the dorm, and they have limited time due to the protocols implemented which greatly affects them. Findings indicated that boredom is an extremely unpleasant and a distressing experience. Boredom remains a poorly understood phenomenon despite its evident association with dysfunctional behavior and mental health problems. However, little research has been conducted regarding the topic. Other studies were exclusively quantitative in design. For this reason, a qualitative, interpretive phenomenological study was carried out. The ten participants were asked about their experience of boredom. These people were sampled from the general population. The ten participants study agreed that they really experienced a feeling of boredom which may lead them to depression. Boredom is a phenomenon that one cannot help but to experience it during the stages of development, and this requires methods used to deal with it (Marion, M. et.al.,2014).

#### **Coping Mechanism of the Female Detainees during the time of pandemic**

**Diversions.** One of the reasons to lessen the boredom, stress, and longing of the female Persons Deprived of Liberty (PDLs) is to engage in the activities to overcome those emotional problems. Quoted from the statements of Participant 1, "*Nagpe-painting na lang po kami para Maibsan ang mga problema namin dito sa loob*" [We do painting because it's our way on how to release problems we are experiencing inside] then P2 says that "*Para mabawasan man lang yung mga problema ko e nakikijoin nalang ako sa pagpepainting ganon ma'am kahit di ako marunong*" [Through recreational activities can reduce some of my problems] and P3 added that "*Nagpepainting kami ma'am para kahit papano maibsan yung mga problema namin*" [To overcome our problems ma'am we do recreational activities like painting].

Based on the statements of the female PDLs, diversion is one of their ways to cope up their stress inside during pandemic. Determining the challenges and coping mechanisms of the selected Persons Deprived of Liberty (PDLs), the participants during the data gathering disclosed that they had trouble inside



the prison. These include difficulties in adjusting to prison life, the feeling of powerlessness, adherence to unwritten laws, bearing the pain for the sake of the family, staying out of trouble, exploitation of the weak, and they feel that they are the forgotten or the victims. The effects of these difficulties vary among individuals because they have their ways of adapting to the prison environment. One of the participants thought of self-destruction, while others develop adaptive behavior towards incarceration. Other repercussions of challenges are self-reflection and self-renewal, faith in God, prison as a haven and positive outlooks in life. The challenges were either helpful or harmful in the participants' life. Moreover, the study revealed that to cope with the prison environment, the participants chose to become submissive, bear the consequences of their act, keeps themselves busy, and, remained active in religious activities. (Jezreel et.al., 2019).

**Spiritual Activity.** Prayer is the most important thing to those female People Deprive of Liberty or PDLs to cope up with their problems inside the jail facilities. One of the motivations is to believe on what the future holds as they regret on the offenses that they have committed in the past. As quoted from the statements of P3 "*Pagdadasal ang isa sa ginagawa ko ma'am*" [Praying is one of what I do] also P4, added "*Nagdadasal na lang kami kasi wala naman kaming choice para na rin maibsan yung mga pinagdadaanan naming problema*" [Prayer is our only way to cope up on what we are experiencing and to lessen the burden that we are feeling] Moreover, P5 stated that, "*Ipinagpapasa Diyos ko nalang lahat ma'am para kahit papano maging magaan yung nararamdaman ko*" [To lessen my problem that I have encountered, prayer is one of my ways].

Prayers and spiritual related activities can overcome pandemic related problems which give hope and courage not to give up. Besides, there are programs created by the correctional institution to help the PDLs conquer the challenges inside the prison. One of the rehabilitation programs is religion. In the implementing standard minimum rules for the treatment and rehabilitation programs for prisoners, which stated that a correctional institution shall have religious activities and facilities inside thereof (UN, standard minimum rules for treatment and rehabilitation, 1995). The idea is that spiritual rebirth by help tame the criminal impulse and set while hearts on the street and narrow (Peters, 2007).

This Corroborates the study of Eyten (2011) examined empirical data on a religion, spiritual, and mental health, or illness in places of detention. Results showed religion and spirituality, improve the coping mechanism for facing stressful life. It also reduced depressive symptoms or self-harm. Also, it has an impact on the inmate's behavior by reducing arguments. Violence and disciplinary actions inside the penal institution are reduced. According to the review, the most reliable indication of religion and spirituality is the reduction of incidents and disciplinary actions inside the prison.

**Social Acceptance.** Social acceptance can reduce the problems as quoted from the statements of P8 "*Unti-unti ko ng natatanggap na lahat ng nangyayare. At para na rin mabawasan ang nararamdaman kong kalungkutan tanggapin ko nalang*" [I am getting used to be on that environment as time goes by for me to lessen the sadness that I felt].

The sample statements of female PDLs social acceptance are one of their ways for them to lessen the burden that their feeling inside. In today's society, social acceptance is an unconscious want that everyone strives to gain. Unfortunately, not all individuals are able to experience social acceptance. There have been numerous studies conducted in the past that have indicated a correlation between social acceptance and the ability to detect emotions. The individuals who are usually rejected in social situations are better than others at recognizing facial expressions; specifically, real and fake smiles (Pickett, Gardner, & Knowles, 2004). Individuals who are often excluded know how it feels and therefore, are sensitive to the feelings of others. These examples show that a person's social acceptance can influence their ability to detect emotions.

**Repressive Coping.** As quoted from the statements of P8, "*Iniiyak ko nalang lahat ng problemang nararanasan ko*" [Crying is one of my ways on how to cope up on the problems that I have] and "*At sana makalaya na ako para makapiling ko na ulit ang aking pamilya*" [I am hoping that one day I will be free from jail and to be with my family again].

Based on the sample statements of the respondents repressive coping is one of their ways to overcome their problems. The Japanese are such strong believers in the health benefits of crying that they've taken that wisdom to the next level. Some cities in Japan now have "crying clubs" called rui-katsu (meaning, literally, "tear-seeking"), where people come together to indulge in good old-fashioned sobfests. Crying releases stress, and therefore is a great practice when it comes to staying mentally healthy. Research is backing up that theory. Studies of the various kinds of tears have found that emotional tears contain higher levels of stress hormones than do basal (aka lubricating) or reflex tears (the ones that form when you get something in your eye). Emotional tears also contain more mood-regulating manganese than the other types. According to side off stress tightens muscles and heightens tension, so when you cry you release some of that. Crying activates the parasympathetic nervous system and restores the body to a state of balance." (Govender, 2012.)

The above sample statements show that with all the challenges encountered by the female person deprive of liberty, different coping mechanisms existed. Diversion programs were provided wherein the PDLs are entertained. By doing so, the PDLs are amused which causes them to forget all the problems they are facing in a period. However, the effect was just temporary and so the PDLs has no other choice but to cry their feelings. The PDLs pain is eased by crying until they accept the reality of their lives being spent in prison. They will eventually realize that no one else



can help them except themselves and God. That is the time when female PDLs will voluntarily and willingly participate in spiritual activities that will help them grow in their relationship with God at that time. Ross Deuchar, Line Lerche Morck, Yonah Hisbon Matemba (2016) stated that the holistic chaplaincy services helped the detainees to nurture some initial turning points that stimulated identity and behavioral change.

## CONCLUSION

The findings of the study showed how female PDLs are being challenged and adjusted during pandemic because the pandemic impacted as all. There have been numerous restrictions imposed and a lot of adjustment have been made, specifically those incarcerated during the pandemic that their crime committed were under the BJMP. The challenges PDLs encountered amidst pandemic were physical, social and interpersonal respectively. With those challenges presented there are coping mechanisms that helped ease the problem. In terms of their physical challenges is exercising, and in terms of social aspect when the problems encountered are social adaptation and pandemic adjustment their coping mechanism are social acceptance and repressive coping. In interpersonal, the challenges encountered are depression and boredom and they face and cope with it through diversion and spiritual activities. The COVID-19 pandemic hit the female PDLs by surprise which led to the challenges mentioned above. The cooperation of the PDLs and the effort of the BJMP personnel makes them conquer the problems they were faced.

## RECOMMENDATION

Based on the findings, the study strongly recommends that female Persons Deprived of liberty or PDLs may adhere to follow the protocol strictly and practice proper hygiene and right diet to promote a sound physical health through proper hygiene and right diet. Additionally, the BJMP may provide a program to cope up with the challenges. Leisure time for the female PDLs to ease boredom like painting and cross stich and other activities in line with their interest may be provided to help them become more productive, motivated and entertained inside the jail. More enhanced spiritual activities as way to cope up with their problems may be proposed and conducted.

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