

The prevention of infectious diseases in prisoners in Cipinang Prison, Jakarta, Indonesia

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Abstract

This study explores the stages of conducting educational outreach on preventing infectious diseases among inmates at prison institutions in Cipinang, Jakarta. The research method was a qualitative descriptive approach in November 2024. Data collection techniques include interviews and documentation. The findings indicate that the prevention of infectious diseases by outreach method among prisoners is carried out through several stages: assessing the health needs of the inmates, planning the educational sessions, selecting appropriate methods and media for the outreach, and evaluating the effectiveness of the sessions. This initiative has successfully reduced behaviors that could lead to the transmission of diseases through various means, including airborne, food and drink, vector-borne, and other methods. The conclusion is that the outreach is conducted systematically. As a result, participants not only understand the content of the sessions but also take action to prevent the spread of diseases.

Keywords: Counseling; Prevention; Infectious diseases; Prisoner

1. Introduction

Prison is a type of criminal sanction used by the government to overcome crime problems. In prison, prisoners are limited, though they still own several rights, including health services. Article 14, paragraph 1 (letter d) of Law Number 12 of 1995 concerning correctional was mentioned that prisoners are entitled to receive service health and proper food. Likewise, article 9 (letter d) of Law number 22 of 2022 concerning correctional mentioned that prisoners are entitled to service health and decent food by nutrition. The connection between prison and health has proven robust scientifically, and has become an attention-health society (Massoglia & Menster, 2019).

The prevalence of the disease is higher in prisons compared to the population in general; this is possibly caused by worse health status, inadequate medical, and carrier individuals not being diagnosed. The problem is that prisons are generally fully tightened, ventilation is not proper, and they are not a good environment. The prevalence of contagious disease inside the prison, group risk height, and relationships between inmates and staff prisons increase the risk of entry disease, factors consortium, and the risk of spreading disease inside and outside prison. (Beaudry et al.2020) Incarcerated people experience increased factors structurally consistently linked with bad health, like poverty, low levels of education, and skill limitations (Massoglia & Pridemore, 2015). Besides That, convicts also possibly have a higher risk of behavior, like the use of drugs or exposure to violence, in comparison to the public in general (Western, 2006).

The incidence of sexually transmitted diseases found in the incarcerated population is high (Ana et al, 2024). HIV, HBV, HCV, and Syphilis as common sexually transmitted diseases in prison. HIV incidence was found to be 3.7%, 0.4%, 1.4%,

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4.1%, and 1.6%. The incidence of hepatitis B in this study was 3.3%, 6.3%, 16.4%, and 41.5%, while the incidence of hepatitis C was 2.3%, 6.2%, 11.6%, 14.3%, and 18.9%. Syphilis was found in 7.0%, 22.1%, 1.1%, 2.0%, 0 and 1.2% (ana et al, 2024).

Prisoner's level is chronically high, and experience containment (exposure) generally impacts health more than the length of the detention period (Massoglia & Pridemore, 2015). The most frequent disease that happens among prisoners are disease infection, cardiovascular disease, additional body weight, hypertension, and cancer (Howel et al., 2016). In general, people who are incarcerated and people who have been imprisoned previously risk poorer health compared to the general population (Massoglia & Pridemore, 2015). One that has a frequent negative because of several conditions Not yet periodic controlled is the emergence of diseases, infection, and infectious sexual assault on prisoners inside prison.

Disease was caused by various factors, such as agent, parent landlady, or environment. This is depicted inside known terms and is widely mature. This is reason compound (multiple causation of disease) against single causation. According to Dr. Irwan SKM, M. Kes (2017), in his book entitled *Epidemiology Disease Infectious*, mentions that " in epidemiology disease contagious, yes three possible factors explained spread (distribution) of disease or problem health namely person, place, and time. That position is adjacent and intensive interaction, and if the condition is nearby for a long time , that is, every day, then naturally, it is possible that the transmission period occurs over a long time. According to the World Health Organization (WHO), diseases are caused by microorganisms such as viruses, bacteria, fungi, or parasites. Pathogens can spread directly or directly from one person to another. Transmission generally happens because of contact directly through the air, through food/drink, via a vector, or through circumstances near the sufferer's disease. The prisoners are generally close by distance, so it is possible to spread them directly or by air. This condition is naturally hazardous for prisoners. Infectious disease control is by health promotion and prevention through implementation, education, and public approach counseling.

One approach technique to maintaining education public is counseling. Counseling is an effort to disseminate new things for the community interested and willing to apply whatever is said in counseling life daily. This action gives true insight and understanding to the prisoners. According to Edgar Faure (1981: 2), community education is something new in life. community education was held man along with age life human. Community education is a form of institution of nonformal education, inside form guidance, where participants are educated to actualize their potential and develop insight, reasoning, mental attitude, and appropriate skills with the needs of their lives. Community education programs—there are many kinds—can help prevent infectious diseases. These programs may be related to religion and culture, and activities shape learning courses, training, internships, assistance, and counseling.

The problem of health in prison only not quite enough to answer the government or only the prison; however not enough to answer together groups and communities. Public health can be created If healthy individuals, families, and health groups have materialized. For That, efforts and embedding awareness will importantly mean health for individual and group society and even for all inhabitant public need. There is no information about the stages of implementation of counseling about preventing infectious diseases in prison, Cipinang. This study explores the stages involved in conducting outreach on preventing infectious diseases among inmates at prison institutions in Cipinang.

2. Material and methods

This research was conducted using a qualitative descriptive research method in November 2024. The population of this research is all prison inmates in Cipinang prison. The sample of this research was participants who attended outreach in November 2024 (Ana et al, 2024). The research was carried out using interviews and documentation studies. Data analysis was carried out using qualitative data analysis, which was carried out thoroughly through intensive interaction with the inmates until the data was saturated. The activities were data reduction, data presentation, and conclusion.

3. Results and discussion

Counseling is done in stages: studying residents ' health needs, arranging a counseling plan, choosing a method, and evaluating counseling. All-stage counseling Effendi's (2018) opinion is (1) reviewing health needs, which includes determining problem health and prioritizing more problems formerly handled (2) arranging planning counseling, which includes implementing objective counseling, determination targets, setting goals and organization material, (3) choose methods that include evaluation results and follow through carry on counseling. The impact is that large inhabitants understand the importance of guarding health, specifically preventing disease among them.

Counseling done with a study must perceive health as necessary for prisoners. This step continues with paying close attention to several problems, frequently health appear and are generally easily infectious. Activities continued with set type problems, such as health and well-being, which are the most urgent things that must be quickly handled, so can set theme or material priority counseling. Implementation counseling is done by communicating messages targeted health to inhabitants construction, especially about material possible diseases that appear if they communicate in a way intensive in prisoners, especially if one from their disease, certain transmission levels tend to occur.

After compiling the theme, Then, set goals and objectives. To give knowledge and awareness, inhabitants built about the importance of information and preventing infectious diseases like fungi or parasites. Results study also shows that inhabitants understand How they should interact with fellow inhabitants but not give rise to disease between them. Material counseling discussed is the essence of fungi as a contagious disease, the way transmission, and methods prevent infectious diseases like fungi.

The actions start to reduce contact directly, reduce action approaching consuming food/drink, and reduce closeness and continued interaction continuously between them; besides That, they also take care of the distance between them. They generally use avoidance methods, such as transmission of disease. Sound through the air, through food/drink, via a vector, circumstances, proximity, and other means.

According to the World Health Organization (WHO), diseases are caused by microorganisms and organism pathogens, such as viruses, bacteria, fungi, or parasites. Disease: This can spread directly or directly from one person to another. Ways transmission of disease generally happens because of direct contact through the air, through food/drink, via a vector, or circumstances near the sufferer's disease. The prisoners are generally close by distance, so it is possible to contact them directly or by air. This matter is naturally hazardous for prisoners.

Implementing community education through approach counseling by messages targeted health to inhabitant construction about material possible disease appears if they communicate in a way intensive in prisoners, especially if one from their disease certain transmission levels tend to occur tall Enough. Efforts made in prison are appropriate and are carried out through health education or health promotion outside education schools or public education. This matter is relevant to opinion experts about prevention, control, and eradication through several activities such as health promotion, Surveillance, Control of risk factors, case studies, Handling cases, and immunization.

According to Subejo (2010), Counselling is a process of changing behavior in society to order them to know, be willing, and be able to change to achieve increased production, income, or profits and improve their welfare. Counseling is an effort to disseminate something new for everyone, the public, interested and willing to carry out the material inside counseling life daily and counseling to prisoners off from effort how to get them to understand, interested, and above his consciousness. Stages of counseling consist of Counseling health combined with various activities and opportunities Principles. Study For reach circumstances, where an individual, family, group or public in a way overall want to live healthily, you know How and how to do it what can be done, properly individual nor in a way group with request help (Effendy, 2003). Counseling is an activity that empowers the public or develops a power that is already owned to become something more useful (Margono Slamet, 2000). From several understandings, it can be concluded that counseling is an activity that gives knowledge and invites the public to improve. Counseling needs mature, directed and sustainable planning.

Stages of counseling include 1) identification of Health needs, including determining health problems and prioritizing more formerly handled problems; 2) Planning for counseling that includes applying objective counseling, determining a target, setting goals and organization material; 3) Choosing methods that include evaluation results and follow-through carry-on counseling (Effendi, 2018).

Various efforts are made through the approach of community education, as appropriate with Edgar Faure's opinion (2023) that external education school is activity outside learning school, inside form guidance participant educate to be able to actualize potential himself as well as develop insight, reasoning, mental attitude, and appropriate skills with need his life

4. Conclusion

Prison is one type of prescribed punishment by the government, including prison for people who commit crimes. In the interaction process, there is sometimes a risk of infected disease between inhabitants, diseases caused by microorganisms or pathogens, such as viruses, bacteria, fungi, or parasites. The disease can spread directly or indirectly from one person to another.

The decision is required to prevent disease transmission between prisoners. Law 22 of 2022 mentions that prisoners are entitled to healthy and decent food through nutrition, efforts to give health services, and inhabitants-built health education through education outside the school with approach counseling. A study must be conducted to know how to implement counseling comprehensively.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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