
RESEARCH ARTICLE

Moving on to a Pathway of Hope: Stories of Female Persons Deprived of Liberty (PDL)

MARIA FE B. ARQUESOLA¹✉ and Dodelon F. Sabijon²

¹University of Cebu, College of Criminal Justice, Cebu City, Philippines

²University of Cebu, College of Criminal Justice, Cebu City, Philippines

Corresponding Author: Maria Fe B. Arquesola **E-mail:** mariafe25belila@gmail.com

ABSTRACT

The Bureau of Jail Management and Penology in the Philippines is responsible for developing plans, programs, and policies to effectively implement rehabilitation programs for all inmates nationwide. It also collaborates with other government and private organizations to support these programs. The primary goal is to improve the well-being of inmates and prepare them for successful reintegration into society after their release while ensuring humane treatment for all inmates, regardless of their backgrounds and gender. This research study aimed to understand the experiences of female Persons Deprived of Liberty (PDL) within the rehabilitation program through a qualitative research method. The informants of this study were ten (10) resides at the Cebu City Jail Female Dormitory (CCJFD) situated at Barangay Kalunasan Cebu City, Philippines. Four (4) informants were subjected to an in-depth interview and six (6) informants for the Focus Group Discussions (FGD). The findings of this study are articulated in emergent themes. Six (6) emergent themes described the positive and negative experiences of the informants on the rehabilitation program. For the positive experiences, three (3) emergent themes were developed, namely: Jailhouse Jukebox, Cellmate for Change, and From Cell to Success: Skills, Swag, and Savings. For the negative experiences, three (3) emergent themes were also developed, to wit: Behind Bars, Beyond Reach, From Fear to Freedom, and Behind Closed Doors: LGBTQ+ Isolation. Meanwhile, two (2) emergent themes were formulated to explain the informants' coping with the challenges encountered during their rehabilitation program, namely: Faith, Friend and Books: A Prison Survival Kit and Finding a Safe Haven: The Power of Community. Finally, two (2) emergent themes were created to express the aspirations of the informants to improve their lives, to wit: Mastering Time & Chasing Dreams and Unlocking Potential: Diplomas, Discipline, and Divine Connection. This research underscores the importance of prioritizing mental and physical well-being for female Persons Deprive of Liberty (PDL). Persons Deprived of Liberty (PDL) should prioritize rest, advocate for flexible schedules, and seek support from the jail staff or peers. The Cebu City Jail Female Dormitory (CCJFD) must facilitate this by implementing rest periods, offering flexible schedules, and providing mental health services while ensuring an inclusive environment. Rehabilitation program implementers should tailor programs to individual needs, integrate mental health support, and foster social interaction. Continuous program evaluation and sufficient resource allocation are crucial for successful rehabilitation and reintegration.

KEYWORDS

Female Persons Deprived of Liberty (PDL), Bureau of Jail Management and Penology, Rehabilitation Programs, Phenomenology, Cebu City Jail Female Dormitory, Cebu City, Philippines

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1. Introduction

The vast variation in legal systems, human rights protections, and societal norms across the globe significantly complicates the treatment and rehabilitation of women within correctional facilities, presenting a complex challenge for the global criminal justice system. Women's imprisonment is a growing problem globally (Kalantry, 2013).

The United Nations adopted the Bangkok Rules in 2010. These standards represent the first international framework specifically designed to address the unique needs and circumstances of women prisoners. The Bangkok Rules promote gender-responsive approaches to incarceration, rehabilitation, and reintegration, emphasizing principles such as preserving human dignity, preventing discrimination and violence, and exploring alternatives to imprisonment for non-violent female offenders (United Nations Office on Drugs and Crime, 2010).

Rehabilitation program in Georgia identified key needs of women released from prison: healthcare, jobs, and help reconnecting with families. The program addressed these needs through job training, childcare support in prison, and other services to help women rebuild their lives and avoid returning to prison (Rope, 2020).

In the Philippines, the Bureau of Jail Management and Penology (BJMP) considered as one of the five pillars in criminal justice system to oversee jail administration and penology issues. The Bureau supervise the diverse population of inmates awaiting trial, short-term sentences (3 years and below), or transfer, as outlined in the 2015 Comprehensive Operations Manual. Female Persons Deprived of Liberty (PDL) is separate from male dormitories to ensure the safety, privacy, and dignity of both male and female inmates. The Bureau also holds four areas of rehabilitation program, namely: Livelihood projects, educational and vocational training, recreation and sport, and religious/spiritual activities. While rehabilitation programs exist, the experiences of these women within the criminal justice system remain underexplored.

The Cebu City Jail Female Dormitory houses female Persons Deprived or Liberty (PDL) awaiting trial or serving short sentences. As mandated by the Bureau of Jail Management Penology (BJMP) Comprehensive Operations Manual of 2015, it offers rehabilitation programs (skills training, education, counseling) and support services (medical care, legal aid, spiritual guidance). Given its central location and focus on rehabilitation, the dormitory presents a critical research site to investigate the experiences of incarcerated women and the effectiveness of these programs.

This study aimed to bridge the gap in comprehensive research on the rehabilitation experiences of female Persons Deprived of Liberty (PDL), particularly within the dormitory setting. Additionally, the research will explore the needs of these Persons Deprived of Liberty (PDL), the coping mechanisms they use to navigate challenges, and their aspirations to improve their lives. Thus generating empirical evidence, it seeks to inform the development of gender-responsive programs tailored to their specific needs (Bloom, Owen, & Covington, 2003). Ultimately, the findings of the study can guide policymakers and practitioners in creating more effective interventions. These interventions can address the root causes of female offending, promote successful rehabilitation and reintegration, and enhance justice and human rights within the criminal justice system.

As a criminologist and a faculty member with a background in criminal justice and gender studies, I am well-positioned for this research. Equipped with the skills for rigorous qualitative research with marginalized populations, am committed to ethical research practices emphasizing integrity, transparency, and respect for human rights. Fueled by a passion for social justice, I am dedicated to amplifying the voices of female Persons Deprived of Liberty (PDL) and advocating for more equitable and humane approaches to rehabilitation and reintegration.

2. Literature Review

The theoretical foundation of this study is anchored on the Social Learning Theory, pioneered by Albert Bandura & Richard Walters (1977), and supported by the Feminist Theory by Bell Hooks (2000) and Resilience Theory by Ann Masten (2021).

This study is primarily anchored in Social Learning Theory by Bandura & Walters (1977), which emphasizes a continuous, reciprocal interaction between cognitive, behavioral, and environmental influences, combining both behavioral and cognitive approaches. Social learning theory emphasizes the role of observational learning and modeling in acquiring new behaviors. We learn not only through direct experience but also by observing others and the consequences of their actions. The key elements include attention to the model, retention of the observed behavior, reproduction of the behavior, and motivation to perform it. Vicarious reinforcement and punishment, where individuals learn from the rewards or punishments experienced by others, further influence behavior. This theory has significant implications for understanding the impact of media, the importance of positive role models, and the effectiveness of parenting and teaching strategies.

Another theory that supports this study is Feminist Theory by Hooks (2000) which emphasizes that feminism goes beyond simply fighting for equality between women and men of the same class. It is a movement that fights to end sexist oppression and exploitation, while acknowledging and addressing other forms of oppression as well. Framing feminism in this way, Hooks highlights that the primary focus is dismantling sexism, a system of beliefs, practices, and institutions that privilege one gender

(typically male) over another (typically female). Sexism manifests in various forms, including discrimination, harassment, stereotypes, and unequal treatment based on gender. Feminism advocates for ending sexual harassment and violence against all individuals, regardless of gender. This includes raising awareness about the prevalence of sexual assault and domestic violence, challenging victim-blaming attitudes, and supporting survivors. Feminism also seeks to achieve economic justice by advocating for equal pay for equal work and addressing workplace discrimination and barriers to advancement faced by women and marginalized genders. This benefits everyone by promoting fairness and equity in the workplace.

This study is also supported by Resilience Theory, as explored by Masten (2021). This theory focuses on how individuals and systems adapt, bounce back, or even thrive in the face of adversity. The theory emphasizes the importance of protective factors, such as supportive relationships, coping skills, and access to resources. Resilience is also seen as dynamic, influenced by genetics, environment, and experience. This theory is valuable for understanding resilience among those facing adversity.

Republic Act No. 9263, the Bureau of Fire Protection (BFP) and Bureau of Jail Management and Penology (BJMP) Professionalization Act of 2004, is a law designed to enhance the professionalism and efficiency of these two crucial government agencies. A key focus of the law is the professionalization of the Bureau of Jail Management and Penology (BJMP), which involves stricter eligibility requirements and higher educational qualifications for its personnel. This aims to improve the quality of jail management and penology services, promoting a more humane and rehabilitative approach to incarceration. Thus, providing inmates with opportunities for education, vocational training, and rehabilitation programs, the law seeks to reduce recidivism rates and reintegrate former inmates back into society as productive citizens.

The Bureau of Jail Management and Penology (BJMP) Comprehensive Operations Manual (2015), outlines key policies for female inmates. Section 33 and 34 emphasizes the separation of inmates with special needs, requiring female inmates to be housed in separate facilities or dorms from male inmates. To ensure their well-being and safety, the manual also details specific guidelines. These include maintaining complete physical separation between female and male dorms with designated female staff managing dorm keys. Additionally, male staff must prioritize female inmates' privacy and personal space. Searches are to be conducted by trained female personnel, ensuring privacy throughout the process. Furthermore, work assignments should be suitable for female inmates' age and physical condition, and they should have the opportunity to participate in all programs and activities available to male inmates. Medical care prioritizes female health personnel for examinations, with a male health professional only performing examinations in the presence of a female staff member if unavailable.

In December 2023, the Philippine government, through the Department of Interior and Local Government (DILG), launched Memorandum Circular 2023-025, also known as the 2023 DILG-BJMP Buhay Ingatan, Droga'y Ayawan (BIDA) Arts and Crafts Competition: Pagkilala at Pagpupugay sa Natatanging Talento sa Sining at Kultura ng mga Persons Deprived of Liberty (PDLs). The BIDA program is open to all Persons Deprived of Liberty (PDLs) held in Bureau of Jail Management and Penology (BJMP) facilities, including provincial jails, city jails, municipal jails, and district jails. The competition itself consists of three categories: Painting competition, poetry writing competition, and handicraft making competition. The overall goal of BIDA remains the same: to raise awareness about illegal drugs, encourage community involvement in combating them, and promote drug prevention, rehabilitation, and control while upholding human rights and the rule of law (Department of Interior Local Government, 2023)

Rehabilitation programs are essential for helping inmates overcome the challenges of prison life. These programs can alleviate boredom and develop important skills. Faith-based rehabilitation programs employ various methods to reform inmates, including education. Many prisoners lack basic education, which can hinder their ability to find employment after release. Thus, providing educational opportunities, rehabilitation programs can help inmates acquire valuable skills and improve their chances of successfully reintegrating into society. Research indicates that encouraging education for prisoners yields positive results. Numerous former offenders who have participated in literacy and training programs have successfully returned to normal life (Ward, 2012).

In addition to the challenges faced within the correctional system, female Persons Deprived of Liberty (PDL) also experience a heightened degree of social stigma due to traditional gender roles and expectations. While the stigma of incarceration can be significant for both men and women, women often face even greater discrimination and prejudice. This stigma can further exacerbate the challenges faced by female Persons Deprived of Liberty (PDL), both during and after their incarceration (Van Olphen et al., 2009).

According to Link et al. (2014), stigmatized individuals can face direct, structural, or internalized discrimination. For example, a female Persons Deprived of Liberty (PDL) may experience poor treatment from other inmates or staff, limited access to programs and resources within the correctional facility, or internalize feelings of worthlessness due to the negative perceptions associated with incarceration. This stigma can significantly impact a woman's well-being and rehabilitation efforts while in prison, potentially

limiting her participation in programs, her willingness to seek help, and her overall adjustment to the incarcerated environment. Many female Persons Deprived of Liberty (PDL) face multiple forms of stigma, including those related to their criminal history, drug use, mental health, gender, race/ethnicity, or sexual orientation, making it difficult to isolate the impact of any single category (Van Olphen et al., 2009).

Prisoners face various challenges during incarceration. Adjusting to the prison environment, enduring harsh conditions, and adhering to unwritten rules can be difficult. The impact on families can also be significant. Additionally, exploitation and power imbalances exist within prisons. Despite these challenges, many prisoners find positive outcomes, including adaptive behavior, self-reflection, personal growth, and strengthened faith. While some experiences can be harmful, like thoughts of self-destruction, the overall impact on prisoners' social, emotional, and psychological well-being is often positive (Baro and Vicente, 2019). Therefore, to cope with these challenges, prisoners often adapt their behavior. This may involve submission, accepting consequences, staying busy, and participating in religious activities.

Prisoners have diverse vulnerabilities, backgrounds, and coping mechanisms, leading to different responses to similar prison experiences. While imprisonment serves as punishment, it also aims to rehabilitate individuals so they can reintegrate into society as law-abiding citizens (Travis and Western, 2014). However, according to Schneider et al. (2012), rehabilitation programs, such as education, therapy, and vocational training, can significantly benefit both inmates and society. These programs help inmates become productive members of society, rather than burdens. For every dollar invested in rehabilitation programs, society can expect a return of approximately \$13. This means these programs can increase economic resources, rather than depleting them. This implies these programs can bolster economic resources instead of draining them. Consequently, equipping inmates with job skills and coping mechanisms readies them for successful societal reintegration, thereby curbing recidivism and enhancing community safety.

Rehabilitation programs, while effective in reducing re-incarceration, can also increase the use of community sentences. It suggests that these programs may encourage participants to commit less serious crimes after release. Overall, prison-based programs are beneficial for society as community sentences are less costly and can reduce the burden on the criminal justice system. Expanding program opportunities could lead to significant financial benefits. Further research is needed to explore the long-term impacts of these programs on various aspects of participants' lives, such as employment, housing, and health (Arbour et al., 2024).

Collins (2002) argues that criminal rehabilitation programs are crucial for improving the literacy of inmates. Many prisoners lack basic education, hindering their ability to find employment and potentially leading them back to criminal activity. Thereby, providing educational opportunities, rehabilitation programs aim to equip inmates with the skills necessary for successful reintegration into society. Additionally, these programs foster social adjustment, helping inmates develop positive relationships and behaviors.

The effectiveness of rehabilitation programs can vary depending on factors such as program quality, duration of participation, and the level of aftercare support provided. Additionally, some offenders may not be interested in rehabilitation or may have underlying issues that require more intensive treatment (Suman et al., 2023). Furthermore, Khattak et al. (2016) found that poor prison conditions and lack of facilities contribute to low self-esteem and personal degradation among prisoners. Rehabilitation is crucial for reducing crime rates and promoting a peaceful society.

However, Olojede and Mohammed (2020) suggest that rehabilitation programs are essential for inmates as they can significantly improve their personalities and prepare them for a better life after release. Prisoners serving less than five years are particularly interested in these programs and would benefit from more opportunities for personal development. Research activities are crucial for inmates' physical and mental well-being, promoting a positive and comfortable environment within the prison.

The study by Saguran et al. (2023) offers mixed findings on conditions within provincial jails, demonstrating both positive aspects (good treatment and daily meals) and negative aspects (insufficient and poorly maintained facilities, leading to issues like poor ventilation, overcrowding, and inadequate resources). These harsh conditions likely contribute to both physical and emotional stress for the incarcerated women.

Uche et al. (2015) evaluated the effectiveness of rehabilitation programs in prisons and found them to be largely unsuccessful due to various factors, including insufficient funding, inadequate equipment, lack of trained staff, insufficient manpower, and poor management. These shortcomings have hindered prisons' ability to achieve their goal of reforming and rehabilitating offenders, as outlined in the Nigerian Prison Act of 2000. As a result, rehabilitation programs in Nigerian prisons are not very effective.

Hagan (2013) also revealed that educational and vocational training programs are the primary rehabilitation programs offered at Nsawam Medium Security Prison. While funding can address some challenges, others are more difficult to solve, such as participants' attitudes and characteristics. Some participants may lack punctuality or have difficulty learning.

However, Jang et al. (2023) conducted a study to investigate the relationship between increased religious involvement and prisoner rehabilitation. They examined changes in identity transformation, a sense of meaning and purpose in life, and virtues, while considering sociodemographic and offending backgrounds. The study found that increased religiosity was associated with an increase in crystallization of discontent (but not in cognitive and emotional transformations), a sense of meaning and purpose in life, and all four measures of virtue: forgiveness, empathy, gratitude, and self control.

Additionally, Sykes (2001) states that the religious program aims to serve inmates and institutions by providing high-quality spiritual services, including worship, religious education, and crisis counseling. The program seeks to ensure professional conduct from chaplains and volunteers involved in delivering various religious activities. It aims to integrate religious programs and services into the institution's response to inmate needs, providing an opportunity to address negative attitudes and behaviors among new offenders.

Rehabilitation programs are crucial for reforming inmate behavior and promoting the well-being of both prisoners and society. A study in Rivers State, Nigeria, found that religious programs are most effective in changing behavior, while agricultural programs have limited impact. The effectiveness of rehabilitation programs directly influences recidivism rates. When programs are inadequate, reoffending rates are higher, but effective programs can significantly reduce recidivism (Birabil and Harry, 2021).

Meanwhile, Macabago et al. (2020) suggest that jail-warden nurses play a crucial role in providing comprehensive healthcare to inmates, addressing their physical, mental, emotional, social, and spiritual needs. They must prioritize and manage various aspects of care, including physical, medical, psychological, spiritual, and social needs.

Gatotoh's et al. (2011) study revealed that most correctional officers believe correctional counseling is crucial for rehabilitating inmates through behavior modification. While many prefer counseling over punishment, some recognize the benefits of counseling despite favoring punishment. This suggests a need to emphasize the importance of counseling to officers. The study also found that most officers enjoy interacting with inmates, indicating a positive attitude towards them. However, many officers believe that inmates have little to learn from them, which aligns with the fact that over half don't consider their profession honorable. Despite this, most officers recognize their responsibility to society. Encouragingly, the majority support training in inmate rehabilitation, believing all officers should receive it. To fully shift from punitive to corrective approaches in correctional facilities, officers must maintain positive attitudes towards inmate rehabilitation through counseling.

Studies by Twea (2013) and others highlight the complex reasons why some women end up in prison. Poverty, lack of education, and unequal treatment due to gender can be significant social factors pushing women towards crime. These factors can create desperate circumstances. Women facing adverse economic situations, failed marriages, or simply the need to survive may be forced to commit crimes. Research suggests these women often struggle to meet basic needs while simultaneously battling against gender-based power imbalances within society.

Homer (1979) and Jorgensen et al. (1986) suggest that incarceration can lead to family estrangement due to traumatic separation. Theorists argue that losing a family member to prison is even more emotionally devastating for wives and children than a death (Carlson and Cervera, 1991).

Prisons have struggled to effectively rehabilitate criminals. In fact, they often cause more harm than good. The negative experiences of prison confinement can have varying impacts on different individuals. For some prisoners, the loss of communication with loved ones and the lack of personal freedom within the prison environment can contribute to depression and a sense of deterioration. Over time, the constant restrictions and lack of choice can erode an individual's ability to think independently and make their own decisions (Tomar, 2013).

It's important to remember that not all female crime stems from relationship problems. A study by Roxas (2020) found that many women in prison face desperate circumstances beyond just issues with partners. Recognizing these challenges, communities often see women in prison as survivors. To help these women rebuild their lives, prisons should offer specific healthcare services tailored to women's needs, including pregnancy and general health concerns. Additionally, programs to support those who have experienced abuse are crucial for successful reintegration.

The success of rehabilitation programs in prisons hinges on how well they're implemented. Programs that effectively address inmates' needs lead to higher satisfaction among participants. This makes perfect sense, as people are more likely to feel positive about services that truly meet their requirements. Additionally, prison life is vastly different from everyday life outside. New inmates must learn to adapt to this environment by interacting with other prisoners and following strict rules. Therefore, rehabilitation programs should go beyond prison walls and equip inmates with the skills and knowledge they need to reintegrate successfully back into society upon release (De Vera et al., 2022).

Vocational training programs can equip inmates with valuable skills that are transferable to jobs in the outside world. Recreational programs offer a variety of activities that allow inmates to express themselves and pursue their interests in a positive manner. These programs contribute to successful reintegration into society, promote physical and mental fitness, and foster self-awareness, self-fulfillment, and positive motivation among inmates (Kate, 2003).

Ekanayake and Madhuwanthi (2021) revealed in their study that vocational training programs for female inmates in Sri Lanka can be highly effective. The Department of Prisons has made significant contributions by providing necessary resources and actively working to increase inmate participation. Many female inmates have a positive attitude towards these programs and benefit from them by acquiring knowledge and skills that can lead to self-employment and economic empowerment. Additionally, these programs promote positive relationships within the prison. From an organizational perspective, vocational training programs are cost-effective and can reduce maintenance costs through early release. An effective incentive system can further motivate inmates and provide them with a sense of recognition. Overall, these programs offer valuable opportunities for female inmates in Sri Lanka.

According to Ambrose and Rosky (2013), regular exercise can significantly improve the mental health and behavior of inmates, reducing rule-breaking and negative behaviors. When used as a reward, exercise equipment can incentivize positive behavior and create a safer environment for correctional officers. Thus, investing in educational classes on proper equipment use, facilities can ensure safe and effective use, potentially reducing injuries and saving money on medical expenses in the long run. Overall, teaching inmates how to use exercise equipment can improve their overall health and well-being.

However, Patlunag's (2020) study reveals significant deficiencies that hinder these programs. Inmates face shortages in basic necessities, with inadequate food budgets leading to a lack of proper utensils and balanced nutrition. Healthcare access is limited due to insufficient funding for medicines and doctor visits, leaving many without proper medical attention. Educational and vocational opportunities are also hampered by a lack of supplies, materials, and scholarships. Limited recreation time, minimal budgets for celebrations, and restricted visitation hours contribute to feelings of isolation and a lack of legal updates. While religious activities and counseling are available, resources may be insufficient to fully address the diverse needs of inmates, impacting their overall well-being during detention.

Another compelling reason to focus on the experiences of female Persons Deprived of Liberty (PDL) is the need to humanize the criminal justice system. As Gales et al. (2023) pointed out, listening to their narratives and centering their experiences allows us to better understand their specific needs and challenges. This, in turn, informs the development of programs tailored to address these issues, such as trauma support, childcare considerations, or job training programs relevant to female employment opportunities. Gales et al. (2023) categorized his findings into four key areas includes: connection, self-reflection, difficulties and challenges, and adapting for survival. Connection is a strong connection with individuals from outside the jail like family, friends, loved ones and it strengthens the Person Deprived of Liberty (PDL) sense of self during incarceration. Visitation is particularly important, as it relieves stress and brings happiness. Self-Reflection meaning the incarceration can lead Person Deprived of Liberty (PDL) to reflect on their lives and past mistakes. This can motivate them to turn towards prayer and religious practices. Difficulties and challenges refer to Person Deprived of Liberty (PDL) experience physical and emotional struggles, which can lead to depression. Adapting for survival refers to the peace experience and positive change, Person Deprived of Liberty (PDL) must follow jail rules and maintain respectful relationships with other inmates. This corroborates the study of Ramirez (2023) the Person Deprived of Liberty (PDL) experiences extreme physical and mental difficulties in adapting prison environment but despite of this hardship they actively participating in religious activity program through self-reflection and self-renewal and faith in God is their way of surviving or to cope their problem inside the jail.

The study of Magadzire's (2018), it was revealed that Chikurubi Female Prison offers various programs to help inmates rehabilitate, including vocational training, leisure activities, life skills development, religious teachings, education, and psychological counseling. These programs have been successful in preparing women for release and reintegration into society by equipping them with new skills and a positive outlook. However, numerous challenges hinder the program's effectiveness, such as inadequate monitoring, resource scarcity, the country's economic difficulties, presidential pardons, limited job opportunities, and high competition for those jobs. Unfortunately, the weight of these challenges seems to outweigh the successes of the rehabilitation programs.

Rehabilitation programs are most likely to succeed when they are implemented in a safe, well-funded, and well-managed prison environment where human rights are respected. A clear legal framework that complies with human rights and international law obligations is essential, outlining the roles and responsibilities of involved institutions and agencies. Prison officials must adhere to judicial decisions regarding incarceration and avoid subjecting inmates to extrajudicial punishment (Bonggot, 2017).

Aliyu et. al. (2018) revealed in his study that rehabilitation programs in Nigerian prisons face numerous challenges, affecting inmates, staff, and society. Collaboration among government, private sector, and community-based care providers is crucial for addressing these challenges through joint training, knowledge sharing, and funding initiatives. Supporting inmates during and after their release, these initiatives can contribute to reducing recidivism. Exploring current rehabilitation programs and establishing standardized practices for inmates in correctional settings can significantly impact the rate of reoffending. Further research into specific program interventions would help refine care standards for inmates.

Guitering et al. (2013) found that prisoners face several challenges, including lack of contact with the outside world, family issues, and loneliness. The study also identified how prisoners cope with these challenges, including through religion, participation in activities, and building social connections. Despite some negative influences from other inmates, prisoners can find ways to adjust by accepting their situation, building relationships with others, and participating in programs offered by the correctional facility.

The assessment of rehabilitation programs in Valencia City Jail highlights the importance of various initiatives to help inmates successfully reintegrate into society. While the paralegal program is effective, the Cultural and Sports Development Program could be improved. Both programs are valuable for promoting mental health and social interaction. The assessment also identifies the need for gender-specific interventions and programs tailored to the predominant age group. Efficient resource allocation is crucial for short-term inmates. Overall, the assessment provides insights into the effectiveness of rehabilitation programs and suggests areas for improvement to (Caño et al., 2024).

Adapting to the jail environment is difficult for female Persons Deprived of Liberty (PDL). However, observation can be a valuable tool. Thus, observing fellow Person Deprived of Liberty (PDL) and correctional staff, they can learn positive behaviors like seeking support, engaging in therapy, or developing new vocational skills through the facility's existing rehabilitation programs. Participation and interaction with others allow these Persons Deprived of Liberty (PDL) to navigate their negative experiences. As Walters (1977) suggests, socialization helps them feel less alone in their journey.

Examining the challenges, coping mechanisms, and program effectiveness for female Persons Deprived of Liberty (PDL) is essential for successful reintegration. Despite efforts to address gender-specific needs, marginalization, stigma, and limited access to rehabilitation services persist (Bloom et al., 2003)

3. Methodology

3.1 Research Design

The researcher employed a qualitative research method to explore the experiences of female Persons Deprived of Liberty (PDL) within the rehabilitation program. Qualitative research is a naturalistic inquiry that aims to understand phenomena in their natural setting. The philosophical approach chosen for this study was transcendental phenomenology, developed by Husserl (1931). Moustakas' (1994) variation of transcendental phenomenology emphasized describing participants' experiences with less focus on researcher interpretations. Transcendental phenomenology, in general, sought to uncover the essential structures of human consciousness and experience by focusing on lived experiences.

In a broader sense, 'transcendental phenomenology' explored the structures of human experiences and consciousness across various contexts. It investigated how people made sense of their experiences, revealing the core aspects of human existence. This approach involved suspending assumptions and biases to delve deeply into the experiences of individuals, aiming to reveal the essence of their subjective reality (Husserl, 1931). Examining phenomena through this lens, researchers could gain profound insights into human consciousness, perception, and meaning-making in fields such as psychology, sociology, anthropology, and philosophy. Transcendental phenomenology was well-suited for this study because it delved into exploring the experiences of female Persons Deprived of Liberty (PDL) to understand the essence of their experiences within the rehabilitation program. This approach involved bracketing preconceived notions and biases to focus solely on the subjective experiences of the individuals, aiming to uncover the fundamental aspects of their consciousness, perceptions, and meanings attached to their experiences. Therefore, employing transcendental phenomenology, the research sought to provide a deep understanding of the rehabilitation program from the perspective of the female Persons Deprived of Liberty (PDL), shedding light on their unique challenges, perspectives, and potential areas for improvement.

3.2 Research Participants

This study employed ten (10) female Persons Deprived of Liberty (PDL) in Cebu City Jail Female Dormitory with one (1) year exposure to rehabilitation program and carefully selected by the researcher. The planned distribution was 4 participants for individual interview and 6 participants for the Focus Group Discussion (FGD).

3.3 Research Instrument

The researcher designed and used an interview guide for the in-depth interview and focus group discussion to enable the researcher to identify, elicit detailed narratives and insights of the experiences of female Persons Deprived of Liberty (PDL) on the rehabilitation program. The interview guide was validated by the adviser, a panel of experts, and the dean of the Graduate School. The interview guide contained informed consent to formally invite subjects and for them to freely and voluntarily provide information needed in the study.

3.4 Data Collection

To initiate data collection, after the interview guide designed by the researcher was approved, the researcher contacted the authorities or the Bureau of Jail Management and Penology Regional Office VII with a letter requesting permission to conduct the study at Cebu City Jail Female Dormitory. This letter, obtained from the University of Cebu Graduate School and signed by the thesis adviser, facilitated participant recruitment. Upon receiving permission, the researcher explained the research purpose and objectives to facility staff and sought their assistance in identifying eligible female Persons of Deprived of Liberty (PDL) who were willing to participate. Individual interviews were conducted in a private and confidential setting within the facility. The researcher utilized a pre-developed interview guide to ensure in-depth exploration of participants' experiences and perspectives. With informed consent, audio recording devices were used to capture responses accurately and facilitate transcription and analysis. The researcher prioritized sensitivity and empathy throughout the interview process, fostering a supportive and non-judgmental environment to encourage open sharing.

Focus Group Discussions (FGD) were also facilitated by the researcher to explore shared experiences, perspectives, and themes related to the rehabilitation program. Similar to individual interviews, focus group discussions were guided by the interview guide for consistent and in-depth data collection. Detailed notes were taken during both individual interviews and focus group discussions to supplement audio recordings and capture non verbal cues and contextual information.

3.5 Data Analysis

A qualitative methodology was employed to analyze and interpret the data acquired through in-depth interviews and Focused Group Discussions (FGDs). The analytical procedure commenced with verbatim transcription of all recorded material to facilitate comprehension and accuracy. Subsequent stages involved coding the transcripts to identify commonalities and patterns, which were then utilized to formulate unifying themes. The final evaluation and interpretation of these emergent phenomena were performed using thematic analysis, specifically utilizing the structured, phenomenological analytical process of Colaizzi's method on the interview data.

3.6 Ethical Consideration

In this study was founded on the principles of beneficence, non-maleficence, justice, and autonomy, prioritizing the welfare of female Persons Deprived of Liberty (PDL) participating in the rehabilitation program. The researcher took proactive steps to minimize potential harm while ensuring the study's relevance supported the participants' eventual reintegration into society. Essential safeguards included upholding confidentiality and privacy for all sensitive information, and implementing rigorous informed consent procedures to guarantee participants made voluntary and fully informed decisions regarding their involvement.

4. Result and Discussion

The researcher employed a systematic process for data analysis. Initially, all informant interviews were audio-recorded and transcribed verbatim to convert the speech into an intelligible, readable format. Following transcription, the data was reviewed and coded to select only the most crucial details. The resulting codes were then analyzed and evaluated to identify the participants' perspectives and discover unifying common themes. The data presented here was divided into three (3) : part one (1) is the detailed positive and the negative experiences of informants on the rehabilitation program ; part two (2) is to examine how informants cope with their challenges encountered during rehabilitation progra ; and the informants' aspiration to improve their live in rehabilitation program. The data was analyzed in order to depict the informants' opinions and experiences.

Themes were developed based on the informants' significant statements formed into emergent themes in response to the sub-problems.

4.1 Experiences of the Informants on the Rehabilitation Program

Each item reflects both positive and negative experiences of the informants regarding the rehabilitation program inside the facility. The results will provide a comprehensive delineation of the experiences of female Persons Deprived of Liberty (PDLs) in the rehabilitation program.

4.1.1 Jailhouse Jukebox

This theme explores the informants' happiness, joy, and inspiration while participating in rehabilitation programs.

Actually, there are a lot of activities here, Ma'am, that are really therapeutic for us. You see, because of our past experiences with fear, trauma, and discrimination, our confidence here has been really low. But through morning therapeutic meeting activities, we're able to express our feelings and somehow, we find joy and strength. Without even realizing it, we've regained our confidence. (Informant 3.)

I think having interfaith or behavioral programs where we do activities like dancing is a good idea. It's a way for us to be active and engaged. The reason why we join is probably because it's boring in the dorm. (Informant 2.)

There are many. But I really prefer the religious ma'am because it is very encouraging and it feels like a burden is lifted off your shoulders once you join the religious activities. It's like you're directly talking to God, ma'am. Your mind feels lighter instantly. (informant 6)

It was revealed that engaging in positive activities, inmates can find ways to cope with the challenges of incarceration and maintain a sense of hope for the future. The theme highlights the resilience and adaptability of inmates, and their ability to find joy and meaning even in difficult circumstances.

This theme, supported by Resilience theory by Masten (2021), explores how individuals cope with adversity and bounce back from challenges. This suggests that even in the face of adversity, inmates can develop coping mechanisms and positive outlets that maintain their mental health and well-being. Protective factors like strong social support and positive relationships can buffer the negative impacts of incarceration, while resilience processes like positive thinking and problem-solving can help inmates cope with challenges. Thus finding positive outlets and building a sense of community, inmates can adapt to their circumstances and experience personal growth, demonstrating their resilience and ability to overcome adversity.

4.1.2 Cellmates for Change

This theme narrates how informants supported and encouraged one another to overcome challenges. It suggests that the relationships formed within the prison environment can be a source of strength and motivation. Persons Deprived of Liberty (PDL) can provide emotional support, encouragement, and advice to one another, helping each other cope with the challenges of incarceration.

Here, Ma'am, they really encourage us PDLs to join. They don't want us to just stay in the dorm and sleep all day. They say, 'join because it's also a preparation, not just for me but for my fellow inmates, so that when we get released. (Informant 3).

They also say that you should consider this as a trial, that's what they say. Go ahead and join this, they'll tell you this for all programs. They won't tell you not to join because you don't know how to do it. Everyone here is like that... so far from what I've understood, ma'am, they really encourage you to keep joining as much as you can for your own good, keep joining this. They are all supportive here, ma'am. (Informant 1)

For me, it seems like we, ourselves, are the ones who motivate each other the most. And second, the jail staff here are very supportive. They help us a lot, ma'am. They really motivate us well. We are grateful, ma'am, because they are very supportive even though we are prisoners. It seems like we still have value in this world. (Informant 7).

Shared goals can create a sense of unity and purpose among inmates, while mutual support can inspire positive changes within the prison environment. The theme highlights the importance of human connection and the potential for positive impact, even in a challenging environment like a prison.

This theme is supported by Resilience theory by Masten (2021), which can provide valuable insights for female Persons Deprived of Liberty (PDL) into the factors that contribute to their resilience, such as personal characteristics, social support, environmental factors, and coping mechanisms. Female inmates often face unique challenges, including gender-based discrimination, limited opportunities, mental health issues, and trauma.

4.1.3 From Cell to Success: Skills, Swag, and Savings

This theme recognizes the holistic impact of the rehabilitation program extending beyond mere confinement to encompass personal growth, economic empowerment, and the potential for a positive societal contribution. Their responses consistently highlight the significance of acquiring practical skills, realizing financial benefits, and experiencing personal development within the program's framework, which includes activities such as tile setting, sewing, craft making, and the acquisition of certificates. The jail personnel then sell the products created. The program's tangible benefits are underscored by its ability to empower individuals to save money, provide support for their families, and establish a foundation for a stable future.

Ma'am, what really motivates us to join these programs is that it helps us change for the better. We learn new skills, like tiling, and we get paid for it. Plus, we get a certificate when we finish. When we get out of here, a lot of us know how to start our own businesses. (Informant 1)

We get paid for joining these skills training programs. Even the guys learn skills like tiling, and we girls can learn too. That's the reason why we join the training because you can earn money. (Informant 4).

I was really encourage to join because we make crafts and sell them. The money we earn from selling these crafts is given to us. So we can buy things we need and even send some money to our families. (Informant 10).

The skills acquired by the Persons Deprived of Liberty (PDL) are fundamental to restoring their confidence and fostering a renewed belief in their capacity to successfully navigate life's challenges.

This theme is supported by Social Learning Theory by Bandura which explain how individuals learn new behaviors through observation, imitation, and reinforcement. Based on the informants' responses, it is evident that they have learned the value of skills training and personal development by observing others who have benefited from these programs. The informants valued the opportunity to acquire new skills, such as tiling, which could enhance their future employment prospects. They also recognized the potential to earn money through the skills training programs, providing them with a sense of financial independence and the ability to support themselves and their families.

4.1.4 Behind Bars, Beyond Bars

This theme encapsulates the complex challenges faced by inmates within the prison system. Physically confined by prison walls, their freedom of movement and access to the outside world are limited, which sometimes leads Persons Deprived of Liberty (PDL) to feel tired and bored. Additionally, some of them are unable to attend programs due to responsibilities or job assignments within the jail facility, creating scheduling conflicts with the rehabilitation program.

There will always be times when we get tired, it's natural to feel worn out and exhausted, especially if you've been doing it for a long time, Ma'am. It's something you can't really avoid. (Informant 2).

Ma'am, I think the problem is really the time, because there are skills training that we need to attend every day, like three or four hours, just like our massage. They always have that, and unfortunately, I can't join because if I do, the functions in the kitchen and those kinds of tasks will suffer. But there's really no reason why I can't join, Ma'am. (Informant 1).

Most of us trustees are tired because we have a lot of work. We can't really join in on that because of our work. (Informant 10).

Their incarceration often restricts their access to educational programs, vocational training, and other resources that could help them improve their lives. The psychological toll of imprisonment can also create additional barriers, hindering their personal growth and development. In essence, this theme underscores the limitations and obstacles that inmates confront as they strive to overcome the challenges of their situation and build a better future.

This theme is supported by Resilience Theory of Masten which focuses on how individuals cope with adversity and bounce back from challenging situations. In the context of incarceration, it examines how inmates overcome the limitations and obstacles imposed by their confinement.

4. 1.5 From Fear to Confusion

This theme describes the informants' journey and how they overcame initial anxieties, finding purpose even in a restrictive environment.

I think my worst experience here was when I first arrived. I was so scared and confused about what I was getting into. But later on, I was able to overcome all of that and even started joining activities here. (Informant 3).

None so far, as for religious activities, there weren't any, Ma'am. Of course, we had cultural ones. The first time I experienced it, I was so shy, Ma'am. I felt awkward and unsure of myself. I just wanted to stay in my corner. (Informant 4).

When they first arrive here, they are very quiet. Through interaction with fellow PDL in activities and encouragement, their confidence can be built up to the point where they believe they can do it. (Informant 7).

Upon entering prison, many of them experience fear and uncertainty due to the unfamiliar environment and potential for violence. However, through experiences, support from others, and personal growth, inmates can gradually overcome these initial fears and develop resilience, despite challenges such as loss of self-confidence and shyness. As they continue to grow and develop, they may discover a sense of purpose or meaning in their lives, even within the restrictive confines of the prison. This theme underscores the potential for personal transformation and growth, even in the most challenging of circumstances.

This theme is supported by Social Learning Theory of Bandura, emphasizes how individuals learn behaviors through observation, imitation, and reinforcement. In the prison environment, this theory can explain how inmates' experiences and interactions with others shape their beliefs, values, and behaviors. The initial shyness and discomfort experienced during cultural activities demonstrate how inmates may learn new behaviors by observing and imitating the actions of others within the facility.

4.1.6 Behind Closed Doors: LGBTQ+ Isolation

This theme accurately captures the challenges faced by LGBTQ+ inmates within the prison environment. The informants' responses highlight the discriminatory practices and limited opportunities for social interaction experienced by LGBTQ+ individuals.

Well, I think for me, when I first got here, I was shocked and traumatized, but I was able to recover. But for others, Ma'am, they might get discouraged. But I'm sure we don't know everyone's thoughts. But some of the LGBTQ individuals here would talk to me because I'm a coordinator here. They would say that they don't want to join because they might lose motivation, since there are many rules and they're always being watched, especially their actions. But what can we do? We just have to follow the BJMP rules. But still, I encourage them to join because it's for their own good, especially since I'm older. (Informant 1).

Personally, I don't have any issues, ma'am, but I'm not sure about the others because we're all different and we come from different backgrounds. We have LGBTQ+ members in our group, but we're not really allowed to interact with them. (Informant 4).

One of the hardest things for me, especially as an LGBTQ+ person, is that we're not allowed to talk to other women inmates freely. It feels like I'm carrying a disease. We need to interact with each other, but the rules make it hard. We can't just talk or even look at each other without getting in trouble. So, we've had to stick together and talk among ourselves. (Informant 8).

The informants' responses highlight the discriminatory practices and limited opportunities for social interaction experienced by LGBTQ+ individuals. Some of them expressed concerns about being judged or stigmatized, while others emphasized the difficulties of freely interacting with inmates of different genders. Additionally, their responses suggest that LGBTQ+ inmates may be subject to segregation or restrictions that limit their ability to socialize and participate in activities. This isolation can have a significant impact on their mental health, well-being, and overall quality of life. To address these challenges, prison systems should implement policies to prevent discrimination, promote diversity and inclusion training for staff, and provide mental health support services for LGBTQ+ inmates.

The theme is supported by Feminist Theory of Hooks (2000), provides a valuable lens for analyzing these experiences, as it examines how genderbased power dynamics and stereotypes influence marginalized groups. LGBTQ+ inmates often face discriminatory

practices and limited opportunities for social interaction, which can have significant negative impacts on their mental health and well-being.

4. 2 How the Informants Cope with the Challenges Encountered During Rehabilitation Program

These will highlights the diverse strategies employed by the informants under rehabilitation programs to navigate the challenges of imprisonment.

4..2.1 Faith, Friends, and Books: A Prison Survival Kit

The informants demonstrated how faith, building relationships, and engaging in intellectual activities can provide support, resilience, and a sense of purpose. These three elements serve as a foundation for their survival in a jail facility. To avoid feeling down in the face of problems or challenges, prayer is their primary coping mechanism, supplemented by the support of their friends and engagement with books.

When I have personal problems, Ma'am, I usually just pray. When I feel down, I look at my colleagues who have been here longer than me and I think, 'How can they do it? They've been here for years, while I'm just a newbie.' I try my best to be a good example for others, Ma'am, and I wonder what techniques they use to cope. Some of them have been here for 7 years without any visitors, while I've only been here for 2 months. I see how they manage, but it's also important to acknowledge that we all have our own struggles deep inside. We just have to keep pushing forward and not let our problems defeat us. (Informant 1).

Reading has been my constant companion here, especially books. They've been my number one go-to, I can't do without them. Yes, I still read up until now, even textbooks. It's a way to enhance my knowledge and keep my mind occupied. (Informant 2).

It's really just prayer. This is the place where you learn to call on the Lord. (Informant 5).

This theme emphasizes the importance of finding positive coping strategies in a difficult environment and the possibility of personal growth and transformation, even in the face of adversity.

The theme is supported by Resilience Theory by Masten (2021). The informants' ability to find strength and purpose through their faith, connections with others, and intellectual pursuits demonstrates their resilience in the face of the challenges posed by incarceration.

4.2.2 Finding a Safe Haven: The Power of Community

This theme narrates the crucial role of social connections and support in helping how female Persons Deprived of Liberty (PDLs) navigate the challenges of incarceration. The informants' responses highlight the importance of both family and prison staff as sources of support and community within the prison environment. Family members provided a primary source of support and encouragement, while the prison staff fostered a more positive and welcoming atmosphere.

Ma'am, I'm really grateful to the warden and my fellow PDL. Ma'am the warden is very kind and supportive. (Informant 2).

Aside from my family, Ma'am, I also have my fellow PDL. We really support each other. Sometimes, Ma'am, the staff are very concerned. They don't make us feel like PDL, but there should still be boundaries between PDL and the staff. (Informant 1).

Our first support system is our family. Second, it's the BJMP staff who would help us. (Informant 10).

The inmates emphasized the value of their fellow Persons Deprived of Liberty (PDL) as a source of support and community, demonstrating the importance of mutual support and encouragement within the prison setting.

'The theme is supported by Social Learning Theory, provides a valuable framework for understanding why inmates value social connections and support networks within the prison environment. Thus, observing the positive impact of social support on others, inmates may learn to appreciate the importance of these relationships. Additionally, the positive experiences of inmates who have benefited from social support can reinforce the value of such connections, further motivating inmates to seek out and maintain their own social networks.

4. 3 Aspirations of the Informants to Improve Their Lives on the Rehabilitation Program

Two (2) themes were created to describe the aspiration of the informants that will improve the life of female Persons Deprived of Liberty (PDL) on the rehabilitation program.

4.3.1 Mastering Time & Chasing Dreams

This theme accurately captures the aspirations and experiences of the informants. The informants emphasized the need for scheduling tasks, prioritizing activities, and avoiding procrastination. Some informants expressed a desire to continue practicing these time management skills after their release, emphasizing the importance of seizing opportunities and completing tasks promptly. They recognized the value of self-discipline in overcoming challenges and achieving goals.

It's all about time management, Ma'am. It's about scheduling your tasks, knowing what to do at a specific time. It's about following a routine and not procrastinating. It's about doing things when they need to be done and taking breaks when it's time to rest. (Informant 1).

I guess waking up early is about self-discipline, Ma'am. You can really discipline yourself here. You learn a lot of things in this place. You discipline yourself unlike before, when you wasted your time. For me, time is very important, I realized that here. Time is precious, so we shouldn't waste it. We should make the most of our time, Ma'am. It's like making up for all the shortcomings we've done to our family. (Informant 3).

The education rehabilitation program should be given more time. (Informant 5).

The informants expressed a desire to learn and grow as individuals, using their time in prison as an opportunity for self-improvement.

The theme is supported by Social Learning Theory by Bandura, which suggests that the informants may have learned these behaviors through observing and imitating others, and by seeing the positive outcomes associated with these strategies. Additionally, the prison environment itself may have provided opportunities for learning and practicing these skills, such as through rehabilitation programs or interactions with staff.

4.3.2 Unlocking Potential: Diplomas, Discipline, and Divine Connection

This theme accurately captures the aspirations and experiences of the informants. Their responses highlight the importance of education, self-discipline, and faith as essential factors in personal growth and transformation within the prison environment. The informants expressed the value of obtaining diplomas and developing skills to improve their future prospects, recognized the importance of self-discipline in overcoming challenges and achieving goals, and emphasized the role of faith in providing guidance, strength, and hope. One informant stated that Persons Deprived of Liberty (PDL) should not limit themselves.

They should really prioritize their studies here. They should actively participate because I always tell them, Ma'am, no matter what happens, as long as you have a diploma, you have proof of your qualifications. No one will turn down a job applicant with a diploma. You won't have to look for work anymore; just present your skills. The only challenge we face here is the large number of students. There are simply too many of us. (Informant 2).

Don't limit yourself to just being positive, you know. Just pray to the Lord because once you draw near to the Lord, you'll feel lighter, and then read the Bible. Even the smallest things, you should give importance, like when we have given a privilege call to our family. We have those privilege calls, so, Ma'am, take time to say 'I love you,' 'I miss you,' to really express it to your family. Every call we make, we pour out everything to say 'I love you,' 'I miss you.' That's all, Ma'am. (Informant 3).

Ma'am, when we're here, we focus on improving ourselves. It's like we have no other choice. We all dream big, especially after we're released. So, we work hard to be the best we can be. (Informant 5).

If there's an opportunity for education within the jail facility, they should participate because many of them are illiterate, a condition that the informant described as a sad and pitiful existence. Education is important because a diploma can lead to employment after release, enabling individuals to secure good jobs or work. They can also cultivate self-discipline with the help of prayer or divine guidance. These elements collectively contribute to the theme of unlocking potential and achieving positive outcomes within the prison system.

The theme is supported by Social Learning Theory by Bandura, which emphasizes the significance of education, self-discipline, and faith in personal growth and transformation within a prison setting. Social Learning Theory suggests that inmates may have learned these behaviors by observing and imitating others, and by seeing the positive outcomes associated with them. The prison environment itself may have also provided opportunities for learning and practicing these skills.

5. Conclusion

From the gathered data, through the recorded response of the ten (10) Informants, four (4) for In-depth Interview and six (6) for Focused Group Interview, 10 substantial emergent themes were created. The researchers chose the informants based on the criteria. The first criterion was the informants be a female Persons Deprived of Liberty (PDL) at Cebu City Jail Female Dormitory. Second, the informants must also actively one (1) year participating the rehabilitation program. The third was the PDL are willing to participate voluntarily of the research study.

Female Persons Deprived of Liberty (PDL) should prioritize mental and physical health by ensuring adequate rest and recovery to prevent burnout. Additionally, they should balance work and skill development by advocating for flexible schedules that allow for participation in training programs without compromising essential tasks. Furthermore, female Persons Deprived of Liberty (PDL) should seek support and resources by expressing their needs and seeking assistance from staff or other inmates when feeling overwhelmed. To build resilience, female Persons Deprived of Liberty (PDL) should seize opportunities to develop coping mechanisms and overcome challenges. Moreover, the facility should create an inclusive environment that fosters belonging and acceptance for all Persons Deprived of Liberty (PDL), including those from marginalized groups such as LGBTQ+ individuals.

Department of Interior and Local Government (DILG) should prioritize gender-responsive policies and programs to address the unique needs and vulnerabilities of female Persons Deprived of Liberty (PDL), especially LGBTQ+. This includes developing specific policies for female Persons Deprived of Liberty (PDL), such as rest day and work adjustment programs for trustees. Regular gender sensitivity training for prison personnel is crucial to ensure a human rights-based and trauma-informed approach. Establishing Women's Desks within detention facilities can provide essential services like counseling, healthcare, and legal aid. Addressing mental health issues, particularly for female Persons Deprived of Liberty (PDL) who have experienced trauma or discrimination, is vital. Additionally, offering literacy, numeracy, and vocational training programs empowers female Persons Deprived of Liberty (PDL) with skills for future employment and reintegration into society.

Bureau of Jail Management and Penology (BJMP) should develop tailored programs that address their unique needs, ensure comprehensive services, and continuously evaluate and adjust programs. Additionally, improving prison conditions by providing adequate facilities and healthcare services is crucial. Promoting human rights and dignity, fostering partnerships with community organizations, investing in staff training, and advocating for evidence-based policies are essential steps towards creating a more supportive and effective rehabilitation environment for female Persons Deprived of Liberty (PDL).

Cebu City Jail Female Dormitory (CCJFD) must implement regular rest periods for Persons Deprived of Liberty (PDL), especially those engaged in demanding tasks. To prioritize work-life balance, the CCJFD should consider flexible scheduling options or task rotations. Additionally, the CCJFD should provide mental health services and counseling to address the emotional and psychological challenges faced by Persons Deprived of Liberty (PDL). To ensure fairness and prevent burnout, the CCJFD should regularly assess the workload of Persons Deprived of Liberty (PDL) and adjust tasks accordingly. Furthermore, the CCJFD should promote inclusivity by creating a welcoming and inclusive environment for all Persons Deprived of Liberty (PDL), regardless of their background or identity.

Rehabilitation Program Implementers. Tailor programs to the individual needs of incarcerated individuals, considering their diverse backgrounds and experiences. Incorporate mental health support and stress management techniques to address well-being. Promote social interaction and support by facilitating opportunities for connection. Ensure inclusivity in program activities and rules. Continuously evaluate and improve programs to meet evolving needs, with particular attention to education programs. Allocate sufficient time and resources to provide meaningful learning opportunities, enabling better rehabilitation and reintegration.

Local Government Unit (LGU) is encouraged to collaborate with non-governmental organizations to provide specialized rehabilitation programs tailored to the needs of female Persons Deprived of Liberty (PDL), including counseling, life skills training, vocational education, and livelihood training. To facilitate reintegration into society, Local Government Unit (LGU) should establish programs that offer job placement assistance, housing support, and community reintegration services. Furthermore, Local Government Unit (LGU) should prioritize gender sensitivity training for justice system personnel to promote understanding of gender-based issues and the rights of women, especially LGBTQIA+ individuals. To empower female Persons Deprived of Liberty (PDL), LGUs can collaborate with educational institutions to offer literacy and numeracy programs and support

Non-Government Unit (NGO) should implement comprehensive programs that include mental and physical health training, such as workshops and counselling sessions to equip Persons Deprived of Liberty (PDL) with coping mechanisms and stress management techniques especially for LGBTQ+ individuals. Additionally, they should provide support services like legal aid,

healthcare, and educational opportunities to empower the Persons Deprived Liberty (PDL). Furthermore, collaborating with jail facility's staff to identify and address specific needs, such as arts and crafts resources, sanitation and personal needs for the Persons Deprived of Liberty (PDL).

Family should prioritize strong communication by scheduling regular visits, writing letters or calls and sharing updates. Emotional support is important, so encouraging family members see counseling, practice self-care, and join support groups is essential. Practical support, such as assisting with legal matters, providing financial aid, and helping with integration planning, can significantly impact the female Persons Deprived of Liberty (PDL) well-being. Additionally, advocating for criminal justice reform and volunteering with relevant organizations can contribute the broader societal change.

Community should foster a supportive environment and community can help reduce recidivism and promote successful re-entry. Community members can offer practical assistance such as job training, housing support, mentorship programs. Additionally, they can advocate for policies that promote rehabilitation program and reduce the stigma associated with incarceration especially LGBTQI+ individuals. The community can create a welcoming and inclusive environment that empowers female Persons Deprived of Liberty (PDL) to rebuild their lives and become productive members of society. Finally, they should also offer job opportunities to Persons Deprived of Liberty (PDL) upon their release and can support them by purchasing products, arts and crafts created by the Persons Deprived of Liberty (PDL).

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