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**RESEARCH ARTICLE**

## Desperate Journey: Experiences of Persons Deprived of Liberty in Carcar City Jail

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**ABSTRACT**

This is qualitative research on the experiences of persons deprived of liberty in Carcar City Jail during the COVID-19 pandemic. The study sought answers to the life-changing experiences of the informants during the COVID-19 pandemic, how they coped with the challenges they encountered, and the impact of the COVID-19 pandemic on the lives of the persons deprived of liberty. The study utilizes the phenomenological method of research. There were 10 informants individuals confined at Carcar City jails for the periods 2017-2018 and 2019-2022 respectively. They were selected based on the preset criteria of being in the facility during the COVID-19 pandemic. The research proceeded with an in-depth interview using the interview guide and voice recorder. The interviews were transcribed and with the use of Colaizzi's method of analysis, eight emergent themes were created, namely: In the Life-Changing Experiences of the Informants during the COVID-19 Pandemic, three themes were created, namely: *Breaking Momentum: Reminiscing the Older Self*; *Recovery Point: Road to Redemption*; *Breaking Point: The Moment of the Greatest Collapse*; and *Point of Reckoning: Reflection of One Self*. In coping with the challenges encountered during the COVID-19 pandemic, two themes were created: *Desolation: In the Face of Sorrow and Healing a Broken Soul: It's OK Not to Feel OK*. For the impact of the COVID-19 pandemic on the lives of the informants, two themes were created *Retooling: The Long and Winding Road of Change and Reborn: The Return of the Prodigal Son*. It is recommended in this study that the persons deprived of liberty experience creating an avenue for them to strive to change their perspective in life and stay away from things that might trigger them back to their old ways. The families of the informant's continuous support and understanding as to the source of the PDL's strength and hope for their loved ones who are undergoing treatment programs and to stay strong to weather the storm and see the light beyond the darkest part of the tunnel. The DILG, BJMP, LGU and community should all play a role in achieving a holistic approach to rehabilitation as a program instrument by providing the necessary resources and equipment to fully achieve the goals of rehabilitating persons deprived of liberty as changed individuals upon reintegration into the folds of the community.

**KEYWORDS**

Qualitative Research, COVID-19 Pandemic, Persons Deprived of Liberty, Life Changing Experiences, Phenomenological Study, Philippines

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**1. Introduction**

The rehabilitation programs implemented by the Bureau of Jail Management and Penology (BJMP and the Bureau of Corrections (BUCOR) aim to develop positive and reformative responses in the respondents. This life-changing program is specifically designed to better and fully prepare an inmate or PDL for reintegration into the community as a newly born and well-adjusted individual. Thus, the incidence of recidivism and recommitment is a clear indication of its dismal failure in its mission.

A rehabilitation program in jails and prison facilities involves a program of activities directed at restoring an inmate's self-respect and sense of responsibility to the community, thereby making them a law-abiding citizen after serving their sentence. The problems

of overcrowded jails and inadequate facilities among jails and prison facilities are well documented across the archipelago. Amidst the shortage of physical features in jails, innovations were introduced by the jail administrators to continue serving their mantra of providing humane and reformative rehabilitation programs.

Carcar City jail is operated by the Bureau of Jail Management and Penology (BJMP) under the Department of Interior and Local Government. Located in Barangay Liburon, Carcar City, it houses both the male and Female dormitory for Detention and service of sentenced categorized as City inmates. As mandated in section 63 of Republic Act 6975, a jail facility shall be established and maintained in every district, city and municipality. Jail facility should be secured, clean adequately equipped and sanitary jail for the custody and safekeeping of city and municipal prisoners, any fugitive from justice, or person detained awaiting investigation or trial and/or transfer to the national penitentiary, and/or violent mentally ill person who endangers himself or the safety of others, duly certified as such by the proper medical or health officer, pending the transfer to a medical institution.

Further city jails shall be headed by a graduate of a four (4) year course in psychology, psychiatry, sociology, nursing, social work or criminology who shall assist in the immediate rehabilitation of individuals or detention of prisoners. In the operation of the said the facility the law mandated that great care must be exercised so that the human rights of this prisoners are respected and protected, and their spiritual and physical well-being are properly and promptly attended to.

Under the mandate of the BJMP, the Carcar City jail provides PDL custody, security and control programs, PDL welfare and development programs, and decongestion programs. All these programs are aimed at better providing a holistic approach to the reformation and rehabilitation of persons deprived of liberty (PDLs). The jail, as part of its core programs, endeavors to provide basic provision needs, which include 3 daily meals and an adequate supply of potable water to inmates, as well as basic health service, education to provide opportunities for PDL to achieve mandatory education through the alternative learning system (ALS), skill training and enhancement programs with the help of the Technical Education Skill Development Authority (TESDA), livelihood programs such as sandal and wallet making, cultural and spiritual programs, and sports programs, and visitation services to their respective families. Also, the BJMP implements the Therapeutic Community Modality Program (TCMP) to manage and modify the behaviors of PDL with the goal of positively changing their thinking and behavior through structured group processes. Carcar City jails provide telepsychology, group counseling, and cinematherapy programs to all PDLs in their care.

Like any other jail facilities in the country, Carcar City jail adheres to the international standards of handling inmates with the bureaus primary objectives to improve the living conditions of offenders in accordance with the accepted standards set by the United Nations; Bureau of Jail Management and Penology; to enhance the safekeeping, rehabilitation and development of offenders in preparation for their eventual reintegration into the mainstream of society upon their release; and to professionalize jail services Further, the jail bureau as its core principles observe; humane treatment of inmates; observance of professionalism in the performance of duties; and a multi-sectoral approach in the safekeeping and development of inmates can be strengthened through active partnership with other members of the criminal justice system and global advocates of corrections (Bureau of Jail Management and Penology [BJMP] Comprehensive Operations Manual Revised 2015).

The SARS-CoV-2 virus is the infectious disease known as Coronavirus Disease (Covid-19). Being knowledgeable about the illness and the virus's propagation is the best strategy to stop or slow down transmission. When an infected person coughs, sneezes, speaks, sings, or breathes, the virus can spread from their mouth or nose in minute liquid particles. From larger respiratory droplets to tiny aerosols, these particles are diverse. The majority of nations in the world enacted stringent lockdowns as a precaution, which essentially affected the whole world's population (World Health Organization, 2021). The BJMP, as an institution that caters to the custody of persons deprived of liberty, imposed shutdown procedures on all its doors from visitation to prevent the spread of the virus as mandated by the Covid-19 Inter-Agency Task Force (IATF). This act, however, severely affected the well-being of the PDLs, whose well-being relies partly on the support mechanism from their loved ones to ease the pain of incarceration.

The lived experiences of persons deprived of liberty in Carcar City in the rehabilitative programs in Carcar City jails will serve as a tool in determining what possible frameworks or courses of action could be formulated, not just to understand the exhibited values but also to find ways to explore solutions to come up with sound measures to address these pressing problems. Knowing and understanding the underpinning circumstances, motivations, and influences behind their desperate journey and being the centerpiece of the criminal justice system is crucial and equally significant to both the framers of the law and the criminology profession. It is highly desirable to glimpse into the shadows of the issues in the rehabilitation programs to better understand their individual needs and craft concrete measures to tend the flocks of the new future generations.

## 2. Literature Review

This study is anchored on Albert Bandura and Nancy E Adams (1977) Self-efficacy theory supported by the Ervin Goffman (2009) Theory of Stigma and Burrhus Frederic Skinner's (1919) Operant Conditioning Theory.

Self-efficacy theory by Bandura and Adams (1977) describe how people control their capacities to generate selected stages of presentations to execute the influence of major events. Self-efficacy is made up of elements of self-persuasion that people get through pieces and examples of information about their judgments of earlier functioning, explicit experiences, contrasting themselves with others, vocal pressure from society, and their physiological state at the time. He said that cognitive, affective, personal, and environmental elements all influence human motivation and actions, and that the human cognitive process consists of thinking patterns that either promote or obstruct the ability to carry out a variety of tasks. The human cognitive process also relies on the ability to make deductions about current situations while also accounting for past experiences, which is then used to predict future presentations. During this process, it is possible to determine one's capabilities in precise perspective, which then allows them to connect the behavior required to efficiently complete responsibilities for satisfying the task (Alston, 2019). Magfirah, Khumas & Siswanti (2018) claimed self-efficacy as the belief in one's own ability to succeed or fix a problem in a specific circumstance.

Bandura and Adams (1977) self-efficacy was found to be a highly reliable predictor of degree of behavioral change following total desensitization, as predicted by microanalysis of congruence between self-efficacy and performance. Data also support the theory that anxiety arousal is mediated by perceived self-efficacy. Second, participant modeling is used to demonstrate efficacy and behavioral change during therapy. At different stages of therapy, self-efficacy was found to be a better predictor of the amount of behavioral progress phobics acquired from partial mastery of threats.

Self-efficacy or people's perceptions in their own talents, is a term that has gotten a lot of attention in the last four decades. According to self-efficacy theory, there are four basic sources of self-efficacy that contribute to the development of self-efficacy beliefs (mastery experiences, vicarious experiences, social persuasions, and emotional and physiological states). Self-efficacy is also thought to influence people's motivation, habits, and other consequences (Li, 2020).

This study is supported theory of Stigma by Ervin Goffman (2009). Stigma-theory have an ideology to explain his inadequacy and account for the threat he poses, often rationalizing enmity based on other disparities, such as social class differences. Specific stigma phrases such as cripple, bastard, and stupid are used in everyday conversation as metaphors and imagery, usually without considering the original meaning. This has the tendency to ascribe a wide range of flaws based on the original, as well as certain desirable but undesirable traits, frequently of a supernatural nature, such as sixth sense or insight.

Stigma theory believed that a stigmatized individual tends to retain the same assumptions about identity as we do. His deepest thoughts about who he is might be that he is a regular person, a human being like everyone else who, as a result, deserves a fair shot and a fair break. (Actually, however phrased, he bases his claimed not on what he believes is due to everyone, but only on what he believes is due to a specific social category into which he unquestionably fits, such as anyone of his age, sex, profession, and so on.) Yet he may perceive, usually correctly, that whatever others profess, they do not truly accept him and are not willing to make contact with him on equal grounds. The societal standards he has adopted enable him to be acutely aware of what others perceive as his flaws, enabling him to admit, if only for a brief moment, that he does indeed fall short of what he should be. Shame emerges as a fundamental potential, stemming from the individual's judgment of one of his own characteristics as a defiling item to possess, and one that he can easily perceive himself lacking ( Goffman, 2009).

Goffman's stigma outlines the position of the individual who is barred from full social acceptability. Shifts have occurred in the kinds of dishonor that attract attention. Indeed, there have been some notable shifts in some of the stigmatized areas in recent decades (Fitzpatrick, 2008). Stigma as defined by Erving Goffman (2009) refers to a trait that is highly discrediting. A discredited attribute could be obvious, such as one's skin color or physical size, or it could be hidden but still discreditable if discovered, such as one's criminal record or mental illness difficulties. Stigma, is a general aspect of social life that complicates everyday micro-level interactions, the stigmatized may be hesitant to engage with those who do not share their stigma, and those who do not share a stigma may disparage, overcompensate for, or try to ignore stigmatized people (Clair, 2018).

Van Olphen et al. (2009) believed stigma caused stigmatization which is likely to have a substantial impact on a woman's ability to successfully transition from prison to home, restricting her willingness to seek aid and jeopardizing her access to health care, drug treatment, job, and housing. Many of these women's stigma arises from the intersection of incarceration history, drug usage, mental health condition, gender, race/ethnicity, and sexual orientation, making it impossible to trace any particular stigmatization to a single category.

In stigma, Goffman (1963) it discusses the pervasive and seemingly inexplicable phenomenon of stigma. The inequities and types of discrimination that the world faces. Blacks, ethnics, and the elderly are among the physically and psychologically impaired. The majority of these inequities are not addressed by any type of interim remedy. A comfortable place to stay those who have been stigmatized are just not accepted or by obliquely excluding oneself. Encounters are for those who are similar to us (Burns, 1992).

This study is further supported by the Operant Conditioning theory of B.F. Skinner (2019). Skinner was a behaviorist who believed that looking at interior thoughts and motivations to explain behavior was unnecessary. Instead, he proposes that we focus solely on the external, observable reasons of human behavior (Cherry, 2019).

Skinner (1948) as cited by McLeod (2018), researched operant conditioning by employing animals in a 'Skinner Box,' which was comparable to Thorndike's puzzle box, to conduct studies. He recognized three sorts of operants, such as neutral operants, reinforcers, and punishers, as a result of this. Neutral operants are environmental stimuli that do not raise or decrease the likelihood of a behavior being repeated. Reinforcers are environmental responses that improve the likelihood of a behavior being repeated. Positive or negative reinforcers can be used. Punishers are environmental responses that make it less likely for a behavior to be repeated. Punishment has the effect of weakening behavior.

Operant conditioning, also known as instrumental conditioning, is a learning approach that uses incentives and punishments to influence behavior. An association is formed between a behavior and a consequence (whether negative or positive) for that behavior. Operant conditioning is important in everyday learning. Reinforcement and punishment happen all the time in natural settings, as well as in more structured ones like classrooms and therapy sessions (Cherry, 2019). According to McLeod (2018), behavior that results in pleasant outcomes is more likely to be repeated, while behavior that results in painful consequences is less likely to be repeated. Skinner coined the term reinforcement to describe a new concept in the law of effect. Reinforced behavior is more likely to be repeated (i.e., strengthened); unreinforced behavior is more likely to die out—or be extinguished.

Correctional systems' principal goal is to rehabilitate inmates; prisoner rehabilitation enables inmates to be rehabilitated in order to return to a life free of crime. In addition, via rehabilitation, inmates prepare to successfully reintegrate into society after their release. To rehabilitate inmates, a variety of programs can be implemented, including mental health, substance addiction, educational services, and so on (Lee et. al., 2021). In the modern context, Dolovich (2011) claimed, incarceration of criminal offenders is a psychosocial intervention designed to protect society from the phenomenon of criminality: it demands from the prisoner the reformation or transformation required for his reentry into society's mainstream after serving time in prison. Coyle (2005) states that the primary goal is to punish people for crimes they have committed. The prison was described as the last great clandestine institution in society. In essence, imprisonment is a horrible experience; however, prison officials do everything possible to help inmates make the most of their time in custody. Prisoners are offered work programs as well as a variety of skills-training courses in order to help them manage their alcohol and drug misuse. Studies show a high proportion of prisoners develop mental disorders, and there has been growing concern in recent years about the number of convicts who have committed suicide or intentionally hurt themselves. Inmates' rehabilitation should begin the day they are admitted to the prison and continue until they are released (Igbo, 2007)

Igbo (2007) as cited by Uche et al. (2015) argued significant shift on punitive measures occurred after the Second World War. The emphasis was no longer solely on the punishment of criminals, but rather on their reformation and rehabilitation. Further said that prison convict should be rehabilitated from the moment they are admitted to the prison until they are released. This is to ensure that they put the skills they learned throughout rehabilitation to good use and live a law-abiding life in society.

There are a variety of programs in place to redirect criminals away from crime and towards activities that make crime unappealing or condemnable, such as moral or religious organizations, education, vocational training, and so on. Because prisons' efforts to provide inmates with vocational skills have run into a number of roadblocks, questions about whether the prisons are actually rehabilitating convicts, the effectiveness of these rehabilitation programs, or whether there is a conflict between the punitive ideas of imprisonment inherited from colonialism and the need for rehabilitation have arisen. According to the rehabilitation theory provided, that an offender should be addressed as an individual with unique needs and problems that must be identified in order for prison officials to successfully deal with him. They also stated that inmates in prison cannot be expected to be reformed and reintegrated into society after being subjected to harsh punishment or inhumane treatment. Although it is critical to punish those who break the law in order to maintain social order, rehabilitation is also emphasized because it is the only way to ensure that offenders do not return to crime once released, especially since they have gained skills that will enable them to engage in productive activities.

According to Siegel (2012) inmates in large, inaccessible prisons are physically cut off from their families, friends, and past contacts. Fathers may get depressed as a result of their worries about their children. Families and friends may find it impossible to travel

long distances to see them, and mail is sometimes filtered and destroyed. Dress, employment, sleep, and eating habits are all regulated by the prison. Inmates are thrust into a completely different universe, complete with its own logic, behavior, laws, and language. They must learn to cope with the pressures of incarceration. Goods and services, liberty, heterosexual relationships, autonomy, and security are among the most significant losses. Prisoners discover that they have no privacy; even while alone in their cells, they are surrounded and watched. Inmates must adapt to the incentives put in place by prison managers to encourage security and control behavior.

Van Olphen et al. (2009) claimed that men and women are both stigmatized by incarceration, but women are stigmatized to a higher extent due to gender stereotypes that hold women to unequal standards. Although the stigma associated with drug use and incarceration may be cumulative, little study has been done to far on the effects of increased stigma on recently imprisoned women. Stigma is a term that describes negative attitudes, beliefs, and policies directed at persons who are thought to be members of an undesirable group. Further, Stigma causes prejudice and discrimination against the stigmatized group, exacerbating existing social disparities, especially those based on gender, sexuality, and ethnicity. Those who are stigmatized, may face direct, institutional, or internalized discrimination.

Goffman (1961) as cited by Maniago (2017) noted that stigma concentrated on the consequences of the total institution, which he characterized as a place of residence and work where a large number of like-situated individuals, cut off from the wider society, lead an enclosed, formally managed round of existence. Maniago (2017) opined that the objective of prisons is to protect the community from what are perceived to be intentional threats to it, with the welfare of the persons thus, sequestered not the immediate issue. Goffman (1961) as quoted by Goodman (2017) said that identified were the mortification process, which begins upon admission to the total institution and is carried out in a variety of ways. Role deprivation, restriction of communication with key persons outside the jail, loss of other valuable social roles, and expectations for strict adherence to prison regulations and orders are all examples of this process. Depersonalization occurs as a result of the loss of personal belongings and the issuance of uniform attire and things, as well as systematic reliance on staff, invasion of privacy, forced contact with other convicts, and loss of autonomy and self-determination. There are identified four (4) ways inmates adapt to the institution as a whole, noting that different approaches are used at different periods. The first strategy, situational withdrawal, to a mental health disorder known as prison psychosis, in which the inmate withdraws from everything save the immediate happenings surrounding him.

A wide range of experimental conditions were used that in different ways deprived the subject of his or her normal range of sensory input. Volunteers were incarcerated in boxes or small rooms, confined to a bed throughout the experiment, or submerged into water in various ways. It was often reported that subjects fantasized or hallucinated during these experiments, virtually all subjects reported hallucinations. Some witnessed geometric forms, bizarre architecture, and various landscapes and scenes. Hearing and physical senses were also affected in several cases. One subject reported hearing people speak, and another suddenly saw a door handle and experienced an electrical shock when he grabbed it. Hearing music was also reported (Smith, 2006).

Njoroge (2020) discusses the effects of prison reforms on prisoner reform, how prison reforms have thwarted prisoner rehabilitation, and the measures in place in prisons to mitigate the negative effects of prison reforms. Major research findings revealed that, while some reforms have been achieved, a large number of reforms have yet to be implemented. This could be explained by the fact that the prison administration did not take concerted steps to rehabilitate inmates.

There has been discussion over solitary confinement's impact at least since then and around the middle of the nineteenth century, both Europeans and Americans started to raise concerns about the then-common practice of locking convicted criminals in solitary. Over the course of more than 50 years, a huge body of amazingly competent literature that demonstrated serious harm to prisoners accumulated and is now mostly forgotten. In most prison systems, solitary confinement is periodically employed as a disciplinary measure or administrative measure for offenders who are deemed a risk to themselves, to other inmates, or to prison order in general (Smith, 2006).

The structuralist ideas argued that a group's social context constrains and impacts its members' conduct (Bernhardsdóttir, 2015). A phenomenon of conformity which is called groupthink emerges as a form of a collective pattern of defensive avoidance. This event was brought about by high cohesiveness, the insulation of the group, a directive leader, and high stress. Reformulation of group think, he views offers light on how group think can be caused by over-optimism in a decision-making group. Decision-makers may develop delusions of invulnerability or immortality in this situation, or their perception of the other group is biased (Bernhardsdóttir, 2015). However, Stern (1997) makes a distinction between defensive avoidance (which he argues comes closer to Irving's definition) and offensive avoidance, but utters that one of the influential factors in the development of group think is the age of groups.

Fraser et al. (2009) believed the prison environment is inherently exclusive and isolating, which can have a severe impact on inmates, leading to psychological health issues and social maladaptation in many circumstances. It is commonly known that prison has a negative impact on a person's wellbeing both while they are incarcerated and after they are released. Close family, particularly the spouse and children of the prisoner, are also affected (Fazel & Baillargeon, 2011). Brown (2020) has linked segregation to a number of negative outcomes, including psychological distress, anxiety, depression, self-harm, suicide, violent ruminations, institutional violence, and increased reoffending. However, there has been debate about the consequences of segregation, and there are evident gaps in the present evidence.

General issues include feelings of fear, loneliness, helplessness, trauma, violence, and uncertainty prevalent among inmates (Liebling & Maruna, 2013). Adam (1992) argued that, separation from family and friends is one of the most hardest aspects of jail life to tolerate, according to studies on inmate adjustment. Separation from family, friends, and the larger network of social connections that inmates had before to jail is a necessary part of incarceration. It is a key component of what makes imprisonment a punishment and a key issue that inmates repeatedly raise. Cochran (2013) argued, visitation may be able to lessen the stress associated with being imprisoned. Inmates may benefit from it by preserving or enhancing the social ties that serve as an informal social brake on behavior. Inmates' perceptions of the legitimacy of the prison system's authority may also be influenced by visitation. Last but not least, trips to prisons can give people access to social networks and other resources that can improve their prospects of a successful reintegration. Adam (1992) believed that, social connections are particularly important for assisting people in coping with the variety of difficulties they encounter while incarcerated and while reintegrating into society. Inmates who have strong social links can deal with stress better, exercise informal social control, counteract negative social stigma, and help with the practical difficulties of reintegrating into society following release from prison.

Siegel (2012) claimed women, on the other hand, may experience tremendous anxiety and fury as a result of being away from their family and loved ones and unable to perform regular feminine responsibilities. Female inmates have a high rate of low self-esteem. Unlike men, who vent their rage outward, female inmates may resort to self-destructive behavior in order to cope with their difficulties. Female detainees are more prone than male inmates to self-mutilate and attempt suicide. Sykes (1958) described how being imprisoned triggers an attack on one's self, causing both bodily and psychological discomfort. This is referred to as the "pains of captivity." It was noted to how prisoners were not only subdued through the application of corporal punishment, but also through more subtle and pervasive psychological techniques. These sufferings included the denial of heterosexual relationships, the loss of autonomy, the denial of liberty, the denial of access to commodities and services, and the loss of security. The main harms come from the disappointments or omissions that come with the loss of freedom, such as the absence of heterosexualities, exclusion from the free community, and the refusal to provide products and services, etc. In addition, Regardless of how unpleasant these frustrations or limitations are, In terms of immediate disappointment, discomfort, boredom, and They bear a deeper wound of loneliness as a collection of dangers. or actions that aim to undermine the core tenets of the being of the prisoner. The person's perception of himself as a valuable person—as a morally upright, mature man who can demonstrate some justification for his financial accomplishments and his inner fortitude starts to wane and become dim.

Lee et al. (2021) pointed that the confined atmosphere in jail has a negative impact on convicts' psychological health, which has an impact on their rehabilitation. The implementation of rehabilitation in the penal system has an impact on the convicts who are incarcerated for their criminal offenses. Prisoners are guided through personality development, which includes religion formation and legal awareness growth, as well as self-development, which involves prisoner skill training and assimilation processes (Hamsir et al., 2019).

Cochran (2013) posited that, social relationships play a crucial role in the desistance process and assist offenders in coping with the stresses of jail. A variety of theoretical explanations that emphasize these concepts and aid in explaining diversity in inmates' conduct have been presented by research targeted at understanding prisoner behavior. Social connections aid inmates in overcoming social isolation while incarcerated and navigating the many difficulties they encounter upon homecoming. The importance of social connections in providing informal control, easing stress during and after jail, and assisting people in coping with the stigma associated with criminal convictions and incarceration.

Sykes (1958) pointed the real pain comes from the frustrations or deprivations that come with it. Restriction of freedom, such as the absence of heterosexuality Isolation from the free community, connections, and the products and services are withheld, and so on. Examining the effects of incarceration and how inmates at a maximum-security prison saw their surroundings. It was found that the psychological effects of deprivations of liberty, goods and services, heterosexual relationships, autonomy, and security could be as painful as the physical punishments used in the past, and that these deprivations could damage the inmate's personality or perception of personal worth. The best chance of changing a person's conduct while they are incarcerated and after they are released is during visits that take place in the midst of their sentence. Early visits might not have much of an impact on a prisoner's behavior during their early period of detention because the change may be so severely stressful. The inmate's

connections to family and friends may be damaged by the prolonged lack of social contact, so if a visitation is not made until right before release, it can be too little, too late (Cochran, 2013).

Nyawira (2019) emphasized the pressing issues in prisons, such as overcrowding due to a lack of infrastructure to cope with the growing population. Inadequate quarters and facilities, a bland and boring cuisine, sickness and disease, and a lack of water and laundry facilities. Workshops and rehabilitation services are in short supply. of water and laundry facilities. Workshops and rehabilitation are in short supply.

The Human Rights Watch in 2020 claimed that the Philippines has the world's highest jail occupancy rate, exacerbated by the Duterte government's War on Drugs, which has resulted in the imprisonment of hundreds of thousands of people since July 2016. As of November 2019, the combined population of individuals jailed in the Philippine Bureau of Corrections' prisons and the Bureau of Jail Management and Penology's jails for those on trial or pre-trial was 215,000. The total capacity of all of these facilities is 40,000 people. According to the Bureau of Jail Management and Penology, the 467 jails around the country were at 534 percent capacity in March. The Bureau of Corrections records indicated that the congestion rate in its 125 prisons was 310 percent in January (Watch, HR., 2020).

Schmittker et al. (2015) found that communities with high incarceration rates are under pressure to provide for the economic, physical, and social safety of their residents. Incarceration has been shown to have spillover effects on institutional resources in the larger community, particularly institutions directly responsible for health and wellbeing. Therefore, researchers and practitioners keep emphasizing the need to continue to look at the realities of incarceration (Harvey, 2016).

Even while jail causes harm, it is nonetheless utilized more frequently than ever as a deterrent to crime. A reevaluation of criminal justice policy was made possible by economic and political events that occurred in the summer of 2010, when there were approximately 85,000 people incarcerated. The newly elected Prime Minister of the UK's Coalition Government, as David Cameron, outlined his plans for a large society (Parkes, 2011).

A new group's members bring their past experiences, beliefs, and values to the scene, all of which influence decision-making. Finding a unified voice—establishing the group's rules and practices—takes time. This could indicate that, due to the group's newness, there has been insufficient time to create any collective patterns. However, this is not the case, as the pressure to conform is especially high in freshly established organizations (Bernhardsdóttir, 2015).

Prisoners prefer to isolate themselves and stay out of each other's way if the facility is to remain peaceful. Prisoners must learn to cope with their disappointment at receiving a "bad deal," as they may discover that other inmates obtained much lighter sentences for identical acts. Male correctional workers who use either brutal force or psychological persuasion to acquire sexual control over convicts have been accused of sexually abusing and exploiting female detainees (Siegel, 2012)

Irwin (1970) argued that many offenders enter jail with a dedication to the criminal subculture, which helps them adjust to life in prison because offenders see prison as just another part of the greater criminal world. Furthermore, it is proposed that the convict system of norms is mostly a re-enactment of long-standing criminal norms and values.

Wood and Grasmick (1999) posited, the crime-school effect, which is the acquisition of criminal attitudes and beliefs that are visible in the prison system, serving time in jail may actually promote commitment to crime. Express concerned, that if the rate of imprisonment continues to rise, jails will be viewed as less stigmatizing by society, which will lessen any potential deterrent effect. The less stigmatizing jail becomes, the less likely offenders will be prevented from serving their sentences and committing future crimes (Nagin, 1998).

Orjiakor et al. (2017) found that prisoners housed in a prison facility in the USA frequently suffered from crippling kinds of anxiety. It was stated that these worries may result from the hazy anticipation of the results of prisoners' court proceedings, the conditions of the jail, or even the welfare of one's close family members or dependents while detained. Additionally, pretrial inmates frequently experience depression, especially in the beginning of their incarceration. Additionally, a major mental illness (46%) and prisoners (60%) and 18% with physical sickness inmates with convictions (40%) in a prison in central Nigeria.

As the Covid-19 pandemic spreads globally, it is important to remember that prisoners have a constitutional right to healthcare services that meet community standards and that older adults and those with chronic or serious medical conditions are particularly at risk of developing serious illness or dying from a Covid-19 infection in prisons and jails, just as they would be in the general population. The health and wellbeing of incarcerated, the nation's correctional workforce, and residents of the thousands of communities where our jails and prisons are located could be severely harmed if an adequate response to potential Covid-19

outbreaks across the country's jails and prisons is not mounted. The small window of time to implement efficient prevention and mitigation measures on behalf of individuals residing in and working in U.S. jails and prisons is rapidly closing as the epidemic quickly gets worse (Williams et al., 2020).

The pandemic has an effect on both institutional and community-based correctional services. The current situation is the main emphasis, and the tensions around how Covid-19 has increased pressure on the custodial system while simultaneously introducing new issues are also examined. In 2020, Correctional Service Canada reported a number of Covid-19 outbreaks that had an impact on both inmates and staff. In response to the epidemic, provincial and territorial institutions quickly implemented steps like reducing the prison population by releasing individuals who qualified. If correctional facilities seek to stop (and manage) the spread of Covid-19 in prisons, they face an unprecedented, ongoing challenges (Ricciardelli et al., 2021).

A group of Italian researchers conducted a study on the hardships encountered by Italian prisoners during the current Covid-19 outbreak. Prisons have always reflected these shortcomings in their most extreme forms. Prisons in Italy experienced a number of modifications in the early phases of the epidemic as a result of the necessity to protect both inmates and staff. The implementation of these regulations led to the total or partial reinterpretation of many fundamental aspects of prison life, including new inmate intake procedures and methods of communication with family members. The study revealed four different prisoner challenges. Interpersonal issues, managerial issues, operational issues, the personal grief of healthcare professionals, and inmate anguish. Numerous interviews revealed the need of relationship management abilities when dealing with convicts, and the participants emphasized the need for sufficient training. Communication became more challenging as the prisoners' nervousness increased (Testoni et al., 2021).

There are several vulnerable and marginalized populations in prison, including women, people with mental health issues, people who use drugs or alcohol, people who have brain injuries, people who have fetal alcohol spectrum disorder and other health conditions, transgender and non-binary self-identifying people, and other equity-seeking groups. The complexity of each group's needs and distinct posture is beyond the scope of the current situation. Decarceration is becoming more and more important, especially in light of the current pandemic. Stating that it has been demonstrated that imprisonment has negative impacts on the prisoners themselves. In addition to being extremely expensive, jail is frequently an unproductive method of addressing crime and public safety and generally harms the health and chances of individuals who are exposed to it, such as through disrupting relationships to family members and employment opportunities (Ricciardelli et al., 2021).

Rubin (2020) said that because inmates live in close quarters, share bathrooms and showers, and frequently sit shoulder to shoulder in dining halls, social distancing to reduce the spread of coronavirus illness 2019 (Covid-19) is practically impossible in correctional facilities. Compared to the general community, those who are incarcerated frequently face earlier onset and greater severity of these illnesses. Furthermore, the risk of severe Covid-19 is enhanced for many prisoners who are serving lengthy terms simply because they are older. Social and legal visits have been suspended by the US Bureau of Prisons (BOP), which is in charge of 122 institutions housing 146 000 inmates and has agreements with 12 private prisons housing an additional 21 000 inmates. All states and the District of Columbia have stopped allowing social visits into their prisons, and 13 states and the District of Columbia have stopped allowing legal visits.

The Covid-19 pandemic has had a devastating impact on prisoners. The prison environment and prisoner health put prison populations at a higher risk of contracting Covid-19. As a result, prison systems have adopted mitigation strategies to reduce the transmission of the virus into and within prisons. These strategies, however, have had an unintended impact on prisoners and their living conditions. In this article, we explore prisoners' lived experiences of the pandemic in English and Welsh prisons, captured through correspondence with prisoners throughout 12 months of regime restrictions, from April 2020 to April 2021. Drawing on prisoner narratives, the analysis reveals how the restricted regime has exacerbated the pains of imprisonment and had a detrimental impact on prisoners (Suhomlinova et al., 2022).

According to Maycock (2022) in recent years, a number of studies have suggested that the pains of incarceration have evolved, including elements of "softening" and "deepening" of the experience of incarceration, along with the continuation of many of the pains that Sykes originally identified. However, up to this point, the work has not been utilized to analyze the impact of the Covid-19 or any other epidemic. Instead, it has been used to analyze the specific experiences of numerous groups of individuals in prison, including women and transgender persons. One of the most prominent academic monographs ever written on prisons, the "pains of imprisonment" is a central analytical contribution from a recent work analyzing the broad influence of Sykes (1958).

Further the significant social isolation problems as well as a lack of personal protective equipment in jails, which are frequently overcrowded environments. Institutions swiftly altered their policies in reaction, stopping programming, canceling in-person visits, and releasing some inmates with minor charges. That said, a still-significant number of individuals remained incarcerated for whom



the consequences of such abrupt procedural changes amidst an ongoing pandemic remain largely unknown. According to reports, depleted mental health combined with the use of segregation, delayed court cases, inadequate health responses, suspended programming, and visits with few other options for contact led to feelings of isolation and increased worry for the welfare of family members. Policy and practice ramifications that would assist incarcerated people in receiving the support they require and keeping in touch with their families while reducing health issues that arise during public health crises are discussed (Charles et al.,2022).

Falvo et al. (2022) discovered that the Covid-19 pandemic and the associated mitigation measures, particularly the lockdown, generated tensions and ambivalence on the personal (concerning emotions), micro- (concerning the representation of the other), meso- (concerning the prevalent representation of older adults), and macro-social (concerning future expectations) levels. Prisoners expressed opposing emotions on an individual level, including a fear of leaving the house and a sense of seclusion inside. They indicated that the other (including classmates, younger persons, and strangers) was viewed as a threat and a source of assistance at the micro-social level. At the meso-social level, two opposing social stereotypes of the geriatric age group—the lepers and the old people—emerged as victims. Finally, participants stated a mix of concern that the epidemic will negatively affect people and relationships and hope that it will lead to knowledge and better connections at the macro-social level.

The difficulties with the security personnel were considered one of the main causes of suffering by some inmates, because they are subjected, in opinion of some healthcare professionals, to possible dehumanization. The relationship that the personnel has with the prisoners can turn into a man-animal relationship and at times we too are forced to change our attitude. The greatest difficulty during the pandemic emergency was the ban on direct communication with family members. This was considered the key element motivating the inmates' symptoms of uneasiness, even more than the fear of the virus. The initial cutoff of family contact was crucial for the welfare of the prisoners, who frequently and openly expressed their unhappiness and at times engaged in violent behavior. The first feeling they probably had of instability was the ban on their only contact with the outside world, the families, so much so that they did not realize, and we also had to contain them, which is why in our ward they did not riot having a positive, asymptomatic person from their family come to the prison could create a problem for the whole prison (Testoni et al., 2020).

Heard (2020) claimed that Luxembourg, Thailand, India, and a number of other nations. In several cases, lives were lost during the turmoil. The most frequently cited causes of the unrest were the suspension of visits and worries that prisons wouldn't implement adequate protection measures for inmates. A less obvious but potentially equally harmful effect of the severely restricted regimes implemented in response to the pandemic is the psychological harm they will have caused for many prisoners. According to Johnson et al. (2021) self-interest and opportunistic (defective/unethical) behaviors of the majority of people have predominated over societal collective interest amid the pandemic, despite the fact that a cooperative choice can ultimately lead to a better outcome for everyone. This is because of fear, uncertainty, and greed. Not only do these non-cooperative activities of individuals produce difficulties, dissatisfactions, and other sorts of negative externalities, they also motivate others to act selfishly, if no limitations are placed, which may finally prompt government intervention failures.

With all the theories and related literature, this research aims to look into the lived experiences of Persons Deprived of Liberty (PDL) in the rehabilitative programs in Carcar City jails. Being at the core of the Criminal Justice System it is important to determine the causative factors behind a person's decision to commit a crime. Through the result of this study, it is assumed that this will serve as an avenue for the government and the criminal Justice system to concretize measures to reduce, if not eliminate, the causes that have plagued society with degradation and disarray.

### **3. Methodology**

#### **3.1. Research Design**

The study used a qualitative approach and utilized a descriptive phenomenological method of research. The research problem in the study requires articulation of the lived experiences, observation, and thoughts of the Persons Deprived of Liberty (PDL) based on his personal experiences of the rehabilitation programs. The researcher will utilize an in-depth investigation through an interview with the informants.

In substance, qualitative research focuses on the wholeness of experience rather than solely on its objectives or parts; searching for meanings and essences of experience rather than measurements and explanations; obtaining descriptions of experience; regarding the data of experience as imperative in understanding human behavior and as evidence for scientific investigations; formulating questions and problem that reflect the interest, involvement, and personal commitment of the researcher (Moustakas, 1994)

Phenomenology referred to the knowledge as it appears to consciousness, the science of describing what one perceives, senses, and knows in one's immediate awareness and experience. The process leads to an unfolding of phenomenal consciousness through science and philosophy toward the absolute knowledge of the absolute (Moustakas, 1994).

Phenomenology describes the meaning of lived experiences for individuals experiencing a particular phenomenon or concept. Experience, in phenomenological sense, includes not only the relatively passive experiences of sensory perception, but also imagination, thought, emotion, desire, violation and action. This means it includes everything that we live through or perform. Thus, we may observe and engage with other things in the world but we do not actually experience them in a first-person manner. What makes an experience conscious is a certain awareness one has of the experience while living through or performing it (Cresswell, 2007).

According to Kockelmans (1967) as cited by Moustakas (1994), phenomenology is a step by step attempts to eliminate everything that represents a prejudgment, setting aside presuppositions, and reaching a transcendental state of freshness and openness, a readiness to see in an unfettered way, not threatened by the customs, beliefs, and prejudices of normal science, by the habits of the natural world or by knowledge based on unreflected everyday experience.

The research process for qualitative researchers is emergent. This means that the initial plan for research cannot be tightly prescribed and that all phases of the process may change or shift after the research enter the field and begin to collect data (Cresswell, 2007).

Specifically, this study follows the transcendental phenomenological method popularized by Edmund Husserl that takes added dimension to the study of human experience (Moustakas, 1994). It is aimed to establish a rigorous and unbiased approach that appears to arrive at an essential understanding of human consciousness and experiences (Shosha, 2012).

### **3.2 Research Participants**

The study was conducted in Carcar City, particularly in Carcar City jail operated by the Bureau of Jail Management and Penology (BJMP) Region VII. The informants of this study were 10 Persons Deprived of Liberty (PDLs) who are confined under the custody of the Bureau of Jail Management and Penology 7 (BJMP 7), selected as follows: 5 confined from 2017-2018 and 5 confined from 2019-2022. The informants were divided into two groups with 6 participants for focused group discussion and 4 participants for the individual interview.

For purposes of confidentiality and to protect the privacy of the informants, a code is assigned instead of their names and other important personal distinctions. The names and identification of the informants are kept with utmost confidentiality and secrecy. The informants were assigned with PDL-G1 for those confined from 2017-2018, PDL-G2 for those confined from 2019-2022, respectively.

### **3.3 Research Instruments**

In gathering data, the researchers employed a self-made-panel- approached interview guide. The guide for the interview was verified and approved by specialists. The researchers used field notes and a voice recorder to document the participants' responses accurately.

### **3.4 Data Collection**

The researcher conducted preliminary interviews of the intended informants and explain to them individually the purpose of the study, the process of the interview, the benefits and risk involved in the research, it was clarified and explained to them that their privacy and confidentiality of their identity and some other data obtained was treated with the utmost confidentiality. They were asked if their willing to participate by presenting to them the consent form which contained the condition and assurance of the whole interview process, including their rights to stop and discontinue the interview should they find it inconvenient on their part.

The interview on the informants was conducted with the use of a voice recorder and note taking, the data recorded includes the dates and time of the interview. After the interview, the researcher transcribed the recorded interview as part of the preparation for the analysis of the responses. The entire interview and gathering of responses lasted for five months during which the researcher has interviewed the three groups of informants who were engaged in the research. The researcher's intent was to ground the discussion and reflections in the intricacies and complexities of a personally experienced, thus worth the time-consumed.

### **3.5 Data Analysis**

The data gathered was transcribed and analyzed using Colaizzi's method of data analysis. First, the researcher thoroughly read the transcript of the interviews where the significant statements describing the elements in their experiences taken. Then the statements which the researcher finds significant were group into a cluster of meanings and different themes of the informant's

experiences. Next, the significant statement was used to write a textual description of what the participant experienced and from the significant statements, structural descriptions were written where it explains how participants experienced the phenomenon. Lastly, the structural description was used to write the essence of the phenomenon. These are a long passage of text that gives the reader an understanding of what it would be to experience in the phenomenon.

The researcher then read and reread to all informants' verbatim transcript of the phenomena to acquire a feeling for them; then the transcript significant statement or phrases are extracted from the informant's responses. After this, the formulated meanings will be constructed from the significant statements and formulated meanings will be grouped into cluster themes that evolved into emergent themes.

After the researcher listened to the recorded audio, verbatim statements was transcribed and translated in English. To gain a sense of the participants' description of their lived experiences, the researcher actively listened to each of the participants' audio recordings on three occasions and each transcript was read five times.

### **3.6 Ethical Considerations**

Confidentiality was observed for the identified participants, and permission was sought from them before conducting the interviews. The researchers also complied with the research policy, namely the informed consent form, before researching the participants' activities.

## **4. Results and Discussion**

The data gathered was thoroughly read to obtain a feeling for the description of experiences of the informants. Significant statements were extracted from the informant's transcripts pertaining directly to the research phenomena. Formulated meanings were constructed from the significant statements and arranged them into cluster. Cluster themes were then regrouped and which involved into several emergent themes.

### **4.1 Negative experiences of the Participants on police misconduct**

This research question seeks to gather insights from participants regarding their emotions, opinions, and experiences related to police misconduct. Incidents of police misconduct that receive a lot of media attention not only harm the victims but also negatively affect how the public views the police force as a whole. However, the proper authority has yet to investigate the yet-to-bend longevity of such effects. The data gathered was thoroughly read to obtain a feeling for the description of the experiences of the Participants. Significant statements about the research phenomena were extracted from the informant's transcripts. Formulated meanings were constructed from the substantial statements and arranged into clusters. Cluster themes were then re-grouped, which evolved into emergent themes.

#### **4.1.1 Breaking Momentum: Reminiscing the Older Self**

This theme narrates the positive experiences of the PDLs, reflecting on the important aspects of life that they failed to see while enjoying the liberty of life outside the walls of the prison.

Amidst the curtailment of freedom from the outside world and the pandemic, the informants showed appreciation for the program, which to them is necessary to change their perspective in life. The program, according to them, has provided an avenue to revisit itself and figure out the reason why it has taken the ways of life.

*The positive thing is that when you don't lift yourself up, you will be depressed, and that's the time I appreciate life most. While we have time to give and treasure all the people who are important to us, because we cannot tell time. There were times that I panicked. What if I lost them and could no longer see them? I hadn't seen my children in a long time, and when I did, I was surprised at how tall my youngest had grown. It was just an incident because we are still locked up here. (Participant 2).*

*At first, I could not accept that this is what I was going through. After a few years, I accepted my fate). (Participant 3)*

This theme is supported by Social Bond theory of Travis Hirschi's (1969) which links the emergence of criminality to the deterioration of social bonds. He assumes that everyone is a potential lawbreaker, but they are kept in check because they are afraid that their illegal behavior will harm their relationships with their friends, parents, neighbors, instructors, and jobs.

Hirschi (1969) identified four characteristics of the social bond: attachment, commitment, involvement, and belief. Social bond is one of the most dominant perspective on deviant behavior (Akers, 1997). Social bond essentially refers to the connection between the individual and society. As he said, we are moral beings to the extent that we are social beings (Durkin et al., 1999). Hirschi believed that social bonding was the key to controlling behavior. Many people will choose to live alone if social relationship do not establish or are severed, engage in types of delinquency that they find enjoyable (Braithwaite, 1989).

#### **4.1.2 Recovery Point : Road to Redemption**

This reflected the positive experiences of the Persons Deprived of Liberty (PDLs) in the rehabilitative programs of Carcar City jail. These experiences paved the way for them to realize that there is light beyond the dark pages of their lives. The informants expose that being confined does not negate them from regaining their senses to live a life that is helpful and productive once they are back in the folds of the community.

*The positive side is when I realize after some time, especially with the programs here on religion, I am a catholic but here I appreciate the different sects because I learned to read the bible, and then I found the answers to why I am here. I was brought here because of it I understand that when you call the name of the Lord you will never lose hope. When I was still outside, none of my children was honor student because I was crazy at that time whenever I am angry will tell them to be absent, but then with my absence my children work hard on their study, and whenever they visit me, I am happy, they will tell me Ma my grades, then I could say my children have brains, I expected that the drug use of my husband has effects on my children, my second child told me that he experiences anxiety but now his okay (Participant 2).*

*As my co-inmate said, we should be humble here, When you're outside with little disagreements, I immediately choke an opponent, but here I really learned to be humble. (Participant 4)*

This theme is supported by Good Life Model (GLM) of Ward and Gannon (2006). GLM is a strengths-based rehabilitation theory that strengthens the risk, need, and responsiveness tenets of successful correctional intervention by emphasizing helping clients create and carry out meaningful life goals that are incompatible with reoffending in the future (Willis, Prescott and Yates, 2013). With a focus on helping clients create and carry out meaningful life plans that are incompatible with offending, the GLM is a strengths-based approach to offender rehabilitation that strengthens the risk, need, and responsivity elements of efficient correctional intervention. According to preliminary studies, the GLM can increase client participation in treatment and decrease program dropouts, which are known to be linked to greater recidivism rates (Ward & Gannon, 2006).

The basic premise of the GLM is that issues with an individual's pursuit of primary human goods, which represent particular mental states, consequences, and experiences that are crucial for all people to have in their life, lead to offending. Examples include experiencing mastery in one's occupation and leisure pursuits, as well as enjoyment, friendships, and relationships. Since treatment explicitly aims to help clients achieve these primary goods in personally meaningful, rewarding, and non-harmful ways while also addressing re-offence risk, identifying the primary goods that are most important to clients and those that are implicated in the offence process constitutes a fundamental component of assessment.

#### **4.1.3 Breaking Point: The Moment of the Greatest Collapse**

This theme relates to the negative experiences of the Persons Deprived of Liberty (PDLs) during the Covid-19 pandemic in Carcar City jail. The revelations made by the informants all led to the problems with the sudden cut-off of the visits. Although there are indications of comprehension on the need for such in their responses, the semblance of sadness and loneliness as an indication of longing can be discerned from their conclusion. In the rehabilitation program of inmates, family support is an essential element for acceptance and adjustment to the situation. However, the unprecedented effects of the pandemic made it necessary to cut off the very source of happiness that inspired the PDLs to stand back on their feet and pick up the pieces of their disarrayed lives and put them back together.

*The first thing I experienced was anxiety sir, I was shocked that the visitation suddenly stopped sir, because my father frequently visits me. (Participant 3)*

*That was the biggest problem, during pandemic, when suddenly family visitation was suddenly cut off. (Participant 4)*

This theme is supported by the indigenous model of jail culture or the deprivation hypothesis of prisonization by Gresham Sykes (1958). The model is that suffering of incarceration as a reason for why and how prison culture evolves in the way it does. The term "prison pains" refers to the various inconveniences and deprivations that arise as a result of being incarcerated. According to Sykes (1958), the pains of imprisonment tended to cluster around five areas of deprivation, and it was as a result of these deprivations that the prison subculture arose, partly as a means of adapting to the prison's environment.

The deprivation model argued that inmate rule violations are a result of the prison's stressful and repressive environment. The importation model, on the other hand, contends that pre-incarceration traits like as race and gender are crucial in determining inmate adjustment styles. Prison subculture is the outcome of the sufferings of imprisonment or the removal of many things that people are accustomed to. It is the outcome of the sufferings of imprisonment or the elimination of many of the things that

individuals are accustomed to loss of liberty, loss of goods and services readily available in society, loss of heterosexual relationships, both sexual and nonsexual, loss of autonomy, and the loss of personal security (Hanser, 2012).

#### **4.1.4 Point of Reckoning: Reflection of One Self**

This theme represents how the rehabilitation programs of Carcar City jail affect the family life, well-being, and perspective of the PDLs. PDLs reveal this because of the situation and challenge them to embrace God and change themselves for good. The absence of physical visitation causes the PDLs to realize the importance of their loved ones. This reveals the reality that these people are humans. They might have fallen prey to lawlessness, but deep within they are humans who need love and to be loved.

*They challenge us to live our life through trusting God and with their programs to ease our boredom, not to develop anxiety. To my family, yes, because they provided us with programs to connect with them through virtual means, such as video calls. At the same time, if there's no video call, they give us a scheduled call... they think of our welfare to ease our loneliness and worries. In my personal life, I could say that I embrace God, Sir. I felt that I could talk to myself, especially with the problems that I am facing as to the outcome of my case. I knew that I could not rely on somebody else. We also give thanks to the paralegal for the advice on our case. And not to lose hope... for as long as we are alive, everything can be solved. (Participant 1).*

*When I was confined here, it was the first negative effect of being away from my family, I was full of worries and anxiety if I could manage my children will grow without me by their side, I know without their mother they have less guidance because at that time their parents were both apprehended although my husband had bailed after 3 days. I was full of anxiety at that time, I was very worried thinking over my children if they go to school or what. The positive side is when I realize after some time, especially with the programs here on religion, I am a catholic but here I appreciate the different sects because I learned to read the bible, and then I found the answers to why I am here. I was brought here because of it I understand that when you call the name of the Lord you will never lose hope. When I was still outside, none of my children was honor student because I was crazy at that time whenever I am angry will tell them to be absent, but then with my absence my children work hard on their study, and whenever they visit me, I am happy, they will tell me Ma my grades, then I could say my children have brains, I expected that the drug use of my husband has effects on my children, my second child told me that he experiences anxiety but now his okay. (Participant 2)*

This theme is supported by the situational perspective viewpoint who viewed the prison environment as a dynamic rather than a static collection of influences. The connection between the convict and the prison setting provides explanations for jail wrongdoing (Steinke, 1991).

#### **4.2.1 Desolation: In the face of Sorrows**

This theme revealed the experiences of the Persons Deprived of Liberty (PDLs) about the problems and challenges they faced alone behind the bars of Carcar City jail amidst the pandemic. The informants disclosed that, other than a physical deficiency in medical aspects, they also faced the difficulties of loneliness and longing for their family outside. This situation brought them uncertainty and difficulties in meeting their individual routines daily. The situation develops feelings of helplessness and self-notation of rejection.

*Most of the problems here are with health. There is a deficiency in the health program. Sometimes in emergency situations, people get sick, and then the sad thing is we cannot easily rush to the hospital. There is really a need to improve the program, adding quick responses. I feel sad and cry as if I am the one dying. As a dorm leader, it really troubles you what to do. Although I am used to caring for sick people, that instance seeing an individual with severe suffering). (Participant 2).*

*Inmates contracted diseases here, some even could no longer stand, probably because of the facility, We could not roam around. (Participant 3)*

*On our body, sir, that's the reason why I have hypertension here because we cannot roam around, we always stay inside, unlike the other jails. (Participant 4)*

This theme is supported by General Strain Theory (GST) of Agnew (1992). GST is a new perspective on adaption to jail and eventual prison misconduct. It was created as a micro-level strain idea. GST focused on both the negative relationship with others and negative experiences, expanded on the different types of strain that people face, emphasized the emotional reactions that people have as a result of the various strains (frustrations) such as anger, fear, rage, and depressions (Morris et al., 2012).

The GST applies to prison misconduct. Offenders are confronted with a variety of stressful events and negative experiences (e.g., loss of freedom, limited finances to purchase things) all of which are likely to trigger a range of emotions that may lead to misconduct while institutionalized (Morris et al., 2012).

Misconduct is said to be a function of the strain theory. Conflict between people's goals and their resources they can utilize them to legally obtain them. The majority of individuals crave material prosperity, power, prestige, and other creature comforts. Despite the fact that these social and economic aspirations are shared by people of all economic classes, strain theorists argue that the ability to achieve them is class-dependent. Lower-class people are unable to get these emblems of achievement through traditional ways. As a result, you may experience feelings of rage, frustration, and resentment, which is referred to as strain (Siegel, 2012).

#### **4.2.2. Healing a Broken Soul: It's OK Not to Feel OK.**

This theme reflects to the struggles and coping mechanism used by the PDLs as they faced the challenges behind the bars of Carcar City jail amidst pandemic. The informants divulge that with all the problems and challenges they faced uncertainty, traumatized feelings, and helplessness develops among them. As one of the informants revealed embrace God is the only means they could hold on to ease the anxiety and uncertainty.

*I am confused about what to do, but I will fight because I realized that nobody can help me but me alone. (Participant 3).*

*The one that strengthened me is God. It was too difficult as if you could not adjust because you had just been confined, especially since it was not a pandemic yet at that time, but my family was always there for me. Every time they come, they always give me the strength to stand amidst the trials. Even with the Covid-19 pandemic, visits are no longer allowed, but they were not affected because we're still allowed to communicate with my family. (Participant 1)*

This theme is supported by the Psychodynamic Theory of Sigmund Freud (1961). The ego's incapacity to arbitrate the conflict between the id and the superego, according to Freud, causes anxiety. When this happens, according to Freud, the ego strives to restore balance by employing a variety of defense mechanisms. When specific circumstances, sentiments, or yearnings induce anxiety in a person, that person seeks to alleviate the worry. To do so, the unconscious mind employs ego defense mechanisms, which are unconscious protective activities aimed at reducing worry. The ego, generally conscious, resorts to unconscious strivings to keep the ego from being overwhelmed by anxiety. We are not conscious that we are deploying defense mechanisms when we do so. Furthermore, they manipulate reality in a variety of ways. We all use ego protection systems, according to Freud (Spielman et al., 2014).

Unacceptable drives and wants, according to Freud, are held in our unconscious through a process known as repression. For example, we may mistakenly say something we didn't plan to say by substituting another word for the one we meant (Spielman et al., 2014). The unconscious mind is made up of mental processes that are hidden from conscious awareness yet have an impact on judgments, feelings, and action (Wilson, 2004).

Psychodynamic theory is deterministic in that it considers our actions to be totally determined by unconscious causes over which we have no control. Parapraxes, also known as Freudian slips or tongue slips, are unconscious ideas and sensations that can transfer to the conscious mind. We show our true feelings by expressing something we didn't plan to say (McLeod, 2013).

#### **4.3.1 Retooling: The Long and Winding Road of Change**

This theme reflects the experiences of the PDLs in rehabilitation programs and their impact on their lives and their families. The informants posited a positive response on how the rehabilitation programs helped them shape up. They further claimed to have acquired skills that they viewed as helpful in diverting loneliness and helping them become productive individuals.

*I realized that if I am only contented with what I have and do not dream of things that I don't have, then I should not have come here. With the programs here, I realize, especially with the religious program, that they welcome us regardless of our faith. I told myself that if they were not here, we could not have hope. They really uplifted us and relieved our stress, especially when you miss your family. It really eases the feeling because of the words of encouragement. It's really different when you have someone to talk to, even with the presence of television. The clarity of the talks you could really appreciate, and then we were given visitors such as lawyers, probation officers, and legal services. (Participant 2)*

*It really relieved the feeling of having to hear legal remedies. It gives us hope. I realize, that what is seen on TV is a misconception, but when you're here it's not. It's okay because if you make mistakes, it's natural that you face the consequence, but the consequence is not inhumane. (Participant 5).*

*It really helps, because people are disciplined, especially with the programs in schooling. I myself am a college graduate, but I am happy that people here have studied. They offered call center and massage training here. (Participant 8)*

This theme is supported by Self control theory of Hirschi and Gottfredson (1990). They believe that most crimes are straightforward to perform, do not require long-term planning, and offer minimal long-term advantages. Individuals lacking in self-control should be risk-takers, adventurers, short-sighted, nonverbal, impulsive, and insensitive to others, given the nature of illegal behavior. According to Hirschi and Gottfredson (1990), a lack of self-control is not only the cause of crime, but it also causes analogous actions. Because people who lack self-control are insensitive to others and take risks, they are more likely to have problems in social relationships, such as marriage; they are also more likely to use drugs and abuse alcohol; and they are more likely to drive without wearing a seat belt and get into car accidents (Goode, 2008).

Self-control is a personal feature, quality, or characteristic. Self-control theory explains deviance by tracing the roots of a lack of self-control in parenting, which can be weak or non-existent. Every civilization makes a distinction between what is acceptable and what is not. Throughout human history, all civilizations have created and enforced rules and regulations defining what its members should and should not do. A social order that is as much symbolic and cultural as it is physical and material is protected by social control (Goode, 2015).

#### **4.3.2 Reborn: The Return of the Prodigal Son**

This theme indicated the experiences of the PDLs of realizing the effects of the rehabilitation programs in their future decisions. The informants disclosed that the programs will help PDLs change their perspective in life and develop ability to adjust to the harsh situations outside.

*It would be truly helpful if the PDLs would just see themselves. The programs are useless if PDLs will not cooperate and follow the programs that are good for their lives. I accepted God in my heart and through the programs I could comprehend easily, and I told myself and I told myself that I have not accomplish this when I was still outside, if the time comes that I could be free again, the things done here I will share with those in need. (Participant 1).*

*It really helps, because people are disciplined, especially with the programs in schooling. I myself am a college graduate, but I am happy that people here have studied. They have a call center and massage training here. (Participant 8)*

*It really helped me because of the program. I changed a lot. It added my knowledge as well. (Participant 10)*

This theme is supported by the Situational Action Theory (SAT) of Wikström (2004). SAT states that moral principles and individual morality are fundamental to the definition of crime and the explanation of criminal behavior (Wikström, 2010). Individual morality (personal moral norms and moral emotions), according to SAT, is crucial to understanding why a person considers moral rule-breaking as an action alternative (a behavioural choice) in response to motivation (Wikström, 2006). The nature and significance of morality in the SAT's definition and explanation of crime are, however, frequently misunderstood.

Acts of crime, according to Wikström (2010), are launched by a situational process including the interaction of criminal predisposition and criminogenic exposure. Personal morality and self-control are two important elements that influence criminal inclination. A setting's criminogenic exposure varies depending on how much it encourages criminal behavior. This risk is determined by the level of temptations/provocations for immoral behavior present in the situation, as well as the degree of guardianship and perceived dangers and costs. The perception (perception of action options) choice process is a situational process that results from the combination of personal and environmental elements.

Perceptions, according to SAT, are how people understand their surroundings based on their previous experiences. Individual (Morality) and environmental (Temptations/Provocations) aspects influence perceptions (Wikström, 2006). These two aspects interact in real time to determine which action options a person thinks to be accessible in a given situation. When it comes to crime, this means that the person either perceives it as a situationally viable alternative or not.

## **5. Conclusion**

There are eight (8) emergent themes derived from the responses of the informants. Among the responses were extracted the significant statements, which resulted in the creation of the core meaning up to the emergent themes arranged according to each sub-problem.

The informants' lives are greatly affected by its incarceration. This experience creates an avenue for them to strive to change their perspective in life and stay away from things that might trigger them back to their old ways. That the confinement will serve as a lifelong lesson in being a law-abiding and productive member of the community.

The families of the informants continuous support and understanding as to the source of the PDLs strength and hope to their loved ones who are undergoing treatment programs and to stay strong to weather the storm and see the light beyond the darkest part of the tunnel.

The Bureau of Jail Management and Penology (BJMP) being the sole authority entrusted with the mandate for changing the lives of PDLs to make the country a better and livable society to continue to be true to their mandate of changing the lives of lost souls and improving the facilities and programs to deliver a much better treatment programs to their clientele.

The Local Government Unit (LGU) being the frontier and as partners of the Jail Bureau in changing the lives of PDLs and support facilities, that they will continue to provide the necessary support to improve the delivery of rehabilitation treatment programs to PDLs.

The Department of Interior and Local Government (DILG) having the resources and as an instrument of changing the lives of inmates to formulate more sound measures to enhance and develop programs addressing the health and wellness programs of the jail bureau.

The community as an active pillar to the Philippine Criminal Justice System to actively participate in the efforts of the BJMP and the jails throughout the country to reform and rehabilitate people deprived of liberty; to appreciate the program by accepting the reintegration of PDLs into the fold of the community as newly renewed and reformed citizens.

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