



Post-Release Career Guidance Strategy: The Role Of Social Reintegration For Juvenile Inmates

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Abstract:

Background, Juvenile inmates often face difficulties in planning their careers after being released due to factors such as the poor prison environment, disrupted education, and limited access to career orientation. The social reintegration program in the detention center is expected to help juvenile inmates with career planning.

Aim: The purpose of the interviews with the inmates is not only to develop their career knowledge but also to understand how social reintegration programs in the detention center contribute to their career development.

Methods: The research method employed is qualitative, with data collection conducted through interviews, observations, and documentation at Class 1 Cirebon Prison.

Results: There were around 28 cases of juvenile delinquency that ended in criminal offenses. The age range of juvenile offenders is between 14 and 20, with the length of sentences varying depending on the type of crime committed.

Conclusions: The development of adolescents is undoubtedly a process characterized by several growths and changes. During their development, it is often the case that teenagers become involved in negative activities that lead to criminal acts. The social reintegration program in the prison can help with their career planning, but the juvenile inmates at Class 1 Cirebon Prison are still hesitant to participate in these activities due to the dominance of adult inmates in these programs.

Implication: The role of social reintegration should be an effort to further enhance inmates' skills through activities that support their career development. The prison authorities are expected to be more aware of the importance of providing guidance and career direction to inmates to ensure their well-being after release. It is also hoped that the inmates will continue to participate in the activities provided by the correctional facility to hone their skills.

Keywords: Career Guidance, Inmates, Social Reintegration

INTRODUCTION

Adolescence is a transitional phase between childhood and adulthood, during which individuals undergo development and changes in their biological, psychological, moral, and



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INTRODUCTION

Adolescence is a transitional phase between childhood and adulthood, during which individuals undergo development and changes in their biological, psychological, moral, and spiritual aspects. During the developmental period, adolescents experience changes related to psychosexual development, and there are also changes in their relationships with parents and their aspirations. Psychologically, the development of identity and emotions in adolescents becomes the focus, while moral considerations and spiritual growth also develop.

During the developmental period, it is often observed that adolescents engage in negative behaviors, such as becoming involved in deviant actions that should be avoided. Juvenile delinquency includes activities such as drug abuse, extortion, threats, rape, murder, assault, theft, robbery, sexual harassment, possession of firearms, gambling, and embezzlement. Factors such as a lack of parental supervision, family conflicts (like divorce), economic limitations, unemployment, and negative peer influences can contribute to the emergence of such behaviors.

These cases are common factors that lead a teenager to enter a detention center, one of which is the Class 1 Cirebon State Detention Center. The incidents of juvenile delinquency that lead to criminal acts are increasingly concerning in Cirebon City and its surroundings. As a result, the number of young people who must face the law is increasing daily.

After serving their sentence, they must return to their families/society and plan their careers. The loss of freedom, self-esteem, feelings of shame, sadness, guilt, and the presence of social and economic sanctions are issues that a teenager who becomes an inmate must face. The confusion experienced by juvenile inmates regarding the role they will play after being released from prison will be related to their social reintegration and self-regulation. Social reintegration is the process of forming adjustments that encompass new norms and values present in the community institutions that have changed. Meanwhile, self-regulation is the process by which a person manages their activities and gains greater control over their thoughts and actions to achieve desired goals, such as career planning.

Important factors that contribute to the low ability of juvenile inmates to plan their future careers are influenced by the poor conditions of the correctional institution, such as the prison environment marked by psychological pressure, which causes the psychological state of the inmates to differ from their previous state, leading to negative feelings about

themselves. This has a profound impact on the thoughts, emotions, self-control, and self-image of an inmate while they are incarcerated. The interruption of ongoing education and the restriction on the use of communication devices result in a lack of information about the outside world.

As inmates, individuals surely have personal rules regarding their overall behavior, including the factors that led them to end up in prison and the steps they must take after being released. Therefore, having strong self-discipline becomes a key factor for an inmate to achieve the reintegration of values within themselves. In other words, having good self-discipline serves as a control mechanism for attitudes and behaviors, helping individuals achieve success in developing their careers.

In developing their careers, inmates need practical guidance. The process of coaching for inmates in the detention center, in addition to educating, developing, and equipping them with skills, can also serve as a means to shape positive attitudes and mentalities for the inmates. Through the process of guidance and providing understanding regarding career planning, it is hoped that the juvenile inmates will be able to choose activities related to future career planning based on their understanding of the opportunities and chances available in their surroundings, so that they can develop their abilities and interests, consider available career opportunities, set career goals, and plan career activities.

Based on the phenomena present in this background, the researcher is interested in raising a research topic regarding "Post-Release Career Guidance Strategies: The Role of Social Reintegration for Juvenile Inmates." Through this research, it is hoped that it can help juvenile inmates in their lives, particularly in the field of their future career development.

This research is conducted with the aim of understanding: the background of the inmates, the career planning of the inmates post-release, the self-development of the inmates in achieving social reintegration and career planning during their time in the Detention Center, as well as the effectiveness of the social reintegration program at Cirebon Class 1 Detention Center in helping inmates plan their careers.

According to Hartono (2018), career guidance is a service or activity that helps individuals throughout their life span in choosing education, training, career selection, and managing their careers. Career guidance includes all components of services and activities that take place in schools, agencies, and other organizations. Career guidance, as one of the counseling and guidance services, holds a strategic position in preparing an individual's or teenager's career. The career preparation for an individual is designed and provided to

achieve the goal of making the individual independent in career decision-making, achieving, and maintaining their career in the future. The purpose of career guidance is for individuals to gain an understanding of the world of work, the job opportunities available, and to develop skills in planning and making work-related decisions.

According to Article 1 of Law Number 22 of 1995, it is stated that inmates are prisoners, juvenile inmates, and clients. Inmates or prisoners are individuals who are sentenced to loss of freedom in a Correctional Institution (Lapas). Article 15 of Law No. 22 of 1995 on correctional institutions states that prisoners in correctional facilities are the primary target of rehabilitation.

The state prison is generally an institution designed to change and reintegrate inmates. The detention center is designed to shape the character and behavior of its inmates for a better life after release. Therefore, the correctional facility becomes an institution that can reduce the recurrence of criminal acts by its offenders.

Social reintegration is the process of adapting to new norms and values within social institutions that have undergone change. According to Sukanto's perspective, social reintegration is the process of restructuring new norms and values to adapt to institutions that have changed. The social reintegration of prisoners or inmates refers to a transformation process in which an individual re-internalizes the values and norms prevailing in society. Prisoners or inmates, who were previously involved in deviant behavior against social norms and values, undergo a series of transformation stages during their rehabilitation period in Correctional Institutions or Detention Centers. The goal of these changes is for them to adapt and continue their lives after leaving the correctional facility or detention center (Sari, 2021).

METHOD

The research method employed in this observation utilized direct and consecutive counseling methods over 7 meetings, comprising one opening and one closing session. The stages of counseling followed what the researcher had previously studied, namely: Attending, Responding, Personalizing, and Initiating. This research employs a qualitative research method, aiming to plan the post-release careers of juvenile inmates. Data collection was conducted using interviews, observations, and documentation. The interviews were conducted with the prison authorities and four juvenile inmates. Counseling is conducted in individual and group services, with two counselors and one counselee. The interview topics

cover various issues faced by inmates, and the focus of this journal is on the career planning of inmates after release.

The research was conducted at the Class 1 Cirebon Detention Center located at Jl. Benteng No. 1, Panjunan, Lemahwungkuk District, Cirebon City, West Java. Interviews and counseling sessions were conducted over a period of less than two months, comprising five sessions held from October 7 to November 11, 2023. It is known that some juvenile inmates have been transferred to the juvenile detention center in Bandung, while others remain at the fortress detention center, awaiting a court decision. More than 10 teenagers who were in that detention center have been transferred to the juvenile detention center.

RESULTS AND DISCUSSION

Based on the researcher's interview with the Class 1 Detention Center in Cirebon City, approximately 28 cases were identified. Several cases of juvenile delinquency led to their arrest by the police, some of which include disturbances of public order, morality, assault, theft, fraud, narcotics, delinquency, and sharp weapons (knives). The age range of juvenile inmates is approximately 14-20 years, with varying sentences depending on the type of crime committed.

The interview process involved four juvenile inmates, with the initials AS (18), IF (18), K (19), and AS (15). From the interviews with the four inmates, information was obtained regarding the inmates, including AS (18) who committed criminal acts in the form of brawling, IF (18) who committed criminal acts in the form of brawling and motorcycle theft, K (19) who committed criminal acts in the form of brawling and carrying sharp weapons, and AS (15) who committed criminal acts in the form of assault and murder.

The criminal acts committed by the inmates have varying motives. Inmate AS (18) was involved in a brawl purely for fun; he also added that his actions were a form of solidarity with the community he leads, where AS (18) is a teenager who has just graduated from vocational school. On the other hand, Inmate IF (18), a high school student, became involved in legal violations due to being influenced by negative peer pressure, which was exacerbated by a lack of adult supervision. Meanwhile, Inmate K (19) was affected by a hostile peer environment and also by romantic conflicts. Before becoming an inmate, K (19) was a teenager who dropped out of school and already had a job. Lastly, a Junior High School student, AS (15), committed a crime due to being influenced by a less supportive environment, negative peer pressure, and the minimal role of his parents in guiding him.

From the background listed above, it can be understood that, internally, the factors influencing the inmates to commit criminal acts are due to emotional instability, lack of self-control leading to a tendency to try new experiences without careful consideration, low sense of responsibility, a strong urge to live freely, and a lack of understanding of norms and moral values reflected in a lifestyle that tends to lean towards negative things. Meanwhile, external factors include the lack of guidance from adults towards positive things, family instability, negative influence from peers or free association, and easy accessibility to dangerous items such as sharp weapons.

Furthermore, based on the researcher's counseling with the four inmates, it can be observed that complexities are present within each inmate, particularly in the area of career planning. Career planning is an individual's thought process for seeking information and understanding oneself in various aspects of work. Through career planning, it is hoped that individuals can explore and engage in activities related to future career development, based on an understanding of the available opportunities and potential. The career planning process allows each individual to assess their abilities and interests, consider available career alternatives, formulate career goals, and plan self-development activities (Elviana, 2022).

It is known that these four inmates do not face overly complicated issues in planning their careers, as conveyed by Inmate IF (18) when asked about his career plans post-release, he said:

"I want to work in the shipping field, and I like things related to mechanics."

Not much different from Inmate IF (18), after counseling with the researcher, Inmate K (19) also said:

"Before I entered the detention center, I had worked at a shopping mall and was assigned to the marketing department for quite a long time. But after that, I resigned and started a t-shirt printing business with my friend. If it comes to work after being free, maybe I want to continue the t-shirt printing business with my friend. Then, because I dropped out of school, I also plan to continue my education by taking a package school program to get a better job."

As for AS (15), since he is still considered underage and not yet thinking too specifically about a career, he said:

"My dream is to become a gamer because I like playing games. If not, I will probably work with my brother out of town."

Slightly different from other inmates, although he already had a career plan before entering the detention center, Inmate AS (18) has not yet determined his career plan for post-release. He said:

"After graduating from school, I had a plan to work abroad and was waiting to be old enough to join the program, but instead, I ended up stuck here. As for the work plan after graduation, I have not thought about it yet..."

For teenagers, work is a means to fulfill needs that have not yet been fully met, either directly or indirectly. Work can enhance the feeling of being accepted within the community, help achieve desired things, and contribute to reaching life goals. To achieve this, teenagers need to learn to develop and maximize their potential, including those who are inmates. Therefore, the detention center, as a correctional institution, plays an important role in the personal development of juvenile inmates, enabling them to plan their careers after their release period (Elviana, 2022).

The transition experienced by inmates when they leave the detention center and return to their families and communities is a dynamic social process. Therefore, in developing themselves and planning their careers, inmates need practical guidance, starting from social reintegration training, to foster a positive attitude and mindset upon release, and to equip them with the necessary skills.

The rehabilitation process in the detention center involves preparatory steps for the social reintegration of inmates, particularly in the economic aspect. This involves providing skills that align with the talents and interests of the inmates. All these rehabilitation efforts aim to transform inmates who have committed criminal acts, enabling them to recover and reintegrate into society as valued members, accepted by their families and communities, and with the potential to become productive workers (Sari, 2021).

The training organized for inmates at the Class 1 Cirebon State Detention Center involves a series of activities that encompass both religious aspects and personality development, with a focus on skills relevant to the job market. In the context of religion, the inmates receive guidance through Quran recitation activities.

Specifically, personality development, particularly for juvenile inmates, focuses on providing skill training that can be useful upon release from the correctional facility. Where they are provided with skill training that aligns with the needs of the job market, such as skills in the fields of arts, culinary, sports, and others. However, the juvenile inmates at Class

1 Cirebon Detention Center are still hesitant to participate in these activities because many adult inmates dominate them.

This is in line with the statement of Inmate K (19) when asked about the skill activities he participated in, K (19) replied:

"The skill activities I participated in while I was here were scouting, but eventually, I stopped following them. I was once interested in sports activities like playing volleyball, but I hesitated to join because there were many people older than me."

Moreover, according to IF (18), the skill development activities available in the detention center do not interest him. IF (18) said:

"...I like things related to mechanics, but in the detention center, there are no skill activities related to that. So, I do not participate in any activities at the detention center except for the activities that are indeed mandatory for the inmates."

As for Inmate AS (18) and AS (15), both of them participate in religious education. The inmate AS (18) himself does not participate in any skill activities because he is still confused about what he will do, as he said:

".....I'm confused about where to start and what to do while being in this detention center, as the situation before and after entering the detention center will be different. So, I have not been able to determine what skills I am interested in here."

In addition to the aforementioned training, the inmates also receive individual services that allow them to speak privately and express their feelings, similar to the counseling sessions conducted by the researcher with these four teenage inmates. This service is organized to help other inmates who are struggling, particularly in developing job skills, as experienced by these teenage inmates.

Thus, although various rehabilitation efforts have been implemented, some challenges need to be addressed regarding the ability of some juvenile inmates to formulate concrete career plans.

CONCLUSION

The development of adolescents is certainly a process characterized by several growths and changes. During their development, it is often the case that teenagers become involved in negative activities that lead to criminal offenses. Like what happened to AS (18), IF (18), K (19), AS (15), they engaged in negative teenage behavior such as public disorder, immorality, assault, theft, fraud, drug use, delinquency, and carrying sharp weapons. Of

course, these changes are triggered by factors such as a lack of parental involvement and an unfavorable detention environment, among others. Based on interviews with the juvenile inmates, they often face difficulties in planning their careers after being released due to limited programs in the detention center, unfinished education, inaccessible interest and talent programs, and so on. The social reintegration program in the detention center can help with their career planning, but the juvenile inmates at Class 1 Cirebon Detention Center are still hesitant to participate in these activities due to the dominance of adult inmates in these programs.

IMPLICATION

The role of social reintegration should be an effort to further enhance inmates' skills through activities that support their career development. The prison authorities are expected to become more aware of the importance of providing guidance and career direction to inmates to ensure their well-being after release. It is also hoped that the inmates will continue to participate in the activities provided by the detention center to hone their skills.

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