

The Anxiety and Adjustment Levels of Inmates in Romblon

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Abstract

Evaluating the anxiety levels and adjustment of inmates in jails is a crucial aspect of understanding the experiences and challenges faced by this vulnerable population (Atasheneh & Izadi, 2012). Inmates often encounter a range of stressors, such as social isolation, lack of autonomy, and exposure to violence, which can contribute to the development of anxiety disorders (Wedgeworth, 2016). Addressing the mental health needs of incarcerated individuals is essential, as high levels of anxiety can negatively impact their overall well-being, rehabilitation, and successful reintegration into society upon release (Zaid, 2020). This study explored the relationship existing between anxiety and adjustment levels of inmates in Odiongan District Jail. The results are used toward the development of an intervention program that would help inmates lessen their anxiety levels and increase their adjustment inside prison. A mixed method of research was used which involved quantitative and qualitative analysis. Standardized tests were used to obtain quantitative data while in-depth interviews were conducted among 168 inmates from Odiongan District Jail, Romblon. The results showed that there is no significant relationship between the anxiety and adjustment levels of inmates. Also, there is no significant difference in the anxiety levels of inmates according to their profile variables. However, it was found that inmates who committed crimes against chastity have a higher level of adjustment. From this, a proposal for a mental health intervention program was created to improve inmates' health adjustment and to lessen their anxiety inside prison.

Keywords: Anxiety level, adjustment level, mental health intervention, inmates of Romblon, Philippines

DOI: 10.7176/RHSS/15-2-06

Publication date: February 28th 2025

1. Introduction

By definition, prison means a state of captivity and confinement for lawbreakers as a form of punishment. This also refers to a place where living conditions can be physically and psychologically difficult. Most prisons, especially in the Philippines have not even met the most basic standards, and inmates commonly experience harsh treatment in addition to their sentence inside. The lack of adequate food, clothing, and personal space are just some common problems the inmates experienced. These conditions set aside their rights to access a quality life and exercise their freedom of movement. Aside from this, problems arising regarding separation from their family and loved ones and fears about the future also contribute to the deterioration of poor living of inmates. These issues call for the need to give attention to the mental health needs of inmates. However, this problem is not immediately identified for the reason that the employees working inside the correctional facility are usually not trained in handling inmates with psychological problems.

Based to the report of the World Health Organization (2014), suicide risk, addictive disorders, mental disorders, together with other mental health problems such as anxiety and depression are prevalent among inmates. A substantial number of inmates had also experienced other disorders which include anxiety disorders, suicidal behaviors, and distress aside from their diagnoses (Daniel, 2007 as cited by Hoke, 2015). This was strengthened further by the research made by the National Institute for Health and Care Excellence, wherein they found out that 90% of inmates in the United Kingdom possess at least one psychiatric disorder, in which anxiety or depression is included.

As mentioned earlier, anxiety is one of the factors that affect an inmate's mental health in prison. In the basic sense, anxiety is technically defined as "a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome." It is normal for persons to experience feelings of nervousness and fear, especially when they are under circumstances or situations that provoke this type of feeling. Going to new places, and meeting and speaking in front of people whom they do not know are just

a few examples of situations that can cause anxiety. For one to overcome their feelings of anxiety, they must learn how to adjust and adapt in every aspect of their lives.

Meanwhile, adjustment refers to the use of skills abilities, and experiences that enable an individual to be assimilated into the society where they live. As a vital thing to cope with the demands of everyday life, it transforms individuals. Well-adjusted persons are there with a stable mind and emotions, for they have higher self-esteem and they know how to improve and maintain their strengths and work out on their weaknesses. On the other hand, if individuals are not able to adjust in some aspects of their life, they are more prone to mental health problems that are worse than anxiety. In summary, only an adjusted person can be happy, hopeful, and be productive in in whatever environment he finds himself (Animasahun, 2003, as cited by Animasahun, 2010). A very clear example of situation that shows the relationship between feelings of anxiety and adjustment are the inmates inside a prison.

As a part of the Department of the Interior and Local Government, the Bureau of Jail Management and Penology operates all over the country to direct, supervise and control the administration and operation of all district, city and municipal jails in the Philippines. Embedded in their seal the words safekeeping and development, they ensure that the inmates inside become reformed to become law-abiding and productive citizens. At present, there are 1,185 detainees in BJMP MIMAROPA Region, and approximately ten percent (10%) of the inmates from this region are from BJMP Odiongan, Romblon. At present, the government provides educational and skills training, moral, spiritual, and therapeutic programs (Mateo, 2016).

These practices were also observed among the BJMP Odiongan inmates to improve their skills as an individuals and also to provide income even if they are inside the prison. However, it doesn't guarantee that they can have a well-adjusted life inside the prison. Several factors can also contribute to the development of anxiety among inmates. Thus, they need to learn how to adjust themselves within the walls of the prison. Just being restricted in a single place for a day for a long period has confirmed the risk of developing psychological problems. This includes anxiety, depression, anger, cognitive disturbances and perceptual disturbances, obsessive thoughts, paranoia, and psychosis (Smith, 2006, as cited by Hoke, 2015). The symptoms being displayed by the inmates differ as there are also factors that affect the severity of the effects. Furthermore, the lack of interaction with other people, activities, and stress also aggravate the recurrence of the symptoms which can lead to the exhibition of annoying or dangerous behaviors (Metzner & Fellner, 2010 as cited by Hoke, 2015).

There are many studies conducted recently that affirm that inmates are at risk and possess symptoms of anxiety (Coolidge, Marle, VanHorn, & Segal, 2011; Baid, 2015; Dadi, Dachew, Kisi, Yigzaw & Azale, 2016). This is related to a study conducted by Sinha (2010), in which he found out that inmates have poor adjustment in the areas of social and emotional areas which affect the inmates' overall mental health.

Being confined within the walls of prison together with several other inmates and their evident lack of freedom in doing various activities, having a fixed routine daily, and being away from their loved ones, are just some of the observed conditions of the inmates inside the BJMP Odiongan, Romblon is what inspired the researcher to conduct this research. With the newly established Republic Act No. 11036 or the National Mental Health Law, it is very timely to conduct research that further explores the mental health of marginalized people such as inmates, as they are more prone to having mental health concerns.

As an advocate, the researcher believed that conducting this research would provide insight into BJMP Odiongan inmates' current mental health condition, especially their anxiety and adjustment levels. Furthermore, the limited number of research studies in the Philippines regarding these topics will be beneficial to the main stakeholders, especially the mental health professionals working in prisons for they will be able to come up with further interventions which will be based on the results of this study. Moreover, this study will also be helpful to correctional employees, as this study will give them an idea of how to handle inmates with anxiety and adjustment problems.

Generally, this study aimed to determine the anxiety and adjustment levels of inmates in Romblon. Specifically, it aimed to 1.) determine the anxiety and adjustment levels of the respondents; 2.) establish the possible relationship between anxiety and adjustment level of inmates; 3.) compare the variables of the

study when grouped according to profile variables in terms of nature of imprisonment, sex, year in prison, and age; and 4.) propose a mental health intervention based from the results of the study.

2. Methodology

This study utilized a quantitative research design. Descriptive- correlational method was used to determine the anxiety and adjustment levels of the inmates of Romblon. The researcher used this research design because it described a sample of their personality- their anxiety and adjustment levels. Aside from this, the research also focused on the current situation of the variables to be studied, and by correlating them; the researcher was able to determine the relationship between the two variables. The researcher also used the qualitative method to validate their responses and gather their demographic information.

The researcher used purposive sampling. The respondents were the 168 inmates from the Bureau of Jail Management and Penology (BJMP) in Odiongan, Romblon. The majority of the inmates are males with a total population of 163, majority of them are adults with an age range of 18-55 years old. Their crimes were categorized based on the Revised Penal Code of the Philippines namely: Crimes against Chastity, Crimes against Property, Crimes against Persons, and Crimes Related to Opium and Other Related Drugs. Their length of stay ranges from below one (1) month to more than twelve (12) years.

The researcher used two standardized psychological tests, namely the State-Trait Anxiety Inventory and the Bell Adjustment Inventory.

The State-Trait Anxiety Inventory (STAI) is a self-report assessment tool that measures the state and trait anxiety separately. Based on the author, state anxiety reveals a “transitory emotional state or condition of the human organism that is characterized by subjective, consciously perceived feelings of tension and apprehension, and heightened autonomic nervous system activity”. This may vary in time and intensity. On the other hand, trait anxiety stands for the general tendency to respond with anxiety to perceived threats in the environment and is also the “relatively stable individual differences in anxiety proneness...”. To score the STAI, each item is given a weighted score of 1 to 4 and scores can vary from a minimum of 20 to a maximum of 80. A cut-point score of 39-40 suggests clinical symptoms of State-Trait Anxiety (Knight, et. al., 1983; Addolorato, et. al., 1999) while a higher cut score of 54-55 is significant for older adults (Kvall, et. al, 2005).

There is a high reliability for the Trait Anxiety which ranges from .65 to .86 while the range for the State Anxiety was .16 to .62. As for the validity, its correlations were tested on other measures between the other scales of trait anxiety on the following tests: Taylor Manifest Anxiety Scale, the IPAT Anxiety Scale, and the Multiple Affect Adjective Check List. The correlations are .80, .75, and .52, respectively (Spielberger, 1970).

To measure the level of adjustment, the Bell Adjustment Inventory (BAI) was used. It is a personality test that is composed of 140 items. It is divided into four categories, namely Home, Health, Social, and Emotional. This questionnaire seeks to determine whether an individual is well-adjusted or maladjusted. In scoring the BAI, the responses were tallied and added to each subscale. The higher the score means the lesser adjustment of the individual. The internal reliability coefficients for each subscale, when corrected by the Spearman-brown prophecy ranged from 0.80 to 0.93 (Bell, 1963). In this study, only the subscales of Health, Social, and Emotional were used.

The psychological tests that were used in this research were translated into the Filipino language by an expert. Further, the translated instruments have undergone content validation with the help of the research adviser. The questions for qualitative data were also validated to ensure that the researcher would get reliable and valid results.

In line with the Psychological Association of the Philippines’ (PAP) Code of Ethics, ethical considerations were included in this research because the study’s participants were inmates from BJMP Romblon. The participants were given consent forms before the administration of the test. The identities of the respondents were kept anonymous and confidential. Participants were debriefed for the nature and purpose of the study to eliminate any chance of faking responses.

3. Results and Discussion

3.1 Anxiety Levels of Inmates

Table 1.1 shows the level of anxiety of inmates based on their scores on the State-Trait Anxiety Inventory. From the table above, it shows that the mean score of the inmates on their state anxiety is 45.49 with a standard deviation of 6.95. As for the trait anxiety, their mean score is 46.18 with a standard deviation of 5.48, which is lower than the standard deviation of the inmates' state anxiety. As observed, their state and trait anxiety mean scores don't differ much.

Table 1.1 Level of Anxiety of the Inmates			
Indicators	Mean	Standard Deviation	Descriptive Interpretation
State Anxiety	45.49	6.95	High
Trait Anxiety	46.18	5.48	High

Several researches (Knight, Waal-Manning, Spears, 1983; Addolorato, Ancona, Capristo, Graziosetto, Di Rienzo, Maurizi, et. al., 1999) has suggested the cut point of 39-40 for the clinical symptoms of the State Trait Anxiety, while based from Kvaal, Ulstein, Nordhus, and Engedal (2005) a higher cut score of 54-55 is significant for older adults.

From the following findings, it can be stated that they have high tendencies of becoming anxious and can easily be triggered to feel anxiety in a certain situation. Although the results of the respondents' anxiety levels doesn't clearly suggest that they are having an anxiety disorder, it still can be noted that the results based from the inmates' anxiety levels clearly adds supplemental findings to the previous researches which were more focused on inmates having symptoms of anxiety disorders and other related cases. For instance, in Sinha's (2010) study, he found out that respondents were in a depressive mood and found it hard to face their problems in life and that they also felt strained. It can be attributed to the inmates' personal issues such as their relationship with a relative outside prison and their pending cases. Furthermore, it can be noted that their longing for their family members outside jail is a big factor in having high anxiety levels. The majority of the interviewed inmates reported their worries over their spouses and children and the quality of life they are having outside prison.

Further studies like Dadi's, et. al. (2016) also found out in their study that although inmates don't have previous records of having a psychiatric disorder and are not using other substances such as cigarettes inside the prison, 36.1% have been found to have anxiety. From their logistic regression model, it was further discovered that an unhappy life before imprisonment is a significant factor in their development of feelings of anxiety. Vaeroy's study (2011) also found a high number of inmates having mild anxiety and depression. Based on his study, the prison environment can affect the development of anxiety and depressive symptoms.

Based on the previously mentioned literature and other supporting studies, it can be noted that the anxiety levels of inmates should be given importance as it is an alarming issue within the prison. Aside from this, having high anxiety levels can also cause more problems. Unver, Yuce, Bayram, and Bilgel (2013) for instance, have mentioned that inmates who have high levels of anxiety were also reported to have more anger symptoms than others.

1.1.1 Emergence of the theme Anxiety Behavior Patterns in the Aspect of Anxiety of Inmates

Table 1.1.1 shows the emergence of the theme of anxiety behavior patterns in the aspect of anxiety of BJMP inmates. It is apparent from the data gathered by the researchers which were tabulated above that the anxiety behavior pattern of inmates includes high symptoms of anxiety and low symptoms of anxiety. As seen from the responses of the inmates, those who possess symptoms of high anxiety exhibit negative emotional expressions.

1.1.1 Emergence of the Theme Anxiety Behavior Patterns in the Aspect of Anxiety of Inmates					
Respondent No	Transcript	Emerging Concepts	Sub-Categories	Categories	Themes
1	May time na hindi maganda, malungkot at tinitis lang naminang lungkot dito sa loob ng kulungan para makauwi.	Feeling of loneliness			
12	Yung malayo lang po ako sa pamilya yun lang ang iniisip ko, halimbawa yung mga anak naming napabaya at hindi naming nabigay mga pangangailangan.	Feeling of worrying	Negative Emotional Expression	Symptom of High Anxiety	
10	Galit sakin ang pamilya at kamag anak ko.	Feeling of Guilt			
16	Hindi naman basta-basta nawawala ang pag alala lalo na sa mga bata.	Feeling of Concern			Anxiety Behavior Pattern
9	Nililibang ko ang sarili ko para makalimot	Diversion of attention	Positive Emotional Expression	Symptom of Low Anxiety	
15	Nagbabasa na lang ako ng Bible, ung kasi ang hinihingan ko ng sagot sa problema ko				
8	Hindi na ako nakakaranas ng kalungkutan kasi nasasanay na ako.	Mild Acceptance			

These negative emotional expressions can be associated with feelings of loneliness, worrying, and guilt, while others might feel concerned towards their family members who are outside prison. Some of the statement from the respondents “Yung malayo lang po ako sa pamilya, yun lang po ang iniisip ko...”, “Galit sakin ang pamilya at kamag-anak ko.” shows negative emotions due to their situation inside the prison. The outcome of the interview agrees with the result of table 1.1 that they have high state anxiety. Since it was previously mentioned that trait anxiety can affect their state anxiety, it can be suggested that the respondents might have high levels of anxiety in their personality. However, still, other factors affect their level of anxiety inside prison.

External factors such as their relationship with their family can be noted as the main reason why many of them have high levels of anxiety. On the contrary, those who experience positive emotional expression show symptoms of low anxiety. These positive emotional expressions are associated with behaviors that help lessen one’s anxiety, such as diverting attention to other things and having mild acceptance of one’s condition inside prison.

Table 1.2 shows the level of scores of the respondents in the subscales of health, social, and emotional, and their overall scores on the Bell Adjustment Inventory. In the health subscale, the inmates’ obtained a mean score of 13.79 with an interpretation of Unsatisfactory. This might mean that the majority of them have experienced health issues and that they have concerns regarding their health at present. On the other hand, the majority of the respondents have stated that they have no major health concerns, except for a few times when they experience coughs and colds.

Table 1.2
Summary Table on the Adjustment Level of the Inmates

Indicators	Mean Score	Descriptive Interpretation
Health	13.79	Unsatisfactory
Social	12.65	Average
Emotional	13.18	Average
Over-all	39.62	Average

Based from the book of National Academies Press (2013) entitled *Health and Incarceration*, they have mentioned that before entering prison, many inmates have already reported that they have health concerns. Although living conditions inside the prison can be hard, Rich, Dumont, and Allen (2012) stated that imprisonment offers stabilization on an inmates' health, for the prison system reduced, access to other vices such as alcohol, drugs, and cigarettes. However, internal factors such as the nutritional value of meals being served inside the prison, poor ventilation, overcrowding, and stress might worsen an inmates' physical health.

In contrary to the adjustment levels of the respondent's health subscale, the respondents have an average level of social adjustment. With a mean score of 12.65, it can be inferred that they can get along with other people in a typical level.

Aside from the strong relationship with their co-inmates, the government is also devoting efforts for the inmates to undergo rehabilitation programs that will help them become more productive even if they are inside the prison by letting them do various activities such as making handicrafts and gardening (Animasahun, 2010). Socialization among inmates can also be looked as a reason for their good social adjustment levels. According to Clemmer (1958, as cited by Zamble and Porforino, 2013), inmates display a unique form of socialization which he refers to as "prisonization" wherein inmates "take on in greater or less degree the folkways, mores, customs, and general culture of the penitentiary". Social support outside the prison also has a positive impact on the inmates' social adjustment, as it makes inmates chance of reoffending to be reduced (Cochran, 2013).

In terms of their emotional adjustment, their mean score is 13.18 with a descriptive interpretation of Average. From this, it might be suggested that majority of the respondents can manage and maintain their emotional behavior, but can also get vulnerable when facing major problems in their life.

Being exposed within the walls of prison can change one's pattern of thinking which can stimulate higher levels of psychological distress and dysfunctional thinking among inmates (Haney, 2013). In his previous work, he mentioned that "institutionalization" or the process of shaping inmates by the existing institutional environments are natural and normal adjustments as a response to their conditions of prisoner life, however, when taken to an extreme length and deeply internalized, it can cause problems on the part of the inmates and can affect their habits of thinking, feeling, and acting. The following psychological adaptations can be included on the process of institutionalization: 1) Dependence on institutional structure and contingencies; 2) Hypervigilance, interpersonal distrust, and suspicion; 3) Emotional over-control, alienation, and psychological distancing; 4) Social withdrawal and isolation; 5) Incorporation of exploitative norms of prison culture; 6) Diminished sense of self-worth and personal value; and lastly, 7) Post-traumatic stress reactions to the pains of imprisonment. While these behaviors are displayed by inmates especially on their initial years in prison, it can be noted that their adjustment changes due to some factors such as modifying prison conditions and their length of stay in prison has an effect to their emotional adjustment. This supports MacKenzie and Goodstein's research (1985, as cited by Zamble and Porforino, 2013) in which they reported that inmates who had been imprisoned an average of 10.3 years stated that they have less feelings of anxiety and fear than other inmates and also reported a higher self-esteem.

As for the over-all adjustment level of the inmates, it was discovered that they obtained a mean score of 39.62 which falls under the descriptive interpretation of Average. This can be attributed in the inmates' being resilient despite of their condition inside prison. In a similar way an individual experiences disaster or traumatic event, they still have the ability to maintain a "relatively stable, healthy levels of psychological and physical functioning as well as the capacity for generative experiences and positive emotions" (Bonanno, 2004, as cited by Docena, 2015). Moreover, the activities done by the inmates such as making crafts and exercises can be also considered as a factor for their average adjustment pattern. According to Warchal and Graham (2011) cited by Docena (2015), such activities including social support, providing structure to the day, making relaxation techniques, and healthy recreational activities are mechanisms that promote adaptive functioning.

1.2.1 Emergence of the Theme Adjustment Patterns in the Aspect of Adjustment of Inmates

Table 1.2.1 shows the emergence of the theme of adjustment behavior patterns in the aspect of adjustment of BJMP inmates. Similar to the qualitative data on anxiety, it is apparent from the data gathered by the researchers which were tabulated above that adjustment behavior patterns of inmates include symptoms of high adjustment and symptoms of low adjustment. As seen from the inmates' responses, those who possess symptoms of high adjustment also exhibit positive adjustment experiences. These positive adjustment experiences can be associated with inmates having harmonious relationships with their co-inmates, having feelings of trust in God, and feelings of contentment.

1.1.2 Emergence of the theme Adjustment Patterns in the Aspect of Adjustment of Inmates					
Respondent No	Transcript	Emerging Concepts	Sub-Categories	Categories	Themes
14	Marami naman akong kaibigan dito sa loob, maasahan sila sa maraming bagay. Kung wala kang ulam ay bibigyan ka ng kape.	State of having harmonious relationship			
10	Ang pinagkakatiwalaan ko po talaga ay panginoon. Naniniwala po ako na ang ibigay niya sakín na pagsubok para magbago nya ako.	Feeling of trust in God	Positive Adjustment Experiences	Symptom of High Adjustment	
2	Okay naman ang pagkain dito. Mas mahimbing na ang tulog dahil wala ng bisyo.	Feeling of contentment			Adjustment Pattern
11	Yung kalungkutan po, yung nangyari sa buhay, minsan iniisip ko kung bat nangyari yun.	Feeling of Sadness			
15	Malungkot pa rin, wala akong magawa e, nasa kulungan ako.		Negative Adjustment Experiences	Symptom of Low Adjustment	
3	Yung pag aalala sa asawa, kung saan na siya ngaun, yung anak ko kung pumapasok pa sila.	Feelings of worry			
8	Gusto ko ng makalaya. Ayoko na nga rito e"	Feelings of longing for freedom			

It is evident in some of the responses of the inmates such as “Marami naman akong kaibigan dito sa loob...”, “Ang pinagkakatiwalaan ko po talaga ay ang Panginoon...”, “Mas mahimbing na ang tulog dahil wala ng bisyo” shows that some inmates have adjusted well inside the prison despite their situation. This outcome from the interview affirms the average overall adjustment levels of inmates, in which it can be seen that they have positive adjustment experiences in their social and emotional aspects. On the contrary, those who experience negative adjustment experiences show symptoms of low adjustment. These are associated with sadness, worry, and longing for freedom.

2. Relationship of Anxiety and Adjustment Levels of Inmates

Table 2 shows the correlation between adjustment and level of anxiety among inmates. Based on the result, all computed r-values indicate almost negligible correlation and the resulted p-values were all greater than 0.05 alpha level, thus the researcher fails to reject the null hypothesis. This means that no significant relationship exists and this implies that the respondents' adjustment is not affected by their level of anxiety.

Table 2
Relationship between Level of Anxiety and Adjustment Levels of Inmates

	State Anxiety			Trait Anxiety		
	r-value	p-value	I	r-value	p-value	I
Health	-0.049	0.529	NS	0.004	0.960	NS
Social	0.027	0.729	NS	0.026	0.739	NS
Emotional	-0.018	0.820	NS	0.009	0.908	NS
Over-all	0.991	0.168	NS	0.007	0.928	NS

The areas of the Bell Adjustment Inventory were correlated with the scores of the inmates in their state and trait anxiety. The results were contrary to the previous study conducted by Sinha (2010) and previous literature presented by Hosahally (2016) in which they mentioned that the problems in adjusting have a significant effect on an inmate's feelings and subjective well-being.

3.1 Relationship of Adjustment and Anxiety Levels of Inmates among Profile Variables

It can be gleaned from the result that all computed p-values were greater than 0.05 alpha level, thus the researcher failed to reject the null hypothesis. This indicates that there is no significant difference

between the level of anxiety and the respondents' profile.

Table 3.1
Difference of Responses on the Level of Anxiety When Grouped
According to Profile

Profile	Level of Anxiety					
	State			Trait		
	F-value	p-value	I	F-value	p-value	I
Nature of Imprisonment	0.756	0.556	NS	1.907	0.112	NS
Sex	1.275	0.204	NS	0.076	0.939	NS
Years of Imprisonment	0.151	0.979	NS	0.313	0.904	NS
Age	1.008	0.315	NS	1.127	0.261	NS

Legend: Significant at *p-value < 0.05; **p-value < 0.01; HS = Highly Significant; S = Significant; NS = Not Significant

The results were in contrary with previous studies, in which several factors such as the inmates' sex and age (Coolidge, 2011; Baker and Rytter, 2014; Baidawi, 2016; Fovet, et. al., 2016) affect their anxiety levels. There are limited studies that examined the relationship of anxiety and the inmates' nature and years of imprisonment. Regardless of their profile, it can be inferred that inmates, in general, experience anxiety inside prison. According to Crawley (2007), inmates are likely to suffer 'relocation stress' wherein they view the prison environment as an unfamiliar one. This phenomenon often leads them to develop negative thought patterns such as seeing their life inside prison as a "disaster", or a "catastrophe".

3.2 Difference of Responses on the Level of Adjustment When Grouped According to Profile

As seen from the result, there is a significant difference in the level of adjustment as to social (0.036) when grouped according to the nature of imprisonment since the computed p-value was less than 0.05 alpha levels. This means that the responses vary significantly and this implies from the post hoc test that the social adjustment of those who committed crime against chastity have a higher level of adjustment. As mentioned earlier, the crime committed by inmates under Crimes against Chastity is the Act of Lasciviousness.

Table 3.2
Difference of Responses on the Level of Adjustment When Grouped
According to Profile

Indicators	Profile Variables											
	Nature of Imprisonment			Sex			Years			Age		
	Λ^2_c	p-value	I	Λ^2_c	p-value	I	Λ^2_c	p-value	I	Λ^2_c	p-value	I
Health	1.087	0.365	NS	0.831	0.407	NS	0.856	0.512	NS	0.245	0.806	NS
Social	2.641	0.036	S	1.207	0.229	NS	1.103	0.361	NS	0.476	0.634	NS
Emotional	0.427	0.789	NS	0.865	0.388	NS	2.239	0.053	NS	0.060	0.952	NS
Over-all	0.398	0.81	NS	-0.521	0.603	NS	1.385	0.233	NS	0.034	0.973	NS

Legend: Significant at *p-value < 0.05; **p-value < 0.01; HS = Highly Significant; S = Significant; NS = Not Significant

There is a very limited number of studies that discuss the adjustment and anxiety levels of inmates according to the type/ nature of crime that they have committed. However, the result mentioned above is related to an article by Simons (2015) regarding sex offender typologies. According to her, sex offenders such as rapists tend to be more socially competent and are also likely to be involved in an intimate

relationship (Gannon and Ward, 2008; as cited by Simons, 2015). This might suggest the reason why inmates who committed crimes against chastity have better social adjustment than other inmates.

4. Conclusions and Recommendations

The inmates experience high levels of anxiety, and it's vital to address their mental, emotional, and physical needs to reduce stress and help them build coping skills. Increasing access to mental health care through routine screenings, behavioral therapy, and stress management programs be implemented. Meanwhile, the overall adjustment levels of inmates were average level and there is no significant relationship between the anxiety and adjustment levels of inmates. There is also no significant relationship between the adjustment and anxiety levels of inmates in terms of their profile variables, however, inmates who committed crimes against chastity have better social adjustment levels.

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