

THE LIVED EXPERIENCES OF PERSON DEPRIVED OF LIBERTY AFTER SERVING A SENTENCE: A PHENOMENOLOGICAL STUDY

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ABSTRACT

This phenomenological study explores the lived experiences of individuals deprived of liberty after serving their sentences. Through in-depth interviews with former inmates, this research aims to uncover the complex and multifaceted challenges they face upon reentering society. Participants described a profound sense of disorientation and struggle with identity reconstruction, often feeling stigmatized and marginalized. Themes of resilience and agency emerged, highlighting the adaptive strategies employed to overcome these barriers, such as seeking support from community organizations and engaging in educational opportunities. However, systemic obstacles, including legal restrictions and societal prejudices, persistently hinder successful reintegration. The study emphasizes the critical role of comprehensive support systems in facilitating positive outcomes for former inmates, suggesting that tailored interventions are essential to address their specific needs. By providing a nuanced understanding of their lived experiences, this research contributes to the broader discourse on criminal justice reform. It underscores the necessity of policies that promote social inclusion and rehabilitation. The findings advocate for a more empathetic and holistic approach to reintegration, ensuring that individuals who have served their sentences can successfully reintegrate and lead fulfilling lives.

Keywords: *experiences, person deprived of liberty, sentence, post-incarceration*

1. INTRODUCTION

"Persons Deprived of Liberty," or "PDLs," are people who are officially classified as being in jail or another type of legal detention. Rather than categorizing people according to their legal situation or any crimes they may have committed, the word highlights the state of being robbed of the fundamental right to liberty. It is consistent with a more compassionate discussion of incarceration that puts the individual before the conviction Briñas, A. E. M. B. (2022).

Persons deprived of liberty (PDL) deal with various general concerns, from personal struggles during jail to difficulty reintegrating into society after release Cano et al. (2024). Mental Health Conditions Incarceration can either significantly worsen or cause mental health issues. (Fazel & Seewald, 2012). When released from prison, persons deprived of liberty (PDL) face various general issues that substantially impact their reintegration into society. The widespread prejudice and social stigma that ex-offenders experience is one of the main problems, as it can cause them to become socially isolated and make it difficult for them to reestablish connections with their communities (LeBel, 2012).

Furthermore, companies' unwillingness to accept people with criminal records makes it difficult for PDLs to find steady employment, contributing to high unemployment rates and financial instability (Pager, 2016). Another

significant issue is housing instability, which results in homelessness or insecure living arrangements because ex-offenders frequently encounter discrimination from private landlords and obstacles when trying to obtain public housing (Geller & Curtis, 2014). Many PDLs lack access to required mental health services and support, which can exacerbate their mental health concerns. These issues often linger after release from prison (James & Glaze, 2016).

In addition, individuals with addiction problems are more likely to relapse and commit crimes again if they are unable to get treatment for substance misuse (Karberg & James, 2015). Restrictions imposed by law and society, such as disenfranchisement and restrictions on professional licenses, make it difficult for ex-offenders to reintegrate into society and start over (Manza & Uggen, 2016). These interrelated issues show how urgently extensive support networks, legislative changes, and community-based initiatives are needed to help PDLs successfully reintegrate into society and lower recidivism rates.

When released from prison, persons deprived of liberty (PDL) encounter a wide range of unique issues that seriously impede their ability to reintegrate into society. One of the most urgent problems is unemployment, as it is so hard for ex-offenders to find steady work because of the significant job discrimination they frequently face as a result of their criminal records (Pager, 2016).

Furthermore, a significant issue is housing instability, as many PDLs experience discrimination from private landlords and are refused access to public housing, which perpetuates a cycle of homelessness and instability (Geller & Curtis, 2014). Many PDLs lack access to proper mental health care, which is crucial for their rehabilitation, and their mental health problems, which are made worse by the conditions of incarceration, frequently remain after release (James & Glaze, 2016). Another common problem is substance misuse, which has a high relapse rate among ex-offenders who do not receive enough assistance and treatment after being released from prison (Karberg & James, 2015).

Significant challenges also arise in family reunification since damaged relationships and mistrust prevent family bonds from being repaired (Naser & Visher, 2016). Reintegration is made more difficult by social stigma and isolation because of prevailing attitudes about ex-offenders, which frequently result in their exclusion from social networks and community activities (LeBel, 2012). Their capacity to fully engage in society is further hampered by legal and civic disenfranchisement, which includes limitations on professional licenses and the loss of voting rights (Manza & Uggen, 2016). Last but not least, financial difficulties are a widespread adversity. A large number of PDLs experience unstable incomes as a result of unemployment, court costs, and limited access to financial resources, all of which contribute to their continued marginalization (Western & Pettit, 2015). These particular issues show how urgently extensive support networks and legislative changes are required to enable PDLs to reintegrate back into society successfully.

Comprehensive and multifaceted measures are necessary to address the issues experienced by individuals deprived of liberty (PDL) after serving their sentences. The employment prospects of ex-offenders can be significantly enhanced by employment support programs, which include job training and placement services. This can help them overcome job prejudice and achieve financial stability (Visher et al., 2017). Initiatives like transitional housing and rental assistance serve to prevent homelessness among PDLs, and housing support programs are essential in ensuring stable living conditions (Fontaine & Biess, 2016). Prioritizing access to mental health care is essential. Community-based mental health services and support groups can provide invaluable assistance to those experiencing mental health problems after being incarcerated (Lamb & Weinberger, 2017). Programs for the treatment of substance misuse are essential for promoting long-term rehabilitation and preventing relapse, both while and after jail (Miller & Miller, 2015). Legal changes aimed at lowering reentry barriers, such as the erasure of criminal records and the restoration of the ability to vote, can improve the civic and social reintegration of ex-offenders (Klinge, 2016). Furthermore, mentorship programs and family counselling are examples of community-based support networks that can assist PDLs in mending connections and reintegrating into their communities (Western et al., 2015). By putting these tactics into practice, society can lessen recidivism, encourage social stability, and better assist PDLs in their reintegration.

Even though the reintegration of persons deprived of liberty (PDL) after serving their sentences is receiving more attention, there is still a significant research gap in understanding the unique needs and experiences of PDL, especially when it comes to the challenges and coping mechanisms they face during their reintegration Flores-Barolo, M. G., & Vicente, J. B. (2019). The majority of the material that is currently available concentrates on broad topics like recidivism, housing, employment, and mental health; however, in-depth studies that examine the complex personal experiences of PDL navigating life after prison are scarce (Pager, 2016; Fontaine & Biess, 2016).

Furthermore, while some studies focus on particular coping mechanisms like drug rehab and mental health services (Lamb & Weinberger, 2017; Miller & Miller, 2015), not enough research has been done on how PDLs view life's significance and their perspectives on personal growth and family dynamics after release.

To close these gaps, this study thoroughly examines PDLs' lived experiences following their sentence-serving, emphasizing their coping strategies, sense of purpose, and understanding of interpersonal and familial ties. By filling in these gaps, the research can help develop more focused and efficient PDL support methods to improve their reintegration and lower recidivism rates.

1.1 Theoretical Framework

The theory underpinning this study is Resilience Theory, which focuses on the processes and factors that enable individuals to recover, adapt, and grow in the face of adversity, trauma, or significant stress. This theoretical lens provides a framework for understanding how persons deprived of liberty (PDL) navigate the challenges they encounter after serving their sentences, emphasizing their capacity to overcome obstacles and achieve positive outcomes despite difficult circumstances (Masten, 2001). This theoretical lens is appropriate for your study as it can provide a comprehensive framework for understanding the experiences of persons deprived of liberty after serving a sentence. By emphasizing personal strengths, social support networks, adaptive coping strategies, and growth opportunities, resilience theory underscores the potential for PDL to successfully reintegrate into society and avoid negative behaviors associated with their past experiences.

Many people are exposed to loss or potentially traumatic events at some point in their lives. However, they continue to have positive emotional experiences and show only minor and transient disruptions in their ability to function. Unfortunately, because much of psychology's knowledge about how adults cope with loss or trauma has come from individuals who sought treatment or exhibited great distress, loss, and trauma theorists have often viewed this type of resilience as either rare or pathological Bonanno, G. A. (2004).

Samuels and Mukamal (2004) highlight instances of post-traumatic growth among PDL, where individuals experience personal transformation and develop new perspectives on life following incarceration. This growth reflects resilience as PDLs strive to build meaningful and productive lives despite their past.

Resilience Theory suggests that people can recover and adapt positively despite adversity and stress. Masten (2001) defines resilience as navigating challenges and using internal and external resources to maintain or regain well-being. This theory is instrumental in understanding the common challenges encountered by individuals deprived of liberty after serving their sentence, including social reintegration, stigma, and employment difficulties (Visher & Travis, 2011).

Resilience Theory also aids in examining how these individuals perceive the importance of life after incarceration, as their experiences can lead to significant shifts in their perspectives and values. Additionally, the coping mechanisms they develop, such as forming supportive relationships, seeking employment, or engaging in meaningful activities, can be analyzed through the lens of resilience. Insights shared by formerly incarcerated individuals often highlight their resilience, showcasing their strategies for overcoming barriers and rebuilding their lives. Therefore, Resilience Theory offers a comprehensive framework for understanding the post-incarceration experiences, coping mechanisms, and insights of persons deprived of liberty (Masten, 2001; Visher & Travis, 2011).

2. METHODOLOGY

2.1 Research Design

The primary methodological framework utilized in this research was the qualitative approach. The study involved an in-depth interview analysis of the lived experiences of a person deprived of liberty after serving a sentence in Cateel, Davao Oriental.

Qualitative research is a type of research that explores and provides deeper insights into real-world problems. Instead of collecting numerical data points or intervening or introducing treatments like quantitative research, qualitative research helps generate hypotheses to investigate further and understand quantitative data (Tenny, 2022). Qualitative research gathers participants' experiences, perceptions, and behavior. This phenomenological study

focuses on the lived experiences of a person deprived of liberty after a sentence. As Crowther (2017) noted, a robust qualitative research tool is phenomenological in approach. The research design can reveal hidden actions, feelings, and intentions that are not often articulated.

Moreover, the study used a phenomenological approach involving the participants' lived experiences. A phenomenological approach deals with the experiences and meanings and captures, as closely as possible, how the phenomenon experience takes place (Giorgi, 2016). Furthermore, Williams (2021) stated that the primary objective of a phenomenological study is to explain the meaning, structure, and essence of a person's lived experiences or a group of people around a specific phenomenon. This study investigates the lived experiences of a person deprived of liberty after a sentence.

Lastly, this study attempted to understand human behavior through the eyes of the participants. Five participants were interviewed, and the data were collected and analyzed.

2.2 Research Participants

The study was conducted in Cateel, Davao Oriental. The researchers chose the locality because it exposed them to the lived experiences of people deprived of liberty after a sentence. The researchers focused on individuals deprived of liberty and served sentences ranging from one to three years (1-3). These individuals shared details about their experiences in reintegrating into society after serving time in prison. Five participants were deprived of liberty after a sentence.

2.3 Data Sources

The data sources came from the five participants aged twenty-five to forty (25-40) who were chosen using purposive sampling. According to the FormPlus Blog (2021), the purposive sampling method relies on the researcher's expertise and discernment to select the most suitable participants for the study. Likewise, obtaining participants' consent is a crucial requirement for this research. Five participants aged twenty-five to forty (25-40) with one to three years (1-3) of experience after serving a sentence consented to participate in this study. The individuals participating in this study are married and have experienced being incarcerated after completing their sentence. Their marital status adds another layer to comprehending how their relationships have impacted their reintegration into society. Further, their in-depth interview responses were the primary data source. The researchers allowed the participants to validate the data's results to verify the accuracy of the emerging significant themes.

2.4 Data Collection

The participants were thoroughly informed about the background of the study and specifically recruited to understand the goal and research problems. Upon agreeing to participate, the researchers obtained permission to do so. Their participation implied their willingness to share experiences. The participants were informed that their only benefit from the study would be the results, with no monetary or other incentives provided.

The study was conducted using a qualitative phenomenological research design. Data collection involved in-depth interviews, with responses recorded via a smartphone's audio recorder application. Researchers posed four questions about the participants' experiences: the common challenges faced after a sentence, the perception of life's importance post-sentence, coping mechanisms used, and insights they could share based on their experiences.

The researchers served as interviewers, respecting the participants' opinions regarding the research topic. The gathered data were specific to the participants and did not generalize the entire population of persons deprived of liberty in Cateel, Davao Oriental.

2.5 Data Analysis

The data collected for this study were analyzed using thematic analysis, suitable for the current investigation. As a result, the researchers used the Miles and Huberman thematic analysis approach. Forero (2018) identified three primary components of the framework: data reduction, data display, and generating and confirming conclusions. These included memoing, coding, and creating themes based on the transcript.

Before the data analysis began, the researchers transferred all recorded data to the computer. Moving on, the transcripts came next. These transcripts are written with ample room between sentences for memorization and coding and large margins on both sides. Two columns were added to the table. The transcript was initially typed in the first column and translated into the second. However, the researcher double-checked the printed transcript by reviewing

the audio and raw transcripts before carrying out the two procedures. The completed transcript was then given to the professional thematic analyzer contracted to interpret the data.

2.6 Trustworthiness of the Study

In a qualitative study, the degree of confidence in data, interpretation, and procedures employed to assure the quality of research is referred to as the study's trustworthiness or rigor Johnson et al., (2020). The researchers outlined the protocols and methods required for a study to attract readers' attention. The study adopted the criteria outlined by Lincoln and Guba (1985 as cited by Connelly, 2016), which many 25 qualitative researchers accept. These criteria include credibility, dependability, confirmability, and transferability.

Credibility. According to Guba and Lincoln (1989), credibility is determined when co-researchers or readers are presented with a problem and the result is determined. They may identify it because of their experience. The "fit" between respondents' opinions and the researcher's depiction is called credibility (Tobin & Begley, 2004, as cited by Connelly, 2016). Prolonged engagement, persistent observation, audit trail, and researcher triangulation are among the strategies proposed by Lincoln and Guba (2005) to address credibility.

In order to meet the aforementioned requirements, the researchers first speak with the selected participants informally a few days before the interview to create rapport. During this interview, they discussed their current situation and professional lives following their conviction. The researcher then informed them of his plan and requested their consent to participate in the study as volunteers. The debriefing came after the participants agreed to participate voluntarily. They were briefed on the topic of the interview. The focus group discussion schedule was considered, and the most convenient time for the participants was decided. The researchers also gave the participants an informed consent form to sign before the interview. They did this to ensure their voluntary involvement and secrecy, demonstrate their sincerity, and review the research.

Then, the participants were informed that the interview was audio recorded for transcription, which was eventually used for thematic analysis. After the introduction was settled, the interview commenced. Researchers correctly observed rigor during the in-depth interview to avoid drawing personal conclusions. One of the researchers served as a moderator and a note-taker to observe the participants' behavioral and emotional responses. The researchers made sure that the participants were comfortable with the questions. Iterative questioning was also employed, using probes to derive detailed and relevant data and promote a positive environment for participants. Researchers rephrased questions to extract related data based on the common challenges from the participants' concerns. However, if the researchers discover that the data is false, they may decide to discard it Ohlson (2022). On the other hand, the researchers informed the participants that they had the right to discard questions and allowed a break if they felt tired.

Furthermore, after the in-depth interview, another meeting was scheduled to give the respondents the raw transcripts of their responses for confirmation and correction. The researchers in this study employed the in-depth interview method to collect data to elicit views from different perspectives. The researchers also assured the participants that the gathered data were confidential. All relevant appendices were included for data verification to ensure the study's authenticity and allow readers to examine the extent to which the described categories genuinely include the actual events.

Dependability. To achieve dependability, the researcher ensures the research process is logical, traceable, and documented (Tobin & Begley, 2004, as cited by Connelly, 2016). This implies that readers are better equipped to appraise the research's trustworthiness when they can analyze it.

The application of in-depth interviews was highly realized, which enabled the researchers to attain the study's objective and consistently interpret the results. The background of the techniques employed and the methodologies used in the study were discussed. By doing this, readers and other researchers can also conduct research related to the study and garner a consistent result. With this, the readers can have a broad understanding of what the study is about and why it is necessary for this concern; having a detailed description gives the readers a vivid picture of how the research was done and how it arrived at a plausible and cohesive conclusion. In addition, an audit trail was also employed in this portion of the study. This technique can track how data is processed, analyzed, and synthesized Carcary (2020). To realize the audit trail, pictures, notes, and documents of audio recordings from the focus group discussion were presented, enabling inquirers to evaluate the accuracy of the collected data.

Confirmability. According to Guba and Lincoln (1989, as cited by Connelly 2016), confirmability is established when credibility, transferability, and dependability are all achieved. Confirmability assesses the study,

ensuring that the researcher's interpretations and findings are drawn from the data, and it necessitates the researcher to demonstrate how conclusions and interpretations were arrived at. To ensure confirmability, the researchers observed the following: They first acknowledged their research beliefs and assumptions that may influence the study's findings. To avoid this, qualitative researchers seeking truth and answers must be objective in technique selection and stick to the research questions. Also, this research offered a thorough explanation and discussion of why a particular methodology will be chosen and why it is considered acceptable for the study. Moreover, the audit trail was performed so that this paper is free from any influence of bias or partiality that may have been unconsciously displayed. Also, the participants validated and checked the raw data, and the interpretations emerged to assure the accuracy and authenticity of the study.

Secondly, by comprehensively explaining the limitations and delimitations of this research in Chapter 1, the researchers were transparent with the study's limitations. They directly discussed the study's delimitations, knowing that this research, which would be used for generating solutions to the identified problem, also has weaknesses. This could be considered a pivotal stop in crafting this study as there is no perfect research, and acknowledging the limitations of the research helped to attain honesty and transparency with the readers.

Thirdly, a discussion of the relevant research methodology was crucially observed so that the participants, research expert auditor, and readers would have an opportunity to test this study's integrity. This way, other researchers and readers can scrutinize whether the generated findings or interpretations derived from the participants' perceptions, experiences, and insights were credible and unbiased, not from the researcher's perspective. Further, providing a detailed methodological description certifies readers that the study is evidence-based and data-driven.

Transferability. According to Finfgeld-Connett, D. (2010), the generalizability of an investigation is referred to as transferability. This only applies to case-to-case transfer in qualitative research. The researcher cannot know which sites might want to use the findings. This indicates that the data results must be applicable regardless of the reader's context, scenario, or environment. In this section, they observe transferability by providing detailed information about the research topic, highlighting related literature in chapter two, discussing the method employed that can be seen in the third chapter, revealing the data analysis in the fourth chapter, and discussing the results with supporting literature in the fifth chapter of this study. Further, this is done by showing the recording and minutes during the in-depth interview so that the readers and future researchers can have a vivid understanding of the study being conducted.

Moreover, this research could be a basis for establishing a new research topic. Essentially, the limitations and delimitations of this study were discussed precisely to inform readers and other researchers that the content of this study may not be appropriate in all scopes of possible research, except if it is related to the marketing challenges of restaurant owners. They also provide a clear and detailed explanation of how the gathered data acquired such results and findings. This enables readers and future researchers to understand and evaluate the results and if they are transferable in their context, research, and circumstances.

2.7 Role of the Researchers

By conducting this phenomenological study of marketing challenges of persons deprived of liberty after a sentence in Cateel Davao Oriental, the researchers were obliged to cite the related facts and respect the participant's privacy. Thus, this served as an instrument for gathering the data. Significantly, the researcher's participant relationship was observed so the participants would be open and comfortable expressing their opinions. The adviser of this study, who has relevant exposure and experience, guided the researchers throughout the in-depth interview. The researchers served as interviewers, moderators, recorders, transcribers, and typists. When interpreting the data, the researchers hired an expert thematic analyst.

2.8 Ethical Consideration

Being part of this study is significant as it aims to protect the participants. The researchers guaranteed that data falsification, plagiarism, and other academic misconduct were barred in this research. For instance, the following guidelines were crucially applied:

An Informed Consent Form (ICF) was provided for the participants to sign to participate in the study. Before determining whether or not to participate, the potential participants were provided with all the necessary information. The research topic, its purpose, and the benefits they could gain were discussed. After they accepted the favor, the

inquirers informed the participants about the purpose of the said form, which was meant to protect their well-being and guarantee that they participated freely and were well-informed (Paclauna, J. 2024).

Confidentiality is an agreement that handles, retains, and exchanges research data to protect the information retrieved from the participants (Connelly, 2016). All information generated from the in-depth interview guarantees confidentiality and privacy. The researchers used pseudonyms to ensure that the participant's identities and responses would be kept confidential. Consequently, the researchers approached the participants at their homes and formally introduced themselves. After that, the purpose of our study was discussed by elaborating on the research topic and its objectives. The interview tapes and transcripts will be stored for five years at a secure place at Davao Oriental State University–Cateel Extension Campus and destroyed afterwards.

The respondents have a legitimate expectation of gaining anything from the study. The researchers compensated the participants for their considerable time commitment through the study results, not in any form of incentive.

The ideas and course of action articulated in the preceding paragraphs implied that the moral principles of integrity, respect for participants, beneficence, and justice were upheld and deemed the study ethical (Weinbaum et al., 2019).

The study promotes fairness and equality for all participants, ensuring justice through inclusive selection. It aims to contribute to fairer policies and interventions for individuals who have completed their sentence, adhering to ethical standards and promoting social equity.

This research aims to promote positive outcomes for participants and society by exploring post-conviction experiences, ensuring beneficence through careful interview management, informed consent, support systems, and potentially improving rehabilitation programs and policies.

3. RESULTS AND DISCUSSION

3.1 The common challenges faced by PDL

3.1.1 Regretting everything

Among PDLs, regret is a familiar feeling, frequently connected to the deeds that brought about their imprisonment and the ensuing effects on their lives and the lives of their loved ones. Schubert et al. (2016) claim that regret is prevalent among prisoners, who frequently consider the consequences of their choices and the chances they have lost. Their rehabilitation process may be hampered by this emotional load, which can cause despair, anxiety, and melancholy (Belon et al., 2014).

In addition, the psychological effects of regret and the desire for family care can have a significant impact on PDLs' ability to recover (Del Rosario Aquino et al., 2023). Effective recovery requires addressing these emotional and psychological issues, according to Haney (2018). Treatment programs that emphasize family reunification and regret processing can improve inmates' motivation for rehabilitation by giving them a more optimistic perspective.

Moreover, finding work, obtaining housing, and mending relationships are just a few of the difficulties PDLs face upon their release from prison. According to Pogrebin et al. (2014), because of their criminal records, ex-offenders frequently encounter considerable obstacles when trying to obtain steady employment, which impacts their capacity to find housing and become financially stable. Ramakers et al. (2017) support this by emphasizing the importance of stable employment in lowering recidivism.

3.1.2 Longing for family Care

Being away from family while incarcerated can cause severe emotions of emotional pain, loneliness, and isolation. Leban et al. (2016) emphasize that convicts' sentiments of hopelessness and despair are heightened when there is no family support, which makes it harder for them to adjust to the prison environment. The emotional toll is exacerbated by their sorrow and guilt about how their acts affected their loved ones (Worden, 2018).

The emotional health of PDLs throughout incarceration depends on maintaining family ties. According to Jay (2021), having regular family get-togethers and conversations can lessen the detrimental impacts of incarceration

by offering a sense of continuity and emotional support. Strong familial links are associated with better psychological health and positive engagement in rehabilitative programs among incarcerated individuals (Mowen et al., 2019).

3.2 PDL Perceived Importance of Life after a Sentence

Every person deprived of liberty has factors that influence their perception of life. Presented in Table 2 is the perception of PDL toward the importance of life after a sentence

3.2.1 To Be Better

The central issue in the literature is former inmates' psychological development and adjustment. Research like those by Menary et al. (2018) emphasizes the idea of "cognitive transformations," in which people adopt new perspectives on who they are and how they interact with others. These perspectives frequently result in a revitalized sense of meaning and purpose in life. This psychological change is considered a factor in recidivism reduction and is essential for successful reintegration.

In addition, the opinions of PDL regarding life after prison are greatly influenced by rehabilitation programs. Comprehensive rehabilitation programs that address educational needs, substance abuse, and occupational training are essential factors in improving post-release outcomes, according to Cano et al. (2024). Through developing new abilities and self-assurance, these programs give participants hope that things will get better and they will not have to turn to crime again.

Moreover, scholarly research constantly emphasizes the significance of social support networks in shaping post-release perspectives of PDLs. Peer networks, community support, and family relationships are examples of social links essential for offering the psychological and practical help required for a successful reintegration. Strong support networks for PDL are associated with better life perceptions and decreased recidivism rates, according to research by Debring et al. (2018).

3.2.2 Life is very important

Even while rehabilitation and support are beneficial, PDL's views of life might be negatively impacted by the stigma attached to being a former prisoner. Katz (2014) talks about how social and economic exclusion from stigma can significantly negatively impact one's attitude toward life and sense of self. In order for PDL to feel appreciated and believe that their life is worth it after release, this stigma must be removed.

In addition, studies on the existential effects of incarceration have been conducted. Research conducted by Maruna (2015) indicates that many PDLs engage in philosophical questions around meaning, purpose, and worth, which frequently result in a reassessment of life's priorities. The extreme limitations encountered during incarceration may impact these contemplations, resulting in a greater awareness of life's worth.

Moreover, correctional programs play a critical role in influencing PDL's views on the value of life. Patel et al. (2015) assert that mental health, education, and skill development are the three main focuses of rehabilitation programs. These initiatives support PDL in envisioning a life outside of prison, essential to their psychological well-being and motivation. In addition to educating, successful programs provide participants with renewed hope and self-worth.

3.3 Coping Mechanisms of PDL after Serving a Sentence

3.3.1 Staying away from the Community

Many PDLs turn to social distancing as a coping strategy due to the severe and protracted psychological repercussions of jail. According to research conducted by Saya (2019), there is a phenomenon known as "institutionalization syndrome," in which extended incarceration causes a person to become dependent on institutional routines and procedures, making it difficult to reintegrate into society. Social disengagement may be a symptom of this dependency because the freedoms and obligations of the outside world can leave people feeling lost and overburdened.

In addition, one major factor contributing to ex-offenders' social disengagement is stigma. According to studies by Bidola (2014), the stigma attached to being jailed can result in both expected and absolute social rejection, which makes PDL retreat from social connections in order to shield themselves from prejudice and criticism. This retreat is frequently a protective tactic to keep bad things and rejection at bay.

Moreover, social disengagement might also be fueled by recidivism anxiety. Many PDLs are aware of the high rates of recidivism, according to Nario-Lopez (2020), and they worry that being a part of particular social groups or community settings may make them more likely to commit crimes again. As a result, individuals may isolate themselves to stay out of potentially dangerous circumstances since they believe it is necessary to preserve their independence.

3.3.2 Praying to God

It is often known that people undergo spiritual metamorphosis both during and after their incarceration. According to research by Villanueva et al. (2019), many PDLs use spiritual practices—such as prayer—as a coping technique for the difficulties of prison life and the unknowns associated with reintegration. In addition to being calming, these techniques offer a framework for moral reconstruction and personal development, both of which are essential for a smooth reintegration.

In addition, among PDL, prayer is commonly mentioned as a crucial coping mechanism. According to Floody (2014), prayer promotes a sense of inner calm and stability by allowing people to communicate their inner hopes, anxieties, and reflections. This spiritual activity provides a private haven for emotional and psychological healing while assisting people in overcoming stress, worry, and the stigma attached to their history.

Moreover, numerous studies have shown how successful faith-based rehabilitation programs are in jails. Robinson (2018) discovered that because these programs involve regular spiritual practices like prayer, participants frequently report having improved coping skills. These initiatives frequently foster a community of support that promotes sharing and encouragement among participants, which may have a lasting impact on PDL beyond discharge.

3.3.3 Staying Away from Friends

Studies show that PDLs may decide to keep their distance from pre-prison social networks as a deterrent to recidivism. Research by Terry (2017) indicates that formerly incarcerated individuals frequently view their previous friendships—particularly those that are associated with illegal activity—as dangerous places where they could relapse into old behaviors. It is believed that removing oneself from situations that could lead to reoffending is an essential first step.

In addition, long-term incarceration can have a psychological influence that changes how PDL perceives and behaves in social situations. According to Garner II (2020), there is a phenomenon known as "institutionalization," in which people find it challenging to re-acclimate to the complicated social relationships outside of prison settings because they have grown accustomed to the restricted interactions there. This inability to adjust may cause them to voluntarily cut off social interactions, especially with those not sharing their jail experience.

Moreover, PDL's decision to avoid old pals is also influenced by his post-release identity shift. According to Elliot (2022), PDL frequently experiences profound personal transformations and may no longer identify with their prior social networks or lifestyles. This distance-making may be a component of a larger plan for personal development and self-improvement, in which formerly incarcerated people look for new connections that complement their transformed selves.

3.4 Insights of Persons Deprived of Liberty after a Sentence

Being a person deprived of liberty is life, realizing to the extent that they realize how demanding being a PDL is.

3.4.1 They were changed for the better

Correctional rehabilitation programs significantly influence PDLs' views of change. According to Scheel et al. (2018), programs emphasizing education, career training, and psychological therapy encourage a growth-oriented perspective. Encouraging involvement in these programs, frequently associated with PDLs' perceptions of their abilities and prospects for improvement, bolsters self-belief.

In addition, the literature frequently discusses the importance of strong social support networks. A study by Sofi (2021) shows that PDLs with good support from their families and communities tend to perceive their personal improvement and future with greater optimism. The emotional, practical, and occasionally financial support these support networks offer is crucial for bolstering the person's resolve to change.

Moreover, despite positive insights, PDLs often face significant barriers that can temper their optimism. Stigma, as discussed by Gati and Kulcsár (2021), remains a formidable challenge, affecting their social interactions and employment opportunities. Understanding these barriers is crucial as they often dictate the realistic expectations and insights that PDLs have about their potential for change.

3.4.2 Love one's family

Incarceration frequently prompts a significant reevaluation of interpersonal relationships, especially familial ties. According to research conducted in 2023, many PDLs learn the value of family as a source of emotional and social support while incarcerated (Del Rosario Aquino, 2023). This insight frequently prompts a fresh dedication to fostering these connections after release, seeing them as essential to their effective reintegration into society.

In addition, studies consistently show that family can act as a critical motivational factor for PDL aiming for personal transformation. Folk (2019) found that maintaining strong family connections during incarceration is associated with lower recidivism rates. Many PDLs report that the desire to be better family members and to provide for their loved ones motivates them to change their behaviors and avoid future criminal activity.

Moreover, while the intent to strengthen family bonds is prevalent among PDLs, rebuilding these relationships can be challenging. Rankins (2022) discusses the barriers faced by returning citizens, such as stigma, economic hardship, and the psychological impacts of incarceration, all of which can strain family relationships. Despite these obstacles, the commitment to 'love your family' remains a central theme in their rehabilitation narratives.

3.4.3 Love one's life

The psychological effects of jail and release frequently cause profound changes in an individual's perspective and worth. According to research by Western (2018), those who have experienced the harsh reality of incarceration may become more reflective and grateful for their fundamental liberties after being released from prison. This newly discovered appreciation may show itself as a greater love for life, as evidenced by the desire to improve and interact more with the outside world.

In addition, the outlook of persons with post-release disorders is significantly shaped by rehabilitation programs offered by correctional facilities. Programs emphasizing mental health, life skills, and emotional well-being have been shown to improve self-esteem and life satisfaction dramatically (Cejudo, 2020). These programs frequently assist PDL in developing a more optimistic outlook on life, cultivating a mentality that supports a love and appreciation of life beyond release.

Moreover, PDLs encounter many reintegration obstacles after being released, but how they handle these obstacles may impact their appreciation of life. Maschi and Morgen (2021).) Talk about how coping mechanisms and resilience help people adjust to life after jail. PDLs are likelier to retain a happy attitude and a love of life if they can successfully navigate reintegration obstacles, including obtaining work and mending social relationships

4. CONCLUSIONS

After serving their time, people who are imprisoned confront a variety of complex and significant obstacles. Many grapple with disappointment and a sense of loss for the time and chances lost, expressing deep sorrow for their

conduct that led to imprisonment. As they consider the effect of their absence on loved ones, especially during difficult moments in their lives, their longing for family care exacerbates their emotional challenges.

Despite these difficulties, post-sentence life presents chances for introspection and personal development. Many value second chances and strive to be better versions of themselves because they recognize the significance of life. This newly discovered admiration frequently inspires a resolve to better oneself and to give up previous vices.

Many people use different coping mechanisms, but avoiding bad influences and developing spiritual activities like prayer are essential. By removing themselves from harmful situations and people, people can concentrate on making positive changes and rejuvenating themselves. Furthermore, loving oneself and others comes first, and supporting one's family and caring for oneself becomes guiding values.

Insights shared by those who have experienced incarceration highlight the transformative power of personal change and the enduring importance of family and personal well-being. They emphasize the value of self-reflection, resilience, and a proactive approach to rehabilitation. Ultimately, their narratives underscore the potential for redemption and the capacity for individuals to contribute positively to society after overcoming significant challenges.

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