Grasp Behind Bars: The Persons Deprived of Liberty Lived Experiences
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ABSTRACT

The challenges encountered in the implementation of the rehabilitation programs of Ilocos Sur Provincial Jail prompted the researchers to sightsee the lived experiences of the Persons Deprived of Liberty using hermeneutic phenomenology. Findings revealed that the rehabilitation programs and services on educational and vocational skills training, spiritual development, livelihood opportunity, visitation services, and health and medical provisions are religiously implemented which enable the program to function. However, the programs and services on dental, legal/paralegal, mental health, counseling, and special program/services for vulnerable groups (senior citizens, gays, and females) need to be provided and intensified. The jail administrators have to monitor and evaluate resources and the causes of deficiencies that are related to the implementation of the programs and services. The College of Criminal Justice Education (CCJE) may conduct extension programs on legal assistance/specialist services to provide legal advice to those PDLs awaiting trial. Also, the CCJE, in partnership with UNP's Guidance and Counseling Services Unit, may provide an extension program on counseling services to help those PDLs suffering from depression while inside the facility and address the disciplinary problems on the undesirable attitudes of the PDLs. Health workers may deliver seminar-workshop to highlight basic health protocols on COVID-19 to keep them updated.

Keywords: Challenges, Holistic transformation, Hermeneutic Phenomenology, Philippines

INTRODUCTION

A Person Deprived of Liberty is imprisoned for the purpose of rehabilitation. Correctional facilities, such as provincial jails, have periodically redesigned their institutional mission to include a distinct goal of rehabilitation and community incorporation.

One of the jail's general goals is to improve convicts' reform movement and rehabilitation in preparation for their ultimate reintroduction into normal society following release. It is the government's responsibility to imprison individuals properly while also providing reformation and rehabilitative programs to counteract criminal inclinations and reestablish good values in order to create responsible and law-abiding individuals. They can be reformed and rehabilitated to law-abiding and productive citizens through the implementation of reformation and rehabilitation programs in jail enabling them to acquire development (Foronda, 2007).

Rehabilitative programs are the greatest approach for an individual to be ready for success in social integration after incarceration. The offenders leave prison with a better job
or career skills, education, life skills, and confidence so that they can succeed in their future despite their past issues (California Department of Corrections and Rehabilitation, 2017).

There are several safety, security, and human rights issues in many jails across the world. Prisons are overcrowded and in poor condition; prison officials are frequently overburdened and overwhelmed by high-risk inmates; and violence and human rights abuses are major issues. Prisoners are one of society’s most disenfranchised populations, and jail education as a profession is still understudied and undertheorized (Qui, 2020). Meanwhile, essential nutrition, sanitation, and health care requirements can be lacking, with the spread of communicable diseases, including HIV and AIDS, among prisoners and into the wider community presenting specific challenges (UNODC, 2015). Also, in the Philippines, numerous jails do not fulfill the United Nations' minimal criteria for such institutions, having insufficient food, poor nutrition, and unclean circumstances. Torture and other types of abuse are very widespread. In an April 2015 study, the Commission on Human Rights (CHR) stated that overpopulation is indeed the biggest problem in police detention cells. The principal source of maltreatment is overpopulation. They discovered that all of the 26 lockup cells they inspected in various Metro Manila regions were congested, with several exceeding 300 percent of their allotted limit. These circumstances encourage sickness and discontent among captives. PDL refers to the so-called Mandela Rule, which guarantees them to minimal humane care under a United Nations treaty (Echeminada, 2017).

In contrast to the issues mentioned above, the Ilocos Sur provincial jail is blooming with an organic production hub, staying true to its motto "From violators to cultivators, the organic way." Governor Ryan Singson swiftly authorized provincial jail warden Raymund Tabios' plan to convert the 3,000 square meters of vacant land into a vegetable garden, citing food production and agriculture as key initiatives. It was acknowledged as being the first provincial jail in Region 1 to become an organic agricultural teaching facility with the help of the Provincial Agricultural Office. The Ilocanos are delighted since many people visit to gain knowledge about organic agricultural (Lazaro, 2018). Also, aside from the livelihood programs and other income-generating projects, numerous rehabilitation/treatment programs such as educational and vocational skills training, spiritual and religious upliftment, physical fitness/recreational and sports, health, and medical programs are generally being given to the PDLs. Furthermore, jail is a necessary and crucial component of the criminal justice system. When utilized effectively, it plays a crucial role in safeguarding the rule of law by aiding in the prosecution of alleged criminals and exacting a penalty for severe crimes. As a result, the programs and the difficulties experienced in administering them have an impact on the recovery process.

This research study is intended to sightsee the experiences of the PDLs concerning the rehabilitation programs of Ilocos Sur Provincial Jail. As for the government officials, they need to know the different challenges encountered by the PDLs in implementing the rehabilitation programs, thus providing the avenue for improvements. Also, the researchers, instructors, and community members could utilize the results of this study to enrich students’ knowledge of the programs of the Ilocos Sur Provincial Jail. The students could also utilize this study as reference material.
This study aimed to explore the lived experiences of the PDLs concerning the rehabilitation programs that emerged as the best practices of Ilocos Sur Provincial Jail. Specifically, it focused on the motives of the PDLs, the best practices of the Ilocos Sur Provincial Jail, and challenges encountered by the PDLs of Ilocos Sur Provincial Jail.

**METHODOLOGY**

This study is qualitative and hermeneutic phenomenology. Although there are different techniques for qualitative research, they all tend to be flexible and focused on keeping rich significance when evaluating data. The researchers were also considered some of the approaches of the study of (Aquino et al., 2017; Cayabyab, 2018; Relon, 2020). Qualitative research is gathering & evaluating non-numerical data to better comprehend ideas, views, or experiences. It can be utilized to get detailed insights into a topic or to develop fresh research topics. This study involved eight participants with at least three years of residency in the Ilocos Sur Provincial Jail, aged 18 years old and above, selected through purposive sampling, and willing to participate in the conduct of the study. The researchers gathered the data through informal conversation and semi-structured individual in-depth interviews. The interview guide was checked and validated by three experts. The key informants were informed of what the study was about, including the benefits and risks, and were assured of privacy, confidentiality, and anonymity. The researchers obtained informed consent from the participants. Thematic content analysis was used. In the collection of data, ethical issues are inevitable. Thus, several ethical principles are considered to guarantee the utmost integrity in protecting the rights of the research participants and preserving the credibility of the information gathered. For this study, the researchers considered the required ethical protocols throughout the research process. Hence, ethical considerations were observed before the conduct of the study. This study was subjected to review by the Ethics Committee of the University of Northern Philippines. Ethical principles were observed in the study to include privacy and confidentiality, informed consent, considering the subject’s possible vulnerability, recruitment, benefits, compensation, and community considerations. The data gathered in this study were coded, transcribed, and sorted using the thematic method.

**RESULTS AND DISCUSSION**

Four significant themes together with their sub-themes emerged from the experiences of the PDLs, including (1) motive – financial gain, personal grudge, sexual gratification, and burst of emotion; (2) rehabilitation programs – education and skills training, spiritual development, livelihood opportunity, physical fitness/recreational & sports program, visitation services and health & medical provisions; (3) challenges encountered – implementation of the programs, disciplinary problems, and COVID-19 (shortage of medicine, the prohibition of visitors, shortage of raw materials); (4) PDLs
holistic transformation – personal, social, educational, spiritual, and psychological. Quotes presented throughout the results section used codes to protect the identity of participants.

**Figure 1**

*Concept Map*

**MOTIVE**

A motive is "the moving course, the impulse, the desire that induces criminal action on the part of the accused" (Wex Definitions Team, 2020). It is related to presumptions in behavioral theory that committing a crime is a learnt reaction to conditions. It investigates how people solve issues by using moral growth and data processing. Four sub-themes are identified. Such as financial gain, personal grudge, sexual gratification, and a burst of emotion.

**Financial Gain**

A motive is prompted by the expectation of financial or monetary gain by committing such an act to support their basic and financial needs. The victims of Participant 3 mentioned that "She allured/ convinced me with easy money through prostituting themselves to patronizing male customers contacted by her." That PDL3 earned P500 for every customer that they had.

**Personal Grudge**

A personal grudge that has a deep feeling of hate and contempt for a person who was formerly treated unfairly is another reason that might cause a person to commit a crime. This was made true by Participant 2 when he told "They were the ones who started it."
Sexual Gratification
Lust is a famous example of sex as a motivation for committing a crime. According to official data, incestuous instances have been rapidly increasing over the years due to the growing number of moms working overseas, since 70% of Filipino workers are deployed in other countries. Their dads expose their daughters to sexual assault and force them to become replacement husbands. Participant 5 admitted that he raped his daughter for he longs for his wife who works as OFW that is why he repeatedly raped his daughter.

Burst of Emotion
Anger, jealousy, vengeance, envy, and hatred are all powerful emotions that might drive someone to commit a crime. Strong provocation causes a person to get carried away by his emotions, resulting in a crime. Participant 6 confessed that because of a misunderstanding in gambling, he heard the other player say, "You are such a useless policeman; let your wife be the payment." Because of this, he shot the victim at point-blank in his head causing his instantaneous death.

REHABILITATION PROGRAMS
The rehabilitation programs refer to the services executed in jails to change inmates' patterns of criminal behavior and reform them into law-abiding and productive citizens (Delizo, 2015). The PDLs are under custody of the jail institution; and, they are subject to the rules and regulations of the jail and they undergo the same programs implemented in the institution.

Educational and Vocational Skills Training Programs Educational program
Education has been established basically and widely acknowledged as the cornerstone of rehabilitation (Delizo, 2015). It includes academic, vocational, commercial, and technical, and it plays a vital role in forming attitudes and character of inmates. Vocational works, which are technical, remain one of the main tools in treatment programs. In prisons, people are among the most educationally disadvantaged groups (Haigler et al., 1994 as cited by Baday, 2012). However, effective programs improve inmates' educational performance, and inmates completing education and training programs exhibit better institutional behavior and are more successful when released (Jenjins, 1999 as cited by Baday, 2012). True to its mission not to leave any learner behind, the Department of Education (DepEd) continues to offer quality primary education to PDLs through the Alternative Learning System (ALS) with the partnership of Ilocos Sur Provincial Jail and DepEd Ilocos Sur. According to Participant 7, "They introduced to us the ALS, especially us who are uneducated. So, I attended this program because I am only at the elementary level. I am now in the third year of taking it and I am already in the eighth grade. We even had our graduation at Vigan Convention Center (VCC). This is good because it gives us the privilege to still pursue our studies even if we are inside jail. And if I am released from here, I still plan to continue my studies. The ALS program of DepEd is of great help, especially to us who didn't finish schooling. We meet our teacher from Monday to Friday. However, because of
COVID-19, we resorted to a modular approach." Participant 7 even added, "my incarceration has brought me good things...like this one." The ISPJ has proven its efforts and continuous support in the implementation of the ALS program as it was recognized by the Department of Education Region 1, Schools Division of Ilocos Sur thru Provincial Jail Warden Raymond T. Tabios, for garnering a 100% passing rate during the 2018 Accreditation & Equivalency Test.

Vocational training program

Numerous correctional institutions include vocational programs for specific jobs and act as on-the-job training. The idea is to teach convicts skills that will increase their chances of finding work once they are released. Also, vocational training programs bring help to the PDLs. These include making bonsai beads, pots, and candles, welding, haircutting, mushroom production, and organic gardening. All PDLs are into these different programs. "At present, sir, we are into pot making. The warden shoulders the funding and whatever would be the income gained from it, we equally share. We are also into bonsai beads making," Participant 8 stated. Participant added, "We have pot making activities. Also, we have this training by the Technical Education and Skills Development Authority (TESDA). I joined the training in welding."

Spiritual Development

Contemporary prisons typically provide opportunities for inmates to practice and participate in their religion, have contact with clergy, and have access to religious publications. Participant 4 proudly narrated, "We also have religious activities of which each day different religious sects would come and teach us the words of God."

Livelihood Opportunity

The ISPJ provides a variety of inmate work programs, from agricultural to other income-generating projects. The objective is to keep these convicts active, generate cash for their needs and families, and assist them in acquiring livelihood skills so that when they are freed and incorporated into mainstream society, they might be productive members of society. These include bonsai beads, pot, candle, welding, haircutting, mushroom production, and organic gardening. During the Kannawidan Ylocos Festival 2017, Ilocos Sur Provincial Jail won the Most Innovative Product Design (Bonsai Beads). "At present sir, we are into pot making. Some orders outside. The warden shoulders the funding and whatever would be the income gained from it, we equally share. We are also into bonsai beads making", Participant 8 stated. Participant 1 also narrated, "I am into bonsai beads making and hair cutting, ma'am/sir. Ever since I have been in this endeavor and through this, I can support my family outside by sending them money. To those who are less fortunate, I cut their hair for free just to maintain our good relationships. I also involved myself in gardening." ISPJ lives by its motto, "From violators to cultivators, the organic way." It blooms after PDLs started growing an organic vegetable garden which has become a source of a nutritious staple for sale and consumption of the jail's "green thumbs." Organically grown crops use organic fertilizers and organic repellents. That is why they are assured that the
food which they eat is all safe and healthy. Additionally, the ISPJ was the luckiest to be considered the first learning facility in the Philippines on organic vegetable gardening by the Agricultural Training Institute, which is the training arm of the Department of Agriculture. With this, the ISPJ received numerous recognitions and even participated in different events in the province and the region. To mention a few: a) recognition (organic vegetable garden) in 2017 SIKAP Awardee Learning Site; b) participation in the 2018 Partuak Patanor Trade, Agri and Food Fair during the Kannawidan Bicentennial; c) participation in the training on value adding for rice (Product Packaging and Labeling in 2018 by the Department of Agriculture, Agricultural Training Institute). The ISPJ initiated the "Best Garden Contest" among the PDLs to maintain their organic garden. Participant 2 proudly added, "A cooperative was also put up to lessen our burden, especially on our medical needs, because a portion of its income is allotted to medicines."

Physical Fitness/Recreational and Sports Programs

Recreation and leisure time also contribute to good physical and mental health and the cultivation of good values among inmates as an individual or as a group. Alarid and Reichel (2008), as cited by Bad-ay (2012), pointed out that it is an essential part of prison operations. A well-managed recreation program is a vital aim for any prison or jail administration. Recreation programs have two primary functions: first, they are integral to the social life of the prison; second, recreation and leisure-time pursuits can be rehabilitative in several ways. The PDLs enjoyed the morning by performing calisthenics on a regular basis. Basketball, billiards, table tennis, dama, and chess are among the many indoor and outdoor sports participation, events, competitions, and leagues available throughout the year. The ISPJ is equipped with different gym equipment provided by the provincial government so the PDLs can maintain their fitness and health. They have a lot of physical exercises to do away with sickness, especially with the threat of COVID-19. Further, the PDLs are also allowed by ISPJ to participate in the different sporting events in the province. They even received several awards, namely: a) Kapitolymips 2017, 2nd Runner-up Badminton Doubles-Women; b) Kapitolymips 2013, 1st Runner-up Table Tennis Singles-Men. Participant 4 shared, "We have a group for LGBT, and I am the president. We are in charge of all the programs and activities here especially during the Prison Month celebration. Usually, we do these during open houses so that families and friends and even guests are able to watch us. We do these to eliminate boredom. The warden is so supportive of our endeavors here."

"At present, I am the president of our 4Hs (Health Heart Humility Hands) Club. It's a group of those aged 18-30. We involved ourselves in changing the mindsets of our members through advising, counseling, and other activities. We tell them that they do not need to be rebellious in life," Participant 3 also narrated. With this endeavor, the group earned the 2019 Villar Sipag Awards Youth Poverty Reduction Challenge. Also, they won 1st Place – PGIS Office Halloween Decorating Contest in 2017 awarded by the Province of Ilocos Sur.
Visitation Services

Empirical research has found that visitation improves inmates’ adjustment and behavior and can be beneficial in reducing strain, maintaining social bonds, and providing access to social resources during and after incarceration (Cochran & Mears, 2013). The visitation services refer to the allotment of time for an inmate's family and relatives to stay and talk with them. It promotes moral and social support to the inmates. The ISPJ schedules the visitation 8:00–5:00 daily except during Tuesdays–Thursdays (2:00 PM–4:00 PM only) and Saturdays–Sundays (2:00 PM–4:30 PM only).

Health and Medical Provisions

Jails and prisons also have health and medical programs. The medical services unit is responsible for maintaining proper sanitary conditions in the physical plant and the food service area staffed by physicians, nurses, and other health services personnel. The ISPJ has medical staff to check on the health of every PDL. "In case one gets ill, we have here a nurse and a doctor that are on-call to check and monitor our health right away," Participant 3 detailed.

Challenges Encountered by the PDLs

In an organization, no matter how good the programs are being conducted, problems arise due to some circumstances. The following are the different challenges encountered by the PDLs inside the ISPJ and the organization’s interventions to address the problems enumerated.

Three sub-themes were identified, namely: a) implementation of the programs, b) disciplinary problems, and c) problems brought about by COVID-19 as an incidental finding—shortage of medicine, the prohibition of visitors, and shortage of raw materials.

Implementation of the Programs

Some programs are well implemented; however, few programs and services are being poorly implemented. These are dental services, legal assistance/specialist services, paralegal program, a unique program for vulnerable groups, services for senior citizens, gays, and females, mental health services, and counseling services. The United Nations Standard Minimum Rules for the Treatment of Convicts provide that "so far as feasible, distinct institutes or various portions of an institution must be employed for the rehabilitation of the different kinds of prisoners." The ISPJ has followed this idea since its inception. Nevertheless, the growth in criminality in recent times, along with the implementation of more harsh regulations (particularly for drug-related offenses) and the adoption of improved crime-solving procedures, resulted in a significant increase in the inmate population at ISPJ. The lack of finances to enlarge current jails or establish new ones exacerbates the problem. Given the limited resources, this guideline instructs wardens and jail employees in how to treat unique detainees or those with specific requirements.
Disciplinary Problems

Many wardens regard the institution as a small community that gives practice to prisoners in getting along with others, the effect of which can be transferred to the larger community. Discipline is necessary for the treatment process. However, it is obvious that the problem is determining how much, how little, and how the best discipline is achieved to accomplish optimum results.

Relatively, just like all other jails in the country, the ISPJ is not spared from encountering disciplinary problems among its PDLs despite its effort to maintain order in the facility. A few of these problems are: no sense of respect among them due to teasing and faction formation. As narrated by a participant, "Sometimes teasing among others happens and things would go out of control."

Despite these petty disciplinary problems, the relationship between the administration and the PDLs remains intact. Participant 2 recounted that "As the overall mayor, I talk to the one by one. I don't like that they create their group. We are one here. I tell them to pay respect to the authorities and not to do anything against the rules because of the privileges we have here. We settle all disputes at our level so that it will not reach the attention of the warden anymore." He even added, "As the overall mayor here, when I see factions coming out, I make sure to disband it as early as possible so it will not create a bigger problem because I believe that if one or two or three unite, the power becomes stronger."

Problems brought about by COVID-19

The COVID-19 pandemic is regarded as the most critical worldwide health disaster of the generation and among the most important issue humanity has confronted since World War II. The World Health Organization recognized COVID-19, a new infectious respiratory illness that appeared in Wuhan, Hubei Province, China, in December 2019. According to the participants, COVID-19 has carried many problems inside the jail, such as a shortage of medicine, the prohibition of visitors, and a shortage of raw materials or supplies needed in their livelihood projects.

Shortage of Medicine

Before the pandemic, all the medicines were provided by the Rural Health Unit (RHU) of Ilocos Sur. Still, due to COVID-19, there were insufficient medical services and limited medicines given to the PDLs. It posed serious problems, especially to elderly PDLs suffering from hypertension and diabetes who need maintenance medicines. As mentioned by Participant 7, "Sometimes we experience lack of medicines especially so that we are in a pandemic. Just like me, I am having my maintenance because of hypertension and I find it hard to look for my medicines."

Prohibition of Visitors

Jail visiting is a valuable tool for strengthening convicts' social bonds and incentivizing good behavior in prison (Turanovi & Tasca, 2019). Amid the COVID-19, all prison and jail facilities in the Philippines have temporarily suspended their visitation privileges
among the PDLs as part of efforts to contain the spread of the coronavirus disease 2019 since March 2020. For PDLs and visitors, no contact policy was conducted by ISPJ. Families, relatives, friends, and even trainers from TESDA and teachers in the ALS program are prohibited from entering the facility. Those PDLs studying under the ALS program undergo the modular approach of learning. The ALS provider retrieves the modules every two weeks. A 20-year-old PDL currently enrolled at Ilocos Sur Polytechnic State College (ISPSC) attends his classes online.

Participant 7 stressed that "Our families find it hard also to visit us because of COVID." Participant 8 added, "Before there were different religious organizations that visit us every day, but now no more." Relatives, friends, and loved ones visitation be made online via the 'e-Dalaw' system. That relatives of the PDLs may coordinate with jail personnel for its schedule. Participant 6 added, "We don't miss many of our families because of e-visit. It is done every other day."

**Shortage of Raw Materials**

There was a sufficient supply of materials for the livelihood and income-generating projects inside the ISPJ before COVID-19. But now, it is one of their problems. They cannot proceed with their usual routine that each PDL is engaged in different work programs such as pot making, bonsai beads making, candle making, and mushroom production due to the shortage of raw materials or supplies that they use. Participant 2 specified that "COVID-19 greatly affected our activities here. We can't get materials outside for our bonsai beads making. The formula in mushroom production became unavailable."

**PDLs Holistic Transformation**

**Transformed PDLs**

The ISPJ lives by its motto, "From violators to cultivators, the organic way," and is guided by its vision and mission. Its vision is to be “a dynamic provincial jail viewed for its continuous human custody and development of inmates.” Its aim is to "improve the rehabilitation and reformation of offenders in the Criminal Justice System’s corrections pillar in readiness for their reinsertion into society immediately following the release." The quality of service they provide among the PDLs goes beyond expectations. The ISPJ undergoes ISO (International Organization for Standardization) Certification yearly to keep its standards in delivering its services. They stood firmer by its principles and became more dedicated and committed as it serves its purpose to be the haven for change and a catalyst to every PDL's life.

They have received numerous awards recently. One is Top 10 Awardee for Best Managed Provincial Jails in the Philippines 2020. Good governance is founded on a stable basis with a defined mission, a goal for the future, a precise strategy, and a culture favorable to success. It has been proven by the present Provincial Jail Warden Raymond T. Tabios as he was adjudged one of the Top 10 Awardees for Most Outstanding Provincial Jail Employees Association of the Philippines 2020."
Guided by his dedication and compassion in his heart, he was able to receive this award. Further, Warden Raymond Tabios does not want the PDLs to fear him; instead, he respects him. He believes that "Respect begets respect, after all, they (PDLs) are also humans just like us, which is why let’s give them a second chance."

Participant 1 narrated that, "Warden treats us as his family." Participant 2 detailed, "Sir Tabios is very okay and he understands us." Finally, all of these awards and prestige would not be possible without the all-out support and strong leadership of the Provincial Government headed by Gov. Ryan Luis V. Singson. Senator Ronald "Bato" Dela Rosa, during the public hearing on Tuesday, September 8, 2020, acknowledged the ISPJ and said, "I would like to cite Ilocos Sur Provincial Jail under the leadership of Gov. Singson, they have an impressive management over their jail." Having mentioned the PDLs holistic transformation approach, five (5) sub-themes were noted: Personal, Social, Educational, Spiritual, and Psychological.

**Personal**

PDLs are provided with different programs that suit their needs. They are loved just like a family member of their own. And with this, they will not feel alone and lonely because they have what we call "family." As mentioned by Participant 1, "Warden treats us as his family, it’s nice here, as if we are also "free" individuals, it’s just that we are surrounded by fences."

**Social**

PDLs' social transformation helped them interact with other PDLs as they developed and perceived their individuality and reflected inside the jail. This leads to friendships and rapport, helps them handle conflict, builds self-confidence, and instills positive attitudes towards others. Participant 4 revealed that "We have a group for LGBT and I am the president. We are in charge of the Prison Month celebration. Usually, we do these during open houses so that families and friends and even guests are able to watch us. We do these to eliminate boredom. The warden is so supportive of our endeavors here."

**Educational**

Most PDLs could not attend a school or failed to continue and finish the degree they wished to pursue. With the programs of ISPJ in providing education, they were thankful that they got a chance to attend school, learn, and acquire knowledge. Participant 7 mentioned: "The governor introduced to us the ALS, especially us who are uneducated. So, I attended this program because I am only at the elementary level. I am now in the third year of taking it and I am already in the eighth grade. We even had our graduation at VCC. This is good because it gives us the privilege to still pursue our studies even if we are inside jail. And if I am released from here, I still plan to continue with my studies." Participant 6 added, "We have pot making activities. Also, we have this training by TESDA. I joined training in welding. We cook our meals of which the source is our organic garden. We also have a store here to buy basic needs. And before COVID, we are frequently visited by our relatives outside."
Spiritual

The PDLs shared their lives before they were in jail, when they went astray. Now it is different. Participant 1 cited that "We also have religious activities of which each day different religious sects would come and teach us the words of God." Participant 1 detailed, "Through this program, I can get closer to God."

Psychological

Imprisonment opens the door to emotional disengagement, sadness, suicidal ideation, and increasing aggression. The worry of psychological degeneration while imprisoned can also be detrimental to one's mental health. Prisoners' psychological issues may be exacerbated by loss of liberty, deprivation of commodities and surfaces, deprivation of automated and everyday tasks, lack of personal security, and sexual deprivation. Disconnection from friends, family, and the outside world is by far the most damaging of these factors (Gedney, 2019). However, in ISPJ, they do not feel such problems because they love, respect, and understand one another. Participant 2 said that "Sir Tabios is very okay and he understands us." The treatment behind bars restores or uplifts their confidence and self-love. Warden Raymond Tabios does not want the PDLs to fear him; instead, they respect him. He believes that "Respect begets respect, after all, they (PDLs) are also humans just like us, which is why let's give them a second chance."

CONCLUSIONS

With the efforts of ISPJ's personnel and PDLs, the rehabilitation programs and services on: educational and vocational skills training, spiritual development, livelihood opportunity, visitation services and health and medical provisions are religiously implemented which enable the program to function. However, the following programs and services: dental services, legal assistance/specialist services, paralegal program, special program for vulnerable groups, services for senior citizens, gays, and females, mental health services, and counseling services need to be provided and intensified. Numerous problems arose in the ISPJ because of the emergence of COVID-19. These include shortage of medicine, the prohibition of visitors, shortage of raw materials/supplies, and undesirable attitudes of some PDLs, which affect the full implementation of programs. ISPJ's personnel and PDLs have a healthy and harmonious working environment in attaining the desired outcome of the programs.

RECOMMENDATIONS

The jail administrators have to monitor and evaluate resources and the causes of deficiencies that are related to the implementation of the programs and services, namely: dental services, legal assistance/specialist services, paralegal program, special program for vulnerable groups (services for senior citizens, gays, and females), mental health services, and counseling services. Also needing attention are medical services and limited medicines.
given to the PDLs. This has posed serious problems most especially to elderly PDLs suffering from hypertension and diabetes who need their maintenance medicines. The College of Criminal Justice Education (CCJE) may conduct extension programs on legal assistance and specialist services to provide legal advice to those PDLs awaiting trial. Also, the CCJE, in partnership with UNP’s Guidance and Counseling Services Unit, can also provide counseling services to help those PDLs suffering from depression while inside the facility and to address the disciplinary problems on the undesirable attitudes of the PDLs. Health workers may deliver seminar-workshops on basic health protocols on COVID-19 to make them updated and be informed.

**ETHICAL STATEMENT**

This study was reviewed and approved by the University of Northern Philippines Ethics Review Committee. Ethical principles observed in the study include the conflict of interest, principle of informed consent, principle of privacy and confidentiality, principle of vulnerability, recruitment, benefits, compensation, and community considerations.

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