



## Psychoanalysis approach on depression traits among young inmates

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### ABSTRACT

This study is aimed to determine the sources of depressive traits among the young inmates in prison. The psychoanalysis approach is used to diagnose problems associated with depressive traits using experimental methods for 6-session structure groups. Treatment based on Psychoanalysis looks into the sources of depression and the Id, Ego and Superego of young inmates. A module based on Psychoanalysis techniques has been built and the main concept of this module is to improve the inmate's own reaction to depression. The inmates believe that depression is due to their aggressive behavior. In general, there were no changes in the inmate's depression, but after the treatment, findings show lesser depression in the inmates. Inmates, who are able to control their feelings in situations of depression, are presumed to be able to manage their behavior in all situations. A handful of inmates were unable to improve their depression and the reasons for this are discussed further in this research paper. In conclusion, it appears Id, Ego and Superego of Inmates has room to choose changes in depression behavior.

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### 1. Introduction

Kajang Women Prison Director, Jamilah Abu Hassan, said: -

*"Giving a second chance to prisoners, like offering a new life to live and start their life as human. She said the community must understand that not all inmates are bad, but some of them were slipped from the path of life due to specific influences. As a human being anyone can do mistakes. What is important is to give a second chance for them to return to society."*  
(In Yearly Review of Prison Department, 2010)

Chronic Depression Study: A Challenge for Clinical, conceptual and Empirical Research in Psychoanalysis by Leuzinger-Bohleber, 2009, tested intensive clinical, psychoanalytic conceptual and empirical in the field of chronic depression. The subject was from one of the most challenged patients for the medical and therapist. In summary this study managed to obtain a significant relationship, compared with previous studies which have also used psychoanalysis therapy. This study, made an exploration of the patient's clinical depression and it caused an increase in the subject's curiosity.

Kajang Women Prison has recorded 674 women inmates in 2010. Accurately, about 352 inmates from the total are convicted from serving a sentence, 318 inmates are from category of remand and the four other inmates are under drug cases. Prison Department has resolved a variety of activities in accordance with Phase I and II to contain the emotions of inmate's depression. Each inmate is required to participate in various activities that are available either in the form of vocational or skills. Activities included workshops in sewing, printing batik, catering and spiritual (religious talks, counseling and motivation), which is under Phase II, better known as rehabilitation programs. Through these activities are believed to form the ethical and disciplinary inmates. Inmates are also undergoing physical training, including exercises and sports for the vibrant health. It is believed that without these activities the inmates would be chronically depressed. This was written and

tested in previous studies of chronic depression in which the attack is one of the most dangerous weapons to be brought inside.

This research will work directly for the understanding of Psychoanalysis, the structure of Psychoanalysis, particularly in the patients **with** depression, which in return will help to improve the techniques of treatment. In the long run, this research will help patients who are undergoing chronic depression in their struggle to survive. This finding is similar to the study of Vanheule Stijn, 2009, what the heart thinks, the tongue Speaks: A study on depression and lexical choice ", check the dimensions of cognitive and somatic symptoms of depression, as measured by the Beck Depression Inventory-II. Based on interviewed data from 32 mental health patients, showed affective depressive symptoms scores correlate significantly with the use of effective words; means the cognitive symptoms of depression compared with cognitive-oriented words, using words is effective. Somatic depressive symptoms were significantly correlated with words that refer to physical conditions and functions. These results indicate that different aspects of depression specifically correlated with the use of words serves as a marker of psychology. From the psychometric perspective, this study's validity competitor from the Linguistic Inquiry and Word Count (LIWC2001) and the Beck Depression Inventory-II sub-scale for the effective symptoms, cognitive, and somatic.

## **2. Literature Review**

### **Depression**

One of the more influential theories of depression has been put forward by Beck (1978; Beck, Rush, Shaw, & Emery, 1979). According to this, individuals who later become depressed have had early experiences that result in the formation of dysfunctional scheme about the self and the world. Later in life, the experience of matching stressors can activate these schemes which then bias cognition, including recall, in a negative manner that maintains depression. More recent psychology and counseling theories have built on these ideas (e.g Saralah, 2010), and empirical investigators have examined whether depressed adult do indeed differ from controls in their memory for emotional information. Both studies company the performance of clinically depressed inmates with controls, and studies using non-clinical inmates with high versus low levels of depression, have indicated that depressed adults show biased recall towards negative information relative to non-depressed adults (e.g. Bradley & Mathews, 1983; 1988; Berry & Kuiper, 1981; Kuiper & Pery, 1982).

### **Objectives of the Study**

- 1) Looking into young inmate's depression level in prison.
- 2) To study the existence of the factors causing depression among young inmates.
- 3) Discussing the development of three levels of Psychoanalysis (Id, Ego and superego) in young inmates.
- 4)To identify the difference effect of Psychoanalysis approach toward depression level among young inmates.

## **3. Methodology**

### **Participants**

The study is pre-post test experimental control group's design 2x3 factorial designs. The various factors are (experimental and control groups), and a dependent variable (ability change). A total of 31 young inmates (12 Malays, 7 Chinese and 12 Indians) in Malaysia and a purposive sample are drawn from the population based on their crimes. Participants were randomly assigned into experimental and control groups.

### **Instruments**

Beck Depression Inventory: the scale consists of 21 items which adapted from Aaron T. Beck (1996). The items were ranged from 0- not sad into 3- very sad.

### **Procedures**

This study has developed Psychoanalysis Intervention and participants were assigned to groups for two weeks. The experimental group was given 6 sessions within the duration of two weeks. Otherwise, the control group

was not given any treatment. The intervention was executed through group discussion, observation, demonstration, experimental and feedback. Summary of the treatment is presented below:

Two measurements of instruments were used in this study. BDI measurement tool stands as first instrument to see the young inmate's depression before and after the intervention. After, the level of inmate's depression is identified; the inmates were treated with six sessions of Psychoanalysis Intervention.

Table 1 : Reliability of BDI

Low, W.Y. (2001)	N=67	0.56-0.86
Sharp, L.K. (2002)	N=96	0.81
Catherine, L.W. (2003)	N=104	Reliable at satisfied level.
<a href="#">Mov Disord</a> (2006)	N=112	0.88
Burger, C. (2007)	N=34	0.84
Ping Yin (2011)	Library research	Concluded that reliability depend on the total subjecls. The more subjects the higher reliability.

### Psychoanalysis Module

Psychoanalysis is a form of psychotherapy used to treat patients who have a range of mild to moderate chronic life problems. It is related to a specific body of theories about the relationships between conscious and unconscious mental processes, and should not be used as a synonym. The goal of Psychoanalysis is the uncovering and resolution of the client's internal conflicts. The treatment focuses on the forming of an intense relationship between the therapist and client, which is analyzed and discussed in order to deepen the client's insight into his problems. Therefore a module was created based on this approach to treat the young inmate's depression level.

Thirty one inmates simply divided into 3 groups according to the races (Malay, Chinese and Indian) to avoid language barrier and to increase the participation among group members. The main objective of separating the subjects into same races is to increase their sharing in groups and not to see the differences among races. Each group had 12 subjects except Chinese group which only had 7 subjects. Each group was grouped according to same races and same treatment conducted three times to three groups. According to the Psychoanalysis module, each group need to go through six sessions. It's more to experimental studies. The six sessions are as below:-

- |                           |  |
|---------------------------|--|
| 1) Prasessions            | - To build up rappor, knowing expectations and goals.  |
| 2) Transference           | - Indentify the level of clients understanding about the feeling of love and hateresses.     |
| 3) Counter – Transference | - Fasilitator counter-check on clients feeling during transference.                          |
| 4) Free – Assosiation     | - A platform for client to talk whatever they want to share.                                 |
| 5) Resistance             | - Encourage client to talk on the issues that they are comfortable.                          |
| 6) Closing                | - Recap, counter check with the expectations and goals was identified in the first sessions. |

#### 4. Results

Reliability of the studies measured and it is reliable to 0.913 overall. The reading was shown as below and it's proven that this tool is reliable and valid to use.

Table 2 shows the development of BDI among young inmates. Mean before the intervention (Psychoanalysis Intervention) introduced to 2.35 (which shows the young inmates are very depressed) compared with mean after the intervention which decreased to 0.74 (shows that young inmates are less depressed). This can be concluded that young inmate's depression level decreased after the application of Psychoanalysis Intervention.

Table 2: Development of BDI

		N	Mean	Std. Deviation	F
BDI	- Pre	31	2.3533	0.46475	0.000
BDI	- Post	31	0.7404	0.26423	0.000
TOTAL		31			

#### 5. Discussion

Researchers chose the young inmates as research subjects to identify the existence of depression in prison while serving a sentence in prison. With the mean scores obtained by **2.35 (2) {'I am very sad'}** proved the existence of depressive behavior among young inmates in prison. The discussion is reminiscent of studies of depression by Bouvet, 2009, in severe depression: Psychoanalysis, which saw an increase of interventions in preventing depression, although no consistent form on the subject. It is regarded as a depression over the failure of efforts to analyze the behavior of a person in full. Bouvet, used psychoanalysis to treat the subject's as an intervention and he found, the application of the theory of psychoanalysis in particular to include the sense of depression that occur after a death to change the subject after treatment. Bouvet, emphasis "insides" by developing subject's ID, EGO and SUPEREGO. Many analysts had little interest to follow the teachings of Freud, but for subjects with depression, the application of Psychoanalysis Intervention can help restore the client's condition.

The intention of this study's is to observe the changes in depression after successfully using the Psychoanalysis Intervention. Subject's depression hit 2.35 before treatment and there is a change after the intervention of Psychoanalysis. This can be identified by finding the mean average of 0.74, which can be concluded as **No or LESS sad**. There is logic to inmates given psychological treatment and counseling? Diamond Research, Pamelan (2008), explained who actually need psychological services in jail? He said it was important to know the group of inmates who need psychological services before offering it. A total of 1/10 sample of study's is needed psychological services with the PSIQ test.

Id (desire) of all young inmates does want **to** change, but Ego (decision maker) **of** inmates who do not cover their superego (morality) does not encourage inmates to curb the level of depression. Thus, by developing the inmates ID, EGO and SUPEREGO, can assist inmate to think to take actions to curb their level of depression. Psychoanalysis modules which include six session of treatment, helps to explore and develop the inmates ID, EGO and SUPEREGO.

#### 6. Conclusions

ID, EGO and SUPEREGO are clearly focused in Jasonik (1984), more likely discussed the theory of crisis that has four different levels: basic crisis theory, crisis theory, advanced theory of applied and theoretical ecosystem crisis. Jasonik explained that following the crisis, in parallel with psychoanalysis approach. Psychoanalysis: Because of something Disequilibrium occurs suppressed in the person's unconscious or past emotional experiences. The theory is applied in the theory of Psychoanalysis further crisis, it is based on the view of the

imbalance that accompanies a crisis can be understood through the information about the subconscious mind of an individuals and the emotional experiences in the past. Psychoanalysis theory assumes that some level of coherence in early childhood is the main explanation why something known as crisis. This theory can be used to help inmates to build a dynamic insight. The existence of this insight will help inmates to think, to combat depression.

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