

COPING MECHANISM OF PERSON DEPRIVED OF LIBERTY IN NEW QUEZON CITY JAIL PAYATAS

ABSTRACT

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This study investigates the coping mechanisms employed by persons deprived of liberty (PDLs) in the male dormitory of New Quezon City Jail Payatas. It examines strategies used to manage stress, seek social support, and engage in purposeful activities within the correctional environment. The Bureau of Jail Management and Penology provides PDLs with mental health interventions, vocational training, livelihood skills development, and religious activities to promote well-being and rehabilitation. This research uses a quantitative descriptive design. A structured survey questionnaire measuring four coping domains—visitation, religious activities, skills training, and livelihood enhancements—was administered to PDLs housed in the male dormitory. Responses were analyzed using frequency distribution, percentage, and weighted mean statistics. Respondents rated all four coping domains as effective. Visitation arrangements received the highest mean score, followed by religious activities. Skills training and livelihood enhancements were also viewed positively but to a slightly lesser extent. Analysis highlighted a pronounced need for regular mental health assessments and improved communication protocols between BJMP personnel and PDLs. Findings demonstrated that structured visitation, religious engagement, and skills-based programs significantly supported PDLs' stress management and resilience. As a result, recommendations include assigning dedicated guidance counselors, developing comprehensive aftercare programs, strengthening security procedures for both PDLs and visitors, and offering recreational activities to support psychological health. Emphasis was placed on continuous mental health care, recognizing the inherent dignity and human needs of PDLs.

RECOMMENDED CITATION

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