

DEMOGRAPHIC PROFILE, STRESS LEVEL, AND FACTORS
AFFECTING THE STRESS OF SELECTED INMATES
IN CAVITE PROVINCIAL JAIL

THESIS

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IN CAVITE PROVINCIAL JAIL**

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ABSTRACT

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The main objective of the study was to determine the stress level of selected inmates in Cavite Provincial Jail (CPJ). Specifically, the study aimed to; (1) know the demographic profile of selected inmates in CPJ in terms of their age, sex, civil status and their length of stay; (2) determine the the level of stress among inmates in CPJ in terms of Environmental and Emotional factors; and (3) identify if there is significant relationship between the demographic profile and stress level of selected inmates in CPJ.

The study was conducted at the City of Trece Martires, Cavite. Participants of the study were inmates of Cavite Provincial Jail who were selected through purposive sampling technique which a survey questionnaire was utilized as research instrument. The questionnaire served as the basis to determine the stress level of inmates in terms of environmental and emotional stress factors. Descriptive research method was used in this study.

Result shows that the stress level of the inmates in Cavite Provincial Jail is high, and their stress level is contributed by different environmental (climate, ventilation, facilities, and insects) and emotional factors (guilt, loneliness, moving away from home).

Moreover, based on the results of the study it shows that there is a significant relationship between the demographic profile of the inmates and their stress level in

terms of age, and length of stay. The older inmates appeared to have higher stress level compared to the younger inmates in terms of environmental stress. This conclusion supports the statement of Carolyn Aldwin (1991) that elderly individuals are widely perceived to have less self-control over their environment than other adults, and this lack of perceived control should have adverse effects on how they cope with stress.

On the other hand, in terms of length of stay the inmates who have stayed in the jail in a short period of time experiences higher level of stress compared to the inmates that have stayed longer in the jail, this supports the Stress Appraisal Theory of Folkman and Lazarus in 1984, which refers to the process by which individuals evaluate and cope with a stressful event.

Therefore, as possible solutions, Cavite Provincial Jail are suggested to have their psychological section in their office that will focus not only on mentally ill or disturbed inmates, but also those inmates that are experiencing stress, it is suggested that they involve stress management programs in the rehabilitation that is suitable to the inmates, and will extent to the mitigation and relieving their stress.

TABLE OF CONTENTS

	Page
BIOGRAPHICAL DATA.....	ii
ACKNOWLEDGMENT.....	v
ABSTRACT.....	vii
LIST OF TABLES.....	xi
LIST OF APPENDICES.....	xii
INTRODUCTION.....	1
Statement of the Problem.....	3
Objectives of the Study.....	4
Hypotheses.....	4
Conceptual Framework.....	5
Significance of the Study.....	6
Time and Place of the Study.....	7
Scope and Limitation of the Study.....	7
Definition of Terms.....	8
REVIEW OF RELATED LITERATURE.....	9
METHODOLOGY.....	19
Research Design.....	19
Participants of the Study.....	19
Sampling Technique.....	20
Data to be Gathered.....	20
Statistical Treatment of Data.....	21
RESULTS AND DISCUSSION.....	22

SUMMARY, CONCLUSION AND RECOMMENDATION..... 45

 Summary..... 45

 Conclusion..... 48

 Recommendations..... 50

REFERENCES..... 51

APPENDICES..... 55

LIST OF TABLES

Table	Page
1. Demographic Profile of the Inmates in terms of their Age.....	23
2. Demographic profile of selected inmates in terms of their sex.....	24
3. Demographic profile of selected inmates in terms of their civil status.....	25
4. Demographic profile of inmates in terms of their length of stay.....	26
5. Environmental Factors of Stress (Climate).....	27
6. Environmental Factor of Stress (Ventilation).....	29
7. Environmental Factors of Stress (Facilities).....	31
8. Environmental Factors of Stress (Insects).....	33
9. Emotional Factors of Stress (Loneliness).....	35
10. Emotional Factors of Stress (Guilt).....	37
11. Emotional Factors of Stress (Moving away from home).....	38
12. Overall assessment of environmental and emotional factor affecting the stress of inmates.....	40
13. Coefficient on the relationship between demographic profile and level of stress.....	41
14. Coefficient on the relationship between demographic profile and level of stress (Environmental Factors).....	43
15. Coefficient on the relationship between demographic profile and level of stress (Emotional Factors).....	44

LIST OF APPENDICES

Appendix	Page
1. Letter Request.....	57
2. Certificate of Instrumentation.....	61
3. English Critic Certification	69
4. Statistician Certification.....	71
5. Result of Final Defense.....	73
6. Routing Slip.....	75
7. Statistical Data Analysis.....	77
8. Survey Questionnaire.....	81
9. Authorization Letter.....	87
10. Curriculum Vitae.....	89

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INTRODUCTION

Every individual experiences stress in everyday lives because life sometimes is full of frustration, demand and hassles. For some, stress serves as their adrenaline to rush things or to solve problems under pressure.

Jail overcrowding is a factor that contributes to the stress experienced by the inmates not being able to have a conducive space, and can cause thus being uncomfortable inside the jail cell, and most of all it can affect the rehabilitation of the inmates.

In the past few decades, studies that involves prison has been increasing as a result of rapid growth of the population. Several studies have shown that correctional conditions, and particularly inmate overcrowding, can increase physiological stress, inmate illness and mortality. (ZIM-RING, 1981).

Stress is a state of strain, tension or pressure and it is a normal reaction resulting from interaction between the individual and the environment. Strain means