

**GAMBARAN KEBERMAKNAAN HIDUP PELAKU KASUS  
PEMBUNUHAN PADA WARGA BINAAN PEREMPUAN DI LAPAS  
KELAS IIB JAMBI**

<sup>1</sup>Dea Amelia, <sup>2</sup>Jelpa Periantalo, <sup>3</sup>Marlita Andhika Rahman  
<sup>1</sup>Jurusan Psikologi, Universitas Jambi/ [deaamelia040600@gmail.com](mailto:deaamelia040600@gmail.com)  
<sup>2</sup>Jurusan Psikologi, Universitas Jambi/ [jelp.8487@unja.ac.id](mailto:jelp.8487@unja.ac.id)  
<sup>3</sup>Jurusan Psikologi, Universitas Jambi/ [marlita.rahman@unja.ac.id](mailto:marlita.rahman@unja.ac.id)

**ABSTRAK**

**LATAR BELAKANG** Tingginya angka kriminalitas, khususnya kasus pembunuhan yang melibatkan perempuan, menimbulkan dampak psikologis mendalam bagi pelaku yang menjalani hukuman di lembaga pemasyarakatan. Narapidana perempuan sering menghadapi tekanan berupa stigma sosial, kehilangan dukungan keluarga, serta keterbatasan kebebasan yang memengaruhi kesehatan mental dan kemampuan mereka dalam menemukan makna hidup.

**TUJUAN** Penelitian ini bertujuan menggambarkan kebermaknaan hidup pada narapidana perempuan pelaku kasus pembunuhan di Lembaga Pemasyarakatan Kelas IIB Jambi.

**METODE** Penelitian menggunakan metode kualitatif dengan pendekatan fenomenologis. Partisipan terdiri dari beberapa narapidana yang dipilih dengan purposive sampling. Data dikumpulkan melalui wawancara mendalam, observasi, dan dokumentasi, kemudian dianalisis menggunakan *Interpretative Phenomenological Analysis* (IPA).

**HASIL** penelitian menunjukkan bahwa kebermaknaan hidup warga binaan tercermin melalui pemahaman diri, rencana hidup, motivasi, harapan masa depan, religiusitas, serta kemampuan mengelola emosi negatif. Warga binaan mulai menyadari kesalahan masa lalu, memperbaiki diri melalui kegiatan positif, dan berharap diterima kembali oleh keluarga serta masyarakat.

**KESIMPULAN** Kebermaknaan hidup warga binaan perempuan pelaku kasus pembunuhan di Lapas Kelas IIB Jambi tercermin melalui pemahaman diri, rencana hidup, motivasi, harapan masa depan, religiusitas, serta kemampuan mengelola emosi negatif. Melalui refleksi diri, kegiatan positif, dan dukungan sosial dari keluarga serta petugas Lapas, mereka mampu memperbaiki diri, menemukan ketenangan batin, serta membangun nilai-nilai baru tentang kehidupan, pertobatan, dan harapan meskipun berada dalam kondisi penuh keterbatasan.

**Kata kunci:** kebermaknaan hidup, warga binaan perempuan, pembunuhan

## ***AN OVERVIEW OF THE MEANING OF LIFE AMONG FEMALE PRISONERS CONVICTED OF MURDER AT JAMBI PRISON II B***

**<sup>1</sup>Dea Amelia, <sup>2</sup>Jelpa Periantalo, <sup>3</sup>Marlita Andhika Rahman**

**<sup>1</sup>Jurusan Psikologi, Universitas Jambi/ [deaamelia040600@gmail.com](mailto:deaamelia040600@gmail.com)**

**<sup>2</sup>Jurusan Psikologi, Universitas Jambi/ [jelp.8487@unja.ac.id](mailto:jelp.8487@unja.ac.id)**

**<sup>3</sup>Jurusan Psikologi, Universitas Jambi/ [marlita.rahman@unja.ac.id](mailto:marlita.rahman@unja.ac.id)**

### **ABSTRACT**

**BACKGROUND** *The high rate of criminal acts, particularly murder cases involving women, has profound psychological impacts on offenders serving sentences in correctional institutions. Female inmates often experience pressure in the form of social stigma, loss of family support, and limited freedom, which affect their mental health and their ability to find meaning in life.*

**OBJECTIVE** *This study aims to describe the meaning of life among female inmates convicted of murder at the Class IIB Jambi Correctional Institution.*

**METHOD** *This research used a qualitative method with a phenomenological approach. Participants consisted of several female inmates selected through purposive sampling. Data were collected through in-depth interviews, observation, and documentation, and analyzed using Interpretative Phenomenological Analysis (IPA).*

**RESULTS** *The findings show that the meaning of life among inmates is reflected through self-understanding, life planning, motivation, future hopes, religiosity, and the ability to manage negative emotions. The inmates began to recognize their past mistakes, improve themselves through positive activities, and hope to be accepted again by their families and society.*

**CONCLUSION** *The meaning of life of female inmates convicted of murder at the Class IIB Jambi Prison is reflected through self-understanding, life planning, motivation, future hopes, religiosity, and emotional regulation. Through self-reflection, positive activities, and social support from families and correctional officers, they are able to improve themselves, find inner peace, and build new values of life, repentance, and hope despite living under restricted conditions.*

**Keywords:** *meaning of life, female inmates, murder*