



Fostering a Sense of Purpose in the Lives of Inmates Through Islamic Spiritual Guidance

Muhammad Zulfan Azmi¹, Ahmad Aslih Lidinillah², Nur Azizah³

^{1,3} UIN Prof. K.H. Saifuddin Zuhri Purwokerto, Indonesia

² Al-Azhar University Cairo, Egypt

Corresponding Author: ✉ mhmmdzlfns59@gmail.com¹, ahmaadashlih@gmail.com²,
nurazizah@uinsaizu.ac.id³

ABSTRACT

ARTICLE INFO

Article history:

Received

July 11, 2026

Revised

August 16, 2026

Accepted

August 21, 2026

The lives of inmates in closed institutions often lead to various psychological pressures, such as loss of freedom, social isolation, and a crisis of meaning in life. Under these conditions, a spiritual approach through spiritual guidance activities is seen as playing an important role in helping inmates reflect on themselves and rediscover their purpose in life. This study aims to analyze the implementation of spiritual guidance and its contribution to the formation of inmates' sense of purpose in life at the Banyumas Class IIA State Prison. This study employs a qualitative method using a case study approach. Data were collected through observations, in-depth interviews, and documentation involving spiritual advisors, correctional officers, and inmates within the correctional facility. Data analysis utilizes an interactive analysis model comprising data reduction, data presentation, and the drawing of conclusions. The results of the study indicate that spiritual guidance in the prison is conducted through various activities, such as recitations, religious lectures, worship coaching, and spiritual assistance involving correctional officers and religious leaders. These activities have a positive impact on the psychological well-being of inmates, such as increasing religiosity, fostering self-reflection, and inspiring a desire to lead a more meaningful life within the prison setting. Thus, spiritual guidance plays a crucial role in helping inmates rediscover the meaning of life while serving their sentences.

Keywords: *The Meaning of Life, Prisoners, Spiritual Formation, Spiritual Guidance.*

How to cite

Azmi, M. Z., Lidinillah, A. A., & Azizah, N. (2026). Fostering a Sense of Purpose in the Lives of Inmates Through Islamic Spiritual Guidance. *Journal of Society Counseling*. 4(3). DOI: <https://doi.org/10.59388/josc.v4i3.992>

Journal Homepage

<https://journal.scidacplus.com/index.php/josc>

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Published by

ScidacPlus

INTRODUCTION

The lives of inmates within correctional facilities are a complex social phenomenon because they involve legal, social, psychological, and spiritual dimensions simultaneously. Prisons and detention centers are closed institutions (total institutions) that restrict nearly every aspect of the lives of the individuals within them (Favril et al., 2024). In this context, inmates not only experience restrictions on their physical freedom but must also adapt to a system of rules, a

power structure, and a way of life that is vastly different from that of society at large. These highly restricted living conditions often create various psychological pressures for inmates, such as the loss of freedom, isolation from family, social stigma, and anxiety about the future after serving their sentences (González-Riera et al., 2024). Therefore, life within correctional institutions is not only related to the sentencing process but also touches on the psychological and existential aspects of the individual.

The strictly structured living environment within closed institutions often gives rise to various psychological issues for inmates. Individuals who previously lived freely in society must adapt to a uniform routine, limited social interaction, and stricter supervision. This adaptation process is not always easy, as many inmates experience emotional distress while serving their sentences. Research indicates that inmates frequently experience stress, anxiety, depression, and feelings of helplessness due to drastic changes in their lives (Ndindeng, 2024). Furthermore, the experience of being in prison can also prompt deep reflection on past mistakes, personal identity, and an uncertain future. This situation often leads inmates to ask existential questions about the meaning of life and the purpose of the lives they lead (Mazher & Arai, 2025).

A crisis of life meaning is a psychological issue that can arise in individuals during their incarceration. The conditions of incarceration—marked by the loss of freedom, restricted activities, the severing of some social relationships, and uncertainty about life after release—can disrupt inmates' sense of purpose and the meaning of their lives. Research on inmates indicates that the sense of meaning in life is linked to their psychological well-being; inmates with lower levels of meaning tend to experience higher psychological distress, whereas the presence of meaning in life can serve as a psychological resource for coping with the incarceration experience (Vanhooren et al., 2016). Recent research on male inmates also indicates that loneliness during incarceration is associated with a low “presence of meaning” and increased psychological distress, while the “search for meaning” can act as a factor that helps weaken this association (Borawski et al., 2026). When individuals are unable to find meaning in their life experiences, this can lead to feelings of emptiness, a loss of hope, and a decline in motivation to improve themselves. Conversely, individuals who are able to find meaning in life tend to possess stronger psychological resilience in the face of various difficulties. Therefore, the rehabilitation process for inmates is not only about behavior control and enforcing discipline but must also address psychological aspects that help individuals rediscover the meaning of the lives they lead (Coulling et al., 2024).

In efforts to help inmates cope with such psychological pressures, a spiritual approach is often viewed as a key strategy in the rehabilitation process. Spirituality provides a space for individuals to engage in self-reflection, mend their relationship with God, and realign their life's purpose. Spiritual guidance is a form of service aimed at helping individuals develop spiritual understanding, strengthen religious values, and cultivate a positive attitude toward life's challenges. Through activities such as religious lectures, religious study sessions, spiritual counseling, and worship guidance, inmates are given the opportunity to engage in introspection and improve themselves both morally and spiritually.

Based on various studies, religiosity can serve as a coping mechanism that helps inmates deal with psychological stress, the limitations of prison life, and the process of adjustment while serving their sentences. Research by (2024) shows that religious practices and beliefs are a source of psychological resilience that helps inmates find meaning in life and develop coping strategies during their incarceration. Furthermore, faith-based rehabilitation programs also contribute to the rehabilitation process and the development of prosocial behavior among inmates. Khan (2024)

explains that religious activities in correctional facilities can serve as a means of moral development and the strengthening of a positive identity for inmates as they prepare for social reintegration after release. The role of religious counselors or chaplains is also crucial in providing emotional, spiritual, and pastoral support to inmates, thereby helping them overcome psychological issues while enhancing their spiritual well-being. Research by Grossi and Augelli (2025) further demonstrates that spirituality can serve as a medium for re-education, helping inmates discover a purpose in life, increase self-awareness, and strengthen their readiness to return to society. Meanwhile, Garro's study (2025) highlights the importance of meeting the religious needs of Muslim inmates as part of protecting their spiritual rights while serving their sentences. These findings align with the research by Jang and Johnson (2022), which concluded that faith-based rehabilitation programs can foster identity transformation, enhance the meaning of life, develop moral values, and reduce—indicating that faith-based rehabilitation can promote identity transformation, enhance the meaning and purpose of life, and foster moral values among inmates. In this context, Islamic spiritual guidance is relevant in shaping the meaning of life because it helps inmates reflect on their mistakes, find wisdom from past experiences, and build hope and life goals through values such as repentance, forgiveness, responsibility, and patience. Therefore, Islamic spiritual guidance can serve as a strategic tool in the rehabilitation of inmates, particularly in fostering a more positive and constructive outlook on life.

Within Indonesia's correctional system, spiritual guidance is part of a character-building program aimed at fostering moral and spiritual awareness among inmates. Religious guidance serves not only as a means of enhancing religious knowledge but also as a vehicle for personal transformation that can help inmates rebuild a positive sense of identity. A spiritual approach to inmate rehabilitation is considered important because religion often serves as a source of psychological strength that helps individuals cope with suffering and life's difficulties. Through religious activities, inmates can find inner peace, strengthen their relationship with God, and develop hope for a better life in the future.

Studies on the meaning of life in human experience have been extensively developed from an existential psychology perspective. One of the key figures who has made a significant contribution to this field is Viktor Frankl through his theory of logotherapy (Frankl, 2014). Frankl (2014) explains that the primary human need is not merely to seek pleasure or avoid suffering, but to find meaning in life. According to Frankl, humans retain the inner freedom to determine their attitude toward the situations they experience, even in the face of suffering. The meaning of life can be found through various means, such as meaningful work, experiences of love and relationships with others, as well as the attitudes adopted in facing unavoidable suffering. This perspective is relevant for understanding the experiences of inmates serving their sentences, as the limitations they face can serve as a space for reflection to rediscover the meaning of life (Klapow et al., 2026).

In the context of inmates' lives, the search for meaning is often linked to the process of self-acceptance, remorse for past mistakes, and the desire to improve their lives in the future. This process does not occur automatically but requires a supportive environment that enables inmates to engage in deep self-reflection (Langenhoven et al., 2026). Spiritual guidance can serve as a tool to help inmates understand their life experiences from a spiritual perspective, enabling them to view their sentence not only as suffering but also as an opportunity for personal transformation and building a more meaningful life (Khan, 2024).

In the practice of the correctional system in Indonesia, inmate rehabilitation programs are implemented through various activities aimed at developing inmates' personalities and

independence. One particularly important form of rehabilitation is mental and spiritual development through spiritual guidance activities. This program is expected to help inmates build self-awareness, strengthen moral values, and foster a sense of responsibility for their future lives. Research shows that religious activities in correctional facilities can have a positive impact on inmates' psychological well-being, such as increasing hope for the future, reducing stress, and strengthening their motivation to become better people.

State Detention Centers (*Rutan*) essentially serve as places of detention for suspects or defendants while legal proceedings are underway. However, in correctional practice, *Rutan* can also serve as rehabilitation centers for inmates in accordance with applicable needs and policies. This is also the case at the Banyumas *Rutan*, which not only carries out its detention function but also provides rehabilitation for inmates, including through an Islamic spiritual guidance program. This program plays a vital role in spiritual and mental rehabilitation, particularly in helping inmates reflect on their life experiences, strengthen their religious values, and rebuild their life goals and sense of purpose while serving their sentences. (Hasina & Sari, 2023) .

This situation also exists at the Banyumas Class IIA State Detention Center, which, in addition to housing detainees, serves as a rehabilitation facility for a number of inmates serving their sentences. As a result, the detention center functions not only as a temporary holding facility but also as a rehabilitation space responsible for supporting the social and psychological rehabilitation of inmates. In this context, spiritual guidance activities are one of the key programs with the potential to help inmates develop self-awareness and rediscover the meaning of life while serving their sentences.

Several previous studies have examined the role of religious guidance in correctional facilities, particularly in relation to changes in inmates' behavior and increased religiosity. Hasina & Sari (2023) indicate that spiritual guidance activities in detention centers can have a positive impact on the psychological well-being of inmates, particularly in helping them reduce emotional stress while serving their sentences. Other studies also indicate that religious activities in correctional institutions can strengthen inmates' moral identity and increase their motivation to lead a better life after release. However, research specifically highlighting the relationship between spiritual guidance and the formation of a sense of life's meaning among inmates remains relatively limited, particularly in the context of detention centers, which have institutional characteristics distinct from those of correctional institutions.

Based on this discussion, it is clear that the lives of inmates in closed institutions are not only related to the penal process but also encompass the psychological and existential dimensions of the individual. The pressures of life inside a detention center can trigger a crisis of life meaning that requires a more comprehensive rehabilitation approach, including through a spiritual approach. Therefore, this study focuses on how spiritual guidance plays a role in the process of shaping the meaning of life for inmates at the Banyumas Class IIA State Detention Center. This study is expected to contribute to enriching research on spiritual guidance in the context of the correctional system and to broaden the understanding of the psychological processes through which inmates rediscover the meaning of life while serving their sentences.

METHOD

This study employs a qualitative approach with a case study design to gain an in-depth understanding of the implementation of spiritual guidance and its role in shaping the sense of life's meaning among inmates at the Banyumas Class IIA State Detention Center. The qualitative approach was chosen because this study seeks to explore the subjective experiences, processes of

self-reflection, and spiritual interpretations experienced by inmates while participating in spiritual guidance activities within a closed institutional setting. Through the case study approach, this research focuses its analysis on a specific location, thereby enabling the researcher to gain a more comprehensive understanding of the dynamics of spiritual guidance within the detention center.

This study was conducted at the Banyumas Class IIA State Detention Center, which, in addition to serving as a place of detention for detainees undergoing legal proceedings, also serves as a rehabilitation facility for inmates who have been sentenced to criminal penalties. Research subjects were selected using purposive sampling—a technique for selecting informants based on specific criteria relevant to the research objectives (Smith, 2024). The informants in this study consisted of two groups: one spiritual counselor and one inmate. The spiritual counselor was selected because of their direct involvement in providing religious guidance to inmates, while the inmate was selected because they are a direct recipient of the spiritual guidance program and have experience in the process of finding meaning in life while serving their sentence. Informants were selected through purposive sampling based on their direct involvement in the program, their understanding of the guidance process, and their willingness to provide information relevant to the research focus.

Data collection techniques included observation, in-depth interviews, and documentation (Chand, 2025). Observations were conducted by directly observing the implementation of spiritual guidance activities, such as religious study sessions, Quranic reading and writing lessons, religious lectures, and congregational worship activities held within the detention center. In-depth interviews were conducted with research informants to explore their experiences, perspectives, and interpretations of spiritual guidance activities and their impact on the lives of inmates during their incarceration. Meanwhile, the documentation technique was used to supplement the research data through various documents related to rehabilitation activities, such as schedules for character-building activities, reports on religious activities, and other documents relevant to the study.

The data obtained were then analyzed using an interactive analysis model comprising three stages: data reduction, data presentation, and drawing conclusions (Miles et al., 2020). Data reduction involved selecting and simplifying data relevant to the research focus, while data presentation was conducted in the form of narrative descriptions to facilitate the researcher's understanding of patterns of relationships among the data. Next, conclusions were drawn by interpreting the data to uncover the meaning and relationships between the implementation of spiritual guidance and the process of constructing meaning in the lives of inmates. To ensure the validity of the data, this study employed source triangulation and methodological triangulation by comparing data obtained from various informants and the various data collection techniques used in the research.

RESULTS AND DISCUSSION

The research results indicate that spiritual guidance at the Banyumas State Detention Center (*Rutan*) is conducted in a structured manner through a character-building program that takes place regularly from Monday through Saturday. Based on interviews with the spiritual counselor, these activities include daily worship, religious instruction, spiritual studies, and mentoring for the inmates. The spiritual counselor (Mr. Waluyo) explained:

“Religious activities here do indeed follow a schedule, from Monday through Saturday. Inmates participate in activities such as congregational prayer, Quran recitation, spiritual

discussions, and other religious activities. We strive to ensure that these activities are not merely a way to pass the time, but also an integral part of their rehabilitation.”



Figure 1: Interview with Mr. Waluyo (wearing a Scout uniform), Spiritual Counselor/Character Development Coordinator

The results of the observation also showed that religious activities were conducted on a scheduled basis and attended by the inmates as part of their rehabilitation program. One of the inmates, Mr. D, who was serving a sentence under Article 365 of the old Criminal Code (KUHP)/Article 479 of the new Criminal Code (KUHP), revealed that these activities gave him the opportunity to reflect more deeply on the life he had lived:

“At first, I participated simply because it was on the schedule, but over time I realized these activities help me think more deeply about myself. I often find myself reflecting on the mistakes I’ve made and start thinking about how I can live a better life once I’m released.”



Figure 2: Interview with Mr. D during a hadroh practice session

These findings indicate that spiritual guidance at the Banyumas Detention Center serves not only as a religious routine but also as a space for inmates to engage in self-reflection, evaluate past experiences, and begin to develop a more positive outlook on life. Thus, the implementation of spiritual guidance is closely linked to the process of finding meaning in life as inmates serve their sentences.

On Mondays, spiritual guidance activities begin early in the morning with the performance of the dawn prayer (*salat subuh*) or morning worship in the residential blocks. These activities form part of a spiritual routine that supports the development of religious habits among the inmates. Based on observations, religious activities are conducted regularly according to schedule and are attended by the inmates. This indicates that such routines provide inmates with the opportunity to engage in religious activities more consistently while serving their sentences.

After the morning roll call and environmental cleanup, the inmates participated in Quran reading and writing sessions held in the detention center's library. This activity plays a vital role in improving the inmates' ability to read the Qur'an while deepening their understanding of Islamic values. Additionally, on Mondays, there is a psychological counseling session that provides inmates with an opportunity to discuss the emotional challenges they face during their incarceration. This integration of spiritual guidance and psychological support reflects a holistic approach to rehabilitation.



Figure 1. BTA Quran Recitation Session for Female Inmates

On Tuesdays, spiritual guidance activities focus on the Dhuha study session held in the rehabilitation hall. This session typically features religious lectures discussing themes such as patience, repentance, and the importance of self-improvement. Through these activities, inmates gain an understanding of moral values that can serve as a guide in their lives. In addition to religious studies, the female inmates also participate in educational activities such as the PKBM program or literacy and numeracy classes, demonstrating that rehabilitation at the detention center is not only oriented toward spiritual aspects but also toward enhancing the inmates' intellectual capacity.



Figure 3. Dhuha study session organized by the Banyumas Office of the Ministry of Religious Affairs

On Wednesdays, spiritual rehabilitation activities take on a more diverse form. In addition to daily worship, there are legal and psychological counseling sessions that provide inmates with the opportunity to receive guidance regarding legal issues or mental health challenges they are facing. On the same day, a Christian worship service was also held for Christian inmates. This demonstrates that the spiritual guidance program at the detention center respects religious diversity and provides space for every inmate to practice their faith according to their beliefs.



Figure 4. Christian worship service

On Thursdays, spiritual guidance activities are conducted through the Quran Reading and Writing (BTQ) program, organized in collaboration with the Ministry of Religious Affairs. This program aims to improve inmates' ability to read the Quran while strengthening their understanding of religious teachings. The BTQ program also serves as a means for inmates to improve their religious practices and deepen their understanding of spiritual values that can assist them in the process of self-reflection.



Figure 5. BTQ Quran Recitation Activity for Male Inmates

On Fridays, spiritual guidance activities are more intensive than on other days. The activities begin with the “Clean Friday” program, which emphasizes the values of discipline and environmental responsibility. This is followed by the Al-Irsyad study session, which discusses

religious themes such as moral conduct, repentance, and self-improvement. The session continues with recitation of the Qur'an (*tartil*) before the congregational Friday prayer at the detention center's mosque. This series of activities provides inmates with a space for deeper spiritual reflection and strengthens religious values in their lives.



Figure 6. Joint Study Session with Al-Irsyad

On Saturday, spiritual guidance activities are combined with independence training and physical activities. After morning exercises, the inmates participate in a skills training program with Al-Irsyad, which aims to develop practical skills while instilling the values of hard work and responsibility. On this day, worship services for Christian inmates continued as scheduled. Thus, Saturday's guidance activities were not only focused on spiritual aspects but also on developing the inmates' social skills and practical abilities.

Table 1. Weekly Routine Activities

Day	Spiritual Activities	Rehabilitation Objectives
Monday	Reading and Writing the Qur'an, Congregational Prayer	To improve Quran reading skills and religious awareness
Tuesday	Dhuha Study Session	Deepening understanding of moral and spiritual values
Wednesday	Christian Worship Service, Psychological Counseling	Providing interfaith spiritual guidance
Thursday	BTQ in collaboration with the Ministry of Religious Affairs	Strengthening the religious understanding of inmates
Friday	Al-Irsyad Study Session, Recitation of the Qur'an, Friday Prayer	Enhancing spiritual reflection and self-improvement
Saturday	Skill Development and Worship	Integrating Spiritual Development and Self-Reliance

In addition to weekly routine activities, spiritual guidance at the Banyumas State Detention Center is also carried out through activities commemorating major religious holidays. These activities are an important part of the spiritual guidance program because they provide inmates with an opportunity to deepen their religious values while strengthening a sense of community within the detention center. Some of the activities held include celebrations of the Prophet Muhammad's birthday (Maulid Nabi Muhammad SAW), Isra Mi'raj, the Islamic New Year, as well as religious activities during Ramadan such as short-term Islamic boarding school programs

and Quran recitation sessions. For Christian inmates, religious activities are also held through Christmas celebrations and special fellowship services. Through these activities, inmates not only perform religious rituals but also have the opportunity for spiritual reflection and to reinforce moral values in their lives.



Figure 6. Isra Mi'raj Commemoration Event

Overall, the research findings indicate that the implementation of spiritual guidance at the Banyumas Detention Center serves not only as a routine religious activity but also as part of a rehabilitation strategy aimed at fostering moral and spiritual awareness among the inmates. Through worship activities, religious studies, Quranic instruction, and psychological counseling, inmates are provided with a space for self-reflection, understanding past mistakes, and building hope for a better life after their release from prison. The systematic and sustained structure of these activities demonstrates that a spiritual approach plays a crucial role in the rehabilitation process of inmates within correctional institutions.

The research findings indicate that the implementation of spiritual guidance at the Banyumas State Detention Center is an essential component of the character-building program aimed at fostering moral and spiritual awareness among inmates. Religious activities conducted regularly from Monday through Saturday—such as Quranic literacy classes, religious studies, congregational prayers, and worship services for Christians—demonstrate that spiritual rehabilitation has become an integral part of the rehabilitation system within correctional institutions. These activities serve not only as routine religious practices but also as a means of fostering self-awareness and spiritual reflection for inmates during their incarceration.

From the perspective of the correctional system, spiritual guidance plays a crucial role in helping inmates reflect on the mistakes they have committed. The correctional system in Indonesia is fundamentally oriented not only toward punishment but also toward the social and moral rehabilitation of inmates so that they can once again become productive members of society. Therefore, guidance programs implemented in correctional institutions and detention centers focus not only on discipline and security but also on personal development, including through religious activities. Religious activities in correctional institutions can positively contribute to changes in inmates' behavior, as religion often serves as a source of moral motivation that encourages individuals to improve themselves.

The findings of this study also indicate that spiritual guidance activities conducted on a regular basis can help inmates rebuild their spiritual connection with God. Through activities such as congregational prayer, religious study sessions, and Quranic instruction, inmates are given the opportunity to reflect on their life experiences. This process of reflection is important because life within a closed institution often causes significant psychological stress, such as a sense of loss of

freedom, social isolation, and anxiety about the future. Under these conditions, a spiritual approach can serve as a source of psychological strength that helps individuals cope with life's various challenges (Isa & Utomo, 2024). Religious practices in correctional facilities can provide psychological support for inmates and help them find meaning in the life experiences they are going through.

From an existential psychology perspective, the process of spiritual development that occurs through spiritual guidance activities can help inmates rediscover the meaning of life (Jarrett et al., 2024). Viktor Frankl, in his theory of logotherapy, explains that humans have a fundamental need to find meaning in life. According to Frankl, even in the face of suffering, humans retain the freedom to determine their attitude toward the situation they are facing and to find meaning in that experience (Frankl, 2014). In the context of inmates' lives, the time they spend in prison can serve as a space for reflection to evaluate past mistakes and build a more positive life orientation for the future (Hunt, 2024). Therefore, spiritual guidance activities can be understood as a means to help inmates develop existential awareness regarding the purpose of life and life's values.

In addition, spiritual guidance activities also play a vital role in building a positive social community within the detention center. Group worship, religious studies, and religious education conducted collectively can foster a sense of togetherness among inmates. This positive social interaction can help reduce the feelings of isolation that inmates often experience while serving their sentences. A supportive social environment within correctional facilities can help inmates develop a more positive sense of self and increase their motivation to become better people (Schultz & Ricciardelli, 2024).

The lives of inmates in correctional facilities are marked not only by restrictions on physical freedom but also by various psychological, social, and spiritual challenges that affect individuals' adaptation and rehabilitation processes. Various studies indicate that religiosity, spirituality, and religious guidance play a crucial role as coping mechanisms in dealing with stress during incarceration, helping inmates find meaning in life, build a positive identity, improve self-control, and reduce anxiety and depression (Nihayah et al., 2024). Religion-based rehabilitation programs and spiritual counseling services provided by chaplains or religious counselors have been shown to support the rehabilitation process, strengthen moral values, foster hope, and facilitate social reintegration after release from prison. Furthermore, consistent religious practice can serve as a source of emotional and spiritual support for inmates as they cope with isolation, social stigma, and uncertainty about the future (Umarji & Islam, 2024). Therefore, Islamic spiritual guidance in the correctional context can be viewed as a key instrument in the character development of inmates, as it is not only oriented toward enhancing religious quality but also contributes to mental health, behavioral change, and the success of social rehabilitation.

The results of this study are also consistent with several previous studies indicating that religious activities in correctional facilities have a positive impact on inmates' psychological well-being. Participation in religious activities can increase life expectancy, reduce stress levels, and help inmates develop a more optimistic attitude toward the future. This indicates that a spiritual approach to inmate rehabilitation not only has a religious dimension but also has a significant psychological impact on inmates' mental well-being.

Thus, the spiritual guidance provided at the Banyumas State Detention Center can be understood as part of a rehabilitation strategy focused on the inmates' personal transformation. Through structured and ongoing religious activities, inmates are given the opportunity to engage in self-reflection, strengthen their moral values, and build hope for leading a more meaningful

life after their release. This spiritual approach demonstrates that the rehabilitation process within correctional institutions focuses not only on behavioral control but also on fostering moral and existential awareness in individuals.

CONCLUSION

Based on the research findings and discussion, it can be concluded that spiritual guidance at the Banyumas State Detention Center is an important component of the character-building program for inmates. Spiritual guidance activities are carried out in a structured and continuous manner through various religious activities scheduled from Monday through Saturday, such as congregational worship, Quranic reading and writing lessons, religious studies, and worship services for Christian inmates. The implementation of these activities demonstrates that spiritual rehabilitation has become an integral part of the rehabilitation system within correctional institutions.

The research findings also indicate that spiritual guidance activities make a significant contribution to the psychological and spiritual well-being of inmates. Through religious activities, inmates are provided with an opportunity for self-reflection, to strengthen their relationship with God, and to gain a deeper understanding of the mistakes they have made. This process of reflection helps inmates develop moral awareness and fosters the motivation to improve themselves while serving their sentences.

In addition, spiritual guidance activities also play a role in helping inmates rediscover the meaning of life. The spiritual approach provided through religious lectures, religious instruction, and regular worship practices offers crucial psychological support for inmates as they cope with the pressures of life in a closed institution. Through these activities, inmates do not merely serve their sentences as a form of punishment but also undergo a process of self-development that can foster positive changes in attitude and life orientation.

Thus, spiritual guidance can be understood as an effective rehabilitation strategy to help inmates develop spiritual awareness, strengthen moral values, and rediscover the meaning of life while serving their sentences. Therefore, the implementation of spiritual guidance programs in correctional facilities and detention centers needs to be continuously developed and strengthened as part of efforts to socially rehabilitate inmates so that they can return to society as better individuals.

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