

More Than Just A Visit: Holistic Pastoral Study of Church Pastoral Services for Families of Inmates



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ABSTRACT

The family of inmates is defined as family members who are directly affected by the imprisonment of their family members, who are dependents of the inmates. This study aims to analyze the impact of imprisonment on the families of inmates at the Class III Dobo Penitentiary and develop a holistic pastoral method to support them. Through a qualitative approach, data were collected from in-depth interviews with family members of inmates, pastors, and other related parties, participant observation and literature studies. The results of the study indicate that imprisonment causes significant emotional impacts, including shame, social isolation, and financial stress. Families often experience stigma from the community, which worsens their psychological condition. This study also identifies the importance of social and spiritual support from the church in helping families face challenges. The proposed holistic pastoral care method includes pastoral conversations for adults and children, the formation of support groups along with other empowerment actions for the families of the inmates. With this approach, it is hoped that the families of the inmates can find hope, recovery, and rebuild their lives.

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Introduction

Living as an inmate in a correctional institution is not easy (ZD, inmates of Class III Dobo Prison, personal communication, September 2, 2024). They not only have to bear the consequences of their unlawful actions but also face various challenges, such as changes in lifestyle, loss of freedom, restrictions on rights, and negative stigma from society. Interactions within the institution also affect the psychological condition of individuals, especially during the early stages of adaptation, when some people may experience emotional disturbances, despair, apathy, or a loss of motivation to live (P.J. Lessy, Head of Class III Dobo Prison, pers. comm., October 14, 2024). In addition, families also feel the impact of imprisonment. Based on interviews with several family members of inmates, various problems were found to be faced by families as a result of imprisonment. These problems include stigma from society, which often assumes that other family members will also commit the same illegal acts, deep sadness, feelings of loss, anger, disappointment, resentment, and shame. The social stigma attached to being a family of inmates often results in bullying and exclusion from society, leaving them feeling isolated. Children experience anxiety, excessive fear, stress, depression, feelings of being

pressured, threatened, lonely, resentful, ashamed, low self-esteem, and feeling worthless, want to drop out of school, hate their social environment, and some even feel depressed to the point of wanting to commit suicide. The economic impact is also a significant concern, as imprisonment often results in the loss of a family's primary source of income, affecting their financial well-being and ability to meet their daily needs.

Additionally, families often experience a crisis of faith because of the severity of the impact they have to accept as a result of imprisonment. They feel like victims of policy, or even victims of interests, so they question God's justice, stress and depression, and even experience confusion in understanding the meaning of life. In such conditions, assistance and support from the church and society are crucial. In reality, the need for support and attention from the church for the families of prisoners is still a need that has not been fully met.

Pastoral research for prisoners has been conducted by several researchers previously. Anastasia Tangke Layukan, Eva Ria Tana, Gabrilia Tania, Victor, and Marlyano Valentin Brai Jawan have published research about Pastoral Care for Prisoners as a Form of the Church that Shows the Face of Christ in Makale Prison (Anastasia Tangke Layukan et al, 2023:40). The research given focuses on the form of attention and service provided to prisoners. Alvin Koswanto has conducted another research about Pastoral Assistance for Prisoners Whose Prison Term is About to End (Review of Social Aspects)" (Alvin Koswanto, 2020:161). Koswanto observed that the negative stigma from society towards former prisoners is a phenomenon that still often occurs when they leave the correctional institution. The rejection of their existence makes former prisoners reluctant to interact normally. Similar research was also conducted by Febi Ratnasari et al., entitled "Family Support and Stress Levels of Inmates at the Tangerang Women's Correctional Institution" (Febi Ratnasari et al, 2021). The research was based on the fact that prisoners experience many losses, such as physical freedom, control over life, family, property, heterosexual relationships, and the stimulation necessary for well-being, which can lead to psychological disorders and stress. Previous studies have focused more on the pastoral care of prisoners and the stigma received by prisoners' families, especially in the school environment.

Meanwhile, this article focuses more specifically on conducting holistic pastoral studies related to church services for prisoners' families at the Class III Dobo Penitentiary, highlighting the impacts faced by these families and the holistic pastoral methods employed for them. This is what distinguishes this study from previous studies. This research problem focuses on the impact of imprisonment on the nuclear family, including husband, wife, and children, who often have to face social stigma, economic hardship, and emotional crises due to the imprisonment of their family members. This study aims to analyze the impact of imprisonment on the daily lives of inmates' families at the Class III Dobo Correctional Institution and to develop a comprehensive pastoral care approach that supports them in navigating these challenges. Thus, the purpose of this article is to provide a deeper understanding of the impact of imprisonment on inmates' families and to offer recommendations for the church in providing more effective assistance. Through this research, it is hoped that the church can play a more active role in supporting inmates' families, enabling them to navigate the challenges of life better.

Research Method

This study employs a qualitative approach, utilizing a case study method, and presents the data descriptively. The data collection techniques employed include in-depth interviews, participant observation, and a literature review. In-depth interviews were conducted face-to-face with key informants using open-ended, unstructured questions to allow for broader expression of opinions. Participant observation involves the researcher being directly involved in the subjects' daily activities, providing a comprehensive understanding of the observed

behavior. A literature review consists of collecting information related to the research topic from various written sources, including both printed and electronic materials.

After data collection, the researcher organized the information from the interviews and field notes in a structured manner for clarity. The data analysis process required critical thinking and analytical questions to evaluate the collected data. Following Don Browning's four-step analytical approach—descriptive-empirical, interpretive, normative, and pragmatic—this study aimed to bridge theological theory and real-world practice, emphasizing the importance of context and experience in the development of theological thinking (Browning 1991:226). This study examines six cases with varying informants in terms of age, life situations, and experiences, as well as the crises they have faced. These cases from the families of prisoners are the primary focus of holistic pastoral analysis in this article.

Results and Discussion

Start from the Case Studies

This study begins by describing the life experiences of families who have been abandoned by a family member due to a prison sentence that must be served. The author found six different experiences and cases to analyze.

Case 1: LS

LS is a 52-year-old single mother who raised her son on her own and ran a water refilling business as her primary source of income. Her hopes and dreams for her son were shattered when security forces suddenly arrested him for drug abuse. LS felt confused, ashamed, angry, and disappointed, especially because her advice was ignored (LS, inmate's family of Class III Dobo Prison, pers. comm., September 14, 2024). In protest, she decided not to visit her son in the Correctional Facility. The incident also negatively impacted LS's financial condition, resulting in a decrease in income from her business. The support LS received as a prisoner's family was only one-off, leaving her without much-needed emotional and spiritual support. She felt that support from the church was a basic need that was not being met.

Case 2: AR

AR is a 9-year-old boy whose life changed drastically after his father was imprisoned for corruption. Initially, AR was unaware of the truth and believed that his father was on a business trip (AR, [inmate's family of Class III Dobo Prison] personal communication, 14 September 2024). However, after being told by his uncle, AR felt devastated and lost the father figure who was his role model. This situation made AR feel ashamed and isolated, especially when his friends started to make fun of him by calling him a "criminal's child." The bullying he experienced made him distance himself from his friends and prefer to spend time alone at home. Previously, AR was an active and cheerful child, but after learning about his father's problems, his enthusiasm for participating in church activities decreased. AR missed his father and wanted to meet him, but shame and fear of ridicule prevented him. He felt trapped in a situation he couldn't control and hoped his father would return, allowing everything to return to normal.

Case 3: NJ

NJ, a 27-year-old wife, has been separated from her husband for six years. This separation occurred because her husband was imprisoned for a murder case in Dobo. The tragedy began when a group of drunk youths blackmailed and stabbed a young man to death. NJ's husband, who was in Dobo at the time to take care of the church confirmation clothes, took part in the retaliatory action, which also claimed lives, leading to his arrest. NJ, who was in the village, was shocked, angry, and disappointed to hear the news. She felt ashamed in front of the congregation

and family because her husband could not perform the church confirmation ritual, but was instead caught up in legal problems. In confusion and panic, she worried about the fate of her children and the cost of living because her husband was the backbone of the family. Nevertheless, NJ dared to go to Dobo, leaving her children with her parents, and accompanying her husband during the legal process until her husband was sentenced to 7 years in prison in the Class III Dobo Penitentiary. NJ revealed that while facing this major problem, she never received any service or help from the church, even though they really needed attention.

Case 4: ND

ND is a 7-year-old boy who is currently in the 1st grade of elementary school. ND's life changed drastically when his father was involved in a murder case. This incident occurred in their village, where the conflict involving his father caused the situation to become very tense. As a result of the incident, ND and his family were forced to leave their hometown and move to the city of Dobo to avoid a bigger conflict. After moving to Dobo, ND faced new challenges at school. He became the target of bullying from some of his classmates, who called him "the son of a criminal" (ND, inmate's family of Class III Dobo Prison, pers. comm., October 8, 2024). This nickname made ND feel ashamed and inferior. He felt alienated and not accepted in his new environment.

As a result of the bullying, ND began to withdraw from socializing and preferred to be alone at home. At home, ND often felt empty and missed his father, who was now in the Correctional Institution. Although he had siblings, their interactions were not enough to fill the emptiness he felt. The only activity he still participated in was the SMTPI worship with his siblings. In this place, ND could sing, pray, and pray for his father. These moments were a relief for ND, although he still felt deep sadness. The bullying at school continued, and ND felt increasingly isolated. He felt that no one could understand what he was feeling. ND's family tried to support him, but they too felt the effects of this challenging situation. According to ND, he missed the times when he could play and have fun without feeling pressured by the taunts and stigma attached to him. Thus, ND was trapped in a difficult situation due to his father's actions, which resulted in separation, bullying, and deep sadness in his life.

Case 5: CC

CC is a 45-year-old woman whose life changed drastically after her husband was involved in a corruption case and had to serve a sentence in a correctional facility for 1.5 years. Her husband's imprisonment left CC feeling trapped in feelings of shame, confusion, anger, and disappointment. Although she believed her husband had done his job well, the harsh reality shattered their lives. CC and her child struggled to survive amidst the sadness and loss of social support. Although the church provided initial support, CC felt abandoned afterward. CC's relationship with her child was also affected, and they tried to support each other despite the heavy emotional burden. CC struggled to stay strong for her child, but the pain of her husband's imprisonment continued to haunt her. CC missed her husband's company and support, and hoped that one day he would return and they could rebuild their shattered life. She felt isolated and lonely, trying to find ways to distract herself from her sadness, but the stigma attached to her family made it difficult for her to socialize. CC hoped that her child could feel the happiness and security that once existed in their family, even though that hope often felt vague.

Amid the difficulties faced, CC and her child tried to survive. They struggled to live their daily lives despite the heavy emotional burden they carried. Their family experienced deep sadness due to this situation. Although there was initial support from the church, CC felt that the assistance did not continue. She said that church servants initially came to provide support at the beginning of the problem, but they were no longer present afterward. "The servants came, but only when the problem first occurred. Now they don't come anymore, maybe the servants

think that we can face this problem," she said (CC, inmate's family of Class III Dobo Prison, pers. Comm., Oktober 1, 2024).

Case 6: FH

FH is a 55-year-old wife who was greatly impacted by her husband undergoing a 2-year rehabilitation period for a corruption case. Initially, FH was shocked and felt ashamed and angry (FH, inmate's family of Class III Dobo Prison, pers. comm., November 1, 2024) because her husband was considered a devout and hard-working figure. She felt that her husband was a victim of a conspiracy and could not accept this situation, which made her continue to feel angry and confused about the future of her family. Her husband's imprisonment hurt the family's condition, including stigma and bullying from the community, which labeled her husband as a "thief." FH felt depressed and withdrew from her social environment. Although the church initially provided pastoral care, the support did not continue optimally, and more attention was given to the inmates than to her family. The existing pastoral care was still limited to prayer and encouragement, without any structured follow-up programs. Although several pastors visited and spoke with the inmates, pastoral care did not fully meet the needs of FH and her family. FH felt lonely and unable to deal with the stigma and challenges faced by her family.

From the case descriptions that have been explained above, several problems can be summarized as follows;

1. This article examines the impact of imprisonment on the nuclear family, focusing on six cases. Each case illustrates how this imprisonment impacts the emotional, social, economic, and psychological well-being of the family.
2. Imprisonment causes deep sadness and feelings of loss for the family (Cases 1-6). They experience various emotions, ranging from anger (Cases 1 and 3), disappointment (Cases 1, 3, and 5), shame due to social stigma (Cases 1, 3, 4, and 5) and revenge (Cases 5 and 6)
3. Families often face bullying and stigma from the community (Cases 2, 4 and 6). AR (Case 2) and ND (Case 4) have difficulty interacting with their friends because of the negative label attached to them as children of criminals. This causes them to withdraw from social interactions. Shame and social isolation are impacts that are still felt today.
4. Imprisonment also has an impact on the economic stability of families. Many families lose their primary source of income, as experienced by NJ (Case 3) and CC (Case 5). They have to adapt to limited financial conditions, trying to meet their daily needs.
5. Assistance from the church and community is essential for families of inmates. However, some families have not fully received spiritual support in dealing with their problems (Cases 2, 3, 5, and 6).

Overall, this study shows that imprisonment has a complex and profound impact on families, affecting family conditions holistically. Holistic support from the church and community is also crucial in helping families face challenges and rebuild their lives. The case summary above is the dominant problem in all cases that have been described. These problems are then grouped for analysis from various aspects.

Discussion: Analysis and Findings

From the analysis of the cases above, it is clear that imprisonment not only impacts the inmates but also significantly affects their families. Families experience stigma, loss of social support, and deep sadness. Although the church has made visits, this support is often unsustainable and fails to meet the family's emotional and spiritual needs. Some of the main issues that emerged include grief, loss, shame, isolation, financial problems, disappointment, resentment, and anger. Based on interviews conducted by the author, the two main impacts that

are still felt by families today are shame and social isolation, which will be analyzed from a psychological perspective. Additionally, the analysis will be conducted from a socio-cultural, economic, and spiritual perspective.

Psychological Analysis

Feelings of Shame

Shame is one of the effects of imprisonment, with family members undergoing a period of rehabilitation in a Correctional Institution. Feeling ashamed means feeling uneasy (humiliated, low) because of doing something bad (Pusat Bahasa Departemen Pendidikan Nasional:2008). Psychology views shame as a complex emotional reaction to a social situation that is considered inappropriate, where a person feels that they or someone they care about has done something wrong or violated social norms.

In LS's case, shame arose because her child was involved in drug abuse, which carries a strong social stigma. LS felt that her child's actions reflected her failure as a mother, which further exacerbated her feelings of shame. This shame can lead to an identity crisis, where LS feels disconnected from the social support that should be there. According to Goffman, social stigma occurs when individuals or groups are perceived to possess negative characteristics that set them apart from accepted social norms. (Hannem 2022). AR, as a 9-year-old child, experienced a deep sense of shame due to the social stigma attached to his father. The taunts from his peers reinforced the shame and created a deep sense of powerlessness. In this context, social stigma served as a barrier that prevented AR from participating in social activities that he previously enjoyed. NJ felt a strong sense of shame after her husband was involved in a murder case. This shame was compounded by the social stigma she received, leaving her feeling alienated from her community. The inability to get support from the church added to the loneliness and isolation she experienced. CC and FH also experienced similar impacts, where the social stigma attached to their husbands' actions caused deep feelings of shame. Their husbands' involvement in corruption cases made them feel alienated and unaccepted by society, which worsened their psychological condition.

Shame can cause a person to feel isolated from others. The inability to visit their child in the correctional facility can also exacerbate this feeling of isolation, as they feel disconnected from their child and from the support they should receive. Prolonged shame can have a negative impact on LS's mental health. Strong negative emotions, such as anger and disappointment, can lead to stress, anxiety, or even depression. Without adequate emotional support, LS struggles to cope with their feelings and anxiety. Anxiety is a common emotional response that occurs when someone is faced with an unexpected and frightening situation. Crow and Crow suggest that anxiety is an unpleasant condition experienced by an individual that can affect their physical condition (Hartanti & Judith, 1997). Nawangsari stated that anxiety is an uncomfortable condition, which includes feelings of fear, tension, worry, confusion, and dislike, which are subjective and arise due to feelings of insecurity regarding potential dangers that are considered to be about to occur (Nawangsari 2001). Research shows that bullying experiences can disrupt a child's psychological development and lead to long-term emotional problems. When children feel unsafe and unaccepted, they begin to internalize these negative feelings, which can contribute to the development of mental disorders. The depression and anxiety that arise as a result of these experiences can interfere with a child's ability to function optimally in everyday life, both in school and at home.

Shame arises when someone realizes the mistake that has been made, causing feelings of inferiority and inappropriateness. This emotion can be a heavy burden, preventing individuals from moving forward and improving themselves. Shame is a social emotion that is naturally felt when someone realizes that their actions are not in accordance with existing norms, thus, shame

is a true social emotion (Singelis & Sharkey 1995:26). Goffman describes shame as a feeling of discomfort, awkwardness, and disappointment that arises when an unwanted event openly threatens a person's social identity. Shame is also a very disturbing psychological condition and can affect social interactions in a significant way (Edelmann 1981:1). In addition to being felt by the perpetrator, shame can also be felt by observers, known as vicarious shame, which is shame that arises from the actions of others (Krach, Cohrs, de Echeverría Loebell, etc. 2011:1-9).

According to Modigliani, shame is a form of discomfort that is very easy to spread. That is, when someone does something embarrassing, other people who witness or pay attention to the incident can also feel ashamed, especially if there is an emotional connection or relationship between the observer and the perpetrator (Modigliani 1968:31). Observers who see embarrassing actions from others can feel ashamed because they realize that the action violates the norm. Shame arising from the actions of others can occur independently, either due to the perpetrator's intention or the observer's awareness of a social norm violation, meaning that the perpetrator does not necessarily share the same feelings as the observer. This shame is triggered by the existence of an interdependent self-concept. The higher a person's level of dependence on others, the more likely they are to feel shame for the actions of others. When a person has an interrelated self-concept with others, they feel that they and others are not separate and that they mutually shape the situation. Shame is an experience that damages a person's social image, caused by moral failure. This shame drives individuals to protect their self-image by hiding, avoiding, or withdrawing from the situation.

Social Isolation

Social isolation is a state of solitude experienced by individuals and is often considered a result of the way others treat them, perceived as a negative and threatening condition. Individuals who experience social isolation often struggle with socializing, expressing their desires, and communicating with others. Social isolation is a significant psychological impact of the stigma felt by individuals, such as that experienced by families of inmates. Feelings of shame, helplessness, and lack of social support contribute to feelings of alienation and loneliness. This social isolation not only impacts the mental health of individuals but also affects their relationships with those around them.

LS experienced social isolation after her child was arrested. Deep shame and disappointment made her choose not to visit her child in prison, which can be seen as a form of emotional isolation. In addition, the lack of emotional and spiritual support from the church exacerbated the isolation she experienced. LS felt disconnected from the social network that should have provided support, so she had to face sadness and difficulties alone. AR, as a 9-year-old child, experienced bullying at school after learning that her father was involved in legal problems. Shame and helplessness made her withdraw from her friends, leading to social isolation. The decision to avoid social interaction and prefer to be alone at home shows the serious psychological impact of the stigma she experiences. AR feels that no one understands her feelings, which further deepens her isolation. NJ feels strong social isolation after her husband is involved in a murder case. Shame and confusion make her feel disconnected from her community. The inability to get support from the church adds to the loneliness and isolation she experiences. NJ feels trapped in a difficult situation and has no place to share her emotional burden, which worsens her psychological condition.

ND experiences social isolation due to bullying at school after her father is involved in a murder case. Shame and low self-esteem make her withdraw from socializing, and she feels unaccepted in her new environment. Although she has siblings, their interactions are not enough to fill the emptiness she feels. This isolation shows the deep psychological impact of the stigma she experiences. CC feels a heavy emotional impact due to the imprisonment of her husband, who is involved in a corruption case. Shame and stigma from society make her feel

isolated and lonely. Although there is initial support from the church, the lack of ongoing support makes her feel abandoned. This isolation exacerbated her feelings of loss and grief and affected her relationship with her child. FH experienced significant social isolation due to the stigma she received from society after her husband was involved in a corruption case. Shame and anger made her withdraw from social interactions. Despite efforts to provide support from the church, the support did not continue, leaving FH feeling increasingly isolated. The strong stigma from society made her feel unable to cope with the situation, which contributed to her emotional isolation.

Economic Analysis

Financial Impact

The incarceration of a family member, especially the main breadwinner, has a significant impact on the financial and emotional well-being of the family. The case of LS shows that the incarceration of her child led to financial hardship and loss of economic contribution, which impacted the family's living needs. A similar thing happened in the families of ND and CC, where the father and husband, as the primary breadwinner, had to undergo a period of rehabilitation in the Correctional Institution, resulting in the loss of income and employment. The decrease in income triggers changes in family dynamics, where the remaining family members have to take over financial responsibilities. This can cause additional stress, especially if they lack adequate skills to manage their finances. Families are often forced to seek extra work or reduce their spending, which negatively impacts their quality of life. The worsening financial condition also has the potential to affect the physical and mental health of family members, increasing the risk of mental health problems such as depression and anxiety (McLoyd 1998:185). Therefore, it is essential to provide adequate support to help families overcome these challenges and enhance their resilience. Social support from the community also plays a crucial role in helping families experiencing incarceration rebuild their necessary support networks.

Financial Management

Many families in the case faced difficulties in managing family finances. LS, for example, had to think hard about managing family finances after her child underwent a period of rehabilitation in a correctional facility. This reflects the challenges in effective financial planning and management. Some families also showed the ability to adapt to new economic conditions. For example, CC, who switched from a closed business to a canteen business at her child's school, showed flexibility and innovation in overcoming financial challenges. Family members who experienced changes in financial conditions had to adjust their spending patterns. For example, AR, who previously received sufficient pocket money from his father, now had to adapt to a more limited amount. In a tight financial situation, families must prioritize spending on essential needs, such as food and education, over secondary expenses. This encourages family members to be wiser in managing their budgets and reducing unnecessary expenses.

Education and child development

Incarceration has a significant impact on children's educational needs, especially when the primary breadwinner is incarcerated. Children left behind, as in NJ's case, often face challenges in accessing quality education due to financial constraints. NJ struggled to meet her children's living and educational needs, even seeking part-time work to support them. If unable to do so, her children risked dropping out of school, reducing their potential for access to a good education. AR and CC families also experienced a reduction in income due to the incarceration of the head of the household. Despite the challenges, NJ, AR, and CC's resilience and enthusiasm

for investing in education are exemplary, demonstrating an awareness of the importance of education in improving the family's economic status. Communities, including churches, play a crucial role in providing economic support to meet basic needs and help families cope with challenging circumstances.

Incarceration can increase the risk of poverty and create a cycle of poverty that is difficult to break without adequate support. Therefore, it is important to consider the impact of current economic conditions on the long-term well-being of families. Investment in education and skills development can be key to improving future economic conditions, with family members of inmates learning to become economically independent despite difficult circumstances.

Socio-Cultural Analysis

Social Dynamics Change

The legal entanglement of a family member can significantly alter the social dynamics of the surrounding community. Families serve as fundamental social units, and when their reputations are threatened, social status can decline, impacting family image and interpersonal relationships. Social stigma arises, with families caught in legal cases often viewed with skepticism or ostracism, weakening the social networks that previously provided support. For example, FH and her children experienced a decline in status after her husband was arrested, which affected his duties as an honorary employee and community servant. These changes create tensions in social relationships, both at the micro and macro levels, and can lead to shifts in social norms and values. Understanding these dynamics is therefore essential to designing effective social interventions, including holistic pastoral care to support family reintegration into society.

The Role of Family in Culture

The incarceration of a family member can disrupt family structure and function, affecting the values taught to children, such as responsibility, support, and love. Families are often the primary source of support in the face of adversity, such as that experienced by AR. Support from other family members demonstrates the importance of solidarity in certain cultures. Social norms play a role in setting expectations for individual behavior, and when children like AR and ND are bullied, they experience significant psychological distress. Bullying can lead to negative mental health outcomes, such as anxiety and depression, and increase the risk of isolation and inadequacy (Espelage 2013:527-531). Therefore, interventions to change social norms and raise awareness about bullying are needed.

Societal perceptions of individuals involved in legal problems are often influenced by collective norms and values, which can lead to social stigma and exclusion. However, support from the community, including the church, can help individuals and families cope with challenges. The presence of clergy and religious activities provides emotional and spiritual support, helping them feel connected to their community and God. Involvement in legal problems also affects an individual's identity, which can lead to an identity crisis due to shame and stigma. However, difficult situations can shape new identities that are more independent and responsible. Families experiencing imprisonment must adapt to new patterns of life and adjust to changing norms, trying to function in society despite stigma and challenges.

Religious Analysis

The role of religion in facing adversity

Religion plays a significant role in providing support and encouragement to individuals facing difficult situations. Studies have shown that religious practices, such as prayer and

worship, can serve as a source of comfort and hope amidst life's challenges (Pargament, 2005, p. 665). In this context, many individuals find strength in their faith, which serves as an effective coping mechanism. The belief that God is always present during difficult times provides a sense of security and reduces anxiety, which in turn helps individuals to focus on the positive aspects of their lives. One concrete example of the support provided by religious communities is the presence of churches as a place of refuge. In times of crisis, churches often serve as emotional support centers, where pastors and other ministers provide guidance and encouragement to individuals struggling with their emotions. Research indicates that involvement in a religious community can help alleviate feelings of loneliness and enhance mental well-being. Furthermore, churches and religious communities often organize activities aimed at helping families of inmates in need. Activities such as support programs and social services not only provide material assistance but also strengthen social bonds among community members. Through collaboration and solidarity, families of inmates feel more connected and supported, which can increase their resilience in the face of adversity.

Mental and Spiritual Health

Mental health and spirituality are intertwined, with spiritual health enhancing mental health. Religious practices such as meditation, prayer, and community rituals are effective in reducing anxiety and depression, and helping individuals find meaning in difficult situations (Koenig 2012:9). For example, FH reflected on her family's experiences after her husband was incarcerated, which helped her develop a positive perspective despite stigma. Spirituality provides a foundation for coping with adversity and developing psychological resilience (Pargament, 2001, p. 21). Individuals with a strong spiritual component tend to cope better with stress, and social support from family and community is essential for emotional recovery (Carver, 1989, p. 267). Family is often the primary source of support, which reduces loneliness and enhances psychological well-being (Cohen, 1985, p. 310).

However, the quality of support can vary, as NJ experienced when she felt less cared for by her church pastor. The quality of interactions, especially emotional support, is more effective in helping individuals cope with grief and stress. To increase social support, churches and communities must understand the needs of individuals and provide them with appropriate care. Listening and empathy skills in pastoral care can create a supportive environment, contribute to improving mental well-being, and accelerate the recovery process. Pastoral practitioners need to design holistic care methods to support individuals throughout their recovery process.

Spiritual analysis

Suffering and Crisis of Faith

FH experienced a deep crisis of faith, asking, "Why did God allow her husband to get caught up in legal trouble?" This is a common question in the theology of suffering, where people often feel alienated from God when facing hardship. There are many biblical characters who also experienced suffering and doubt, such as Job, who continued to seek God even in very difficult circumstances. Facing suffering with faith can be the first step toward recovery. The pastor can help FH understand that suffering is not a sign that God does not care, but can be part of a deeper journey of faith.

Stigma and Identity

The stigma that FH and her family experienced as a result of her husband's actions created a heavy emotional burden. In a spiritual context, it is important to remember that the mistakes or actions of others do not determine one's identity. The church can play a role in helping FH and her family rediscover their identity as children of God, despite the stigma. The church should

be a place of refuge and support for FH and those who are marginalized. More intensive and ongoing pastoral care can help FH feel accepted and supported in the faith community.

The Power of Prayer and Accompaniment

Prayer is a powerful tool in the healing and recovery process. Although FH feels helpless, he can find strength in prayer. The pastor can help FH to pray regularly, both individually and in a group, to support him during this difficult time. More structured and ongoing pastoral care is essential. This could include regular meetings, discussions about faith, and emotional support. Developing a more systematic program to support families of inmates, including FH, could be done.

Hope and Recovery

In situations that seem hopeless, it is essential to instill hope. Pastors can help FHs see that God has a bigger plan, even in difficult situations. Using stories of recovery from the Bible can provide inspiration and hope. Recovery is a process that takes time. FH needs to be given space to feel and process his emotions, but also encouraged to move forward. The pastor can help FH find practical ways to rebuild his life and family, including seeking support from other groups in the church.

Reflection and Spiritual Growth

This situation can be an opportunity for FH to reflect on his faith and his relationship with God. The pastor can guide him in this process of reflection, helping FH to find meaning in his suffering and how it can bring him closer to God. Difficulties are often a means for spiritual growth. FH can be invited to see how this experience can shape his character and deepen his faith.

Holistic Pastoral Care for Families of Inmates

Pastoral Care for Inmate Families

Pastoral practices in Indonesia are often less effective in addressing humanitarian issues. Therefore, the right pastoral service is a holistic pastoral service, which Daniel Susanto refers to as holistic and transformative service (Susanto 2018, p. 2). This service is not only holistic but also empowers people to face social, cultural, and political pressures. This model acknowledges that humans are multidimensional beings, and both individual incompetence and environmental factors often cause the problems they face. Problem solving must involve assistance to overcome problems and change the root causes. The church and pastors need to provide comprehensive pastoral care, especially to the families of prisoners. However, the assistance currently provided is often limited and focuses primarily on spiritual aspects, such as prayer, which is insufficient to meet their pastoral needs. Therefore, a more holistic pastoral service method is needed that aligns with the pastoral function, enabling families of prisoners to live better.

Functions of Pastoral Care

Clinebell emphasizes the importance of pastoral counseling that supports the balanced growth of individuals. Pastoral functions relevant to families of inmates include (Susanto 2018, p. 5) :

1. Healing: Addressing emotional and social damage by listening empathetically and providing support.
2. Guiding: Helping individuals make wise decisions in difficult situations.

3. Reconciling: Restoring relationships between people and with God through forgiveness.
4. Nurturing: Supporting the development of individual potential in facing life's challenges.

Form Holistic Pastoral Care

At Class III Dobo Penitentiary, pastoral care is provided by pastors and congregation councils who visit their congregation members within the correctional institution. Accompaniment services are also provided by companions (pastors) who are assigned to provide assistance by the Department of Religion. Accompaniment is provided through worship and pastoral conversations. However, it is recognized that such services are insufficient to meet the needs for assistance from inmates. Likewise, assistance for families of inmates. That is why the author offers forms of pastoral care that are expected to be carried out by ministers and pastoral practitioners, both to inmates, especially their families, based on the results of the analysis of the cases described above :

Pastoral Conversation:

- For Adults :

In the pastoral care discussed, the author uses the case of FH as an example to show the necessary pastoral action steps. Several factors that influence these actions include a theological understanding of suffering, forgiveness, acceptance, self-esteem, and social support. Pastoral conversation is a dialogue between a pastor and a counselee, which aims to heal, guide, and care. In the case of FH, who was separated from her husband due to a corruption case, the pastoral steps taken are:

Table 1. Pastoral Stage for Adults

Stages	To do
Building Relationships	The ounsellor gets to know FH and her family, fosters empathetic communication, and helps restore their self-esteem. Real acceptance and accompaniment are more important than just advice (Muran, 2011, p. 99).
Empathy and Emotional Validation	The pastor must understand the feelings of FH and her family, listen attentively, and help them realize that negative feelings are normal in difficult times. Emotional validation is crucial for the healing process (Fromm, 2021, p. 281).
Awareness of Happiness	FH needs to be strengthened to see the value of life and happiness in a harmonious family. Closeness to God and His forgiveness are sources of hope and strength for FH and her children
Be a blessing to others	FH's experience made him feel valuable and able to be a blessing to others. He began to understand suffering as a medium of God's revelation and felt useful to God and others. Pastoral conversations will be continued according to the needs of FH and his family (Tan, 2011, p. 325).

- For Children:
Children affected by the imprisonment of family members, such as AR, who is 9 years old and separated from his father due to a corruption case, need proper pastoral care. Some steps that can be taken to help AR are:

Table 2. Pastoral Stages for Children	
Stages	To do
Initial Conversation	The counselor has a private conversation with AR to explain his father's situation, so that AR does not feel lied to. The counselor also helps AR rebuild his self-confidence and understand that other children experience similar things, using examples from the Bible such as the story of Job and Jesus in the Garden of Gethsemane.
Play Therapy	AR is involved in play therapy, where he can express his feelings through arts and crafts, such as drawing or making collages. These activities help AR understand his emotions and build relationships with his friends, while also encouraging him to attend Sunday School services and pray.
Social Service Activities	AR is also involved in social activities, such as collecting food for the needy, which teaches empathy and care, and affirms the value of himself and other children in the eyes of God.

Support Group (Support Group):

Pastoral care can be provided in groups that offer emotional and informational support to individuals or families facing similar challenges, such as families of prisoners. Clinebell emphasizes that these support groups are effective in creating a sense of respect and good relationships between members (Clinebell 2002, p. 459). In this group, members can share experiences and challenges in an atmosphere of mutual understanding.

- Pastoral steps in a support group include:
- Initial Step: Prayer and introduction between the counselor and group members.
 - Middle Step: Members share experiences as families of prisoners, followed by meditation and contemplation by the counselor.
 - Final Step: Members provide support to each other and seek solutions to problems. If necessary, the counselor can develop a follow-up plan and coordinate with related parties.
- Support in the group is not only spiritual but also includes empowerment programs that enhance the skills and financial stability of the family, such as providing employment opportunities and training.

Conclusion

Imprisonment due to legal problems has a significant impact on families, not only deep sadness and feelings of loss, but also various emotions, ranging from anger, disappointment, revenge, and

shame. Families often face bullying and stigma from the community as a criminal family, making it difficult to interact and even withdraw from social interactions. Shame and social isolation are impacts that are still felt today. Imprisonment also affects the economic stability of the family; family income is reduced or even lost because the primary breadwinner must undergo a period of guidance in the Correctional Institution. As a result, other family members must try to meet the family's needs, including the education of children. Amid these conditions, the pastoral needs of the families of inmates become very important, but it turns out that the church has not fully met these needs. Visits made by church servants are not enough to meet the holistic needs of families, so a more comprehensive and holistic pastoral care approach is needed. Therefore, the form of holistic pastoral service proposed in this thesis is pastoral conversations for adults and children, as well as support groups. In addition, pastoral care is carried out with adequate skills and accompanied by empowerment actions for the families of inmates. With holistic pastoral care, the church can help families feel more connected, supported, and empowered in facing the challenges due to the imprisonment of their family members.

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