



Implementation of Fulfillment of Women Prisoners Rights to Get Decent Food: Case Study on Women's Prison Class IIA Jakarta

Fauzhan Akbar Fhazmie Basha¹, Megawati Barthos²

¹Student at Doctoral Program of Law, Universitas Borobudur, Jakarta, Indonesia

²Universitas Borobudur, Faculty of Law, Jakarta, Indonesia

*Email : faujhan@gmail.com, megawati_barthos@borobudur.ac.id

Abstract: Fulfillment of food needs in the Correctional Institutions essential to meet the nutritional needs requirements that are worthy of health and stamina of the body. The purpose of this paper is to describe the Fulfillment of the right to get decent food for female inmates. The method used in this study is normative juridical supported by field research in the form of questionnaires and interviews with informants. It uses the traditional approach as the primary legal material. The research was conducted at the Women's Prison Class IIA Jakarta in January-March 2020. In this study, it was determined that the withdrawal of samples using random sampling techniques as many as 50 respondents. The results showed that the Fulfillment of the right to get food in the Women's Prison Class IIA Jakarta is not good enough. Factors that hinder efforts to fulfill the right to obtain decent food include the quality of food produced and the unqualified nutritionists and cooks in Correctional Institutions. Researchers suggest fulfilling the request to get food for female inmates, employees who have a background in nutritionists and cooks.

Keywords: Fulfillment of Rights; Female Inmates; Decent Food; Women's Prison; Nutrition.

1. INTRODUCTION

Criminal imprisonment is one of the types of criminal sanctions that most often use to overcome crime. Prison sentences increasingly play an essential role and shift the death penalty position and criminal against bodies seen as cruel (S. Jeffries and C. Chuenurah 2018). On this basis, the prison sentence, which is the most frequently dropped by the judge's verdict, so that the condition deserves more attention and needs to renew to meet the sense of community justice (S. Jeffries, C. Chuenurah, P. Rao, and M. J. Y. Park 2018). Correctional Institution is a place to foster inmates and students of penal institutions in Indonesia. The State Civil Apparatus, which handles the construction of inmates in correctional institutions called Correctional Officers, has the task of carrying out the punishment. Still, a much more challenging task is to return the convicted into the community (C. Smith 2002).

Inmates need protection from unfair treatment, such as torture, racial disparities, not getting good facilities, lack of remission opportunities, and not obtaining proper health care rights (K. M. Nowotny, R. G. Rogers, and J. D. Boardman 2017). In its history, prison sentences know as the public's reaction to a criminal act committed by an offender. Therefore, prison sentences also refer to as the crime of loss of liberty or elimination of personal freedom (S. J. Loeb, J. Penrod, C. S. Hollenbeak, and C. A. Smith 2011). The Community System began to be implemented in 1964 by strengthening by Law No. 12 of 1995 on

Correctional, which is the final part of the criminalization system. The Law of Society supports efforts to realize a community system, a coaching order for Community Development Citizens, which regulates prisoners' rights as Indonesian citizens who have lost their independence due to committing criminal acts.

However, the current reality often found in correctional institutions that their rights have not granted inmates' rights as citizens. This is due to several factors, including the lack of understanding of regulations on inmates' rights in the Law by Correctional Institution officers or even by inmates themselves. As a state, inmates' rights must be protected by law enforcement, especially the staff at the officer Correctional, so the State of the Law must respect inmates' human rights as citizens who must be protected even if they have violated the Law (A. B. Smoyer 2016).

One of the Inmate' rights is getting decent food to meet the body's health needs. If the body's health is not maintained, it will cause decrease health conditions in the body (A. B. Smoyer and K. M. Blankenship 2014). The food consumed should have no harm or side effects on the body. Therefore, the food consumed should meet nutritional needs and be safe (R. J. Shlafer, J. Stang, D. Dallaire, C. A. Forestell, and W. Hellerstedt). The addition of the quality and amount of nutrients consumed is instrumental in improving the community's nutritional status, including the Community Development Community in the Correctional Institution. Therefore, to realize the protection of every citizen, including those in correctional institutions and state prisons, is indispensable for the availability of quality foodstuffs, so it expects that the number of pain and death will decrease and improve inmates' health (D. Chatterjee and S. C. Chatterjee 2018).

Foodstuffs procurement must be efficient and effective in using state finances spent to create openness, transparency, accountability, and the principle of healthy competition in the procurement of foodstuffs financed by the State that food ingredients obtain that is affordable. Quality and can are accountable for both in terms of physical, administrative, and benefits.

Health-eligible foods or healthy foods are hygienic, nutritious, and adequate. Clean foods are foods that do not contain disease germs or substances that can harm health. Nutritious food contains enough carbohydrates, fats, proteins, minerals, vitamins, and a balanced amount according to the needs. Adequate food can meet the needs of the body at a certain age and condition. In addition to meeting these basic requirements, it is also necessary to note how to cook food, the temperature of food at the time of serving, and easily digestible foodstuffs. Health-qualified food and beverages are needed to supervise

food and drinks' hygiene and sanitation (G. Akın 2018).

Female inmates are undoubtedly different from male inmates. Female inmates have special conditions not owned by male inmates. Namely, female inmates have cycles such as menstruation, pregnancy, childbirth, and breastfeeding. Women's specific needs include reproductive health recovery, family planning, pregnancy services, and birth and treatment after experiencing sexual violence or torture (S. Jeffries, C. Chuenurah, P. Rao, and M. J. Y. Park 2019). The rights of female inmates about these matters should be fulfilled and taken into account.

Recognition of female inmates' rights is in the Correctional Act's content material that Prisoners and Correctional Students who are sick, pregnant, or lactating have the right to additional food on the instructions of the doctor (A. K. Knittel, S. Zarnick, J. M. Thorp, E. Amos, and H. E. Jones 2014). The article explains that what is meant by other food is the increase in the number of calories above the average number of calories specified for women who are pregnant plus 300 (three hundred) calories a day. For women who are breastfeeding can be added between 800 (eight hundred) to 1000 (one thousand) calories a day. Article 20 paragraph 3 of the Government Regulation is that the child of a female inmate who is taken into a correctional institution or born in a correctional institution can be given additional food on a doctor's instructions, at the most until the child is 2 (two) years old. Supplemented feeding aims to explain Article 20, Paragraph 3, namely that increased feeding intends to maintain growth.

The provision of food for Community Development Citizens in its implementation must be following the Regulation of the Minister of Law and Human Rights of the Republic of Indonesia Number 40 of 2017 concerning Guidelines for The Implementation of Food for Prisoners, Children, and Inmates. The regulation has a specific purpose: to provide food that meets the nutritional requirements, quantity, and quality, nourishing food that meets the taste and food safety standards. The Fulfillment of food services by maximum healthy means will help Correctional Institution tasks and functions in coaching, service, and security. So it is expected that the number of pain the death of the Community Correctional Facility will decrease and the degree of welfare increases. Thus, inmates' legal, juridical rights to obtain proper food in the correctional institutions guarantee by Law to have a clear regular basis. This study aims to describe the Fulfillment of the right to get decent food for female inmates.

Based on the study site's findings, female inmates complained that their food was not suitable for various reasons, including poor hygiene, common flavoring, and poor nutrition.

Then in the process of fulfilling the right to get decent food for inmates, some things are not following the procedures of the Regulation of the Minister of Law and Human Rights of the Republic of Indonesia Number 40 of 2017 concerning Guidelines for The Implementation of Food for Prisoners, Children, and Inmates. Inadequate facilities and infrastructure. There are no expert cooks in correctional institutions and nutritionists who can directly assess the food served is nutritious or not, resulting in low food quality and unbalanced food nutrition. The Correctional institutions' capacity does not balance with the growing number of female inmates entering correctional institutions (G. Akin 2019). Women's prison is overcrowded.

2. LITERATUR REVIEW

Inmate Coaching

Article 1 paragraph 1 of Law No. 12 of 1995 concerning Correctional Services states that Correctional Services is a community development activity based on systems, institutions, and coaching procedures that are the final part of the criminal justice system. Every Inmate is human and should be treated as a human being [12]. Even if he loses his freedom, the Inmate must not be convicted that he is a criminal [13]. Instead, he should always feel that he is viewed and treated as a human being. The term correctional is intended so that inmates' development must be oriented towards more humane actions and following the Inmate's conditions [14].

Prisoners obtain their other rights like human beings. In other words, their civil rights remain protected, such as the right to get health care, eating, drinking, clothing, bed, exercise, skills, sports, or recreation [15]. The community system that formulated in the 1964 Institute Conference consisting of ten formulations.

First, the lost people must be provided with life as a good and useful citizen in the community. Every human being has equal rights and obligations that have been regulated in the 1945 Constitution in article 28C paragraph 1 and article 28E paragraph 1. This spirit must be instilled in the human soul so as not to become a lost person. To return to the straight path. The provision is manifested in personality coaching, namely the development of religion according to their respective beliefs.

Second, criminal prosecution is not an act of revenge from the State. In line with the changes in Indonesia's correctional system, the criminal prosecution is not an act of state retaliation against the Inmate. Instead, it is a form of coaching carried out gradually. Coaching is a form of rehabilitation and therapy on the depression of inmates [16]. This coaching is far from suffering because inmates are fostered, mentored, adequately cared for

in correctional institutions.

Third, repentance cannot be achieved by torture but by guidance. The remorse of inmates in the Penitentiation gave rise to repenting to The One True God. In correctional institutions, female inmates are given personality coaching in religious awareness coaching every day. This development is adapted to the religion embraced by each female Inmate.

Fourth, the State has no right to make an inmate worse or worse than before entering the Institution. Every Indonesian citizen has the same position before the Law. All rights and obligations of inmates and non-inmates remain the same before the Law, but what distinguishes our rights taken away is the right to freedom.

Fifth, as long as the prisoner loses freedom of movement must be introduced to the community and should not be exiled from the district. While in the correctional institutions, female inmates are fostered, guided, and equipped with the ability so that one day they come out of the Penitentiation into human beings of high integrity, potentially become good citizens, and accepted by the community. For their ability and potential to participate in building the country in a more advanced and developed direction. Therefore, they should not be exiled from society. It should be well received in the community so that they can be useful and real human beings.

Sixth, the work given to inmates should not be time-filled or intended only to benefit institutions or states. Work provided for the advancement of the State. Correctional Institution Activity Guidance Officer provides work not to fill leisure time but rather a form of self-reliance coaching in skills programs that support independent businesses such as knitting and sewing and skills that help small businesses such as salons.

Seventh, guidance and upbringing must be based on the principles of Pancasila. Pancasila is the foundation and philosophy of the Indonesian State. Therefore, all the Correctional Institutions' guidance, namely religious education, legal awareness, intellectual, formal or non-formal education, national and State awareness, and social education based on Pancasila and the 1945 Constitution of the Republic of Indonesia. Guidance and upbringing in this Correctional Institution are found on every principle of Pancasila.

Eighth, everyone is human and should be treated as a human being even though he has strayed should not be directed to the Inmate that it is a criminal. An inmate should not always feel that he is a criminal. He must ever think that he is viewed and treated as a whole human being. Therefore, coaching activities are given so that inmates in the Penitentiation have no free time to think about desperate things. It should be supported by the participation

of correctional officers who are friendly and not rude.

Ninth, the Inmate was only convicted of lost liberty. Prisoners are like ordinary human beings. All their rights and obligations must be fulfilled, upheld, and respected by fellow human beings. Prisoners do not get free privileges because freedom of movement is already restricted. Other rights beyond that remain, such as the right to life, the right to equal standing before the Law, the right to adhere to their own beliefs, and the right to obtain proper food.

Tenth, for the coaching and guidance of inmates, the necessary means are provided. Facilities and infrastructure are very supportive in the process of coaching in every activity in the Correctional Institution. Facilities and infrastructure that meet in the Correctional Institution make the coaching process run well. Besides, it is supported by correctional officers who have mostly educational backgrounds.

The ten principles of correctional services mentioned above are guidelines for correctional officers in conducting coaching. The Correctional System implemented in Indonesia contains great ideals where the construction of the given correctional institutions is expected to facilitate the reintegration to restoring inmates' lives, lives, and livelihoods with the community and making inmates support public order. The right of inmates in the community to become fully human beings who have characteristics will no longer be lawbreakers and become actively useful and productive members of society.

Inmates are not only objects but also subjects that are no different from other human beings who can at any time commit mistakes or voids that can be criminally imposed, so they do not have to be eradicated. What must be destroyed are factors that can cause inmates to do things contrary to the Law, decency, religion, or other social obligations that can be criminally imposed [17]. Criminalization is an effort to revitalize an inmate to regret his actions, and return him to be a good citizen, obey the Law, uphold moral, social, and religious values to achieve a safe, orderly, and peaceful society to restore on physical and mental health [18].

Inmate Rights

The implementation of correctional duties and functions must be based on the prevailing rule of Law to realize human rights fulfillment and protection. The inability of law enforcement officers, especially the correctional authorities, in seeking the safety, dignity, enforcement, and promotion of human rights, especially lawbreakers, resulted in the abuse of state authority or the waiver of the constitutional rights of citizens as stipulated in Article

28 of the Constitution of 1945. Article 28 D paragraph 1 states that everyone has the right to recognition, guarantee, protection, and certainty of fair Law and equal treatment in the eyes of the Law. Human rights state that everyone has the right to protection of human rights and fundamental freedoms without discrimination. Prisoners as human beings and human resources must be treated humanely and adequately. Therefore, the correctional system focuses on caring, coaching, education, and guidance for fostered citizens to restore the unity of human rights relations between individual citizens and the community. Inmates are currently treated humanely. In the coaching of inmates, the same treatment and service principle means that female inmates and male inmates get similar treatment.

Article 14 paragraph 1 of Law No. 12 of 1995 on Correctional Institution states that inmates have the right to:

- Perform worship by their religion or beliefs;
- Receive care, both spiritual and physical care;
- Get education and teaching;
- Get decent health and food services;
- Submit a complaint;
- Obtain reading materials and follow other mass media broadcasts that are not prohibited;
- Earn wages or premiums on the work done;
- Receive family visits, legal counsel, or certain other people;
- Obtaining a reduction in the criminal period (remission);
- Getting assimilated opportunities including family leave;
- Granted parole;
- Get time off before release;
- Get other rights by applicable laws and regulations.

Food

Food is necessary for life because food is one of the necessities for human life, not just comfort food. There are many incorrect assumptions about comfort food [19]. Food serves to maintain the body's processes in growth or development and replace damaged body tissues, obtain energy to carry out daily activities, regulate metabolism and various balances of water, minerals, and other body fluids, also play a role in the body's defense

mechanism against various diseases.

Food is a basic human need at all times and wherever it is and requires good and correct management to benefit the body. Without food and drink, man cannot live his life. The food consumed should meet the criteria that it is worth eating and does not cause diseases such as:

1. Being in the desired degree of maturity;
2. Free from pollution at every stage of production and subsequent handling;
3. Free from microorganisms that cause diseases delivered by foodborne illness;
4. Free from physical changes, undesirable chemistry results from the influence of enzymes, microbial activity, rodents, insects, parasites, and damages due to pressure and drying.

Food processing is the process of changing the shape of raw materials into ready meals. The best food processing is one that follows hygienic and sanitary principles. Food processing personnel and equipment in the processing process should be considered the requirements [20].

Hygiene is a health effort by maintaining and protecting the cleanliness of the individual subject, such as hand washing to preserve hand hygiene, washing dishes to protect plate hygiene, and removing damaged food parts to protect food integrity as a whole [21]. Food sanitation is a preventive effort that focuses on the activities and actions necessary to ensure food and beverages are free from any dangers that may interfere with health [22]. Food and drinks are produced during the processing, storage, and transportation when the food and drinks are ready to be consumed by the community or consumers. The sanitation of these foods aims to ensure food safety and purity, preventing consumers from the disease. The requirement for food processing personnel:

1. Healthy body condition with a doctors certificate;
2. Free from infectious diseases (tuberculosis, cholera, carrier disease);
3. Must have a medical examination book;
4. Do not smoke during food processing;
5. Do not wear fingered jewelry;
6. Not using equipment and facilities that are not for his purposes;
7. Always wash your hands before starting work;
8. Always wear work clothes and protective clothing properly;
9. Always wear clean work clothes and not worn outside working hours.

Equipment requirements in the process of food processing

1. The surface of the tool should be intact, not defective, and easy to clean;
2. The surface layer of the tool is not readily soluble in acids/bases or salts commonly used in the food processor;
3. If the device is in contact with food, it will not emit harmful toxic heavy metals, such as lead (Pb), Arsenicum(As), Copper (Cu), Zinc (Zn), Cadmium (Cd), Antimony (Stibium).

The principle of transport ready to eat needs to be considered:

1. Each food has its container.
2. The container used must be whole, healthy, and adequate in size with food placed and made of anti-rust or leak-proof materials.
3. Transport for a long time should be set temperature to keep the heat 60 °C and stay calm for four °C.
4. The container during the trip should not always be opened and remain closed until the presentation place.
5. Carriage vehicles are specially provided and are not used for anything else.

The mechanism for Food Implementation in Correctional Institutions

First, plan the budget to prepare the costs necessary for the procurement of foodstuffs for inmates. This activity aims to provide estimates of food shopping needed to meet the needs, kinds, and amounts of inmate foodstuffs according to standards. The Correctional Institution proposed the budget planning through the Regional Office of the Ministry of Justice and Human Rights of the Republic of Indonesia and subsequently decided by the Directorate General of Corrections.

Second, plan the menu to prepare a balanced nutrition menu that will be processed to meet inmates' nutritional needs. The purpose of menu planning is to availability menu cycles according to the classification of services in correctional institutions within a certain period. In preparing the menu, consider factors that influence, among others, serving standards and food regulations. The Directorate General of Correctional Team carries out the menu's practice by paying attention to eating habits and foodstuffs availability in the area.

Third, calculating the needs of foodstuffs to prepare the conditions of foods needed for food procurement according to the specified menu and the number of inmates to achieve proposals and food needs for inmates for one year.

Fourth, processing the procurement of foodstuffs for inmates is carried out based on the prevailing laws and regulations on the procurement of goods and services.

Fifth, make up the demand for groceries based on the menu according to the number of inmates. The purpose of the booking is the availability of orders according to the standards or specifications set. Food inspection is an activity that includes assessment, recording, and reporting on the variety, quantity, and quality of foodstuffs received by the specifications of the order. Storage of foods is an ordinance to organize, store, maintain the safety of dry and wet foodstuffs, both quality and quantity, in the warehouse of dry and wet foodstuffs, as well as recording and reporting.

Sixth, preparing foodstuffs as a series of activities in handling foodstuffs includes various processes, cleaning, cutting, peeling, grinding, washing, and soaking processed foods. Food processing is an activity of cooking raw foodstuffs into ready meals, quality and safe to consume by sautéing, frying, and steaming according to the necessary cooking techniques. Food processing aims to increase the value of digestion, taste, fertilization, and free from harmful organisms for the body. They are serving food to inmates by centralization, decentralization of the combined roof. The purpose of food distribution is so that inmates get food by the needs and applicable regulations.

Seventh, record each step of activities in the implementation of food. Simultaneously, reporting results from the recording's processing carried out periodically by the time and needs requiring. Recording and reporting are intended to record and monitor the entire series of food organizing processes. Recording and reporting include receipts, usage, unused stock/remaining, and others deemed necessary. The recording is done every day, which is reported to be done periodically and in stages.

Eighth, supervise the activities to know the development of each activity process continuously, both directly and indirectly. Head of Correctional Institution evaluates assessment to food organizers from planning to distribution regularly and periodically.

3. RESEARCH METHODS

The method of approach, which this research is normative juridical, is far from the existing regulation laws. It is a positive and international law to obtain education according to the applicable rules. The data in this study is data that is the result of literature studies and field studies. A literature study is a research by collecting data or material from books,

literature, and legislation. At the same time, the field study of research is by way of questionnaires and interviews. The withdrawal of samples using random sampling techniques as many as 50 respondents female inmates. After all the data collected, both literature research and field research then classified the same. after it is analyzed systemic with the provisions-and theories applicable, so that be drawn a conclusion

4. RESULT AND DISCUSSION

The purpose of the women's Correctional Institution was to separate female inmates from male inmates for safety and psychological factors. The way of coaching female inmates is not much different from correctional institutions in general. Female inmates at the Women's Correctional Institution are given few specific coaching skills such as sewing, embroidery, and cooking. In terms of employment, female inmates are particular. The work's nature is not so heavy, whereas, in male inmates, the result is rather heavy.

The rights of female inmates and male inmates are the same. Female inmates get special treatment because women have a nature that does not have by male inmates, namely menstruation, pregnancy, childbirth, and breastfeeding. In this case, female inmates' rights need to get special attention, according to the Law and correctional officers.

Sick, pregnant, and lactating inmates are entitled to additional food according to the doctor's instructions, which means that extra food increases the number of calories above the average number of calories specified for pregnant plus 300 (three hundred) calories a day. Women who are breastfeeding can be increased between 800 (eight hundred) to 1000 (one thousand) a day. Supplemental feeding is intended to maintain the growth and development of children. Children born in correctional institutions up to 2 years must be handed over to their father or relatives or family caregiver with their mother's consent [23]. The reality is that the prison has not reached the age of 2 years has been taken by the family.

Female inmates are perpetrators of criminal acts with rights as stipulated in Law No. 12 of 1995 on Correctional. One of the rights that inmates have is the right to get decent food. This provision should pay attention to the content of food, cleanliness, and health.

Inmates are very dependent on the correctional institutions as the Institution is authorized to distribute the foodstuffs. Inmates only get food provided by the Penitentiation. Therefore, correctional institutions must always pay attention and strive for food management for inmates can be carried out correctly and adequately maintained quantity and quality by applicable regulations. Food that is not by its amount and low quality and

causing disruption of safety and order, in terms of health can also cause malnutrition and diabetes [24]. Inmates who suffer from malnutrition will be more prone to disease, lack motivation, react sluggishly and apathetically. Their achievements will decrease so that thus reducing their work productivity.

Characteristics of respondents

Table 4.1 shows respondents in Women's Prison Class IIA Jakarta in 2020, at most aged 30-39 years, as many as 32 people (64%). The education level of respondents with the most education until the end of senior high school is 16 people (32%). The religion of respondents with the most moslem is 38 people (76%). The type of criminal acts of respondents with the most narcotic is 35 people (70%), and at least money laundry is one person (2%). The length of stay of respondents with the most 25 until 48 months is 37 people (74%).

Menu Schedule

Table 4.2 shows the first date of every month until the 10th is Day 1 menu schedule up to the 10th. The 11th until 20th back schedule menu first date to the 10th. The 21st until 30th back schedule menu first date to the 10th. The 31st using the 7th-day menu schedule. The next month starts again from the 1st. January 1, 2020, is day 1.

Table 4.3 shows standards for food and fuel repair per person in a 10-day cycle for inmates.

Table 4.4 shows nutritional intake standards to realize a healthy Indonesian society based on the Regulation of the Minister of Health of the Republic of Indonesia, number 75 of 2013 on the Indonesian nation's recommended nutritional adequacy figures.

Table 1 Characteristics of respondents

Characteristics	N	%
Age		
19-29 years	8	16
30-39 years	32	64
40-49 years	10	20
Education level		
Never attended school	1	2
Completed elementary high school	4	8
Completed junior high school	9	18

Completed senior high school	16	32
Completed diploma degree	8	16
Completed bachelor degree	12	24
Religion		
Moslem	38	76
Christian	12	24
Types of criminal acts		
Narcotics	35	70
Corruptions	2	4
Human Trafficking	4	8
Money Laundry	1	2
Common Crimes	8	16
Length of stay		
1-24 months	5	10
25-48 months	37	74
49-72 months	7	14
73-96 months	1	2

Table 2 10-Day Pattern Inmate Food Menu Schedule

Schedule	Meal Time				
	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Rice Boiled eggs Sautéed beans long Drinking water	Green bean porridge	Rice Fried fish Fried tofu Sautéed siamese pumpkin Sauce chili Banana/orange sDrinking water	Yam boiled	Rice Chicken soy sauce Fried tempeh Sautéed carrots Chinese cabbage Sauce chili Drinking water
Day 2	Rice Fried fish Sautéed Chinese cabbage Drinking water	Yam boiled	Rice Meat stew Fried tempeh Vegetable pecelSauce chili Banana/orange sDrinking water		Rice Fried salted fish Fried tofu Vegetable lodeh Sauce chili Drinking water
Day 3	Rice Boiled eggs	Green bean	Rice Fried chicken	Yam boiled	Rice Fried fish
	Sautéed bean sprout Drinking water	porridge	Fried tofu Sautéed col and carrots Sauce chili Banana Drinking water		Peanut balado Sautéed beans Sauce chili Drinking water

Day 4	Rice Chicken soy sauce Sauteed siamese pumpkin Drinking water	Yam boiled	Rice Fried salted fish Peanut balado Vegetable lodeh Sauce chili Banana/oranges Drinking water		Rice Gulai Meat Fried tempeh Soup Sauce chili Drinking water
Day 5	Rice Boiled eggs Sauteed eggplant Drinking water	Green bean porridge	Rice Fried chicken Fried tempeh Vegetable asem Sauce chili Banana/oranges Drinking water	Yam boiled	Rice Fried salted fish Peanut Balado Gulai leaves cassava Sauce chili Drinking water
Day 6	Rice Chicken soy sauce Sauteed beans Drinking water	Yam boiled	Rice Fried fish Fried tofu Vegetable spinach Sauce chili Banana/oranges Drinking water		Rice Meat stew Fried tempeh Vegetable urap Sauce chili Drinking water
Day 7	Rice Boiled eggs Sauteed col and carrots Drinking water	Green bean porridge	Rice Fried chicken Peanuts balado Vegetable lodeh Sauce chili Banana/oranges Drinking water	Yam boiled	Rice Fried fish Fried tofu Sautéed bean sprout Sauce chili Drinking water
Day 8	Rice Chicken soy sauce Sauteed chinese cabbage Drinking water	Yam boiled	Rice Fried salted fish Fried tempeh Capcay Sauce chili Banana/oranges Drinking water		Rice Gulai meat Peanuts balado Vegetable pecel Sauce chili Drinking water
Day 9	Rice Boiled eggs Sauteed eggplant Drinking water	Green bean porridge	Rice Fried fish Peanuts balado Soup Sauce chili Banana/oranges Drinking water	Yam boiled	Rice Fried chicken Fried tofu Sauteed beans long Sauce chili Drinking water
Day 10	Rice Fried salted fish	Yam boiled	Rice Boiled eggs		Rice Meat stew
	Sauteed beans Drinking water		Fried tofu Vegetable pecel Sauce chili Banana/oranges Drinking water		Fried tempeh Gulai leaves cassava Sauce chili Drinking water

Table 3 Inmate Food List

No	Types of Foodstuffs	1 Person In 1 Day	In 10 Days	Total 10-Day Giving
1	Rice	250 gram	10 times	2500 gram
2	Yam	150 gram	10 times	1500 gram
3	Beef	35 gram	5 times	175 gram
4	Chicken	100 gram	8 times	800 gram
5	Chicken eggs	1 item	6 times	6 items
6	Coconut	30 gram	10 times	300 gram
7	Fresh vegetables	300 gram	10 times	3000 gram
8	Fruits	1 item	10 times	10 items
9	Sugar	13 gram	10 times	130 gram
10	Flavor	30 gram	10 times	300 gram
11	Flavor chili	10 gram	10 times	100 gram
12	Salt	12 gram	10 times	120 gram
13	Tofu	110 gram	7 times	770 gram
14	Tempeh	50 gram	7 times	350 gram
15	Peanut	20 gram	6 times	120 gram
16	Green beans	20 gram	5 times	100 gram
17	Fish	83 gram	6 times	498 gram
18	Salted fish	40 gram	5 times	200 gram
19	Cooking oil	105 gram	10 times	1050 gram
20	Palm sugar	13 gram	5 times	65 gram
21	Ketchup	12 gram	10 times	120 gram
22	Gas	175 gram	10 times	1750 gram
23	Drinking water	2 liters	10 times	20 liters

Table 4 Recommended Nutritional Adequacy Standards

No	Sex	Widyakarya Food and Nutrition 2012		
		Age	Energy (Calories)	Protein
1.	Male	13-15 years	2475	72
		16-18 years	2675	66
		19-29 years	2725	62
		30-49 years	2625	65

2.	Female	13-15 years	2125	69
		16-18 years	2125	59
		19-29 years	2250	56
		30-49 years	2150	57

Based on the table above, the Fulfillment of nutrition and food to inmates must follow the Regulation of the Minister of Law and Human Rights of the Republic of Indonesia Number 40 of 2017 concerning Guidelines for The Implementation of Food for Prisoners, Children, and Inmates. Researchers looked directly at whether the food menu served inside the correctional Institution was by the guidelines for implementing food for inmates.

Feeding is an inmate's right that must be fulfilled by implementing the Correctional Institution to support the implementation of duties and functions in coaching, service, and security as stated in Article 14 of Law No. 12 of 1995 Correctional Services. The provision of foodstuffs is carried out in cooperation with the order to the Food Supply. Furthermore, the Provider sends groceries according to the order. The receiving committee will then receive the foodstuffs to be checked for conformity with the order and specifications. After eligible groceries are received and weighed in the last stage, some go into the preparation room and enter the grocery storage room. Further explained if the food received is damaged, the Correctional Institution can return it to the Provider. Inmates need food with balanced nutrition rules in correctional institutions to maintain and improve health to not get sick and do their daily activities.

Correctional duties in the care section include handing over inventory equipment to inmates, such as daily clothing, tableware, bedding, and worship supplies. Cutlery for inmates at the Women's Prison Class IIA Jakarta is given cutlery upon entering the Correctional Institution. Each Inmate gets a kind of plastic plate and a plastic cup of one piece each. In reality, many inmates carry and buy their cutlery. Cutlery is not made of rivets or glassware but is only made of plastic to prevent abuse from harming people.

The Researcher conducted interviews with Correctional Institution officers at Women's Prison Class IIA Jakarta revealed that the number of inmates had exceeded the Correctional Institution's capacity. The impact of overcapacity leads to the Fulfillment of the right to get food correctly far from expectations. The unit index price for one Inmate is Rp. 18,000 per day. If in one day get three meals, then each meal has a budget of Rp. 6,000. For the cost of living in Jakarta, the figure is still not ideal. The Researcher argues that the situation is currently alarming. Supposedly excess capacity should not lead to the lack of Fulfillment of the right to get food for inmates. Suppose the overcapacity, not find a solution yet. Should

the budget fulfill the request to get food for inmates plus the excellent index price at the Correctional Institution so that inmates do not become victims of overcapacity.

On the same occasion, the Researcher interviewed one of the inmates in Women's Prison Class IIA Jakarta regarding the Fulfillment of their right to get a decent meal. She said that in obtaining food, we receive food that is given as is. As inmates, we are unlikely to press charges because food is not feasible, considering we are just inmates. Sometimes, the food given to us was less viable, even though some inmate friends do not eat the food provided. Female inmates limit the consumption of food, especially energy source foodstuffs. Inmates carry out these food restrictions because their body shape does not match the body shape they expect. Psychological factors affect newly entered inmates serving their sentences, some of whom lack Appetite, so low food intake [12].

The Researcher made observations at the food manufacturing site in Women's Prison Class IIA Jakarta and found inmates cooked the food because of the absence of competent cooks based on food standards. Kitchen facilities such as Steamer and cooking utensils are quite complete but need replacement due to steamers or cookware's consumable to guarantee hygienic food. The absence of a nutritionist who can assess the food served nutritiously or not. Food is not exhausted due to inmates who do not eat the food provided because of its low quality. In terms of food distribution, the absence of a supervisory team tasked with testing the food served does not harm health, and processed foodstuffs do not exceed the expiration limit and where food does not use ingredients that are harmful to health.

5. CONCLUSIONS

In this study, the condition of female inmates in Women's Prison Class IIA Jakarta was presented. The research findings suggest that female inmates need to be given more facilities and more services to meet food needs with balanced nutrition rules to maintain and improve health degrees, not get sick quickly, and do daily activities. The most crucial issue in Women's Prison Class IIA Jakarta is overcapacity [25]. It raises the wiggle room problem due to overcrowding and indirectly leads to other unhygienic conditions, inadequate health services, or sanitation problems [10]. It negatively affects the health and psychological disorders of inmates in Correctional Institution.

The Fulfillment of the right to get food at Women's Prison Class IIA Jakarta is not good enough. The results of researchers' questionnaires are evidenced by proven indicators

that are not by reality, namely budget planning, processing, presentation, and storage. The problem faced in Women's Prison Class IIA Jakarta is that the number of inmates exceeds capacity, the amount of budget for foodstuffs is not proportional to the market price. Provision of food with a menu that is not varied and tasteless. The amount of food provided is not by the portion. The cleanliness of the food supply is lacking, and the available facilities are inadequate, the availability of chefs, nutritionists, and food distribution supervisory teams.

The study's findings indicate that those female inmates in Women's Prison Class IIA Jakarta require improved health and nutrition services by adding facilities and infrastructure in Women's Prison Class IIA Jakarta. Especially in the provision of food by their respective fields such as nutritionists and cooks. Make proper menu adjustments so that inmates are fulfilled their rights, completing the availability of facilities in the kitchen such as freeze. The increase good nutritional value, it is necessary to consider the caloric content and nutritional value of each food consumed by inmates so that food needs, wherever possible, by health standards and healthy adequacy figures.

Acknowledgments

The authors would like to thank the International Conference of Innovation, Science, Technology, Education, Children, and Health for supporting this research. We are also extremely grateful to the Inmates who kindly gave us their time and shared their stories.

REFERENCES

- Akın, G. (2019). Women behind the bars in Turkey. *Women & Criminal Justice*, 0(0), 1–17. <https://doi.org/10.1080/08974454.2019.1673875>
- B. Ekumah *et al.*, "Disparate on-site access to water, sanitation, and food storage heighten the risk of COVID-19 spread in Sub-Saharan Africa," *Environ. Res.*, vol. 189, p. 109936, 2020, DOI: 10.1016/j.envres.2020.109936.
- Bebbington, P., et al. (2017). Assessing needs for psychiatric treatment in prisoners: 1. Prevalence of disorder. *Social Psychiatry and Psychiatric Epidemiology*, 52(2), 221–229. <https://doi.org/10.1007/s00127-016-1311-7>
- C. L. Firth, E. Sazie, K. Hedberg, L. Drach, and J. Maher, "Female Inmates with Diabetes: Results from Changes in a Prison Food Environment," *Women's Heal. Issues*, vol. 25, no. 6, pp. 732–738, 2015, DOI: 10.1016/j.whi.2015.07.009.
- Chatterjee, D., & Chatterjee, S. C. (2018). Food in captivity: Experiences of women in Indian prisons. *Prison Journal*, 98(1), 40–59.

<https://doi.org/10.1177/0032885517743444>

- D. K. Cecil, J. McHale, A. Strozier, and J. Pietsch, "Female inmates, family caregivers, and young children's adjustment: A research agenda and implications for corrections programming," *J. Crim. Justice*, vol. 36, no. 6, pp. 513–521, 2008, DOI: 10.1016/j.jcrimjus.2008.09.002.
- de Graaf, K., & Kilty, J. M. (2016). You are what you eat: Exploring the relationship between women, food, and incarceration. *Punishment & Society*, 18(1), 27–46. <https://doi.org/10.1177/1462474515623103>
- Gussak, D. (2009). Comparing the effectiveness of art therapy on depression and locus of control of male and female inmates. *Arts in Psychotherapy*, 36(4), 202–207. <https://doi.org/10.1016/j.aip.2009.02.004>
- Jeffries, S., & Chuenurah, C. (2019). Vulnerabilities, victimization, romance, and indulgence: Thai women's pathways to prison in Cambodia for international cross-border drug trafficking. *International Journal of Law, Crime and Justice*, 56(December 2018), 39–52. <https://doi.org/10.1016/j.ijlcj.2018.12.001>
- Jeffries, S., Chuenurah, C., Rao, P., & Park, M. J. Y. (2019). Women's pathways to prison in Kenya: Violence, poverty, familial caretaking, and barriers to justice. *Women's Studies International Forum*, 73(August 2018), 50–61. <https://doi.org/10.1016/j.wsif.2019.02.003>
- Knittel, A. K., Zarnick, S., Thorp, J. M., Amos, E., & Jones, H. E. (2020). Medications for opioid use disorder in pregnancy in a state women's prison facility. *Drug and Alcohol Dependence*, 214, 108159. <https://doi.org/10.1016/j.drugalcdep.2020.108159>
- Loeb, S. J., Penrod, J., Hollenbeak, C. S., & Smith, C. A. (2011). End-of-life care and barriers for female inmates. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 40(4), 477–485. <https://doi.org/10.1111/j.1552-6909.2011.01260.x>
- MacDonald, M. (2013). Women prisoners, mental health, violence and abuse. *International Journal of Law and Psychiatry*, 36(3–4), 293–303. <https://doi.org/10.1016/j.ijlp.2013.04.014>
- N. Sawasdiapanich *et al.*, "Development of healthcare facility standards for Thai female inmates," *Int. J. Prison. Health*, vol. 14, no. 3, pp. 163–174, 2018, DOI: 10.1108/IJPH-07-2017-0032.
- Nowotny, K. M., Rogers, R. G., & Boardman, J. D. (2017). Racial disparities in health conditions among prisoners compared with the general population. *SSM - Population Health*, 3(May), 487–496. <https://doi.org/10.1016/j.ssmph.2017.05.011>
- Shlafer, R. J., Stang, J., Dallaire, D., Forestell, C. A., & Hellerstedt, W. (2017). Best practices for nutrition care of pregnant women in prison. *Journal of Correctional Health Care*, 23(3), 297–304. <https://doi.org/10.1177/1078345817716567>
- Smith, C. (2002). Punishment and pleasure: Women, food and the imprisoned body. *Social Review*, 50(2), 197–214. <https://doi.org/10.1111/1467-954X.00363>

- Smoyer, A. B. (2016). Making fatty girl cakes: Food and resistance in a women's prison. *Prison Journal*, 96(2), 191–209. <https://doi.org/10.1177/0032885515596520>
- Smoyer, A. B., & Blankenship, K. M. (2014). Dealing food: Female drug users' narratives about food in a prison place and implications for their health. *International Journal of Drug Policy*, 25(3), 562–568. <https://doi.org/10.1016/j.drugpo.2013.10.013>
- Smoyer, A. B., & Lopes, G. (2017). Hungry on the inside: Prison food as concrete and symbolic punishment in a women's prison. *Punishment & Society*, 19(2), 240–255. <https://doi.org/10.1177/1462474516665605>
- Smoyer, A. B., & Minke, L. K. (2019). Hygge: Food and the construction of safety among incarcerated women in Denmark. *Appetite*, 141(February), 104319. <https://doi.org/10.1016/j.appet.2019.104319>
- Tomaszewska, M., Trafialek, J., Suebpongsang, P., & Kolanowski, W. (2018). Food hygiene knowledge and practice of consumers in Poland and in Thailand: A survey. *Food Control*, 85, 76–84. <https://doi.org/10.1016/j.foodcont.2017.09.022>
- Trasande, L., Shaffer, R. M., & Sathyanarayana, S. (2018). Food additives and child health. *Pediatrics*, 142(2). <https://doi.org/10.1542/peds.2018-1410>
- Troisi, J. D., & Wright, J. W. C. (2017). Comfort food: Nourishing our collective stomachs and our collective minds. *Teaching of Psychology*, 44(1), 78–84. <https://doi.org/10.1177/0098628316679972>
- Zhu, X. M., et al. (2017). Prevalence of borderline personality disorder and its risk factors in female prison inmates in China. *Psychiatry Research*, 250, 200–203. <https://doi.org/10.1016/j.psychres.2017.01.065>