LIFE QUALITY ENHANCEMENT MODEL OF FEMALE PRISONERS IN UDONTHANI CENTRAL PRISON BY AROKAYASALWATKAMPRAMONG GUIDELINE

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Abstract— The research objective was to develop a model for life quality enhancement of female prisoners in Udonthani Central Prison usingArokayasalWatKampramongGuideline, by "Luang Ta" PhraPaponpat, the Abbot, and the volunteer team. The research methods were qualitative and quantitative study. The research was conducted as 1) meeting with key informants to develop a model for life quality enhancement of female prisoners at Udonthani Central Prison 2) implementing the model to enhance life quality of female prisoners for 1 year duration 3) evaluation and conclusion of each aspect of life quality enhancement. The research results showed that life quality enhancement model of female prisoners was holistic and consisted of physical, psychological and social aspects. The Abbot was the center of faith and cooperation. The volunteer team conducted life quality enhancement with multi-disciplinary approach. The physical enhancement included health promotion by Qigong exercise adapted for Thais, health examination, herbal medicines and acupuncture. The psychological enhancement was Dhamma practice for mind calmness, listening to Dhamma, praying and meditation. The social aspect was enhanced by understanding nature of living with others, forgiveness,music session, group exercise and preparedness for returning to society after release from prison by career education according to the sufficiency economy. Afterimplementing the model for 1 year, it was found that all female prisoners participated in exercise for health promotion. Female prisoners with cancers were treated by herbs from ArokayasalWatKampramongPractic. The ill prisoners were treated by acupuncture to alleviate symptoms. In case of mother and child of female prisoners, breast feeding and child development assessment were promoted. For psychological and social aspects of life quality enhancement, female prisoners expressed relaxation from praying, meditation, listening to Dhamma and Qigong exercise adapted for Thais. They understood nature of life and other prisoners. Some prisoners wanted to do benefits for society after release from prison, such as becoming the volunteer to help cancer patients at WatKampramong. They also initiated moral prison project for praying and meditation every day and exercised Qigong adapted for Thais once a week. After release from prison, they hoped to work as exercise and Yogaleaders. Some prisoners wanted to have honest jobs such as growing herbs with their families based on the concept of sufficiency economy.

Index Terms— Life quality, female prisoners, prison, ArokayasalWatKampramong Guidline,

I. INTRODUCTION

There are more female offenses at present which result in 47,632 female prisoners in Thailand.[1] This makes Thailand to be number four of most female prisoners in the world besides USA, China and Russia.[2] The increasing number of female prisoners has many effects such as the prisons are far away from their homes and families, the prisons are overcrowded due to limited space, inadequate basic services for females and inaccessibility to education, career development and basic health care.Breast screening program is rare in prisons. There are more than 300 pregnant prisoners and almost 200 of them have to raise children in prisons. The elderly prisoners are also the issues.[as in 1] These effects result in psychological and social impacts such as stress, anxiety, despair, discouragement and conflicts from overcrowded condition.

Her HRH Princess Bajrakitiyabha who concerned with life quality of female prisoners has initiated the Encouragement Project for the prisoners to have the opportunity to return to society. The target groups are female, child and adolescent prisoners and disadvantaged group from justice process. Her HRH Princess proposed the Project ELFI: Enhancing Lives of Female Inmates with reference from the United Nations rules for the treatment of women prisoners and non-custodial measures for women offenders or the Bangkok Rules to reflect international standard of practice for female inmates in health care, female vulnerability and childrenin prisons. [3] donthani Central Prison is one of the pioneers of the project.PhraPaponpat, the Abbot of WatKampramong, who created ArokayasalWatKampramongPractice, recognized the importance of life quality enhancement of female prisoners in UdonthaniCental Prison. He brought care plan for cancer patients from ArokayasalPractice to the prison. ArokayasalWatKampramongPractice serves as a hostel for terminal cancer patients. In 1996 the Abbot had nasopharyngeal cancer and was treated by chemotherapy with no response. He decided to try meditation and herbs from Thai traditional formula. Finally his pain subsided and the cancer was cured. After that people who had cancers came to the Abbot for treatment with no expense. He treated cancer with Buddhism practice by praying, meditation, and herbal medicines to treat cancer along with music therapy, recreation to reduce stress and good relationship.

ArokayasalWatKampramongPractice became the hope for terminal cancer patients. From 2006 to 2015, there were more than 1,700 cancer patients, Thais and foreigners, came to have treatment from the Abbot. The Abbot and volunteer team have decided to initiate project: Life Quality Enhancement Model of Female Prisoners in Udonthani Central Prison by ArokayasalWatKampramongGuideline in order to holistically enhance life quality of female prisoners, especially health dimension that emphasizes comprehensive care. They provide the prisoners opportunity to link to family and community, prepare to return to society, occupation, mental stability, moral development to have immunity after release from prison and encouragement to start new lives in society. This model can be guideline for other prisons to develop life quality enhancement of female prisoners project and for prisoners to develop volunteer project for female prisoners.

Research Objectives

1. to develop life quality enhancement model of female prisoners in Udonthani Central Prisonby ArokayasalWatKampramong Guideline
2. to implement the model to enhance life quality of female prisoners in Udonthani Central Prison
3. to evaluate the results of life quality enhancement of female prisoners in Udonthani Central Prison

II. RESEARCH METHODS

The research methodsare qualitative and quantitative studies to develop a model oflife quality enhancement of female prisoners in Udonthani Central Prison by ArokayasalWatKampramong Guideline. The research consists of meeting with volunteer team from WatKampramong and prison wardens, interview the wardens and female prisoners concerning needs for life quality enhancement during and after imprisonment. The life quality enhancement model would be in compliance with environment and need of the prison. The model was implemented for life quality enhancement of female prisoners for 1 year as the followings:

1. Model development for life quality enhancement of female prisoners in Udonthani Central Prison by ArokayasalWatKampramong Guideline, Populations are volunteers from Arokayasal Foundation, WatKampramong, prison wardens and female prisoners in Udonthani Central Prison. Samples are 16 volunteers from Arokayasal Foundation, WatKampramong, 2 prison wardens and 30 female prisoners in Udonthani Central Prison. Research tools are meeting agenda for life quality enhancement model of female prisoners, interview form for prison wardens and agenda for focus group discussion with female prisoners in Udonthani Central Prison. Data are analyzed by content analysis and Typology.

2. Model implementation to enhance life quality of female prisoners in Udonthani Central Prison and evaluation of the result of life quality enhancement. Populations are 594 female prisoners in Udonthani Central Prison, Samples are female prisoners who have life quality enhancement from each activity. Research tools are evaluation forms of life quality enhancement in each activity, observation form and interview form. Data are analyzed by content analysis, Typology, frequency and percentage.

Ethics

The research takes into account the right of the samples, the objectives of the research. a period of research. The clarification of the right to accept or refuse to participate in this research without affecting in any way. In addition, during the research If the samples do not wish to participate in the research completed on schedule can be terminated without affecting. The learning of information obtained from this research are confidential. Presentation of data will be presented in an overview. There is no disclosure of the name and surname when samples are willing participants. The research samples sign a consent form to participate in the study (informed consent form)

III. RESULTS

1. Life quality enhancement model of female prisoners in Udonthani Central Prison by ArokayasalWatKampramong Guideline, was the model to holistically enhance life quality with emphasis on health dimension. The model consisted of physical, psychological and social aspects and it was multi-disciplinary approach. PhraPaponpat,the Abbot as the spiritual leader, was the center of faith and cooperation. The volunteers who devoted for the project came from many professions such as physician, Thai traditional medicine, pharmacist, nurse, academic staff, medical student and relatives of cancer patients from WatKampramong.

1.1 Life quality enhancement: physical aspect. It was conducted by health promotion in the form of Qigong exercise adapted for Thais, health examination, treatment by physician, Thai traditional medicine, herbs and acupuncture.

1.2 Life quality enhancement: psychological aspect. The prisoners learned Dhamma from the Abbot, praying, meditation, listening to Dhamma to calm their minds, understanding life, forgiveness and moral living.

1.3 Life quality enhancement: social aspect. The model emphasized warmth and understanding by having the prisoners join activities of music and group

exercise.They were prepared to return to society after release from prison and career education based on the concept of sufficiency economy such as growing and processing herbs.

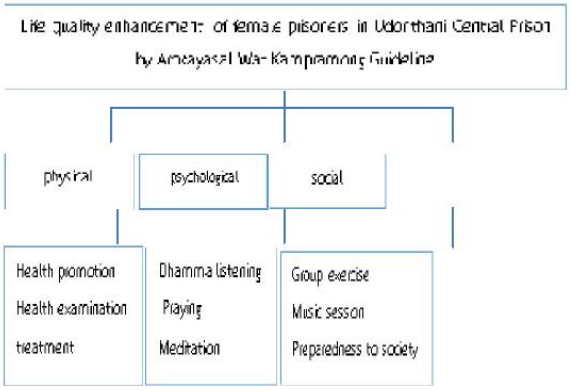


Figure: Life quality enhancement model of female prisoners atUdonthani Central Prison

2. Results of model implementation to enhance life quality of female prisoners in Udonthani Central Prison

2.1 Life quality enhancement: physical aspect

2.1.1 Health promotion

Female prisoners joined Qigong exercise adapted for Thais once a month for 12 months. There were 50 volunteers of female prisoners who trained Qigong exercise adapted for Thais to lead the exercise for other prisoners. The results showed 261 female prisoners regularly exercised (43.94%), 15 volunteer leaders of the exercise were able to lead other prisoners in the sixth month, and 50 female prisoners weekly joined the exercise for 6 months. There were 63.50% of female prisoners joined Qigong exercise adapted for Thais twice a week and 2 prisoners (0.60%) exercised every day. The prisoners' interview showed that regular exercise resulted in bettersleep, increase appetite and fresh bodies.

2.1.2 Health examination and treatment

Physician and Thai traditional medicine provided health examination and treatment every month. Treatment included herbs for cancer patients, acupuncture and mother and child care. The results showed:

1)18 cancer patients- 5 uterine cancers, 5 breast cancers, 3 lymphomas, 2 thyroid cancers, 1 lung cancer and 2 cases with more than one tumors. All patients were treated by herbs from ArokayasalWatKampramong Practice, and other herbs to alleviate symptoms. They were followed monthly for 12 months with better results and no complications (100%) and tumor size reduction (100%).

2) 219 of 594 female prisoners (48.99%) were treated by acupuncture twice a month. Their symptoms were 32.87% back pain, 31.50% migraine, 26.48% leg and knee pain and 9.13% miscellaneous such as abdominal pain and allergy. The treatment results showed pain decrease with statistical significance ($p<0.05$) and good satisfaction score.

3) mother and child care included assessment of child development, education and skill training for mother to stimulate child development every 3 month for 2 sessions. The results showed that there were 7 mothers who raised children in prison with minimal age of 19 years and maximal age of 40 years. The children age range was 0-1.5 years. All mothers were pregnant and had labors while imprisonment. After deliveries at hospital, they returned to prison with their babies. The results of child development showed all children had appropriate development. The children had low body weight and mild anemia. All had complete vaccination as schedule and breast feeding. Older children received milk formula and supplementary food.

2.2 Life quality enhancement: psychological and social aspects

2.2.1Life quality enhancement: psychological aspects

The Abbot lead praying, meditation and teaching Dhamma with topic of truth in life and moral living to female prisoners once a month for 12 months. During the third month, the prisoners asked to arrange praying and meditation every morning and continued until present.

2.2.2 Life quality enhancement: social aspects

Music session with recreation activities were conducted for the prisoners to relax and share relationship every month for 12 months. The results showed 100% of the prisoners joined all activities. The prisoners who had 6-12 months of imprisonment left were prepared for confidence to return to society. They learned by contemplative process and career education based on the concept of the sufficiency economy. The prisoners were interested in growing and processing herbs. There were 40 female prisoners who attended mental preparedness activities and 80 prisoners with relatives who attended growing herbs class.

The results of life quality enhancement of female prisoners in psychological and social aspects showed that the prisoners who regularly exercised had higher happiness level than those who did not exercise with statistical significance. The prisoners who attended praying, music and exercise felt relaxed, happy and peaceful. They could sleep better and took less analgesics at night. There were also less conflicts among prisoners.

CONCLUSION AND DISCUSSION

Life quality enhancement model of female prisoners in Udonthani Central Prison by ArokayasalWatKampramong Guideline, was the holistic model to enhance life quality in physical,

psychological and social aspects. The Abbot was the center of faith and the volunteer team cooperate to achieve common goal. This was in compliance with the evaluation of happiness of volunteers and patients.[4] and KantichaPuekjaroen [5] who studied work process and roles of volunteers and found that ArokayasalWatKampramong Practice was driven by volunteer force with full potential to meet the patient-centered needs.

Physical enhancement of female prisoners consisted of health promotion by monthly Qigong exercise adapted for Thais, health examination and treatment by physician and Thai traditional medicine. The cancer patients were treated by herbs from ArokayasalWatKampramong Practice. The ill prisoners, such as myalgia, were treated by acupuncture. The mothers who raised their children in prison were educated for child development stimulation, breast feeding and assessment of child development. Psychological enhancement was conducted from Buddhism principles for peacefulness of the prisoners. Social enhancement included sharing activities among female prisoners.

The project of life quality enhancement of female prisoners in physical, psychological and social aspects by monthly activities for 1 year resulted in decrease of illness symptoms, high satisfaction with life quality enhancement, more happiness than prior to the project, illness understanding and acceptance, and more hope in life. There were some prisoners who wanted to become volunteers to help cancer patients at WatKampramong to repay the Abbot. Some prisoners intended to have career in exercise leaders and growing herbs based on the concept of the sufficiency economy after release from prison. The prisoners learned ideology of ArokayasalWatKampramong Practice, which emphasized giving without expecting return, helping others with love and compassion, and without discrimination. They understood life, hope in life, living with other prisoners and less sufferings. The results were in compliance with JaratsangPiew-orn [6] who studied the management of terminal cancer patients with holistic approach: case study at WatKampramong, Sakolnakorn Province and found that the patients had better perception in physical illness, more appetite, looked happy, refreshing bodies, the tumor mass softened, less suffering and let it go thinking. They were ready to face the disease and prepared for the consequence to pass away peacefully. For the results of life quality enhancement in social aspects is also in compliance with the study of SurangChuovanichakan[7] which found that the happiness of adulthood and the Elderly were positive correlation coefficients with social relationship.

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