

**GAMBARAN *PSYCHOLOGICAL WELL BEING* NARAPIDANA SEUMUR HIDUP YANG TELAH
MENDAPAT GRASI DAN SEDANG MENJALANI PROSES ASIMILASI
(STUDI DI KUPANG, NUSA TENGGARA TIMUR)**

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Abstract

Most people think prison are people deserve to be wasted behind bars. Inmates for life, serving a sentence in a maximum period of time in the prisons are full of rules, plus the pressures of family and neighborhood convict itself. This study aims to provide an overview of the psychological well being of former prisoners who are undergoing life-long process of assimilation. Psychological well being is the result of the evaluation of a person's existence itself based on the experience gained in the individual relation with other and introduction of herself gained from experience (Ryff, 1989). Psychological well being needed for inmates who through assimilation process so that they can direct themselves toward better and maintain it on an ongoing basis. In-depth interviews based on six dimensions (Self Acceptance, Positive Relations With others, autonomy, Environmental Mastery, Purpose In Life, Personal Growth) give to a third person for life ex-convict who had undergone the process of assimilation for 1 month. The results of this study indicate the three subjects tend to have a picture of psychological well being better after serving on most aspects of the Psychological Well Being dimensions.

Keywords: Psychological well being, Convict Life, Assimilation