

Effects of self- esteem enhancement program for prisoners

Chuleeporn Pusopa, RN, MNS*

Pimpimon Wongchaiya, RN, PhD*

Buaban Yana, RN, MEd*

Chalermpan Mekloy, RN, MNS*

Watcharee Chaijandee, RN, MEd*

Khoy La-ong-on, RN, MNS*

Nantika Anantchaipatana, RN, MNS*

Abstract

Background: The Boromarajgonani College of Nursing and the Phayao Provincial correction center have been working together to promote mental health of the prisoners for a number of years. Forth year nursing students were trained and provided counseling for prisoners in counseling practicum course. Outcomes of our previous study have shown that self-esteem was central of psychological health of prisoner. In 2009, we aimed to enhancement the self-esteem of the prisoners. We have developed a self-esteem enhancement program based on humanistic theory, and the fourth year nursing students were then trained and delivered the program to the prisoners.

Methods: Participants were 99 prisoners who were voluntary to join the program. The intervention program included six two- hour sessions. Ninety –nine forth year nursing students were trained and delivered this program under supervision of the program developers. Self-esteem measurement was used to evaluate self-esteem. A paired-t-test was used to compare pretest and posttest scores.

Results: Self-esteem scores increased significantly after the intervention. Analysis of participant written responds in each session revealed the following themes: stress reduction, future and hope, and self understanding.

Recommendation: The intervention appeared to be effective in reducing self-esteem of prisoners. More rigorous research design should be done to confirm the effectiveness of the intervention.