



#### KEY WORDS

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- ✓ Inmate
- ✓ Psychopathology
- ✓ Mental Health
- ✓ Stress

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## THE EFFECT OF WORKING IN “IN PRISON SERVICES” ON THE LEVEL OF PSYCHOPATHOLOGICAL SYMPTOMS AND STRESS COPING SKILLS IN PRISONERS

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#### THESIS ABSTRACT

The aim of this study is to examine the effect of working in “in prison services” within closed penal institutions on the levels of psychopathological symptoms and coping styles with stress among convicted inmates. The research was conducted with a total of 156 convicted individuals (68 females, 88 males) residing in Sincan Type L Closed Penal Institution No.1 and Sincan Women's Closed Penal Institution, participants were divided into three groups: non-working inmates (n=59), those who had been working for 0–3 months (n=36), and those who had been working for more than 6 months (n=61). Data collection tools included the Personal Information Form for demographic variables, the Symptom Checklist 90-Revised (SCL-90-R) to assess psychopathological symptom levels, and the Ways of Coping Inventory (WAYS) to examine stress coping skills. The data were analyzed using independent samples t-test and one-way analysis of variance (ANOVA). The findings showed that inmates who had been working in institutional services for more than six months had significantly lower levels of psychopathological symptoms both in the general symptom index (GSI) and in subdimensions such as depression, anxiety, and psychoticism compared to those who were not working. However, no significant differences were found between the groups in terms of stress coping styles. These findings suggest that expanding work opportunities within correctional institutions may contribute to improving the effectiveness of rehabilitation programs and supporting inmates' psychological well-being. The study is expected to provide useful insight for rehabilitation and reintegration practices within the justice system.

#### APPLICATION AREAS OF THE THESIS RESULTS

This study may be a resource for public authorities in charge of the rehabilitation of convicts and for mental health professionals working in this fields.

#### ACADEMIC ACTIVITIES

Kurtar, E., & Eker, S.S. (2025). Psychopathology from Crime to Release: Mental Health in the Criminal Justice System. *Psikiyatride Güncel Yaklaşımlar Current Approaches in Psychiatry*, 18(1), 124-142. doi:10.18863/pgy.1696583