

Lived Experiences of Female Person's Deprived of Liberty in Completing the Katatagan, Kalusugan at Damayan Ng Komunidad Program for Drug Dependents

Kaezel A. Santos¹, Aimee Rose A. Manda²

^{1,2}Polytechnic University of the Philippines-Graduate School

ABSTRACT

This paper explores the lived experience of Female Person's Deprives of Liberty in Completing the Katatagan, Kalusugan at Damayan ng Komunidad Program for Drug Dependents. Employing the qualitative phenomenological approach, Semi-Structured Focus Group Discussion to understand the experiences of women persons deprived of liberty (PDL) who underwent the Katatagan Kontra Droga sa Komunidad (KKDK) program while in prison. This study employed non-probability purposive sampling to select participants, meaning that individuals were intentionally chosen based on their relevance to the study rather than through random selection. Results highlighted that the lived experiences of female persons deprived of liberty (PDLs) in the Katatagan, Kalusugan at Damayan ng Komunidad (KKDK) program show the development of emotional adjustment, behavioral transformation, and self-awareness leading to sobriety planning. This interconnected process emphasizes the importance of structured rehabilitation programs that address not only substance use but also the emotional, psychological, and behavioral dimensions of recovery. Emotional resilience, instilling discipline, promoting self-awareness, and guiding individuals toward proactive recovery planning programs like KKDK will possibly encourage them to break free from the cycle of addiction and embrace a future of hope and self-sufficiency.

Keywords: Person's Deprived of Liberty, Katatagan, Kalusugan at Damayan ng Komunidad Program (KKDK), Emotional Adjustment, Polytechnic University of the Philippines, Behavioral Transformation, Sobriety, Female Drug Dependent.

1. INTRODUCTION

Women convicted on drug-related charges are also more likely to have untreated mental illness and trauma histories, highlighting a wide gender disparity in the inmate population. It has been established through research that women are more prone to utilize substance use as a way of coping with emotional pain and psychological trauma caused by untreated mental illnesses and traumatic events (Covington & Bloom, 2007). This cycle of addiction and incarceration is particularly concerning because the traditional correctional systems and rehabilitation programs are generally designed with male prisoners in mind, ignoring the unique challenges that confront women. The uneven impact of incarceration on women emphasizes the need for gender-sensitive rehabilitation programs in accordance with the United Nations Sustainable Development Goals (SDGs), specifically SDG 3 (Good Health and Well-being), SDG 5

(Gender Equality), and SDG 16 (Peace, Justice, and Strong Institutions). Studies have shown that women are more likely to demonstrate enhanced recovery rates in gender-exclusive treatment centers than in mixed-gender programs (Possick & Itzick, 2018). Additionally, women are impacted by incarceration more than men, developing better support systems and demonstrating a greater inclination to communicate their needs to correctional officers (Wright et al., 2012), which requires rehabilitation programs focused on their emotional and psychological well-being. In response to this, the Bureau of Jail Management and Penology (BJMP) adopted a more rehabilitative approach rooted in dignity, rehabilitation, and reintegration instead of punishment. One such is the "Katatagan, Kalusugan, at Damayan ng Komunidad" (KKDK) program, a community-based intervention that combines Cognitive Behavioral Therapy (CBT), mindfulness exercises, and support from family to address drug dependency among Persons Deprived of Liberty (PDLs). While KKDK supplements the present Therapeutic Community Modality Program (TCMP), concerns for high attrition rates and restrictions based on family commitments and availability problems (Acosta et al., 2020) pinpoint the need to further develop programs, particularly for jail settings. Being a student of psychology and a jail inspector, the researcher is particularly interested in learning about female PDLs' perceptions of the KKDK program, issues they face while undergoing rehabilitation, and how the program can be improved to benefit women in detention centers. With the promise of change presented by prison self-reflection (Gales et al., 2023), it is imperative to realize how gender-responsive rehabilitation can lead to women's emancipation from patterns of addiction and imprisonment towards a more just and rehabilitative criminal justice system.

2. II. EXPERIMENTAL METHOD/S

Research Design

The researcher employed the qualitative phenomenological approach to understand the experiences of women persons deprived of liberty (PDL) who underwent the Katatagan Kontra Droga sa Komunidad (KKDK) program while in prison. Thus, qualitative research is the best method because it lets researchers look closely at the experiences, thoughts, and even feelings of the people who take part in the studies, giving them a deep understanding of their lives. In this case, the researcher would purposefully ask female PDLs who have completed the KKDK program and use open-ended questions to encourage candid sharing of their experiences.

Utilizing a qualitative phenomenological methodology, the researcher can elucidate the complexity and variety of the participants' experiences by highlighting the cycles of incarceration and rehabilitation they encountered. Qualitative methods, such as theme analysis, can be employed to examine participant experiences, so providing deeper insights into the effectiveness and reach of the KKDK program from the perspective of actual participants.

Sources of Data

This study employed non-probability purposive sampling to select participants, meaning that individuals were intentionally chosen based on their relevance to the study rather than through random selection. Purposive sampling ensures that participants meet specific criteria necessary to address the research objectives effectively. The study focused on ten previously incarcerated women who had successfully completed the Katatagan, Kalusugan at Damayan ng Komunidad (KKDK) Program under the Bureau of Jail Management and Penology (BJMP). These participants were selected based on their eligibility for a plea bargain agreement and their direct experience with the KKDK program. To capture a diverse range of perspectives, the study included participants regardless of age, educational background, marital status,

or employment history. This approach allowed for a comprehensive understanding of how different women experienced rehabilitation through KKDK. By considering participants from various backgrounds, the research was able to explore the commonalities and differences in their struggles, coping mechanisms, and reintegration efforts. The selection criteria were based on existing profiles of female PDLs with a history of drug dependency, acknowledging that the KKDK program enrolls a limited number of female participants. This careful selection process ensured that the study gathered meaningful insights into the challenges, successes, and impact of the program on women's rehabilitation and reintegration.

Instrumentation

The focus group discussions were conducted in a semi-structured format, allowing for a balance between guided inquiry and open conversation. The discussions were designed using grand tour questions, which encouraged participants to express their emotions, perceptions, and reflections freely. This approach provided a safe and supportive environment, enabling participants to share their experiences in their preferred language and in a setting where they felt most comfortable. Additionally, observations were employed to capture non-verbal cues, interactions, and behavioral patterns during the discussions. These observations supplemented the verbal responses, offering deeper insights into how participants processed and expressed their experiences. The study employed a combination of FGDs and observations to adopt a comprehensive strategy in assessing the impact of the KKDK program, facilitating the emergence of rich, nuanced, and truthful narratives from the participants.

Ethical Considerations

This study adheres to the ethical principles outlined in the American Psychological Association (APA) Code of Ethics, particularly Principle A: Beneficence and Nonmaleficence, which emphasizes the importance of maximizing benefits while minimizing harm to participants. Ensuring the integrity, safety, and well-being of all research participants is a fundamental priority. Before conducting the study, the researcher obtained institutional approval to ensure that the research proposal met ethical standards. Additionally, informed consent was secured from all participants. They were provided with comprehensive information about the study's purpose, procedures, potential risks, benefits, confidentiality measures, voluntary participation, and contact details for further inquiries. Participants were given the right to decline or withdraw from the study at any stage without facing any negative consequences. Furthermore, confidentiality and anonymity were strictly maintained. Identifiable information was either removed or anonymized to protect the participants' privacy. Audio recordings and images were only collected with explicit permission, except in cases of naturalistic observations, where ethical considerations were still upheld. The study strictly prohibited deception, unless deemed absolutely necessary for the validity of the research and when no alternative methods were available. In such cases, participants were promptly debriefed and given the opportunity to withdraw their data. Lastly, to uphold academic integrity and research ethics, proper attribution was given to all sources used in the study, and plagiarism or misrepresentation of data was strictly avoided. Adhering to these ethical norms, the research guaranteed transparency, respect, and the safeguarding of the rights and welfare of all participants.

Tradition of Inquiry

Phenomenology helps uncover how participants make sense of their recovery, reintegration, and identity transformation after the program (Shinebourne, 2011). Additionally, elements of narrative inquiry provide insights into how they frame their personal growth and change post-rehabilitation. These qualitative research traditions guide the exploration of how female PDLs navigate challenges, self-growth, and the transition beyond incarceration. The study included qualitative in-depth interviews with individuals to

compile rich and significant data. The semi-structured nature of the interviews let for flexibility while nevertheless guaranteeing that important subjects were covered. Focus group discussion helped participants express their ideas and feelings more freely, therefore offering a better awareness of their points of view on recovery and reintegration.

Data-Generation Method

A multi-stage process was adopted in a bid to attain a solid and comprehensive understanding of female PDLs' lived experiences in completing katatagan kalusugan at damayan ng Komunidad Program. Interview audio recordings were transcribed word for word to preserve the uniqueness of participants' descriptions. Transcription was performed through several readings in order to be accurate and complete. To systematically organize and analyze, qualitative data management tools such as NVivo were used, making efficient coding, retrieval, and interpretation of data possible.

The study utilized Thematic Analysis, a commonly used and flexible method for conducting qualitative data analysis. The following procedures were followed: Familiarization, where the researcher became acquainted with the data through repeated readings of transcripts and listening to recordings to gain a deep understanding of the participants' stories. Memos and ideas were noted during this process. Coding involved identifying dominant statements, trends, and concepts to categorize and organize the data systematically. Theme Development followed, wherein similar codes were grouped into larger themes to encapsulate the essence of the participants' lived experiences. Review and Refinement ensured that the themes accurately reflected the data by filtering and aligning them with the research objectives. Finally, Theme Definition and Naming involved clearly defining and labeling each theme to indicate its significance and relevance to the study.

To enhance the credibility and trustworthiness of the findings, several validation strategies were employed. Member Checking was conducted by requesting participants to review and confirm the meanings of their responses to ensure accuracy and authenticity. Expert Validation involved a thorough review of themes and subthemes by two experts who assessed and refined the themes to ensure their appropriateness within the research context.

Through the use of a narrative and phenomenological methodology, together with rigorous thematic analysis, the current study assures an integrated, true-to-life, and meaningful investigation of female PDLs' lived experience following administration of the KKDK program.

3. RESULTS AND DISCUSSION

Table 1 Biographical Sketch of the Participants

Participants	Age	Sex	Drugs Used	Date of Admission
1. EM	48	Female	Shabu	April 15, 2023
2. KM	26	Female	Shabu	February 15, 2023
3. RS	33	Female	Shabu	February 15, 2023
4. JA	29	Female	Shabu	February 15, 2023
5. JP	47	Female	Shabu	September 21, 2022
6. EL	53	Female	Shabu	February 15, 2023
7. CL	45	Female	Shabu	April 11, 2023
8. JC	42	Female	Shabu	January 31, 2024
9. BC	48	Female	Shabu	July 1, 2021
10. EC	44	Female	Shabu	January 4, 2023

The participants involved in this research are the ten female individuals who were incarcerated at Antipolo

City Jail-Female Dorm and eligible to undergo the KKDK program as part of the plea-bargaining agreement.

EM is a 48-year-old female committed to Antipolo City Jail on April 15, 2023. She started to use methamphetamine hydrochloride, or “shabu,” almost daily, which started in 1994, stopped for 4 years, and continued it up to the time she was captured by the police.

KM is a 26-year-old female committed to Antipolo City Jail on February 15, 2023. She started to use methamphetamine hydrochloride, or “shabu,” when she was 16 years old due to feelings of grief when her father passed away.

RS is a 33-year-old female committed to Antipolo City Jail on February 15, 2022. She started to use methamphetamine hydrochloride, or “shabu,” when she was 27 years old due to peer pressure and work purposes.

JA is a 29-year-old female committed to the Antipolo City Jail on February 15, 2023. She started to use methamphetamine hydrochloride, or shabu,” when she was 25 years old due to a partner relationship problem and a stressful environment.

ML is a 47-year-old female committed to Antipolo City Jail on September 21, 2022. She started to use methamphetamine hydrochloride or shabu almost daily which started in 2021 due to feelings of loneliness and stress when her husband passed away.

EL is a 53-year-old female committed to Antipolo City Jail on February 15, 2023. She started to use methamphetamine hydrochloride, or shabu, when she was 20 years old due to family problems.

CL is a 45-year-old female committed to Antipolo City Jail on April 11, 2023. She started to use methamphetamine hydrochloride, or shabu,” when she was 27 years old due to a relationship problem.

JC is a 42-year-old female committed to Antipolo City Jail on January 31, 2024. She started to use methamphetamine hydrochloride, or shabu,” when she was 30 years old due to a relationship problem.

BC is a 48-year-old female who was committed to Antipolo City Jail on July 1, 2021. She started to use methamphetamine hydrochloride, or shabu, when she was 35 years old due to the influence of a live-in partner.

EC is a 44-year-old female committed to Antipolo City Jail on January 4, 2023. She started to use methamphetamine hydrochloride, or “shabu,” when she was 19 years old due to a health problem.

Table 2 Superordinate Themes and Subthemes of the Lived Experiences of Female PDL in completing KKDK Program

Themes	Sub-Themes
Adjusting Emotional Responses to the Program	<ul style="list-style-type: none"> • Feelings of uncertainty and timidity • Enhancing emotional regulation
Apprehension About Their Behavior to the Program	<ul style="list-style-type: none"> • Fear of punishment • Fear-based decision-making
Understanding the Cycle of Addiction	<ul style="list-style-type: none"> • Self-awareness • Behavioral commitment
Sobriety Planning	<ul style="list-style-type: none"> • Realizing ill effects of drugs • Developing recovery plans

Table 2 above presents the superordinate themes and their corresponding subthemes derived from the lived experiences of the female Persons Deprived of Liberty (PDL) who participated in the Katatagan Kalusugan at Damayan ng Komunidad (KKDK) program.

Theme 1: Adjusting Emotional Responses to the Program

The interviewed female PDL who participated in the KKDK program expressed an initial sense of uncertainty and timidity, with many expressing feelings of shyness and nervousness in the early stages of the program. In the study of Carleton RN (2016), people tend to have feelings of being afraid when they have feelings of uncertainty due to not enough information in the level of their consciousness and processing, which may become the reason why they easily develop uncertainty towards the program.

However, as they bonded with fellow participants, their confidence grew, showing emotional regulation strategies like deep breathing and prayer to manage anxiety. These findings highlight the importance of social support and coping mechanisms in adapting to new environments, particularly in challenging situations like rehabilitation programs.

Feelings of Uncertainty and Timidity

According to Lee and Boeri (2017), many of the females found the treatment regimen to be too difficult. Thus, initial adjustment with the treatment program may lead to discomfort and difficulties. Several participants expressed the initial hesitation and timidity they experienced, highlighting the emotional adjustment required when facing unfamiliar situations. These responses reflect the vulnerability and uncertainty that can arise when individuals are placed in a new or challenging environment.

Interviewee 4: Una talaga sobrang nahihiya pa ako. Pero nung nakita ko na nagbobonding kami, lumakas na loob.

Interviewee 6: Opening prayer po yung unforgettable experience namin, kasi nagtuturuan kami.

Interviewee 5: Ako nga, ma'am, gusto ko lumipat ng upuan pagka malapit na sakín yung prayer. This is especially true when it comes to the Arabic language. Di ko pa masyadong kabisado eh.

Interviewee 8: Sa una, nakakaba, kasi di namin alam kung anong gagawin namin don.

Interviewee 2: Kinabahan, syempre, pangalawang ano yun eh, cadac na to eh, pangalawang KKDK.

Their comments reflect the common understanding that comes with being in an unknown environment and participating in a new process. However, this also sets the stage for potential growth as they begin to understand the program's purpose and its role in their rehabilitation journey.

Enhancing Emotional Regulation

This subtheme underscores the efforts made by the participants to cope with their emotions through techniques such as breathwork and prayer. According to the study of Devera et al. (2022), many female drug dependents made use of prayers as their major coping mechanism during and after rehabilitation. These actions suggest that the program provides tools for participants to regulate their emotions and manage stress, helping them navigate the experience more effectively.

Interviewee 1: Nag inhale and exhale para mailabas yung nararamdaman, ikalma ang sarili.

Interviewee 3: 1st day, unang-una itinuro inhale exhale, pamparela. Parang meditation ganun, pagpapakilala lang, nagpakilala kami isa-isa.

Interviewee 10: Pagka nabuburyong nga ako noon ma'am. Nag inhale exhale lang ako. Tas ayun, dadasal ako. Tas mawawala.

Theme 2: Apprehension About Their Behavior to the Program

A program that changes to meet different people's needs keeps everyone interested because it fits their specific situations. Fear of punishment and fear-based decision-making were recurring themes in the participants' narratives. Initially, fear played a significant role in ensuring compliance and participation, particularly regarding their behavior during the program. While fear of consequences was evident, it also

appeared to foster respect for authority and reinforce the program's discipline. This dynamic underscores how fear, when channeled constructively, can encourage positive behavioral change in a controlled environment.

Fear of Punishment

This subtheme reflects the participants' concern over rules and consequences since the program runs in a controlled environment, which may be rooted in the structure and discipline of the program. According to Gales et al. (2023), these challenges help them understand their own limits and learn important lessons that can lead to positive changes in their lives. This apprehension could be both a positive and negative motivator—prompting compliance while potentially fostering feelings of unease.

Interviewee 2: Pero takot lang din sila mag-pumping ma'am, hahaha.

Interviewee 3: May takot din talaga kami ma'am kaya ganun.

Interviewee 2: Ma'am, takot lang namin pagka inantok kami. Hahaha.

Interviewee 7: Pero totoo yun ma'am. Takot lang namin, hahaha.

Interviewee 6: Tapos kasama pa namin yung leader ng dorm (mayora), di kami pwede bagal-bagal.

Interviewee 5: Nagkaroon ng KKDK, nagkaroon din tayo ng takot.

Interviewee 2: Hindi tayo makakahindi din. Kasi wala naman tayong pupuntahan, hahaha.

Fear is a highly regarded quality, and individuals who exhibit it must adapt to survive (Pogrebin & Dodge, 2001). This fear, blended with a deep respect for the program and its benefits, motivates them to participate more actively, respond positively, and maintain discipline.

Fear-based Decision-Making

This subtheme explores the role of fear in shaping decisions. While fear may have encouraged adherence to the program's rules, it also highlights the tension between motivation based on fear versus intrinsic motivation for long-term change. Participants seem to associate fear with respect and discipline, indicating the complex relationship between authority and personal growth.

Interviewee 3: Maganda din talaga may takot ma'am, takot respeto, kasi sama-sama yan eh. Yung pagpapahalaga, yung interest matuto. Sama-sama yun.

Interviewee 7: Nandun din po kasi sa takot yung pagpapahalaga eh. Kasi kung wala kang takot, parang di mo pinapahalagahan kung anong meron ka eh.

Interviewee 4: Okay din yung may takot ma'am, kasi para sa disiplina din namin yun eh.

Theme 3: Understanding the Cycle of Addiction

Self-awareness was a powerful tool in the participants' recovery process. By discussing their past mistakes and the emotional burden of their actions, participants expressed the catharsis they felt in voicing their regrets. This self-awareness led to a commitment to behavioral change, driven by the realization that they too could transform their lives. The theme reflects the therapeutic value of acceptance and bonding in breaking the cycle of addiction and fostering resilience.

The emotional and psychological influences of the KKDK program on female PDLs demonstrate how they were rehabilitated in society, as they were willing to think about themselves and speak about their past errors. Every time they had to address the topic, there was a sigh of relief that lightened their emotional burden and cleared their minds.

Self-awareness

This subtheme focuses on participants' increasing awareness of their past actions and their emotional responses. The process of sharing personal experiences and reflecting on past mistakes provides a sense

of release and acceptance, which seems pivotal for personal growth and healing. Gales et al. (2023) affirm that prisoners tend to ruminate on their offenses during imprisonment and experience extreme guilt and remorse. Such regret may spur one to ensure that after his or her release from incarceration, he or she does not commit the same mistake.

Interviewee 7: Nakakagaan po ng loob, ma'am, kasi yung shinare namin yun is yung pakiramdam namin at saka yung maling nagawa namin sa laya, kung paano namin sisimulan yung pagbabago, nakakagaan sa pakiramdam pagka nabovoice out mo.

Interviewee 5: Parang may emotional ano ma'am eh, pagka naaalala mo mga ginawa mo, nakakaano ng dibdib, parang iiyak ka na ano, pero pagka once na nailabas mo na siya, naishare mo na siya, gumagaan ka. Gumagaan pakiramdam mo at nakakapag-isip ka ng maayos.

Interviewee 1: Tumanim sa isip ko yung pwede pa pala kong magbago. Na kung ano yung ginawa ko dati, malaking pagsisisi. Kasi nung nasa laya kami, wala na kami pakialam eh. Nung nandito na po ako, nag ano ng KKDK, dun ko narealize yung pagkakamali ko.

Interviewee 3: Yung bonding namin na magkasama kami. Kasama namin si ma'am Diezmo. Unforgettable yung experience na andun na yung acceptance na nagkamali kami. Nung umpisa binibigyan pa namin dahilan mga ginawa namin eh. Pero nung time na yon, unti-unti namin natanggap yung bawat isa sa amin. Nakakatuwa sila.

Cognitive behavioral therapy is an important part of the KKDK program. Through it, people learn to question and change their unhelpful behaviors. This helps them express their feelings better and find better ways to deal with different problems in their lives (Beck, 2011).

Behavioral Commitment

The theme of behavioral commitment captures the participants' determination to break the cycle of addiction. By observing others' recovery and realizing that change is possible, participants were inspired to commit to their own recovery journey, fostering a sense of empowerment and agency. Similarly, according to Co & Canoy (2020), joining regular programs in the community or having different kinds of hobbies gives PWUDs something to look forward to and occupies their time. Participating in programs helps them recover by exposing them to others who understand their struggles.

As participants were engaging in the KKDK activities, they experienced greater regret, which led to a better comprehension of the impact of their past actions. This profound distress became a pivotal moment that facilitated significant personal growth and transformation.

Interviewee 6: Parang ano lang samín na pagka naexperience din namin yung ganun, kaya rin namin gawin yun pagdating ng araw.

Interviewee 5: Naisip ko na kaya ko din gawin, yung ginawa nila.

Interviewee 1: Gumaan ang pag-iisip ko doon, parang kaya mo na sarili mo sa pagdating ng paglaya mo.

Interviewee 2: Ako naman parang pagsisi syempre, pinakita samín yung dating kami, parang kung sila kaya nilang baguhin sarili nila syempre kami din.

Interviewee 4: Tumatak sa kin, ano po, dahil 1st time ko to, iiwasan ko talaga lahat. Tumatak sa kin yung napanood ko sa 1st module yung sa artista na nagbago sila, kaya kayang kaya ko din.

Their behavioral commitment is central to these reflections, as each participant has come to terms with their past mistakes. This journey of recovery led each of them toward greater accountability and a desire for personal growth.

Theme 4: Sobriety Planning The interviewed female Persons Deprived of Liberty (PDL) who participated in the KKDK program demonstrated a strong understanding of the negative impact of drug use through reflective statements about the consequences of addiction, such as personal and professional losses. This realization was key in motivating them to create plans for recovery, such as avoiding old environments and triggers. The theme emphasizes the critical role of education and personal reflection in creating a path to recovery, illustrating how participants internalize lessons to prevent relapses.

Realizing Ill Effects of Drugs

Participants' reflections on the consequences of drug use are impactful, as they highlight the personal realizations and the emotional weight of understanding how addiction has affected their lives and the lives of others. As Gales et al. (2023) stated, realization and understanding past mistakes can be instrumental growth factors for many, as such individuals start to deal with the occurrence that led them to be incarcerated. This theme reflects the transformative potential of the program in raising awareness and fostering a sense of accountability.

Interviewee 3: Yung video na kung paano siya lumalala, inexample siya dun sa parang uod na habang nagtetake siya ng drugs, palala ng palala siya.

Interviewee 5: Kasi nung napanood namin yung mga celebrity, meron na sila lahat kasikatan financial pero nung nalulong sila sa drugs nawala lahat, naubos lahat. Doon narealize ko na walang maitutulong na mabuti kasi kahit nasayo na lahat, pwede mawala dahil sa kanya, pati respeto ng mga tao kasamahan sa trabaho. Malaking pagsisisi ng mga celebrity dahil nagawa nila yun pero kahit papano nalagpasan nila. Nakarecover sila. At least naano sa sarili namin, saka ako na kasi minsan may pagsisisi tayo eh sa sarili, narealize ko na hindi lang ako. Na hindi lang sa kagaya namin nangyayari to, pati sa mga malalaking tao. Nangyayari din pala. So hindi lang pala kami nakakaexperience.

The realization of the ill effects of drugs on the participants demonstrates the importance of the KKDK program in considering their previous actions and the consequences those actions had on their lives. They found inspiration in the stories of people, particularly famous ones, who managed to beat addiction and understood that it is possible to cope with and reconstruct one's life for everyone. These reflections made the participants appreciate that the suffering they went through was not exclusive to them, and they weren't the only ones trying to change. In addition, some participants found meaning in their incarceration via the program, considering it a chance to stop causing more damage and controlling their lives.

Developing Recovery Plans

The participants' statements show a growing awareness of the importance of recovery strategies and prevention plans. This theme reveals their commitment to change, with many participants expressing concrete steps they plan to take in order to stay sober and improve their lives moving forward.

According to the study of Belknap, J., Lynch, S., & DeHart, D. (2016), it appeared that despite the difficulties experienced during and after the confinement of the female drug-dependent, there are changes in their thinking and behavior. As they regained insight into the ill effects of using illicit drugs, they started to focus on relearning pro-social behaviors that are aligned with their recovery plans.

Interviewee 2: Sakin, iiwasan ko na lahat kasi iba yung dati sa ngayon, ang laki ng pagbabago ngayon.

Interviewee 4: Sakin po magbago ako, iiwasan ko na din yung mga drugs.

Interviewee 7: Ganun din ma'am, sa paglabas dito, doon ko natutunan yung panong way gagawin yung pag-iwas.

Interviewee 3: Masaya ako na nakagraduate ako. Kasi nadagdagan mga kaalam ko sa mga ganitong bagay, lalo na sa mga lapses, mahirap paglaban ang lapses eh. Gaya ko noon, nag 6 yrs ako dito. Paglaya ko, after

5 yrs, nag-lapses ako. Ayun ang dapat kong paglabanan, syempre eto dagdag kaalaman kasi dati wala naman ganito dito. Kumbaga may bago ng sandata paglabas na, ay ganito pala. Kumbaga pagka maglapses na naman ako, ay ganito pala dapat gawin.

Interviewee 1: Akin po, pag-iwas sa lugar. Paulit-ulit na pagbibisyon. Sa kaibigan. Sa nagturo samin, kay ma'am Diezmo, na lahat ng tinuro samin pumasok sa isip ko.

The lived experiences of female persons deprived of liberty (PDLs) in the Katatagan, Kalusugan at Damayan ng Komunidad (KKDK) program show the development of emotional adjustment, behavioral transformation, and self-awareness leading to sobriety planning.

The interconnection of four themes reveals the experiences of female PDLs in the KKDK program, illustrating their journey from emotional adjustment to long-term sobriety planning. Initially, the participants were experiencing uncertainty and fear. However, they gradually learn to regulate their emotions and develop discipline. As a result, self-awareness deepened; they acknowledged the impact of their past actions that emphasized a commitment to personal transformation. Ultimately, this journey culminated in concrete sobriety plans, signifying their readiness to reclaim their lives beyond incarceration.

This interconnected process emphasizes the importance of structured rehabilitation programs that address not only substance use but also the emotional, psychological, and behavioral dimensions of recovery. Emotional resilience, instilling discipline, promoting self-awareness, and guiding individuals toward proactive recovery planning programs like KKDK will possibly encourage them to break free from the cycle of addiction and embrace a future of hope and self-sufficiency.

DISCUSSION

At the beginning of the program, participants experienced emotional uncertainty and timidity, primarily due to fear of the unknown. The structured nature of the program was initially overwhelming, but bonding and support from fellow participants helped ease their transition. Over time, they developed coping mechanisms, such as deep breathing and prayer, to manage their emotions and adjust to the program.

A significant theme that emerged was fear-based motivation, particularly the apprehension about violating program rules. Fear of consequences made participants more cautious and disciplined, reinforcing respect for authority and self-control. While initially driven by anxiety, this fear gradually transformed into a more structured form of self-discipline, helping them navigate the program effectively.

As participants progressed, they engaged in deep self-reflection, confronting past mistakes and the emotional burdens tied to their substance use. Sharing their experiences during group discussions provided a sense of relief and self-acceptance, allowing them to understand their addiction and its consequences more profoundly.

Through observing others who successfully rehabilitated, participants found inspiration and motivation to take ownership of their recovery journey. Their motivation shifted from external factors (fear of punishment) to intrinsic motivation (personal growth and commitment to change), marking a critical turning point in their rehabilitation process.

In the final stage of rehabilitation, participants actively worked on sustaining sobriety by internalizing the harmful effects of drug use. Exposure to real-life recovery stories, including those of former addicts and public figures, reinforced the belief that recovery is possible. This realization encouraged them to develop concrete recovery strategies, such as avoiding triggers, distancing themselves from negative influences, and applying the lessons learned from the KKDK program to maintain a drug-free lifestyle.

4. CONCLUSION

The study revealed that the participants initially struggled with emotional uncertainty and fear, but over time, they developed self-awareness, emotional regulation, and a strong commitment to recovery. The structured nature of the program and the controlled jail environment initially caused timidity and apprehension among participants. However, these challenges helped them understand their limitations and develop coping mechanisms such as deep breathing, social support, and prayer, which enabled them to adjust to the program. Furthermore, the strict rules and fear of consequences helped enforce self-discipline and behavioral control within the jail setting. However, since high relapse rates are common in jails, it is essential that external motivations, such as fear of punishment, gradually shift toward intrinsic motivation, fostering genuine personal growth and long-term rehabilitation. Through group discussions and shared experiences, participants engaged in deep self-reflection, leading to a heightened awareness of the negative impact of their past substance use. These activities provided a safe space for emotional expression, allowing them to confront their mistakes and work toward self-acceptance. Consequently, participants demonstrated an active commitment to maintaining sobriety by reflecting on their past substance use and learning from real-life recovery stories. This process strengthened their resolve to avoid triggers and negative influences, ensuring they remained focused on their rehabilitation journey. The KKDK program emphasized personal responsibility and long-term recovery planning, helping participants visualize a future free from addiction. This empowerment enabled them to develop concrete strategies for reintegration into society with a stronger sense of self-worth and determination.

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