

Abstrak

Penelitian ini dilatarbelakangi oleh perlunya memahami pengalaman psikologis anak binaan dalam menjalani pembinaan yang diwarnai aturan, keterbatasan, keterpisahan, dan relasi. Penelitian ini bertujuan memahami pengalaman tersebut dan menafsirkannya melalui *Psychological well-being*. Penelitian kualitatif ini menggunakan *Interpretative Phenomenological Analysis* (IPA). Empat partisipan di LPKA Kelas II Bandung dipilih secara purposif dan diwawancarai secara semi-terstruktur. Data dianalisis secara idiografis; hasil setiap partisipan kemudian ditafsirkan dengan enam dimensi Ryff, dilanjutkan dengan *cross case analysis* partisipan dan interpretasi *Psychological well-being* secara keseluruhan. Hasil analisis menghasilkan lima tema: Menjalani Realitas Pembinaan yang Tidak Sepenuhnya Dipilih; Menemukan Ruang Jeda selama Menjalani Kehidupan di LPKA; Kedekatan sebagai Penopang di Tengah Keterpisahan; Perubahan Diri antara Aturan Institusional dan Kehendak Pribadi; serta Masa Depan sebagai Arah Kehidupan Setelah Pembinaan. *Psychological well-being* partisipan bersifat dinamis, tidak merata, relasional, dan kontekstual sehingga tidak dapat disederhanakan menjadi penilaian baik atau buruk.

Kata Kunci : *Psychological well-being, anak binaan, LPKA, Interpretative Phenomenological Analysis.*

Abstract

This study was prompted by the need to understand juvenile inmates lived psychological experiences of institutional rehabilitation, which involves rules, restrictions, separation, and relationships. It aimed to understand these experiences and interpret them through Psychological well-being. A qualitative Interpretative Phenomenological Analysis design was used. Four participants at LPKA Class II Bandung were purposively selected and interviewed using semi-structured interviews. Data were analyzed idiographically; each participant's findings were then interpreted through Ryff's six dimensions, followed by cross-participant pattern analysis and an overall Psychological well-being interpretation. Five themes emerged: Living through the Unchosen Reality of Institutional Rehabilitation; Finding Respite while Living at LPKA; Closeness as Support amid Separation; Self-Change between Institutional Rules and Personal Will; and the Future as Direction for Life after Rehabilitation. Psychological well-being was dynamic, uneven, relational, and contextual and could not be reduced to a single overall judgment.

Keywords: *Psychological well-being, juvenile inmates, LPKA, Interpretative Phenomenological Analysis.*