



## TOWARDS SUSTAINABLE COMMUNITIES IN THE BANYUMAS DETENTION CENTER ADVANCING HUMAN RIGHTS, HEALTH, AND ECONOMIC EMPOWERMENT

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**Abstract.** The community service program at Rutan Kelas II B Banyumas (Class IIB Banyumas Detention Center) on August 7, 2025, was conducted as an effort to promote respect, protection, and fulfillment of human rights (HR) for inmates. This program was designed through a multidisciplinary approach, encompassing legal counseling on human rights principles and non-discrimination, fulfillment of the right to health through dental health education and tooth-cleaning practice, as well as economic empowerment through hydroponic skills training. The analysis demonstrates that the legal status of inmates does not nullify their dignity and fundamental rights, as affirmed in the 1945 Constitution of the Republic of Indonesia, the Correctional Law, the Health Law, the Universal Declaration of Human Rights (UDHR), the International Covenant on Economic, Social and Cultural Rights (ICESCR), as well as international standards such as the Mandela Rules and the Bangkok Rules. The results reveal that this integrative approach not only enhanced inmates' awareness of their rights but also provided concrete and sustainable solutions. Legal counseling fostered critical awareness, preventive health services ensured the right to live a healthy life, and hydroponic training created environmentally friendly economic opportunities. Accordingly, this program supports the establishment of sustainable communities within the correctional context, aligned with SDG 3 (Health), SDG 4 (Education), and SDG 8 (Decent Work and Economic Growth).

**Keywords:** Human rights, correctional system, right to health, economic empowerment, sustainable communities

### 1. Introduction

The Indonesian correctional system serves a dual function: implementing penal sanctions while simultaneously fostering inmates' rehabilitation and reintegration into society. According to the law, prisoners are people whose freedom has been taken away. This deprivation of liberty is legal because it is based on rules and regulations.<sup>1</sup> Even though these rights to independence have been taken away, it does not mean that they do not have the right to be treated equally under the law, like all Indonesian citizens. Based on Article 27 of the Constitution of the Republic of Indonesia, every Indonesian citizen is considered equal under the law. Therefore, every citizen must be treated equally by the government, without exception, regardless of race, ethnicity, tribe, or religion. As a country that recognizes, protects, and upholds human rights, the law serves as a binding instrument that ensures the human rights of every person are correctly fulfilled.

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<sup>1</sup> Marpaung, Laden, *Tindak Pidana Terhadap Nyawa dan Tubuh : (Pemberantasan dan Preverensinya)*, Cetakan 3, Sinar Grafika, Jakarta, 2005. hlm. 39.



From a broader human rights perspective, inmates are human beings with inherent dignity whose fundamental rights cannot be revoked. International human rights instruments—such as the Universal Declaration of Human Rights (UDHR), the International Covenant on Economic, Social and Cultural Rights (ICESCR), the Mandela Rules (United Nations Standard Minimum Rules for the Treatment of Prisoners), and the Bangkok Rules (Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders)—all affirm the universality of human rights, even within correctional settings. These instruments emphasize that deprivation of liberty must not entail deprivation of humanity. Prisoners retain their rights to health, education, personal development, and dignity.<sup>2</sup>

At the national level, these principles are further operationalized through various legal frameworks, including the Correctional Law and the Health Law, both of which align with Indonesia's constitutional mandate to uphold human rights. The Correctional Law (Law No. 22 of 2022) particularly underscores the correctional system as an integrated process to guide inmates toward reintegration, self-improvement, and lawful conduct in society. Likewise, the Health Law guarantees every citizen, including prisoners, the right to the highest attainable standard of physical and mental health. Collectively, these instruments form a comprehensive legal basis that situates correctional facilities not merely as centers of punishment but also as spaces for transformation and human rights protection.

Despite these normative guarantees, a substantial gap remains between the law and its implementation. Correctional institutions across Indonesia continue to face pressing challenges such as overcrowding, limited health personnel and facilities, inadequate sanitation, and insufficient educational or vocational training.<sup>3</sup> These structural deficiencies hinder the realization of inmates' rights and, in turn, weaken the rehabilitative purpose of the correctional system. In practice, the lack of health education and economic empowerment programs exacerbates vulnerability among inmates, especially those who will soon return to society. This discrepancy between ideal legal norms and empirical realities necessitates a multidimensional approach that integrates legal, educational, and health-oriented perspectives.

Responding to this condition, a multidisciplinary team from Universitas Jenderal Soedirman (Unsoed) initiated a community service program at the Banyumas Detention Center (*Rutan Banyumas*). The program was designed to reinforce the implementation of human rights within correctional settings through three integrated approaches: human rights education, health promotion, and economic empowerment. The first component—human rights education—aims to enhance inmates' awareness and understanding of their rights and responsibilities as citizens. This awareness is a crucial step toward nurturing a sense of dignity and agency, both during incarceration and after reintegration into society.

The second component focuses on health promotion, particularly through dental health education and hygiene practices. Access to proper healthcare is a fundamental right under both international and national law. By providing preventive health education, the program aims to address one of the most neglected aspects of prisoners' welfare—oral health—which can significantly impact overall well-being.

The third component involves economic empowerment through hydroponic training. This activity not only provides inmates with practical skills but also promotes sustainable self-reliance and livelihood opportunities post-release. The hydroponic method, being

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<sup>2</sup> United Nations. (2010). *Bangkok Rules: Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders*.

United Nations. (2015). *Mandela Rules: United Nations Standard Minimum Rules for the Treatment of Prisoners*.

<sup>3</sup> International Committee of the Red Cross. (2021). *Overcrowding in Indonesian prisons: Challenges and responses*. ICRC Regional Office for Southeast Asia.

low-cost and environmentally friendly, enables prisoners to engage in productive work even within limited spaces, thereby fostering a rehabilitative environment.

Through this integrated approach, the program aims to contribute to the realization of human rights within correctional institutions. It embodies the spirit of the Tridharma of Higher Education (*Tridharma Perguruan Tinggi*), particularly the aspect of community service, by connecting academic expertise with social responsibility. Moreover, it demonstrates how legal education and multidisciplinary collaboration can strengthen the practical enforcement of constitutional values. Ultimately, this initiative underscores that fulfilling prisoners' rights is not merely a humanitarian obligation but also a constitutional and moral imperative within Indonesia's democratic and legal framework.

## 2. Methods

This study uses a **multidisciplinary approach** that combines normative legal research with empirical socio-legal methods. The normative approach is used to analyze the constitutional basis and legal norms governing the fulfillment of human rights for prisoners, including the rights to education and health as guaranteed in the 1945 Constitution of the Republic of Indonesia and various international instruments such as the Universal Declaration of Human Rights (UDHR) and the Mandela Rules. Meanwhile, the empirical approach is applied to understand the implementation of these principles in the social context of correctional institutions through community service and education activities that directly involve inmates.

This research method is **qualitative and descriptive**, with researchers playing an active role in the process of observation, participation, and evaluation of activities in the field. The research location was one of the correctional institutions that partnered in interdisciplinary community service activities, involving lecturers and students from the Faculty of Law and the Faculty of Dentistry at Jenderal Soedirman University. Data sources were obtained through **direct observation**, **semi-structured interviews**, and studies of **legal documents** related to inmate rights, such as Law Number 22 of 2022 concerning Corrections.

## 3. Legal Counseling

The legal counseling session adopted an **interactive dialogue method** focusing on the principles of **non-discrimination**, **constitutional rights**, and **human rights education** within correctional institutions. The counseling involved open discussions and reflective questioning to ensure active participation. As a lecturer in constitutional law, the facilitator emphasized that inmates, despite their status, remain **rights-bearing citizens** under the 1945 Constitution of the Republic of Indonesia. This approach aligns with Article 28D(1) and Article 28I(2) of the Constitution, which guarantee equal treatment before the law and freedom from discriminatory acts. The legal education activity also aligned with the **Mandela Rules** (UN Standard Minimum Rules for the Treatment of Prisoners) and the **Bangkok Rules**, reinforcing the understanding that correctional facilities must not only serve punitive purposes but also restorative and educational ones. This session encouraged inmates to recognize their rights and obligations while internalizing the values of justice, equality, and civic responsibility.

## 4. Dental Health Education and Practice

The second component involved **oral and dental health education** led by the **RSGMP Unsoed team** (University Dental and Oral Health Hospital). The session began with a brief lecture on the importance of oral hygiene, common dental problems among inmates, and preventive measures. This was followed by a **hands-on practice** of simple tooth-cleaning techniques using basic hygiene kits. The method adopted a **demonstration and participatory learning model**, ensuring that each participant could directly apply the knowledge shared.

The integration of this component was crucial from a constitutional and human rights perspective, as the right to health is recognized as a fundamental right under Article 28H(1) of the Constitution and **Article 12 of the International Covenant on Economic, Social, and Cultural Rights (ICESCR)**. Thus, providing access to health education within correctional facilities constitutes the implementation of constitutional commitments toward health equity and human dignity.

## 5. Hydroponic Training

The third activity—**Hydroponic Training**—introduced inmates to an alternative, **space-efficient, and water-saving agricultural method** that holds both ecological and economic value. This training utilized a **hands-on, experiential learning approach**, allowing participants to construct simple hydroponic systems and cultivate vegetables using recycled materials. From a legal and socio-economic standpoint, this activity supports Article 27(2) of the 1945 Constitution, which affirms every citizen's right to work and a decent standard of living. By introducing hydroponic cultivation, the program aimed to **equip inmates with practical skills** that would enhance their employability and self-reliance upon release. The training also incorporated environmental values consistent with **Article 28H(1), emphasizing sustainable living and ecological awareness as part of a broader set of constitutional and developmental objectives**.

Overall, the methodological design emphasized **integration between legal empowerment, health improvement, and economic self-sufficiency**, forming a holistic model of community service rooted in constitutional values. Each activity was conducted through **collaborative partnerships** among law faculty members, medical professionals, and agricultural experts—ensuring both academic rigor and practical relevance. This participatory, rights-based, and multidisciplinary approach not only addressed the inmates' immediate educational and health needs but also contributed to the long-term goal of fostering a more **inclusive, rehabilitative, and constitutionally grounded correctional system**.

## 6. Results And Discussion

### 6.1. Human Rights Awareness and Legal Education

The implementation of human rights awareness and legal education in correctional institutions constitutes a crucial step in realizing Indonesia's constitutional vision as a state based on the rule of law (*rechtsstaat*) and social justice (*keadilan sosial*). The community service program conducted at the Banyumas Detention Center (Rutan Banyumas) exemplifies how a rights-based approach can humanize the correctional process while reinforcing Indonesia's commitment to international human rights norms. The program's primary objective was to build inmates' understanding of their inherent rights and dignity as human beings, even within the boundaries of incarceration.

During the legal counseling sessions, inmates demonstrated exceptional enthusiasm and curiosity. Many participants expressed gratitude for being involved in an interactive discussion about their rights, responsibilities, and the state's obligations toward them. This response highlights the profound significance of legal literacy (*melek hukum*) in shaping an individual's perception of justice and their sense of belonging. The growth of legal awareness depends not merely on the dissemination of rules but on the individual's ability to internalize those norms within their social and moral context. Therefore, participatory legal education—where inmates are encouraged to share experiences, express opinions, and analyze scenarios—serves as a powerful tool of empowerment.<sup>4</sup>

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<sup>4</sup> Sudarto. (2018). *Kesadaran Hukum dan Pembangunan Masyarakat*. Semarang: UNDIP Press.



From a constitutional perspective, this activity reaffirmed the meaning of Article 27(1) of the 1945 Constitution, which guarantees equality before the law and government without discrimination. Furthermore, Article 28I(1) enshrines non-derogable rights, including recognition as a person before the law and freedom from torture or degrading treatment. These provisions collectively emphasize that the deprivation of liberty does not equate to the deprivation of humanity. In other words, imprisonment must not annihilate a person's constitutional dignity. This understanding aligns with the preamble of the 1945 Constitution, which explicitly commits the Indonesian nation to upholding “a just and civilized humanity.”

In line with this constitutional mandate, Law No. 22 of 2022 on Corrections redefines prisoners as *warga binaan pemasyarakatan*—subjects of development rather than objects of punishment. This paradigm signifies a shift from retributive justice toward restorative and rehabilitative justice, in which correctional facilities act as institutions of moral recovery, skill development, and reintegration. Restorative justice seeks to restore human relationships and social harmony, acknowledging offenders' accountability while promoting healing for both the individual and society. By situating the legal counseling within this rehabilitative framework, the program encouraged inmates to recognize that their sentence does not erase their worth as citizens.<sup>5</sup>

Furthermore, the counseling introduced participants to international human rights standards, such as the Universal Declaration of Human Rights (UDHR, 1948), the International Covenant on Civil and Political Rights (ICCPR, 1966), and the United Nations Standard Minimum Rules for the Treatment of Prisoners (the Mandela Rules, 2015). These instruments collectively affirm that all prisoners shall be treated with respect for their inherent dignity and value as human beings. The Bangkok Rules (2010), which focus specifically on the treatment of women prisoners, were also discussed to highlight gender-sensitive perspectives within the correctional system. The facilitators emphasized that Indonesia's ratification of these instruments reflects its constitutional obligation to harmonize national law with global human rights norms.<sup>6</sup> Through these activities, inmates gained a clearer understanding of the balance between rights and responsibilities. They learned that their rights to fair treatment, health care, and education are guaranteed by both national and international law. At the same time, they recognized the importance of fulfilling civic duties and adhering to correctional regulations as part of the rehabilitation process. Strengthening legal consciousness among marginalized groups—such as prisoners—helps bridge the gap between *law in books* and *law in action*. This enhanced awareness can reduce recidivism and promote social reintegration, as individuals who understand their rights are more likely to respect the law upon release.<sup>7</sup>

From an institutional perspective, this program also contributes to the humanization of the correctional system. In Indonesia, correctional facilities often face criticism for overcrowding, limited educational resources, and inadequate rehabilitation programs. Integrating human rights education within correctional activities addresses these systemic issues by creating a culture of respect and dialogue. The essence of a legal state lies not in the proliferation of laws but in the moral consciousness of its citizens and institutions. Hence, promoting rights awareness within prisons represents a microcosm of broader national reform toward a more humane justice system. The positive responses from participants indicated that the sessions served not only as a means of education but also as a means of psychological empowerment. Several inmates expressed that understanding their rights gave them a renewed sense of dignity and purpose. This transformation aligns with the principle of human security, which views the fulfillment of fundamental rights—legal, social, and psychological—as

<sup>5</sup> Zehr, H. (2015). *The Little Book of Restorative Justice*. New York: Good Books.

<sup>6</sup> Irianto, S. (2020). *Hukum dan Hak Asasi Manusia di Indonesia*. Jakarta: Obor.

<sup>7</sup> Marzuki, P. M. (2017). *Penelitian Hukum*. Jakarta: Kencana.



foundational to lasting peace and justice. Legal education, therefore, should be institutionalized as a regular rehabilitative activity within all correctional facilities across Indonesia.

Ultimately, this activity reaffirms that human rights education is not peripheral to the correctional mission but central to it. When inmates comprehend that their rights persist despite confinement, they are more likely to develop empathy, accountability, and hope—qualities essential for reintegration into society. Howard aptly concludes, “the measure of a society’s justice lies in how it treats those who have transgressed its laws.” The experience at Rutan Banyumas thus provides a model for integrating human rights awareness into correctional education, serving as both a practical intervention and a moral statement that dignity remains indivisible, even behind prison walls.<sup>8</sup>

## 6.2. Fulfillment of The Right to Health

The inclusion of dental health education within the community service program at Rutan Banyumas reflects a multidimensional approach to promoting human rights—specifically the right to health, which is an integral part of human dignity. Inmates, like all citizens, are entitled to the highest attainable standard of physical and mental health, as recognized in Article 12 of the International Covenant on Economic, Social and Cultural Rights (ICESCR) and Article 28H(1) of the 1945 Constitution, which affirms that every person has the right to live in physical and spiritual prosperity, to have a good and healthy environment, and to receive health care. These provisions collectively confirm that the state bears an obligation to ensure access to health services for all, including those who are deprived of their liberty.

The dental health education and practice session was conducted in collaboration with the RSGMP (*Rumah Sakit Gigi dan Mulut Pendidikan*) of Universitas Jenderal Soedirman. The activity aimed to raise awareness about oral hygiene, prevent dental diseases, and improve inmates’ overall well-being. The session combined theoretical instruction with practical demonstrations, including proper toothbrushing techniques and maintaining oral hygiene with limited resources. This approach aligns with the Mandela Rules (Rules 24–26), which emphasize that prisoners should have access to the same standards of healthcare available in the community and that health services in prisons must be organized in close collaboration with the general public health administration.

In practice, the program revealed that dental and oral health issues were prevalent among inmates, mainly due to limited access to hygiene tools, unhealthy habits, and a lack of education regarding oral care. Oral health is a vital component of overall health, and neglect in this area can lead to pain, infection, and a reduced quality of life. Addressing such health disparities in correctional settings thus represents an essential fulfillment of the state’s human rights obligations. Moreover, providing basic health education in prisons carries preventive value, reducing the state’s long-term health burden and fostering a culture of self-care among inmates.<sup>9</sup>

Beyond physical well-being, this initiative also contributed to psychological empowerment. Inmates expressed appreciation for being treated as individuals deserving of care and respect. The presence of professional health educators fostered trust, dignity, and a sense of inclusion—key elements of restorative correctional practices. The right to health must be understood not only as access to medical treatment but also as recognition of one’s humanity and participation in the fulfillment of that right.

In this sense, dental health education serves a dual function: it protects a fundamental human right while simultaneously advancing the rehabilitative goals of the correctional

<sup>8</sup> Howard, J. (2016). *Human Rights in Prisons: A Rehabilitative Approach*. Oxford University Press.

<sup>9</sup> Petersen, P. E. (2003). *The World Oral Health Report 2003: Continuous Improvement of Oral Health in the 21st Century*. World Health Organization.

system. Health awareness encourages behavioral changes that can continue after release, contributing to successful social reintegration. Humane treatment and access to health care within prisons are critical indicators of a justice system's moral integrity. The Rutan Banyumas initiative demonstrates how collaboration between universities and correctional institutions can operationalize human rights principles through practical, health-based interventions.

Ultimately, the dental health education program affirmed that promoting health within prisons is not an act of privilege but a constitutional and humanitarian duty. By ensuring that inmates receive education and preventive care, the program not only upholds the state's human rights commitments but also advances the broader vision of correctional reform—building a system that nurtures both justice and compassion.

### 6.3. Economic Empowerment through Hydroponics

Economic empowerment through hydroponic training constitutes a pragmatic and context-appropriate strategy to expand livelihood options for inmates while supporting the rehabilitative goals of the correctional system. Hydroponics—soil-less cultivation using nutrient solutions—offers two distinct advantages that make it especially suitable for detention settings: minimal space requirements and low water usage. These technical characteristics enable meaningful agricultural activity within constrained prison environments and align with sustainability goals for resource-scarce institutions.<sup>10</sup>

From an economic standpoint, hydroponic training equips participants with marketable, transferable skills. Empirical community-based studies in Indonesia demonstrate that hydroponic training can improve household food security and generate modest income streams for participants, suggesting its viability as a micro-enterprise pathway.<sup>11</sup> Translating these findings into a correctional context, structured hydroponic programs can provide inmates with technical competencies—such as crop planning, system assembly, nutrient management, post-harvest handling, and simple cost accounting—that are directly applicable to small-scale entrepreneurship upon release.

Beyond purely economic outcomes, hydroponic programs produce measurable psychosocial and educational benefits that support reintegration. Controlled-environment agriculture (CEA) initiatives in custodial settings have been shown to enhance inmates' well-being, increase engagement, and create constructive daily routines—factors associated with lower recidivism risks when combined with other interventions.<sup>12</sup> Moreover, hydroponic projects used in educational contexts have been observed to foster positive attitudes toward learning, scientific reasoning, and self-efficacy—capacities which translate into improved employability and civic agency.

Operationally, implementing hydroponic training in Rutan Banyumas followed a low-cost, modular design, utilizing simple NFT/raft or wick systems made from readily available materials. This approach was paired with a concise curriculum that emphasizes hands-on practice, maintenance schedules, and market-oriented product selection. This “appropriate technology” approach lowers entry barriers for institutions with limited budgets and enables

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<sup>10</sup> Pambudi, Y. S., Gunawan, R. I., Lolo, E. U., Sudaryantiningsih, C., Krismani, A. Y., et al. (2022). *Hydroponic training is an effort to improve food security, community economy, and environmental quality in the city of Surakarta*. Asian Journal of Community Services, 1(5), 251–260. <https://doi.org/10.55927/ajcs.v1i5.1841>

<sup>11</sup> Setiany, E., Utami, T. B., Chairunesia, W., Prakoso, B. A. T., & Juniarsih, C. (2024). *Budidaya sayur hidroponik menuju ketahanan pangan dan kewirausahaan produk organik di Meruya Selatan*. Jurnal Abdi Masyarakat (JAM), 9(2), 103–110. <http://dx.doi.org/10.22441/jam.v9i2.24627>

<sup>12</sup> Vaughan, S., Ramirez, M., & Tietz, C. (2024). *Enhancing offender rehabilitation through co-designed controlled-environment agriculture in an Australian maximum-security prison*. Prison Journal, 104(5), 594–622. <https://doi.org/10.1177/00328855241278262>

rapid skill acquisition—key considerations highlighted in community hydroponic programs across Indonesia.

However, to realize economic impact beyond pilot demonstrations, correctional hydroponic initiatives require institutional support—linkages to local markets, post-release follow-up, seed capital or access to microfinance, and formal recognition of training certificates. Without these enabling conditions, skill acquisition risks remaining an isolated activity with limited livelihood returns. International and regional guidance on “green” rehabilitation also emphasizes the importance of integrating sustainable agriculture training into broader reentry pathways and institutional planning.

In summary, hydroponic training in the correctional setting offers a compelling blend of ecological appropriateness, vocational skill development, and rehabilitative value. When embedded within a comprehensive reentry strategy—linking legal awareness, healthcare, and market connections—hydroponics can make a significant contribution to inmates’ economic empowerment and to the constitutional goal of facilitating their reintegration into society.

#### 6.4. Multidisciplinary Integration for Sustainability

The integration of legal, health, and economic dimensions in correctional community service reflects a holistic approach toward sustainable rehabilitation. Multidisciplinary collaboration not only enhances the effectiveness of inmate development programs but also ensures the sustainability of outcomes beyond the intervention period. Sustainable rehabilitation requires cross-sectoral integration, where legal education, public health, and vocational empowerment intersect to address the complex needs of incarcerated populations.<sup>13</sup> This aligns with the concept of *sustainable human development* promoted by the United Nations Development Programme (UNDP), which emphasizes the enhancement of capabilities and structural inclusion as the foundation of long-term resilience.

From the legal perspective, human rights education reinforces awareness of equality before the law and strengthens civic identity. When paired with health promotion, this approach fosters both mental and physical well-being, creating an environment that enables behavioral reform<sup>14</sup>. Furthermore, economic empowerment—such as hydroponic training—serves as a bridge to social reintegration by cultivating employable skills and a sense of self-reliance. The integration among these three dimensions reflects the One Health and Justice paradigm, which emphasizes that sustainable rehabilitation must consider human welfare as interdependent with social and environmental well-being.<sup>15</sup>

Practically, the multidisciplinary approach implemented by Universitas Jenderal Soedirman in Rutan Banyumas illustrates how higher education institutions can operationalize sustainability principles within community engagement. The law faculty provided human rights counseling, the dental and medical teams addressed preventive healthcare, and the agriculture faculty introduced hydroponic techniques to enhance economic productivity. This collaboration exemplifies what Bawa.<sup>16</sup> It is described as “*transformative community-based learning*,” where each discipline contributes specialized expertise toward a shared social mission. Such integration ensures that rehabilitation does not remain an isolated or temporary intervention, but evolves into a sustainable empowerment ecosystem.

<sup>13</sup> Jacobs, J., & Crofts, N. (2020). *Multidisciplinary approaches to prison health: Sustainability and reform*. *International Journal of Prisoner Health*, 16(3), 203–218. <https://doi.org/10.1108/IJPH-01-2020-0007>

<sup>14</sup> Yunus, M. (2022). *Integrating health and legal education in prison-based human rights programs*. *Journal of Human Rights Practice*, 14(1), 58–72. <https://doi.org/10.1093/jhuman/huaa045>

<sup>15</sup> Hinchliffe, S., Craddock, S., & Enticott, G. (2023). *One Health and Justice: Sustainability and interdependence in human welfare*. *Social Science & Medicine*, 319, 115749. <https://doi.org/10.1016/j.socscimed.2023.115749>

<sup>16</sup> Bawa, A. C. (2023). *Transformative Community Engagement in Higher Education*. Routledge. <https://doi.org/10.4324/9781003320214>





Sustainability in this context is multidimensional. Environmentally, hydroponics supports resource-efficient agriculture; socially, human rights counseling promotes inclusivity; economically, vocational training provides pathways to independence. As articulated by Sachs<sup>17</sup> In *The Age of Sustainable Development*, genuine sustainability involves harmonizing economic progress, social inclusion, and environmental stewardship. When correctional programs are designed with these three pillars in mind, they not only fulfill the rehabilitative mandate of the penitentiary system but also contribute to Indonesia's broader Sustainable Development Goals (SDGs), particularly Goal 3 (Good Health and Well-being), Goal 4 (Quality Education), Goal 8 (Decent Work and Economic Growth), and Goal 16 (Peace, Justice, and Strong Institutions).

In conclusion, the multidisciplinary integration model applied in Rutan Banyumas underscores that sustainable correctional rehabilitation requires more than isolated interventions. It demands coordinated action across legal, health, and economic domains, supported by institutional collaboration, academic involvement, and community participation. By integrating sustainability principles into correctional reform, Indonesia can move closer to achieving a penitentiary system that not only enforces justice but also promotes human dignity and fosters long-term societal reintegration.

## 7. Conclusion

This study concludes that a multidisciplinary approach provides a comprehensive and sustainable framework for promoting human rights protection within correctional institutions. The program conducted at Rutan Banyumas demonstrated how the integration of legal counseling, health education, and economic empowerment initiatives can effectively fulfill the objective of ensuring inmates' rights while fostering their reintegration into society. Each component of the program contributes to a different yet interrelated dimension of human dignity—legal consciousness, physical well-being, and socio-economic resilience—reflecting the holistic vision embedded in Indonesia's correctional philosophy and international human rights instruments.

From the legal perspective, human rights counseling reinforced the constitutional guarantee that every citizen, including those deprived of liberty, is equal before the law. The participatory discussions enabled inmates to understand not only their rights but also their responsibilities, enhancing legal awareness as a preventive measure against recidivism. This aligns with the rehabilitative function of correctional facilities, as stipulated in Law No. 22 of 2022 on Corrections, which emphasizes education, moral guidance, and civic reintegration as integral parts of justice administration.

The health education and dental practice sessions further operationalized the right to health—a non-derogable right recognized under the **ICESCR** and **the Mandela Rules**. By providing inmates with practical knowledge of oral hygiene and preventive care, the initiative addressed a key determinant of well-being often neglected in overcrowded and resource-limited correctional environments. This component also reflects the principle of “health for all,” ensuring that even marginalized populations have equitable access to health knowledge and services.

Meanwhile, the hydroponic training offered a tangible avenue for economic empowerment. It not only provided inmates with technical skills for sustainable food production but also instilled a sense of purpose and self-reliance essential for post-release adjustment. The environmental efficiency of hydroponics—requiring minimal space and water—illustrates how correctional rehabilitation can align with sustainable development practices.

Overall, the findings affirm that rehabilitation grounded in multidimensional human rights principles can transform correctional spaces into environments of empowerment rather than

<sup>17</sup> Sachs, J. D. (2015). *The Age of Sustainable Development*. Columbia University Press.

punishment. The collaboration between legal, medical, and agricultural experts from Universitas Jenderal Soedirman (Unsoed) exemplifies how higher education institutions can play an active role in supporting the realization of human rights through community engagement.

In conclusion, ensuring the protection of inmates' human rights requires more than normative recognition—it demands practical, inclusive, and interdisciplinary strategies. By bridging law, health, and livelihood, this program not only advances Indonesia's correctional reform agenda but also contributes to the broader pursuit of the **Sustainable Development Goals (SDGs)**, particularly those related to justice, health, and economic growth. Future initiatives should continue to adopt and expand this model to institutionalize sustainable, dignity-centered rehabilitation practices across Indonesia's correctional system.

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