

ABSTRACT

The implementation of positive psychology in interventions shows a great effect on well-being among the prisoners. Salemba Prison is specifically design for drug criminals. Salemba prisoners described that they have a lot of psychological problems and very much in need of support and positive energy to have a well life in prison as well as to plan a better life after leaving prison. One of the activities to release the negative energy is through gamification. The intervention is expected to be a tool for prisoners' emotional regulation by enhancing the enjoyment of the user with the application of gamification. Gamification is the application of typical elements of game playing in other areas of activity. Gamification has become a bit of a buzzword, and not just a gimmick, gamification works because it triggers real powerful human positive emotions such as happiness, intrigue, and excitement. The positive emotion is very important for everyone indeed, also for prisoners. Those positive emotions are the key factor in enabling human to regulate their emotions. Previous research showed more frequent and intense experiences of positive emotions are related to lower stress responsivity, higher social function, and overall ability to better function and achieve daily life goals. Based on the previous research we would like to examine whether gamification will be effective as a regulator of the emotions of prisoners.