

The Abandonment In The Women's Prison System: Women are Condemned to Solitude

The Abandonment In The Women's Prison System: Women are Condemned to Solitude

O Abandono no Sistema Carcerário Feminino: A Mulher é Condenada a Solidão

RESUMO

Esta pesquisa, apresenta resultados a partir de abordagens qualitativa e quantitativa, por meio da realização de entrevistas semiestruturadas, no Instituto Penal Djanira Dolores de Oliveira, e da coleta de dados fornecidos pela Secretaria de Administração Penitenciária. O objetivo foi investigar o abandono das mulheres no sistema carcerário, explorando os fatores sociais e estruturais que contribuem para essa realidade, assim como a solidão vivenciada pelas detentas ao ingressarem na penitenciária. Além disso, o estudo analisou a dinâmica das visitas nas unidades prisionais femininas, comparando-as com as masculinas. A pesquisa revela a disparidade no número de visitantes entre as cadeias masculinas e femininas, e o perfil dos visitantes entrevistados, considerando tanto as características demográficas quanto o vínculo com as detentas. Logo, percebe-se que embora as mulheres não estejam fisicamente sozinhas, elas vivenciam um distanciamento dos seus vínculos sociais e um isolamento ao que era familiar em suas vidas.

PALAVRAS-CHAVE: Psicologia; Sistema Carcerário Feminino; Solidão e Saúde Mental; Abandono no Sistema Prisional.

ABSTRACT

This research presents results based on both qualitative and quantitative approaches, through semi-structured interviews conducted at the Djanira Dolores de Oliveira Penal Institute and data collected from the Penitentiary Administration Secretariat. The aim was to investigate the abandonment of women in the prison system, exploring the social and structural factors that contribute to this reality, as well as the loneliness experienced by female inmates upon entering the penitentiary. Additionally, the study analyzed the dynamics of visits in female prisons, comparing them with male prisons. The research highlights the disparity in the number of visitors between male and female prisons, as well as the profile of the interviewed visitors, considering both demographic characteristics and their relationship with the inmates. Thus, it becomes evident that although women are not physically alone, they experience a distancing from their social bonds and an isolation from what was familiar in their lives.

KEYWORDS: Psychology; Female Prison System; Loneliness and Mental Health; Abandonment in the Prison System.

RESUMEN

Esta investigación presenta resultados basados en enfoques cualitativos y cuantitativos, a través de entrevistas semiestruturadas realizadas en el Instituto Penal Djanira Dolores de Oliveira y la recolección de datos proporcionados por la Secretaría de Administración Penitenciaria. El objetivo fue investigar el abandono de las mujeres en el sistema carcelario, explorando los factores sociales y estructurales que contribuyen a esta realidad, así como la soledad vivida por las reclusas al ingresar en la penitenciaria. Además, el estudio analizó la dinámica de las visitas en las unidades penitenciarias femeninas, comparándolas con las masculinas. La investigación revela la disparidad en el número de visitantes entre las cárceles masculinas y femeninas, así como el perfil de los visitantes entrevistados, considerando tanto las características demográficas como el vínculo con las reclusas. Así, se percibe que, aunque las mujeres no estén físicamente solas, experimentan un distanciamiento de sus vínculos sociales y un aislamiento respecto a lo que era familiar en sus vidas.

PALABRAS CLAVE: Psicología; Sistema Penitenciario Femenino; Soledad y Salud Mental; Abandono en el Sistema Penitenciario.

RECEIVED: 03/05/2025 APPROVED: 03/20/2025

How to cite this article: Gomes ABF, Oppenheimer MECF, Gomes BP, Frauches AML. The Abandonment In The Women's Prison System: Women are Condemned to Solitude. *Saúde Coletiva* (Edição Brasileira) [Internet]. 2025 [acesso ano mês dia];15(95):15782-15799. Disponível em: DOI: 10.36489/saudecoletiva.2025v15i95p15782-15799



Aline Barbosa Figueiredo Gomes

Psychologist, Master in Psychology, Professor at Veiga de Almeida University (UVA- RJ). Rio de Janeiro-RJ.

ORCID: <https://orcid.org/0009-0006-5426-0416>



Maria Eduarda de Carvalho Franco Oppenheimer

Student of the psychology course at Veiga de Almeida University (UVA-RJ). Rio de Janeiro- RJ.

ORCID: <https://orcid.org/0009-0006-2409-957X>



Bruna Pinheiro Gomes

Student of the psychology course at Veiga de Almeida University (UVA-RJ). Rio de Janeiro- RJ.

ORCID: <https://orcid.org/0009-0004-6299-4909>



Amanda Menezes Luz Frauches

Student of the psychology course at Veiga de Almeida University (UVA-RJ). Rio de Janeiro- RJ.

ORCID: <https://orcid.org/0009-0008-1926-9778>

INTRODUCTION

When studying the discriminatory relationship between women in society and the prison system, it is necessary to understand the concepts surrounding femininity and what it means to be a woman in a patriarchal culture. The characteristics and roles attributed to women are shaped and reformulated over time; they are not something inherent or biological, but a social and cultural construction.

In a patriarchal operating system, women are seen as fragile and their usefulness is within a home, providing care for their husband and children. This ideology is so ingrained that, according to society, women are seen as fragile and would never be capable of committing crimes and, if they do, they become unworthy of receiving family affection or intimate visits. The experiences lived within the walls of a prison vary significantly according to the race, class and gender of the incarcerated person.¹

Santa Rita² states that, although the Brazilian prison system affects both men and women, conditions in women's prisons are even more severe due to the inequality and gender discrimination that permeate these institutions. The prison model follows an androcentric format, in which the male is considered the standard, ignoring the specificities and needs of women. This invisibility of women in situations of deprivation of liberty has a profound

impact on socio-cultural relationships, both inside and outside prisons. As a result, many of them face abandonment by their relatives, friends and family, in addition to suffering from the State's inaction.^{1,3}

The purpose of the research is to understand the effects of the stigma suffered by these women deprived of liberty and the impacts of social abandonment on the quality of life of these people. Dehumanization, violation of human rights within prisons, limited access to public policies, punitive logic and a culture of vengeance are factors that interfere with the quality of life of incarcerated women. In short, in order to understand the complexity of the topic addressed and observe the effects of mass incarceration in the capitalist system, which has patriarchal and racist roots, the objective of the research is to analyze prison visits and debate the systematic loneliness of women within prison walls.⁴

The profile of women incarcerated in Rio de Janeiro in 2023, according to SEAP, highlights the intersection between social vulnerabilities and the prison system. The majority of prisoners are between 30 and 45 years old (46%) and are black women (65.87%), reflecting racial and socioeconomic inequalities. In terms of marital status, 82% are single, which may point to the lack of structured family support.⁶

Maternity is a critical area with significant data gaps: 41% of women have no information recorded, making targeted policies difficult. Yet, among

those for whom data is available, 23% are childless, while 27% have one or two.⁶

Regarding education, 59% of women did not complete high school, and 44% did not even complete elementary school, revealing educational limitations that contribute to social exclusion and criminal recidivism. Drug trafficking-related crimes are the main reasons for convictions, in line with the pattern of incarceration for non-violent crimes. Finally, sentences reflect a varied distribution, with 23% serving between 8 and 15 years and 16% receiving sentences of 15 to 20 years. These data show the need for public policies that combine reducing structural inequalities with effective resocialization strategies.⁶

The conviction of women for crimes related to drug trafficking is directly associated with the lack of social and economic access that plagues the majority of the Brazilian population. Black, poor women and mothers make up the vast majority of those incarcerated, born into vulnerable families or victims of violence (sexual, psychological, physical). In the context of drug trafficking, they occupy extremely vulnerable and inferior positions, in contrast to the positions they occupy within their own homes, where they must occupy the two contrasting roles of "head of the household" and "housewife", carrying out the double shift of paid work and domestic work.^{4,7,10}

From this perspective, the exponen-

tial increase in female incarceration highlights the various problems related to gender inequalities and how forms of violence multiply in prison, according to the World Female Imprisonment List 5 Brazil has the third largest prison population in the world, behind only the United States and China, with around 40,000 women. However, most men in prison receive visits regularly. The same cannot be said for women, who are rarely visited. When they do receive visits, it is always their mothers, aunts, grandmothers, daughters and sisters who visit them, and almost never men.^{10,11}

This study aims to analyze the disparities in visits between the female and male prison systems, focusing on the experience of Rio de Janeiro. The growing female prison population, placing Brazil among the countries with the highest rates of female incarceration in the world, highlights the need for an in-depth analysis of the living conditions and rights of women deprived of liberty.

METHOD

The field research combined qualitative and quantitative approaches. Qualitative data collection will be conducted through semi-structured interviews with visitors, seeking to understand their perceptions and experiences. Quantitative analysis will be based on secondary data provided by the Secretariat of Penitentiary Administration (SEAP) and on information collected through the questionnaire applied in the field research. The literature review complemented the research, providing a theoretical basis for data analysis.

The research was approved by the SEAP research coordination, which authorized the field study and interviews to be conducted by applying questionnaires (Appendix 1) to visitors at the Djanira Dolores de Oliveira Penal Institute, located in Bangu.

The semi-structured interview consisted of 12 multiple-choice questions, aiming to collect quantitative information related to social, demographic and structural issues, such as: age, gender, income bracket, relationship with the inmate and other questions, in order to build a profile. In addition, the questionnaire had 4 open-ended questions with the aim of allowing interviewees to discuss the experience of visiting an inmate.

In October 2024, the Djanira Dolores de Oliveira Penal Institute had a prison staff of 685 inmates, with only 432 inmates with registered visits. After analyzing this data, questionnaires were applied to 24 visitors, corresponding to 5.56% of registered visitors. Thus, during the months of October and November, interviews were conducted with the visitors, in which the proposal was explained and the Free and Informed Consent Form was made available, which all agreed to sign.

On October 18, we visited the penitentiary to talk to prison officers, with the aim of understanding the institution's routine, the dynamics of visits and their perceptions about female abandonment. Later, on October 23, we conducted internal interviews with the director, the psychiatrist and the psychologist of the institute, deepening the analysis of the context and the psychosocial impacts faced by incarcerated women.

The conversation with the psychologist was extremely important for the research, as he is the only professional in the area who works in three women's prison units in Bangu. During the interview, he shared that on visiting days, the inmates are happier and more anxious, and those who do not receive visits are welcomed by the other inmates, with the exchange of food, clothing and hygiene materials.

However, in their daily lives, inmates who do not have the right to work (remission) and do not receive

visits face the challenge of idleness. Another problem reported is difficulty sleeping, as many prisoners need to resort to medication to be able to sleep, worsening the situation with the free circulation of medicines, which leads to self-medication.

The research went through a long waiting period, with approximately 5 months for SEAP to make the requested data available. This delay can be attributed to factors such as bureaucracy and the lack of updating of official systems. The female prison system, often in second place in relation to the male prison system, suffers from resource limitations and a lack of attention, which directly impacts the availability of data and, consequently, the conduct of the research.

These circumstances caused difficulties in analyzing the data made available by SEAP, in which the lack of standardization in the collection of information from the system resulted in inconsistencies and gaps. Therefore, in analyzing the material obtained, caution and organization were necessary to filter the information applicable to the study, in order to present a reliable result.

RESULT

Analysis of data provided by the State of Rio de Janeiro's SEAP (Secretariat of State for Penitentiary Administration) reveals a notable disparity between genders in terms of the number of visits registered in the prison system. While 2,477 women have registered visits, the number of male prisoners with visits reaches 72,960.

Original Article

Gomes ABF, Oppenheimer MECF, Gomes BP, Frauches AML
 The Abandonment In The Women's Prison System: Women are Condemned to Solitude

Table 1 - Relationship between the Prison Population and the Number of Visitors Notified by SEAP in Rio de Janeiro in 2024, Brazil (2025)

PRISON POPULATION		N	%
Sex	Male	43.917	96,41
	Female	1.633	3,59
Total		45.550	100
REGISTERED VISITORS		N	%
Penitentiary	Male	72.960	96,71
	Female	2.477	3,29
Total		75.437	100

Source: Secretariat of Penitentiary Administration (SEAP)

However, the female prison population is 1,633, while the male population is 43,917. This suggests that the number of registered visits may exceed the actual population, indicating that some prisoners receive more than one visit.

Despite the difference in the absolute number of visits, the proportion of registered visits in relation to the total prison population does not show such a significant disparity. However, the number of visits in the male system is substantially higher than in the female system. The average number of visits per prisoner is approximately 1.66, while the average for female pris-

oners is 1.51. In percentage terms, this means that men receive, on average, 10% more visits than women.

Based on interviews conducted with 24 visitors to the Djanira Dolores prison, it was possible to outline a detailed profile of visitors to people deprived of liberty, considering their demographic characteristics, ties with inmates and experiences during visits.

Table 2 - Profile of visitors to the Djanira Dolores prison in 2024. Brazil, 2025

VISITORS	Sex	Age Group	Marital status	Monthly income	Use of aid	Employment relationship
1	Female	18 - 24	Single	Up to R\$1000	Yes - Bolsa Família	No
2	Female	25 - 34	Single	Up to R\$1000	Yes - Bolsa Família	No
3	Female	25 - 34	Married	Up to R\$1000	No	No
4	Female	25 - 34	Married	From R\$ 1000 to R\$ 2500	No	Yes, formal
5	Female	25 - 34	Married	From R\$ 5000 to R\$ 10000	No	Yes, formal
6	Male	25 - 34	Single	From R\$ 1000 to R\$ 2500	No	Yes, formal
7	Female	35 - 44	Single	From R\$ 1000 to R\$ 2500	No	Yes, formal
8	Female	35 - 44	Married	From R\$ 2500 to R\$ 5000	No	Yes, formal
9	Male	35 - 44	Married	From R\$ 2500 to R\$ 5000	No	Yes, formal
10	Female	45 - 54	Single	Up to R\$1000	Yes - Bolsa Família	No
11	Female	45 - 54	Married	From R\$ 2500 to R\$ 5000	Yes - Bolsa Família	Yes, formal
12	Female	45 - 54	Married	From R\$ 1000 to R\$ 2500	Yes - Bolsa Família	No
13	Female	65 +	Married	From R\$ 2500 to R\$ 5000	No	Yes, informal
14	Male	65 +	Single	From R\$ 2500 to R\$ 5000	No	Retired
15	Female	18 - 24	Single	Up to R\$ 1000	Yes	No
16	Female	25 - 34	Married	Up to R\$ 1000	Yes	No
17	Female	35 - 44	Single	From R\$ 1000 to R\$ 2500	No	Yes, formal
18	Female	35 - 44	Married	From R\$ 1000 to R\$ 2500	No	Yes, formal
19	Female	45 - 54	Married	Up to R\$ 1000	Yes	No, formal
20	Male	45 - 54	Single	From R\$ 2500 to R\$ 5000	No	Yes, informal
21	Female	45 - 54	Married	From R\$ 1000 to R\$ 2500	Yes - BPC	Yes, informal
22	Female	55 - 64	Widow	From R\$ 1000 to R\$ 2500	No	Retired
23	Female	65 +	Single	Up to R\$ 1000	No	Retired
24	Female	65 +	Single	Up to R\$ 1000	Yes - BPC	Retired

Source: Own creation



The analysis revealed that the majority of visitors are women, representing 79.2% of the sample. Of these, 50% are between 35 and 54 years old, showing that the audience is predominantly adult. Regarding marital status, there is a balanced distribution, with 45.8% of visitors married and 45.8% single.

With regard to occupation, 50% of participants are employed, 64.3% with formal employment and 35.7% with informal employment. On the other hand, 33.3% are unemployed and 16.7% are retired. Regarding income range, 36.4% of respondents earn between R\$1,000 and R\$2,500, while 31.8% live on less

than R\$1,000 per month.

Regarding government aid, 58.3% of respondents do not receive any type of benefit, while 33.3% are beneficiaries of Bolsa Família and 8.3% of the Continuous Benefit Payment (BPC - *Benefício de Prestação Continuada*).

Table 3 - Bonds in Prison: The Relationship between Visitor and Inmate, in 2024. Brazil 2025

FAMILY LINK WITH THE PRISONER		FREQUENCY OF VISITATION	
	Quantity		Quantity
Grandmother	1	Once a week	10
Mother	4	Once a month	5
Daughter	2	Twice a month	5
Father	2	Three times a month	1
Sister/Brother	9	First visit	3
Partner	1	ARE YOU THE ONLY ONE WHO VISITS THE PRISONER?	
Cousin	2	Yes	14
Friend	3	No	10

Source: Own creation

The most common family ties among visitors are sisters (37.5%), followed by mothers (16.7%) and friends (12.5%). Relationships between cousins and daughters represent 8.3% each, while grandmothers correspond to 4.2%. It is important to note the low presence

of fathers (8.3%) and partners (4.2%), which shows a significant absence of these figures in the visitation process.

Regarding the frequency of visits, 41.7% of respondents said they attended weekly, 20.8% once a month, 20.8% twice a month, 4.2% three times a month and 12.5% were making their first visit. In addition, 56.5% indicated

that the inmate had more than one registered visitor, reflecting support from family and friends.

Regarding social experiences, 52.2% of respondents reported having faced prejudice for visiting someone in the prison system, while 47.8% did not experience this type of discrimination.

Table 4 - Dynamics and challenges of the relationship between visitors and the prison visitation process, in 2024. Brazil, 2025

VISITORS	HAVE YOU EXPERIENCED ANY PREJUDICE WHEN VISITING SOMEONE IN THE PRISON?	HOW DID YOU FEEL BEFORE THE VISIT?	WHAT MOTIVATES YOU TO VISIT THE PRISONER?	WHAT ARE THE CHALLENGES YOU FACE WHEN VISITING THE PRISONER?
1	No	Sad	To help	Driving and money
2	Yes	Sad	Longing	Embarrassment, difficulty in transportation and tiredness
3	Yes	Happy, sad and anxious	Love	Journey and humiliation, I come from Belford Roxo
4	Yes	Happy and sad	The act of helping	Queue, embarrassment, the distance because I come from Campo Grande.
5	Yes	I don't know	The bond we have	The heavy routine, I feel like everyone looks at me sideways too
6	Yes	Anxious	I believe in change.	Time and transportation
7	Yes	Peaceful	Feelings and humanity	Schedule
8	No	Peaceful	She has no father or mother and is alone	The wait, because we arrived at dawn.
9	No	Peaceful	Bond	Distance, delay, travel and material.

Original Article

Gomes ABF, Oppenheimer MECF, Gomes BP, Frauches AML
The Abandonment In The Women's Prison System: Women are Condemned to Solitude

10	No	Sad	She's my sister	Distance, I come from Itatiaia.
11	Yes	Humiliated	My love for my daughter	Taking the bus, waking up early, arriving at 3 in the morning. In addition to the emotional
12	No	Sad	She's my family	The transportation
13	Yes	Peaceful	I believe in her innocence	The distance from Niterói to Bangu
14	Yes	Tired	-	-
15	No	Anxious	She goes through a lot of suffering in there.	Distance because I live in Bonsucesso
16	Yes	Anxious	Lots of things, I love her and she needs the visit	Financial and distance. I live in Japeri.
17	Yes	I walk in excited and apprehensive.	Love	Everyone, especially when I get here, I feel humiliated by the whole team.
18	No	Anxious	I feel so sorry for her	Very tired because of the tasks I have to do
19	No	Sad	Lots of love, we are a very close family.	Staying in the sun and rain, we also don't eat well, we came from Teresópolis
20	No	Anxious	We were friends before and we still are	Skip work
21	Yes	Anxious	Kinship	The transportation
22	No	Anxious	I believe in her innocence	The expense
23	No	Sad	To give her strength, or else, she'd kill herself	Confronting the family that despises her. Let he who has never made a mistake cast the first stone, we are all flawed
24	Yes	Happy and anxious	Love	Distance, I live in Angra, besides the police who humiliate

Source: Own creation

Visits are marked by a variety of emotions, with anxiety and sadness being the most frequently mentioned by interviewees. These feelings reflect the psychological and emotional challenges faced by visitors, highlighting tension, uncertainty and, in some cases, shame or discomfort. Imprisonment causes significant ruptures in emotional and family ties, not only because of the difficulty of accepting the bond with an incarcerated individual, but also for financial reasons.^{3,10}

Prisons are built far from urban areas, making it difficult for family members to access them. Visitors interviewed frequently pointed out that the distance, travel time and financial impact compromise the regularity of visits, with many coming from distant cities such as Belford Roxo, Itatiaia and even Angra dos Reis.

In addition, the reports also high-

light the emotional and psychological discomfort experienced during visits, including embarrassment and complications in queues and interactions with security staff. The difficulty of reconciling work routines with visits is also a stressful factor for those interviewed.

However, some responses presented a different perspective, suggesting that for some, the visitation experience is not so negative, perhaps due to the lack of initial expectations. This indicates that the emotional reaction to visitation may vary from person to person, but, in general, the responses indicate that visitation in the prison context is a difficult experience that has a significant impact on the people involved.

DISCUSSION

Female incarceration is not limited to the legal consequences arising from the transgression, but involves

profound social and emotional implications, which manifest themselves significantly in the prison context. In this scenario, the feeling of loneliness is intensified, making isolation an inevitable reality for inmates.¹¹

Walden describes loneliness as a painful feeling of separation from someone or some aspect of the world. In this sense, the prison environment, which is often hostile and dehumanizing, aggravates these feelings of disconnection. When removed from their daily reality, women deprived of liberty face the challenge of adapting to a new space that, in many cases, does not provide them with a sense of acceptance, exacerbating the experience of abandonment and loneliness.¹²

In the Djanira Dolores prison, for example, it is observed that 262 inmates do not have registered visitors, in addition to others who, despite having registered family members, do not receive visitors. The frustration of

these women ends up being naturalized, in part due to the transgression of the gender stereotype imposed by society, which sees women as submissive, obedient and responsible for taking care of the home.

Thus, the woman whose life is marked by the penal system is seen as deserving of all punishment. This socially constructed thinking reinforces the disregard for this class of women, who, when behind bars, have already served their sentence, but are still marginalized and abandoned by society.¹¹

Visits in the prison system play a crucial role, not only as a means of contact with the outside world, but also as a source of material support. This dynamic raises questions about the condition of women who do not receive visits, and how they survive without the material support provided by them. As Queiroz points out, the materials that undergo a rigorous search can be used by women for personal consumption or even used as currency, as a survival strategy within the prison environment.⁷

The low frequency of visits by daughters may be associated with the fact that the role of motherhood is often questioned by society when a woman, a mother, is placed in the prison system. This is because the words 'mother' and 'criminal' are seen as almost opposites, making it difficult to reconcile them. The idea of 'a criminal who abandons the care of her child to commit any type of crime' leads to the questioning of her motherhood.³

Thus, the context of women and motherhood in crime is completely dissociated from the sociocultural image of femininity, and it is no surprise that there are few studies and research that cover the experiences of incarcerated women. The female figure in the popular imagination is interconnected with being a mother, wife and housewife.

Incarcerated motherhood follows two concepts: hyper motherhood and

hypo motherhood. Incarcerated women face several challenges in prison. When a woman gives birth in prison, she has up to six months to care for her baby, according to Law 11.942 of 1984. During this period, the mother-child relationship is practically exclusive and intense, since the care of the baby is the mother's total responsibility, characterizing hyper motherhood.^{3,8}

When the baby is six months old, mandatory weaning occurs, in most cases without the support of a multidisciplinary team or medical guidance. The separation can occur abruptly. One day the baby is in the mother's arms and the next day he is sent to a family member or to a foster care service. Hypo-motherhood occurs. Now this mother suddenly breaks an extremely intense bond with her child. In some cases, the break is permanent. Even after the woman leaves prison, it is difficult for her to reestablish the strong bond she previously had with the child.⁸

In this context, the rupture of family ties is seen as an additional punishment, amplifying the suffering of incarcerated women, since visits represent a form of contact with the outside world, which deprives them not only of physical freedom, but also of the emotional ties that are fundamental to their emotional and psychological health.¹¹

Soares states that female inmates face a form of multiple punishment, since, in addition to custodial sentences, they suffer ongoing social violence within the penitentiary. This violence is not restricted to structural issues and the precariousness of prison conditions, but is also reflected in specific forms of violence associated with the condition of being a woman, such as abandonment.¹¹

During interviews with visitors, a strong sense of concern emerged, with many expressing that without regular contact with their family and friends,

the inmates could suffer even more, reaching a level of despair. This fear is shared by the inmates' own family members and friends, who fear that the lack of emotional support and deprivation of liberty could lead the women to extreme situations, such as suicide attempts. Since the lack of emotional bonds and a support network can intensify psychological suffering.^{4,11}

CONCLUSION

Loneliness within the prison system is not an isolated feeling; it is a collective experience that affects many incarcerated women.

When we analyze the experiences of the inmates, as exemplified during the study, we realize that although they are not physically alone, they experience a separation from their social ties and isolation from what was familiar and common in their lives. Thus, the relationship between crime and loneliness is marked by intense experiences and consequences that are interconnected, profoundly affecting the lives of these women.

In this sense, contact with visitors, especially family members, plays a fundamental role in alleviating this loneliness. The care and empathy demonstrated in the interviews, where feelings are expressed, offer the inmates a vital connection with the outside world. It can minimize the effects of this idleness and the feeling of abandonment, providing not only emotional relief, but also a renewal of psychological strength to deal with the prison environment.

REFERENCES

1. Dittmar BA. A mulher encarcerada no sistema prisional brasileiro [Trabalho de Conclusão de Curso]. 2020. Available from: <https://repositorio.pgsscogna.com.br/handle/123456789/31726>
2. Santa Rita, R. P. Mãe e crianças atrás das grades: em questão o princípio da dignidade da pessoa humana. 2006. Dissertação (Mestrado em Política Social) - Universidade de Brasília, 2006.
3. Kehl JM, Lima BC. A desestabilização das relações familiares e sociais provocadas pelo cárcere feminino: um estudo realizado no presídio estadual de Canela. *Revista da Defensoria Pública do Estado do Rio Grande do Sul*. 2019;(25):120-139.
- 4 Varella D. Prisioneira. 1ª ed. São Paulo: Companhia das Letras; 2017.
5. Fair H, Walmsley R. World female imprisonment list (5th edition) [Internet]. London: Institute for Crime & Justice Policy Research, Birkbeck, University of London; 2022 Oct 19. Available from: <https://www.icpr.org.uk/publications/world-female-imprisonment-list-5th-edition>
6. Sistema Nacional de Informações Penais: 15º ciclo SISDEPEN: período de julho a dezembro de 2023 [Internet]. Brasília: MJSP; 2023 [cited 2025 Mar 16]. Available from: <https://www.gov.br/senappen/pt-br/servicos/sisdepen/relatorios/relipen/relipen-2-semester-de-2023.pdf>
7. Queiroz N. Presos que menstruam: a brutal vida das mulheres tratadas como homens nas prisões brasileiras. 1ª ed. Rio de Janeiro: Record; 2015.
8. Gomes ABF. As prisões do feminino e as mulheres nas prisões: um recorte sobre a maternidade encarcerada [Dissertação]. Rio de Janeiro: Universidade Federal Fluminense; 2010.
9. Durkheim É. As regras do método sociológico. São Paulo: Editora Nacional; 1977.
10. Dittmar BA. A mulher encarcerada no sistema prisional brasileiro [Trabalho de Conclusão de Curso]. 2020.
11. Garcia RAV, Rosas RH. A dupla punição de mulheres encarceradas: uma análise de gênero no sistema prisional feminino. In: Congresso Científico da Saúde (CONCISA), VII edição; 2018; UNICENTRO. p. 1-10.
12. Pinheiro ÂA, Tamayo A. Conceituação e definição de solidão. *Revista de Psicologia*. 1984;2(1):29-37.

ANEXO 1



Data de preenchimento do questionário: ___/___/___ Horário: ___:___

Local: _____

Nome: _____

QUESTIONÁRIO DE PESQUISA DE CAMPO

- 1) Idade: _____
- 2) Gênero o qual se identifica?
 Feminino Masculino Outro
- 3) Estado Civil?
 Solteira Casada Divorciada
 Viúva União Estável
- 4) Qual é a sua situação de trabalho atual?
 Empregado Desempregado
 Outros: _____
- 4.1) Caso seja empregado, qual seu vínculo empregatício?
 Formal Informal
- 5) Qual é a sua faixa de renda mensal?
 Menos de R\$ 1.000
 Entre R\$ 1.000 e R\$ 2.500
 Entre R\$ 2.500 e R\$ 5.000
 Entre R\$ 5.000 e R\$ 10.000
 Mais de R\$ 10.000
- 6) Você utiliza algum tipo de auxílio do governo?
 Sim, Bolsa Família Sim, Auxílio Emergencial
 Sim, Auxílio para Idosos/Deficientes (BPC)
 Sim, outro tipo de auxílio
 Não, não utilizo nenhum auxílio
- 7) Qual o seu vínculo familiar com a pessoa que está presa?
 Mãe Pai Irmão
 Cônjuge/companheiro(a) Outro: _____
- 8) Qual a frequência que você visita?
 Uma vez por semana 1 vez por mês
 2 vezes por mês 3 vezes por mês
- 9) Somente você visita a presa ou tem ela possui mais visitantes?
 Sim Não
- 10) Você já sentiu algum tipo de preconceito por visitar alguém na penitenciária?
 Sim Não
- 11) Como você se sente antes da visita?
 Feliz Triste Ansiosa Tranquila
 Outro: _____
- 12) O que te motiva a visitar seu familiar/amigo?
- 13) Quais são os maiores desafios que você enfrenta ao vir aqui?
- 14) Como a rotina das visitas impactou sua vida?
- 15) Como você descreveria a experiência de visitar alguém na penitenciária?