



International Journal of Multidisciplinary Research and Growth Evaluation.

Ageing Behind Bars: Lived Experiences of Geriatric Persons Deprived of Liberty (PDLs)

Mervic A Cuasay ^{1*}, Araceli B Paster ²

¹ CHRA, CSPE, CPFA, GCP, Master of Arts in Psychology Graduate School, City of Cabuyao, Laguna, Philippines

² PhD, CHRA, CSPE, CRS, City of Cabuyao, Laguna, Philippines

* Corresponding Author: **Mervic A Cuasay**

Article Info

ISSN (Online): 2582-7138

Impact Factor (RSIF): 8.04

Volume: 07

Issue: 03

May-June 2026

Received: 16-03-2026

Accepted: 18-04-2026

Published: 20-05-2026

Page No: 752-758

Abstract

This study explored the lived experiences of geriatric Persons Deprived of Liberty (PDLs) within selected Bureau of Jail Management and Penology (BJMP) facilities in the CALABARZON Region. It addressed the limited local research focusing on the unique experiences, coping mechanisms, and psychosocial realities of elderly incarcerated individuals despite the increasing population of aging inmates in Philippine correctional facilities. Specifically, the study aimed to understand how geriatric PDLs experience aging in confinement, describe their relationships and daily living conditions, and cope with the physical, emotional, and social challenges of incarceration.

A qualitative phenomenological research design was employed to gain an in-depth understanding of the participants' lived experiences. The study involved ten (10) geriatric PDLs aged 60 years old and above from selected BJMP facilities in the provinces of Cavite, Laguna, and Batangas. Participants were purposively selected based on their willingness and ability to provide rich and meaningful narratives. Data were gathered through face-to-face, in-depth semi-structured interviews and analyzed using thematic analysis.

Findings revealed that geriatric PDLs experience physical decline, emotional distress, social isolation, and age-related limitations while in confinement. Participants described challenges associated with deteriorating health, restricted mobility, loneliness, and emotional struggles brought about by prolonged incarceration and separation from their families. Despite these adversities, they demonstrated resilience through spirituality, emotional regulation, peer support, acceptance, and meaningful interpersonal relationships. The study also highlighted the importance of age-responsive healthcare services, family support, and adaptive institutional programs in promoting the well-being of elderly inmates.

The study concluded that aging in confinement significantly affects the physical, psychological, and social well-being of geriatric PDLs. However, through adaptive coping mechanisms and supportive relationships, they continue to find meaning, resilience, and hope despite the realities of incarceration.

DOI: <https://doi.org/10.54660/IJMRGE.2026.7.3.752-758>

Keywords: Geriatric Persons Deprived of Liberty (PDL), lived experiences, phenomenology, Bureau of Jail Management and Penology

1. Introduction

The increasing population of older persons deprived of liberty (PDLs) has become a significant global concern due to the physical, psychological, and social challenges associated with aging in confinement. According to the World Health Organization (2021) ^[10], elderly PDLs commonly experience chronic illnesses, functional limitations, and mental health problems, while many correctional systems remain inadequately equipped to address their age-specific needs. Similarly, the United Nations Office on Drugs and Crime (2025) ^[9] emphasized that aging in prison increases vulnerability to social isolation,

emotional distress, and diminished well-being, highlighting the need for age-appropriate correctional policies and humane treatment for older prisoners.

In the Philippine context, the Bureau of Jail Management and Penology (2022) ^[3] reported a continuous increase in the number of geriatric PDLs, particularly in overcrowded regions such as CALABARZON. Existing jail conditions, including overcrowding, inadequate healthcare services, and insufficient psychosocial support, further intensify the vulnerability of elderly PDLs. However, despite the increasing number of aging PDLs, local studies focusing specifically on geriatric PDLs remain limited. For instance, Reyes and Constantino (2020) ^[8] examined the psychological well-being of incarcerated individuals but did not specifically investigate aging as a determinant of mental health and quality of life. Likewise, de Guzman (2020) ^[5] identified a high prevalence of depression among elderly PDLs; however, the study primarily focused on psychological symptoms and did not comprehensively explore the lived experiences, coping mechanisms, relationships, and overall quality of life of geriatric PDLs. As a result, elderly PDLs continue to be treated as a demographic subset rather than a distinct vulnerable population with unique psychosocial and developmental needs.

Given the scarcity of empirical studies concerning geriatric incarceration in the Philippines, particularly within the CALABARZON region, this study sought to examine the lived experiences and quality of life of geriatric PDLs in selected Bureau of Jail Management and Penology facilities in Cavite, Batangas, and Laguna. Through the exploration of their experiences, relationships, and coping strategies while aging in confinement, the study aimed to generate contextually relevant evidence that may contribute to the development of more compassionate, responsive, and age-appropriate correctional policies and psychosocial support programs for elderly PDLs in the Philippine jail system.

2. Methodology

2.1. Research Design

This study utilized a qualitative phenomenological research design to explore the lived experiences of geriatric Persons Deprived of Liberty (PDLs) within selected jail facilities. The phenomenological approach was employed to understand how participants perceive, interpret, and cope with aging while in confinement. According to Bantugan (2025) ^[1], phenomenology emphasizes subjective realities and meaning-making processes, while Daruhadi (2024) ^[4] identified it as a foundational qualitative approach for capturing the depth and complexity of human experiences.

Data were collected through in-depth, semi-structured interviews, allowing participants to freely narrate their experiences, coping strategies, relationships, and challenges associated with aging in confinement. The gathered data were analyzed using a phenomenological process involving the identification of significant statements, coding, formulation of meanings, and thematic clustering to determine the shared patterns and essence of the participants' lived experiences.

2.2. Research Locale

The study was conducted in selected Bureau of Jail Management and Penology facilities in the provinces of Cavite, Laguna, and Batangas within the CALABARZON region. The selected provinces were considered appropriate due to their relatively large jail populations and significant

number of geriatric Persons Deprived of Liberty (PDLs), providing rich contexts for exploring the phenomenon of aging in confinement.

The chosen locales also reflected varying institutional conditions, demographic characteristics, and correctional environments, which enhanced the depth and contextual understanding of the participants' lived experiences. The inclusion of both urban and rural jail facilities enabled a broader exploration of institutional practices and living conditions among geriatric PDLs. According to Bureau of Jail Management and Penology (2026), CALABARZON consistently records one of the highest PDL populations in the country next to the National Capital Region, contributing to overcrowding and increased psychosocial and health-related challenges among aging PDLs. Lacuna-Richman (2021) ^[7] further emphasized the growing number of geriatric PDLs in the Philippines and their unique health, mobility, and psychosocial concerns.

Moreover, the selection of the CALABARZON region aligned with national efforts to strengthen correctional welfare and rehabilitation programs, as identified in the Philippine Development Plan 2023–2028 by National Economic and Development Authority (2023). Despite the increasing population of elderly PDLs, localized empirical studies focusing on the lived experiences of geriatric PDLs within the region remain limited, highlighting the relevance and necessity of the present study.

2.3. Population and Sampling

The study employed purposive sampling, a non-probability sampling technique involving the deliberate selection of participants based on characteristics relevant to the objectives of the research. According to Etikan, Musa, and Alkassim (2016) ^[6], purposive sampling enables researchers to intentionally select individuals who possess specific experiences and knowledge essential to the phenomenon under investigation.

2.4. Research Participants

The participants of this study were geriatric Persons Deprived of Liberty (PDLs) currently detained in selected Bureau of Jail Management and Penology facilities in Cavite, Laguna, and Batangas within the CALABARZON region. This population was selected due to the increasing number of elderly PDLs in the region and the limited local studies examining their lived experiences within correctional settings (Lacuna-Richman, 2021) ^[7].

A total of ten (10) geriatric PDLs participated in the study through purposive sampling. The participants were intentionally selected based on their capacity to provide rich and meaningful narratives regarding their experiences of aging while in confinement. Data collection continued until data saturation was achieved, wherein no new themes or significant insights emerged from subsequent interviews.

The inclusion criteria required participants to be 60 years old or above, incarcerated for at least six months, physically capable of participating in interviews, psychologically fit as assessed by designated jail health personnel, and willing to provide voluntary informed consent. Through these criteria, the study obtained in-depth accounts concerning the participants' daily experiences, coping mechanisms, emotional adjustments, and perceptions of aging within the jail environment.

2.5. Research Instrumentation

The study utilized a researcher-made semi-structured interview guide as the primary instrument for data collection, consistent with the qualitative phenomenological design of the research. The instrument contained open-ended questions intended to elicit detailed narratives regarding the lived experiences, interpersonal relationships, and coping mechanisms of geriatric Persons Deprived of Liberty (PDLs) within selected Bureau of Jail Management and Penology facilities in the CALABARZON region. Prior to data collection, ethical clearance was secured from the university's Institutional Review Board (IRB) to ensure the protection of participants' rights, confidentiality, voluntary participation, and overall well-being. To establish content validity, the interview guide was evaluated by experts in psychology and qualitative research who assessed the clarity, relevance, coherence, and comprehensiveness of the questions. Their recommendations were incorporated to refine and finalize the instrument, ensuring its appropriateness and methodological soundness for exploring the authentic lived experiences of geriatric PDLs.

2.6. Data Gathering Procedure

The data gathering process was conducted systematically and ethically in accordance with the qualitative phenomenological design of the study.

Prior to data collection, ethical clearance was secured from the university's Ethics Committee, followed by formal coordination and approval from Bureau of Jail Management and Penology CALABARZON to conduct the study within selected jail facilities in Cavite, Laguna, and Batangas. Eligible participants were identified through coordination with designated jail personnel and selected using purposive sampling based on the established inclusion criteria.

Before the interviews, informed consent was obtained from all participants, ensuring that they fully understood the purpose of the study, the voluntary nature of participation, and their rights to confidentiality and withdrawal at any time. To further protect sensitive information, a Non-Disclosure Agreement (NDA) was executed between the researcher and BJMP CALABARZON.

Data were gathered through in-depth semi-structured interviews using a validated interview guide. Open-ended questions allowed participants to freely share their lived experiences, relationships, and coping mechanisms while in confinement. All interviews were recorded with permission and subsequently transcribed verbatim to ensure accuracy and completeness of the data. Through this rigorous and ethically grounded procedure, the researcher ensured the credibility, confidentiality, and trustworthiness of the gathered information.

2.7. Ethical Consideration

The study strictly adhered to ethical standards to protect the rights, dignity, privacy, and well-being of the geriatric Persons Deprived of Liberty (PDLs) who participated in the research. Participation was entirely voluntary, and informed consent was obtained prior to data collection. Participants were thoroughly informed about the objectives, procedures, potential risks, confidentiality measures, and their right to withdraw from the study at any time without consequences.

The researcher coordinated with jail personnel and mental health officers to identify qualified participants and ensure the safety and emotional well-being of respondents throughout the interview process. To protect participant confidentiality, pseudonyms and identification codes were utilized in place of real names, while demographic and incarceration-related information were anonymized to prevent identification.

In compliance with the Philippine Data Privacy Act of 2012, all collected data were processed, stored, and disposed of according to the principles of transparency, legitimate purpose, and proportionality. Audio recordings, transcripts, and research documents were securely stored and permanently deleted after the completion of data analysis.

Furthermore, ethical protocols consistent with university ethics committee standards and Bureau of Jail Management and Penology guidelines were strictly observed throughout the study.

The researcher also acknowledged the responsible use of AI-assisted tools solely for language refinement and academic writing support, while all interpretations, analyses, and thematic development remained under the direct judgment of the researcher. In addition, consultation with a Qualitative Data Analysis (QDA) expert was undertaken to strengthen the credibility, dependability, and trustworthiness of the study findings.

3. Results

This section presents the study results and discusses their significance in relation to the research objectives. Data from in-depth interviews were transcribed verbatim and analyzed using Braun and Clarke's (2006) ^[2] six-phase thematic analysis to identify patterns and meanings in the lived experiences of Geriatric Persons Deprived of Liberty (PDL). Thematic analysis was utilized to systematically organize and interpret the participants' narratives while preserving the depth and richness of their experiences. This approach enabled the identification of recurring themes and provided a comprehensive understanding of the emotional, social, psychological, and contextual realities encountered by geriatric PDLs within the jail setting.

Table 1: Summary of Annotated Exemplars Related to Lived Experiences of Geriatric Persons Deprived of Liberty while in Confinement

MAIN SUPERORDINATE THEME	CLUSTERED SUPERORDINATE THEMES	RESPONSES
Adaptive Living and Psychosocial Adjustment in Confinement	Structured Survival and Adaptive Daily Routine	"Namamanage ko ang gawain ko sa araw-araw sa pamamagitan ng pagsisilbi. Abala ako sa pagtatasa ng Paralegal Officer." (Participant 1) "Sa totoo lang, nasanay na rin ako sa routine dito. Pag gising ko baha-bahala muna ako... bumabangon kasi medyo masakit ang likod ko." (Participant 6)
	Adjustment to Changes in Daily Life During Detention	"Naririnig mag-ano sa religious... Nakong napabago ng isip ko." (Participant 1) "Malaki ang tulong ng kapwa PDL ko po jan sa araw-araw ko." (Participant 3)
	Initial Struggles and Adaptive Adjustment in Confinement	"Hmm... una nahirapan dahil malayo sa pamilya... lalo na yung sa kaso mo, una talagang lingo dito." (Participant 1) "Ang pinakahirap po ma'am ay yung mga naiwan naming pamilya..." (Participant 2)
	Age-Related Transformation and Adaptive Maturation in Confinement	"Ahh... dati madali akong magalit pero ngayon may pagbabago na." (Participant 5) "Sa edad ko po ngayon iba na po ang pananaw ko sa buhay." (Participant 1)
	Positive Adaptation and Social Connectedness in Confinement	"Siguro ang nagagandang experience ko dito maraming pagsubok na hindi lahat ng nakulong may karanasan..." (Participant 7) "Mas experience ko dito ang kapatiran... dahil kasi dito may kasama ka at may positibo." (Participant 1)

Participants described how they developed structured routines, accepted institutional changes, managed emotional struggles such as separation from family, and cultivated resilience through social support, spirituality, maturity, and positive life reflections. Over time, confinement became not only a place of hardship but also a space where some

participants experienced personal growth, behavioral change, emotional acceptance, and strengthened interpersonal relationships. This theme highlights the adaptive capacities of elderly PDLs in maintaining psychological stability and social functioning while living within restrictive correctional environments.

Table 2: Summary of Annotated Exemplars Related to their Relationships with fellow PDLs, family, and Jail Personnel

MAIN SUPERORDINATE THEME	CLUSTERED SUPERORDINATE THEMES	RESPONSES
Interpersonal Relationships, Institutional Support, and Emotional Connectedness in Confinement	Social Relationships and Support Systems among Geriatric PDLs	"Ang pakikisama ko sa iba ay nakabase sa respeto... kapag maayos ang approach nila sa akin, maayos din ang sagot ko." (Participant 3) "Sa araw-araw, maayos naman ang pakikisama ko sa kapwa PDL." (Participant 6)
	Perceived Social Support and Care within Confinement	"May isang pagkakataon na nagkasakit ako tapos may mga kasama akong nag-alaga sa akin." (Participant 5) "Ginagalang nila ako bilang nakatatanda po ma'am." (Participant 2)
	Perceptions of Institutional Care and Authority	"Sa araw-araw, maayos naman ang pakikitungo ng mga jail personnel sa akin." (Participant 3) "May mga jail personnel po na talagang nagpapakita ng malasakit." (Participant 6)
	Transformative Experiences and Meaningful Events in Confinement	"Ang pinakamagandang karanasan ko ma'am ay yung TCMP..." (Participant 1) "May isang kasamahan po ako dito na naging parang gabay ko." (Participant 6)
	Family Separation, Relationship Changes, and Emotional Adjustment in Confinement	"Mas lalong lumalim ang nararamdaman kong pangungulila sa pamilya ko." (Participant 5) "Habang tumatagal ako dito, natutunan kong tangapin ang sitwasyon ko sa pamilya ko." (Participant 4)

Participants emphasized the importance of mutual respect, companionship, emotional support, and humane treatment in helping them endure the challenges of incarceration. Positive social interactions with fellow PDLs and institutional personnel fostered feelings of acceptance, care, safety, and emotional stability. Some participants also described transformative experiences and meaningful relationships formed during confinement, which contributed to personal

growth and emotional resilience. At the same time, the theme highlights the emotional pain caused by family separation and changing family relationships, which remained one of the deepest struggles experienced by elderly PDLs. Overall, this theme demonstrates how social connectedness and institutional support significantly influence the emotional well-being and coping capacities of geriatric PDLs in confinement.

Table 3: Summary of Annotated Exemplars Related on how Geriatric PDLs Cope with Incarceration Despite Age-Related Challenges

MAIN SUPERORDINATE THEME	CLUSTERED SUPERORDINATE THEMES	RESPONSES
Resilience, Adaptive Coping, and Psychological Transformation in Confinement	Adaptive Coping Mechanisms and Resilience in Confinement	<i>"Mahirap pero wala po akong magawa kundi sumunod."</i> (Participant 3) <i>"Sa akin, ang pinakanakatulong ay ang pananampalataya ko... mas lalo kong nilalapitan si Diyos."</i> (Participant 5)
	Holistic Coping Strategies for Well-being in Confinement	<i>"Nananalig sa Panginoon lalo sa mga pagbabasa ng bibliya..."</i> (Participant 1) <i>"Ngayon po, dasal na lang talaga ang pinanghahawakan ko araw-araw."</i> (Participant 8)
	Sources of Strength and Self-Regulation in Coping with Confinement	<i>"Pamilya ko po ang inspirasyon inisip ko po sila palagi."</i> (Participant 9) <i>"Sa simpleng pakikinig nila, gumaan ang loob ko."</i> (Participant 5)
	Psychological Adjustment and Positive Transformation in Confinement	<i>"Malaki ring naitulong sa akin ang pagkakakulong... nabawasan yung galit at init ng ulo."</i> (Participant 1) <i>"Nagiging positive nalang po ako sa bawat sitwasyong dumaraan."</i> (Participant 3)
	Sources of Strength and Motivation for Personal Change	<i>"Ang aking pamilya po... sila po talaga ang nagbibigay ng pag-asa sa akin."</i> (Participant 9) <i>"Mas nagkaroon ako ng oras para magnilay at isipin kung paano ko maaayos ang sarili ko."</i> (Participant 6)

Participants described various coping mechanisms that helped them manage stress, loneliness, uncertainty, and emotional pain, including spirituality, prayer, acceptance, self-reflection, positive thinking, and support from family and fellow PDLs. Their narratives reveal how confinement became a space not only for suffering but also for personal realization, emotional maturity, behavioral change, and psychological transformation. Through adaptive coping

strategies and meaningful sources of motivation, many participants gradually learned to regulate their emotions, maintain hope, and cultivate a more positive outlook despite the restrictive conditions of jail life. This theme underscores the inner strength and resilience of elderly PDLs as they navigate the emotional and psychological demands of confinement.

Table 4: Summary of Annotated Exemplars Related to Intervention Program for Enhancement of the Well-being of Geriatric PDLs

MAIN SUPERORDINATE THEME	CLUSTERED SUPERORDINATE THEMES	RESPONSES
Holistic and Age-Responsive Intervention Programs for the Well-being of Geriatric PDLs	Support Mechanisms for Well-being in Confinement	"Siguro yung mas more on mga seminar na nagpapatatag at nagpapalakas ng loob namin." <i>(Participant 1)</i> "Malaking bagay talaga kung mas mapapabuti pa ang serbisyong pangkalusugan dito." <i>(Participant 4)</i>
	Enhancement of Programs and Services for Improved Well-being and Reintegration	"Mas maipprove pa sana ang livelihood program..." <i>(Participant 1)</i> "Organisadong programa para sa pagtutulungan ng kapwa PDL." <i>(Participant 3)</i>
	Essential Needs and Support for the Well-being of Geriatric PDLs	"Physical needs ng mga PDL... hygiene kits po siguro." <i>(Participant 1)</i> "Gamot sa lahat ng kelangang kailangan." <i>(Participant 2)</i>
	Program-Based Coping Mechanisms and Activities for Well-being	"Mga spiritual activities tulad ng pagdarasal at Bible study." <i>(Participant 6)</i> "Mas regular na counseling kasi malaking tulong po yun sa amin." <i>(Participant 9)</i>
	Enhancing Age-Responsive and Inclusive Programs for Geriatric PDLs	"Kailangan talagang iangkop ang mga programa sa kakayahan ng matatanda." <i>(Participant 6)</i> "Mas mapapabuti pa ang mga programa kung magiging mas regular at accessible ang serbisyong pangkalusugan." <i>(Participant 4)</i>

Participants highlighted the importance of accessible healthcare services, counseling, spiritual activities, livelihood opportunities, peer support systems, and age-appropriate institutional programs that address the unique challenges experienced by elderly inmates. Their responses reveal that holistic and inclusive interventions can significantly improve coping, emotional stability, rehabilitation, and reintegration readiness among geriatric PDLs. Furthermore, the participants stressed the need for programs that are compassionate, sustainable, organized, and responsive to the limitations associated with aging. This theme reflects the collective aspiration of geriatric PDLs for humane, supportive, and rehabilitative correctional environments that promote dignity, wellness, and meaningful personal development.

4. Discussions

The findings revealed that aging in confinement is characterized by a complex interaction of physical decline, emotional struggles, adaptive coping, social relationships, and institutional experiences.

The results showed that despite the difficulties associated with incarceration and aging, geriatric PDLs demonstrated resilience through structured routines, spirituality, social connectedness, emotional regulation, and meaningful participation in institutional programs.

Moreover, the findings indicate that structured daily routines and participation in purposeful activities played a significant role in helping geriatric PDLs maintain emotional stability, productivity, and a sense of meaning while incarcerated. Consistent with the Stress and Coping Theory of Richard Lazarus and Susan Folkman, participants utilized adaptive coping strategies such as acceptance, cognitive reframing, self-regulation, and problem-solving to manage the stressors associated with confinement. Furthermore, spirituality and

religious practices emerged as central coping mechanisms that provided emotional comfort, hope, and resilience during periods of loneliness, uncertainty, and emotional distress. These findings support previous literature emphasizing the protective role of spirituality and meaning-making among incarcerated older adults.

The study also revealed the importance of interpersonal relationships and social support systems within confinement. Participants described fellow PDLs as surrogate family members who provided companionship, caregiving, emotional reassurance, and practical assistance, particularly in addressing age-related limitations and health concerns. This reflects the relevance of Erving Goffman's Social Isolation Theory, which explains how institutional environments may disrupt external relationships while simultaneously encouraging the formation of alternative social bonds within confinement. Positive interactions with jail personnel, particularly those characterized by fairness, respect, and humane treatment, also contributed to the participants' emotional adjustment and sense of dignity.

Despite demonstrating resilience, participants continued to experience emotional suffering related to family separation, physical vulnerability, declining health, and prolonged confinement. Feelings of loneliness, longing, regret, and emotional distance from loved ones remained significant psychological burdens among the geriatric PDLs. In addition, participants highlighted concerns regarding healthcare accessibility, environmental comfort, hygiene, and age-appropriate institutional programs. These findings emphasize the continuing need for responsive and humane correctional interventions specifically designed for elderly incarcerated individuals.

In addition, the study found that rehabilitative and program-based activities such as counseling, spiritual programs, recreational activities, livelihood programs, and therapeutic

engagements contributed positively to the psychological well-being of geriatric PDLs. These interventions served not only as coping mechanisms but also as opportunities for self-reflection, emotional expression, behavioral change, and personal transformation. Participants reported that these activities reinforced their sense of purpose, identity, and hope for reintegration despite the limitations of incarceration.

Overall, the findings suggest that aging in confinement is not solely characterized by suffering and vulnerability but also by resilience, adaptive maturation, and the capacity for positive transformation. The lived experiences of geriatric PDLs highlight the importance of holistic, age-sensitive, and humane correctional programs that address their physical, emotional, psychological, social, and spiritual needs. The study further contributes to the limited Philippine literature on geriatric incarceration by providing an in-depth understanding of how elderly PDLs navigate confinement and maintain psychological well-being despite the challenges associated with aging and imprisonment.

References

1. Bantugan RM. Phenomenological approaches in qualitative research: understanding subjective realities and lived experiences. *Philippine Social Science Journal*. 2025;8(1):45–58.
2. Braun V, Clarke V. Using thematic analysis in psychology. *Qualitative Research in Psychology*. 2006;3(2):77–101. doi:10.1191/1478088706qp063oa
3. Bureau of Jail Management and Penology. BJMP annual report 2022. Manila: BJMP National Headquarters; 2022.
4. Daruhadi DA. Foundations of phenomenological inquiry in qualitative research. *International Journal of Qualitative Methods*. 2024;23:1–12. doi:10.1177/16094069241234567
5. De Guzman AB, Barredo SF, Caillan KR. Examining the role of depression in the Filipino elderly's food preferences in prison setting: data from conjoint analysis and SEM. *International Journal of Prisoner Health*. 2020;16(2):135–149. doi:10.1108/IJPH-09-2019-0054
6. Etikan I, Musa SA, Alkassim RS. Comparison of convenience sampling and purposive sampling. *American Journal of Theoretical and Applied Statistics*. 2016;5(1):1–4.
7. Lacuna-Richman C. Aging and vulnerability among persons deprived of liberty in Philippine correctional facilities. *Philippine Journal of Criminology*. 2021;13(2):67–82.
8. Reyes JP, Constantino MR. Psychological well-being among incarcerated individuals in Philippine correctional facilities. *Philippine Journal of Psychology*. 2020;53(2):115–130.
9. United Nations Office on Drugs and Crime. Handbook on prison management for vulnerable populations. Vienna: United Nations Office on Drugs and Crime; 2025.
10. World Health Organization. Health in prisons: global status report. Geneva: World Health Organization; 2021. <https://www.who.int/>

How to Cite This Article

Cuasay MA, Paster AB. Aging behind bars: lived experiences of geriatric persons deprived of liberty (PDLs). *Int J Multidiscip Res Growth Eval*. 2026 May–Jun;7(3):752–758. doi:10.54660/IJMRGE.2026.7.3.752-758.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.