

**EFFECTIVENESS OF INTERVENTIONS FOR REHABILITATION OF  
OFFENDERS AT SHIKUSA MAIN PRISON, KAKAMEGA COUNTY, KENYA**

**BY**

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**A RESEARCH PROJECT REPORT SUBMITTED IN PARTIAL FULFILMENT OF  
THE REQUIREMENTS FOR THE DEGREE OF MASTER OF ARTS IN SOCIAL  
DEVELOPMENT AND MANAGEMENT**

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## ABSTRACT

Rehabilitation interventions aim to identify existing problems so that offenders' behaviours can be altered to equip them with capabilities, skills and opportunities to enable them become law abiding and self-supporting members of society. Research however, indicates that reoffending risk is highest few months after release from custody. Reoffending in Kenya is increasing despite prisons having interventions for rehabilitating offenders into society. This would mean waste of scarce resources used in prisons. The study therefore, aimed to investigate effectiveness of interventions in rehabilitating offenders at Shikusa Main Prison in Kakamega County. Specific objectives were to: examine perception of offenders on the rehabilitation interventions, investigate challenges limiting offenders' rehabilitation, and determine the role of NGOs in facilitating offenders' rehabilitation. The study was guided by social learning theory by Bandura (1977), which is premised on the idea that people learn socially through observation, imitation and modelling. The study adopted cross-sectional research design which is best suited to studies for finding out the occurrence of an issue at a particular time. Study population comprised of 623 offenders. Quantitative data were obtained using structured questionnaires from 244 respondents. Respondents were sampled basing on Yamane's (1967) formula as cited by Israel (1992) and selected using simple random sampling. Five key informants including one teacher, social welfare officer, two spiritual workers, an administrator and three FGD discussants selected using purposive sampling provided qualitative data. Qualitative data were collected using Key Informant Interview (KII) and FGD guides. Quantitative data were statistically analyzed using SPSS and findings presented using tables and charts. Qualitative data were analysed thematically and presented using verbatim quotations. Study findings revealed 50.0 % of respondents believed rehabilitation interventions in prison were useful. Some of the challenges identified include non-commitment by prison administration (55.2 %) to rehabilitation process and lack of secondary education in prison as identified by 50.0% of respondents, therefore offenders with prior basic education could not benefit. Finally 72.6 % of respondents believed NGOs' help did not benefit all offenders as it was insufficient implying that majority of offenders did not benefit from it. The study recommends that rehabilitation programmes be designed basing on each prisoner's criminogenic needs, offenders be allowed to regularly attend trainings and prisons to increase collaboration with NGOs so as to increase help to prisoners more. Study findings are hoped to contribute to knowledge which could be helpful to Prisons in policy recommendation in programming interventions regarding offenders.



## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background of the Study

Rehabilitation of offenders rests on the assumption that criminal behaviour is caused by some factor which if addressed; an offender would have been rehabilitated (Shepard, 2002). Webster (2004) notes that rehabilitation as a crime prevention strategy is rooted in the notion that offenders can change and lead crime-free lives in the community. Various rehabilitation interventions including vocational training and counselling have been put in place in many prisons in the world and have been embraced and lauded for helping offenders (Shepard, 2002). Andrews and Bonta (2010) argue that there has been robust evidence demonstrating that rehabilitative efforts are generally reducing recidivism. Chen and Shapiro (2007) argue that without rehabilitation in prison, sanctions and incarceration alone may result in increased rates of reoffending. These studies while investigating the success of the interventions covered prison officers and rehabilitation stakeholders but did not capture the views of offenders on the successes or failures of such programmes. Therefore the finding could not be conclusive.

Also, Gluckman (2001) claims there has been unclear impact of rehabilitation on offenders' lives after release. Prisons officers also fear that prison life as a whole affects the overall performance of offenders in the rehabilitation process especially when offenders learn bad behaviours (Lipscombe & Beard, 2014). Cullen and Gendreau (2000) claim that risk of recidivism is highest among offenders who serve short sentences because of the shock they suffer when they enter prison. Henslin (2004) claims that if the purpose of prisons is to teach people that crime does not pay, they are a colossal failure because released offenders relapse to crime immediately they leave prison. However, according to Ward and Maruna (2007), prisons must be holistic in their treatment approach and be committed to equip offenders to live better, pro-social and personally meaningful lives. Some of these studies indicate that rehabilitation works while to others it does not. Most of the studies collected views from prison administration and other stake holders and others from prison officers. However, no

study contained views of offenders neither did they involve offenders' views on the effect of prison life or performance of rehabilitation interventions. There was need therefore for study to examine the perception of offenders on rehabilitation interventions. This is of particular interest because no such study has been conducted in Shikusa Main Prison.

Also, attempts to help offenders in prison have exposed rehabilitation to the charge that it cuddles criminals (Kibuka, 2001). This perspective however, according to Stanford (2009) is short sighted because correctional rehabilitation's focus is not simply on lawbreakers but on protecting the society. Rakis (2005) claims that successful crime prevention strategies must address factors contributing to a large number of crimes committed by individuals who have served a term of incarceration but failed to integrate into the community. Van Voorhis, Braswell and Lester (2008) also believe that because imprisonment alone is incapable of preventing recidivism, treatment is critical for safe release of offenders back to the community. According to Dejong (1997), expectations of most public and policy-makers are that incarceration has powerful deterrent effects than rehabilitation hence making less effort to bolster rehabilitation undertakings. Some of these studies agree rehabilitation works but to others it does not. The studies however, do not identify the challenges affecting the success of such programmes.

In the United States the estimated 62% of offenders released from state prisons have been re-arrested within three years of their release (Burke, 2001). Moreover, many of those imprisoned within the U.S. would be released and rearrested within three years (Langan & Levin, 2002). In the year 2001, for example, 30% to 60% of those released from penal institutions were sent back to prison in two to five years (Shepard, 2002). According to Agozino (2014), the latest rates indicate that USA is worst hit by recidivism which currently stands at around 90%. In Germany and some Asian states it stands at 74% while Netherlands has the least recidivism and reduced crime cases in the world whereby the country is contemplating to close down her prisons. England also faces the challenge of recidivism with the latest figures indicating that 47.5% of adults are reconvicted within one year of being released, increasing to 57.6% for those serving sentences of less than one year (Hawley, Murphy & Souto-Otero, 2013).



Rehabilitation has indicated a huge success in some parts of Australia (Howells, Heseltine, Sarre, Davey, & Day, 2004). In other parts, released offenders after participating in rehabilitation programmes were rearrested (Irwin & Austin, 1997). Griffiths (2007) claims that recidivism results from short-term prison terms and extended terms of remand in custody provide limited opportunities for successful treatment implementation of treatment interventions. Cayley (1998) on the other hand posits that longer prison terms increase offenders' tendencies toward criminality thus making them more likely to recidivate than the inmates who have served lesser amount of time in prison. Shepard (2002) in addition reiterated that offenders when released from prison tend to commit serious crimes two to three years after release if they recidivate. The studies identified several impediments to success of rehabilitation. Others blame short term prison sentences for denying offenders sufficient opportunity to benefit fully from programmes offered in prison while others blame long prison terms for hardening offenders thus making it hard for them to adjust to life outside prison. These studies however, do not indicate what kinds of rehabilitation programmes were offered or their achievements, how they were implemented and for how long. The studies also do not highlight how such programmes were assigned to offenders or the challenges to their success. This study therefore aimed to establish the challenges that limit rehabilitation of offenders at Shikusa Main Prison.

Mushanga (1988) claims that majority of criminal acts are committed by repeaters not one-time offenders in Africa. Prisons are further claimed to breed crime where ex-convicts often leave prison more committed criminals than when they entered, with a higher likelihood of continued criminal involvement (Nelson & Fleras, 1995). Others accuse prisons of granting PhDs to criminality (Rangel, 1999). The socioeconomic contexts of the above studies vary significantly from the Kenyan cases and carrying out a study in Shikusa Main prison would allow for comparison of results.

Moreover, consensus as to whether ex-offender society re-entry support programmes are effective in assisting reintegration and reducing the rates of recidivism has not been reached (Visher, 2006). Hitherto; there have been few evaluations of existing programmes. Mallory (2006) rates prison system as inadequate in deterring crimes and ineffective at rehabilitating offenders because they emphasize on punishment than rehabilitation. Fundamentally, there is

an inverse relationship between rates of recidivism and level of education whereby the higher the level of education, the less likely the person reoffends (Coylewright, 2004). According to Lawrence (2004), vocational training has been responsible for the recidivism decrease. Harer (1994) showed recidivism as high among young people, persons without fulltime employment, those with inadequate education and those with no family commitments. These studies identify prisons' emphasis on punishment as contributing to reoffending; others blame low level of education, lack of family commitments and temporary employment for those released even after undergoing rehabilitation as a predisposing factor for individuals to crime. However, they do not explain how rehabilitation interventions were implemented neither do they highlight the challenges affecting their implementation. This is particularly important because no study has been carried out to determine challenges limiting rehabilitation in Shikusa Main Prison.

In Africa, South Africa tops in recidivism cases with the rate of 74 % whereby her prisons are accused to have become breeding grounds for further violence. This happens despite having rehabilitative interventions for assisting offenders to manage anger, alcohol and drug dependence, sexual offending, understand restorative justice and to provide them with skills necessary to cope with life after prison. Recidivism in Tanzania and Rwanda stands at 36 %, Zambia at 33 % and Uganda at 32 % (Agozino, 2014). Therefore, assessing effectiveness of these interventions is not only important to make sure that money is well spent, but also because ineffective interventions will not prevent reoffending. Nothing except the most sophisticated, individually tailored rehabilitation interventions reduce recidivism (Ramagaga, 2009).

African prisons according to Anklesaria and King (2003) are challenged by lack of resources in the provision of rehabilitation programmes. However, recidivism reduced in Senegal from 90 % to 3 % in 1989 despite facing lack of resources. The study was conducted in West Africa which socioeconomically compares with Kenya. The study identifies insufficient resources as a challenge to the success of programmes but does not indicate what caused the reduction of recidivism. The study therefore sought to identify other challenges that impeded the rehabilitation of offenders.



Likando (2012) claims prisons in Zambia have interventions for reforming offenders and through basic education and vocational training have changed the attitude and behaviour of offenders. The study does not mention the challenges affecting the implementation of such interventions. According to Agozino (2014) there is need to identify the challenges affecting the success of rehabilitation programmes given that recidivism in Zambia is at 33 %.

In Kenya, Prison statistics (2013) indicated increasing cases of recidivism. The rate at which ex-offenders reoffend is alarming. The re-offending rate in Kenya ranged between 30-40 % by 2008 (Nderitu, 2009). The latest statistics indicate the same to have soared to 47% (Agozino, 2014). This happens despite the abundant efforts by the Kenya Prisons Service to help offenders get maximum rehabilitation (Kitur, 2004). These studies mention the increasing cases of reoffending but do not highlight the cause of the same or the challenges affecting rehabilitation efforts.

Dissel (2001) indicated that the main objective of Kenya prisons is to carry out rehabilitation programmes aimed at rehabilitating offenders. These rehabilitation measures include; employment of technical instructors and providing formal and adult education, vocational training, counselling, religious nourishment and encouraging well wishers and donors to support released offenders with tools among others. On assisting offenders, Kachuk (2001) claims that general programmes in prison focus on reforming different types of offenders by equipping them with skills and technologies for self-reliance and income generation after leaving the prison. Langan and Levin (2002) argue that although protecting the general public should be the primary function of prison systems, increased attention should be placed on educating and rehabilitating inmates to prevent cyclic nature of offence, arrest, release, and repeat. For the purpose of improving literacy among offenders in Kenya prisons, libraries have been established and stocked with books and other reading materials for use by offenders (Muli & Omondi, 2004). Other rehabilitation services offered in prison include counselling which is offered by social welfare personnel (Kitur, 2004). The studies identified the programmes offered in prison for rehabilitating offenders claiming to have helped offenders but do not indicate if these services are in all prisons all over Kenya and what challenges do affect their implementation.



Rehabilitation endeavours face challenges since many offenders have a feeling of shame or low self-esteem, and they may also suffer from substance abuse, mental health problems or post-traumatic stress disorder (Dawe, 2007). Findings in Kamiti Main Prison according to Omboto (2013) acknowledge that achieving the rehabilitation mandate of prisons is very difficult especially in an environment where offenders abuse drugs resulting in high indiscipline and infraction of laws. Omboto (2010) further argues that the problems of substance abuse exist in Kenyan prisons with *Cannabis sativa* being the most common hence a huge impediment to rehabilitation. When offenders with drug dependency are released, it is reported that as many as 90% of them return to drugs (Butzin, Martin, & Inciardi, 2005). These studies mention substance abuse as affecting rehabilitation but do not indicate how these drugs enter prison and general effect on rehabilitation.

Through collaborative approach between prisons and NGOs, offenders participate in education and training in catering and also have access to support that enables them to deal with a range of personal and social issues they face pre and post release (Munoz, 2009). Sarkin (2007) asserts that NGOs have been highly commendable in South Africa although certainly a lot of support is required from the donor community if the process of prison reform is to become irreversible. However, according to Harris (1995), NGOs do offer both individually and group counselling thus helping the offender and leaving out the victim. Furthermore, Colson (2001) reiterated that counselling gives clients some time away from the situation in a different space to think and reassess life. Petersilia (2004) however, asserted that majority of the reintegration programmes have not been subjected to controlled evaluations hence successful approaches remain to be identified and articulated. Dissel (2001) also indicates that the ability for NGOs and other civil society groupings to render services is dependent on whether the prison services are prepared to grant them access to prisons which is majorly a challenge in many African prisons. Some studies have indicated that NGOs did help rehabilitate offenders by supporting education; counselling and training in catering. Help by NGOs has attracted mixed reactions. Others argue that help has enabled released offenders lead crime free lives while others claim NGOs do pamper offenders despite having wronged others in the community. These studies however, do not clearly



demonstrate how they NGOs pamper offenders. The current study therefore sought to assess the role played by NGOs in facilitating rehabilitation of offenders.

In Shikusa Main prison, there are about 623 offenders serving terms of sentences (Prison Admission Book, 2015). There are offenders who have been to prison more than once leading to the doubt whether prisons really rehabilitate offenders. If the current trend continues, a high proportion of these men would reoffend on release from prison and be reconvicted. This would consequently make the society unsafe further draining the limited resources used in rehabilitation in the country's prisons which could otherwise have been used elsewhere. Therefore, the study intended to investigate the effectiveness of interventions in rehabilitation of offenders in Shikusa Main Prison, Kakamega County.

## **1.2 Statement of the Problem**

The mission statement of Kenya prisons seeks to rehabilitate offenders for reintegration back into the society. Rehabilitation interventions are fundamental measures meant for the enhancement of offenders' well-being and reduction of the risk of further offending therefore creating a safer society. The rehabilitation process aims at preparing offenders for reintegration into the society as law abiding citizens and to get engaged in nation building or any other self-supporting activities in life. These interventions include educational and skills acquisition training, religious and counselling services which are expected to equip offenders with the necessary knowledge, skills, opportunities, and resources necessary to satisfy their life values in ways that do not harm them or others.

However, reoffending has kept increasing from 30-40 % in 2008 to 47 % in 2014. Many offenders report inability to settle into normal life after release. This situation obtains despite offenders going through rehabilitation interventions. The trend if it continued could mean that the scarce resources were used yet crime rate persists to hamper economic development of the communities and the nation at large. This study aimed to examine the perception of offenders on rehabilitation interventions in prison, identify the challenges affecting rehabilitation of offenders in prison and determine the role of NGOs in facilitating rehabilitation of offenders in Shikusa Main Prison in Kakamega County, Kenya.

### **1.3 Research Questions**

- i. What is the perception of offenders on the rehabilitation interventions in Shikusa Main Prison?
- ii. What are the challenges that limit rehabilitation of offenders in Shikusa Main Prison?
- iii. What role do NGOs play in facilitating offenders' rehabilitation process at Shikusa Main Prison?

### **1.4 Study Objectives**

The objective was to investigate the effectiveness of rehabilitation interventions for offenders in Shikusa Main Prison in Kakamega County.

The specific objectives were to;

- i. Examine the perception of offenders on the rehabilitation interventions in Shikusa Main Prison.
- ii. Establish the challenges that limit rehabilitation of offenders at Shikusa Main Prison.
- iii. Determine the role of NGOs in facilitating offenders' rehabilitation at Shikusa Main Prison.

### **1.5 Significance of the study**

Crime has significant costs and consequences for the victim, society as a whole, the economy, the individual offender and his or her family. Failed re-entry of offenders into society involves some significant costs for society, both financial and in terms of public safety (Arnall, 2007). Economic developments depend on secure environment. Prisons have a key role to play in addressing crime and in promoting the rehabilitation of offenders, thereby reducing the chances that they might re-offend (Hawley, et al. 2013). However, reoffending in Kenya has been on the rise (Agozino, 2014). Prison statistics (2013) indicate that reoffending cases are increasing in Kenyan prisons yet for economic prosperity to be realized in the country, social order is essential. This would be realized if the country is peaceful to win trust of investors.



Therefore the study aimed to examine perception of offenders on rehabilitation interventions, establish challenges limiting rehabilitation interventions and determine the role of NGOs in rehabilitation process. The study results could create awareness on the performance of rehabilitation measures. Findings could also shed light on the efficacy of prison programmes. Moreover, Kenya Prisons Service (KPS), the Department charged with the responsibility of rehabilitation of offenders could benefit from the findings and recommendations which could inform policy and programme developments regarding improvement of facilities for rehabilitation of offenders in prisons. Finally, future studies could benefit from the knowledge of this research.

### **1.6 Scope of the Study**

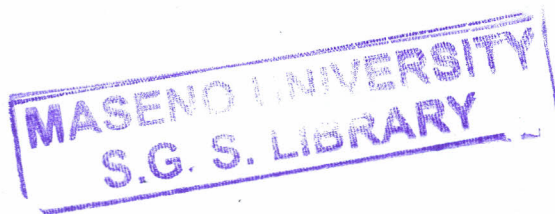
The study focused on the rehabilitation interventions for offenders and was conducted in Shikusa Main Prison in Kakamega County. Shikusa Main prison is situated in the outskirts of Kakamega town along Kakamega-Webuye road. It focused on one prison out of 108 facilities in Kenya (Prison statistics, 2013). It was conducted between June 2015 and August 2015. The study involved 244 respondents sampled from a population of 623 offenders. The study respondents included males and females.

Secondly, the study was conducted in one prison out of 108 in the country. This therefore meant the findings could be limited to study population and could not be generalized to other prisons in the country.

### **1.7 Theoretical Framework**

#### **Social Learning Theory**

The study was guided by Albert Bandura's (1977) Social learning theory which focuses on learning that occurs within a particular social context. The main assumption of the theory is that people learn socially through various means such as observations, imitation and modelling. It also holds that, there is a reciprocal interaction between the learner, the environment and the behaviour which have summative effect on the learner. Self efficacy also plays an important role in this theory.



The theory has the following general principles guiding social learning and its application to education. The first principle is observational learning which affirms that people learn by observing the behaviour of others and by observing the outcomes of those behaviours. The second principle is that learning can occur without a change in behaviour (Omrod, 1999) and that behaviour change may occur at a later time, or may never occur at all, (Omrod, 2004). Thirdly, thoughts play a central role in learning. In other words, what people think will or would not happen have a major effect on their learning.

Social learning theorists believe that much behaviour can be learned through modelling such behaviour as academic skills, aggression, moral behaviour and thinking (Bandura, 1989). Theory has the following strengths, firstly it easily handles inconsistencies in the behaviour, also the theory is optimistic in good way, in that it has accurate picture explaining how behaviour is learned, it also offers a way to integrate cognitive and social theories, it also allows and accounts for cognitive processes, it explains a large number of behaviours, and mostly uses rigorous scientific methods. Success of the theory is provided in a programme, the Amity prison-based drug treatment therapeutic community in California which found that participants in the treatment group were significantly less likely than those in the control group to be returned to prison following release (Wexler, Deleon, Kreszel, & Peters, 1999).

On the other hand, the theory emphasises on what happens instead of what the observer does with what happens, it fails also to take into account physical and mental changes of an individual, incomplete in explaining all behaviour, does not explain behavioural differences and finally the theory does not take into account that what one person views as punishment, another person may view as a reward. Modelling, however, can also promote the learning of criminal behaviour for example modelling of aggressive behaviour leads to aggression and hostility in those who view aggression (Bandura, 1973, Kirby, Milich & Hundley, 2003; Patterson, 1982).

Rehabilitation programmes in prison like education, vocational training and theological training are deemed successful when offenders observe and learn from them. For example, individuals can observe what is taught in prison or can also observe how well behaved offenders conduct themselves and end up learning good behaviour. The study found that



there are offenders whose lives had changed in prison after going through counselling which enabled them to have a second look at life therefore confirming the tenet of the theory claiming that thoughts can change behaviour of an individual.

While in prison, offenders are exposed to different characters of individuals. They are also taken through different rehabilitation programmes like education, vocational training, spiritual instructions and counselling services. The theory indicates that offenders might observe and end up imitating and modelling offenders who have bad characters thus failing to get anything good from the provided programmes.

In explaining about the role played by the NGOs in rehabilitation of offenders, the theory puts clearly that offenders learn by observing what individuals who visit them in prison demonstrate and that they would imitate them and model their behaviour hence the possibility to emulate good behaviour if what they observed and learned was good.

Therefore, social learning theory can account for cases happening in prison because most effective types of treatment for offenders are based on cognitive-behavioural and social learning approaches in particular when they take into account the offender's personal characteristics such as interpersonal sensitivity, interpersonal anxiety and verbal intelligence (Andrews, Bonta & Hoge, 1990). Offenders who are exposed to different rehabilitation interventions may leave one offender reformed and another not. Also, after imprisonment, some offenders may discard criminality and become totally reformed persons whereas others reoffend even after undergoing similar rehabilitation process. Social learning theory posits that people can learn but fail to change behaviour hence can explain why offenders taken through rehabilitation interventions reoffend. The theory was therefore relevant in providing explanation for the effectiveness of current rehabilitation interventions in Shikusa Main Prison.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Perception of offenders on the rehabilitation interventions

Most people who are incarcerated according to Andress, Wildes, Rehtine and Moritsugu (2004) come from the community and ultimately will return to the community hence there is need to rehabilitate them. Johnson, Wolfe and Jones (2008) claim that criminal violation results from inadequate socialisation of the offender hence rehabilitation represents an effort to provide counselling and practical training that can aid an offender. Rehabilitation interventions are intended to make offenders less likely to break the law in the future (Cullen & Gendreau, 2000). Although some studies (Rangel, 1999) argue that rehabilitation programmes are not generally successful, rates of recidivism do drop where programmes operate under sound conditions (Mackenzie, 2000). However, the benefits of correctional employment have shown that many offenders have little or sporadic work experience apart from correctional employment (Glaser, 1964). Some prison rehabilitation interventions are universally accepted for reforming offenders before they are released back to the society while others are not (Maori, 2008). Harris (2005) as cited by Maruna and Ward (2007) indicates that many released offenders find it difficult to get gainful employment. These studies identified inadequate socialization, lack of work experience and lack of employment as limiting rehabilitation of offenders. They however, do not indicate the views of offenders on how interventions were assigned, implemented and effects on their lives.

Gluckman (2001) argues that prisons are supposed to be directed towards assisting offenders to integrate themselves into life at liberty. According to Ross and Ewles (1988), offenders are taken through planned and scheduled activities which are facilitated by prison wardens who are professionals in those activities. Treatment programmes attempt to remove alleged defects in an inmate's socialization and psychological development that are responsible for some law-breaking behaviour (Van Voorhis et al. 2009). However, the effectiveness of corrections is a topic of heated debate and that one indication of ineffectiveness of corrections is the rate of recidivism whereby almost half of all convicted offenders eventually



are arrested for another offence (Laverne, 1995). These studies indicate that prisons are directed to helping offenders through various activities. They claim also that rehabilitation is conducted officers who are professionals. Others argue that treatment programmes help rehabilitate offenders. However, these studies do not identify what hinder successful rehabilitation of offenders, when and how offenders are assigned such programmes or their weaknesses.

According to Inciardi (2002), it is believed that confinement in an isolated cell would give the convict an opportunity to contemplate the evils of his past life, thereby reforming his future conduct. The study emphasizes that placing an offender in an isolation cell could provide an opportunity for behaviour change but it however, lacks views of offenders concerning the same neither does it indicate whether offenders were taken through rehabilitation programmes during isolation or in groups. Brym, Lie and Rytina (2007) however, suggest that recidivism rates can be reduced through such interventions as educational and job training, individual and group therapy, substance abuse counselling, and behaviour modification and whenever possible attempts should be made to reduce rather than increase the number of incarcerated offenders. The study does not indicate how these programmes should be organized in prison in order to achieve maximum results neither does it highlight challenges to their success.

Goff (2008) asserts that most criminological research uses recidivism as an indicator of the success or failure of correctional interventions to prepare offenders to live a crime-free existence in the community or as a predictor of future criminal behaviour. The study argues that offenders with strong, supportive family ties have been shown to have decreased likelihood of reoffending after release. However, the study does not show how clearly prisons facilitate rehabilitation process in maintaining family ties. To Scott and Codd (2010), recognition of the importance of family ties has provided impetus and justification for renewed interest in offenders' families on the part of government agencies. Other offenders see employment and vocational training as having the most potential for reducing recidivism rates hence reducing crime (Hebding, 1987). Unfortunately as De Villers (1995) claims, there are too many offenders who do not want to stop committing crimes, they are not stopped by the threat of punishment and they often report that the crime that was committed was worth it



because they would only be in prison for a few years. The study however does not mention why many offenders would refuse to stop committing offences.

Moreover, Inciardi (2002) claims that it is estimated the average reading level of adult offenders is at or below the fifth grade level and that more than half of offenders have not finished high school; and even those who finished portions of formal education lag two or three grade levels behind what they completed in school. Hawley et al. (2013) claim that currently there is no robust evidence to suggest that a lack of basic skills is predictive of reoffending. The study however, does not indicate the socioeconomic statuses of those convicted. Schuller (2009) claims that prison education and training can be used to help provide offenders with fundamental life-skills to enable them cope better with a number of issues they face, the ability to manage their own health needs and financial capabilities. Research has demonstrated a link between inadequate education of offenders and prior employment (Whitehead, Jones & Braswell, 2008). Some of these studies give conflicting arguments for example; others identify lack of education and skills as a predisposing factor to reoffending while others claim lack of evidence to suggest basic skills cause reoffending. This study therefore sought to establish perception of offenders on rehabilitation interventions in prison.

Hagan (2004) also postulates that vocational training interventions prepare offenders for meaningful employment after release. However, many prisons are poorly equipped and lack appropriate teaching staff; in others the machinery and fittings have long become outdated; and in some, training is in fields in which jobs are not available in the outside world. Similarly, in prisons in South Africa, it is stated that purpose of imprisonment is to provide treatment and training and therefore education is officially encouraged if a prisoner's deficient or inadequate schooling could possibly be a factor in causing crime" (*African Watch Prison Project*, 1994). Bennett and Jones (2013) argue that a closer link needs to be developed between, for example, interventions addressing education, vocational training and employment for offenders, their families who will often have complex needs. However, these efforts which include training for trade, formal schooling, an individual's counselling to help the convict to better understand the reasons for his criminal behaviour have had little impact in reducing the rate of recidivism ( Koller, King & Couse, 1974). The challenge may be



attributed to economic downturn and increasingly competitive labour markets, hence the need for offenders to gain more skills and competencies to enhance their employability after release (Hawley, et al. 2013). The studies identify lack of skilled staff to meet needs of offenders and others indicate outdated tools as affecting rehabilitation of offenders. However, these studies do not mention the skills which staff lacked or the outdated tools that increased reoffending rates.

Kitur (2004) believes that academic education and vocational training provide offenders with the skills necessary for adequate employment after release. This rehabilitation helps offenders get engaged in nation building or any other meaningful activities in life, and such courses include masonry, carpentry and farming to name but a few (Mutua, 1979). According to Bandura (1977) individuals would learn if they think skills offered will help them, therefore depending on their perception, trainings offered to offenders would be beneficial or not to them. Other available vocational trainings include tailoring and agriculture, (RODI, 2004). In the United Kingdom (UK) pre-school education, family literacy, parenting information and support, reasoning and social skills education, organization change in schools and reading schemes have been identified to reduce reoffending (Stephenson & Jamieson, 2006). The studies identify education and vocational training as valuable in rehabilitation. However, they do not indicate which circumstances make them unsuccessful.

Religious interventions also play a very vital role in the society as they form social activity which acts as a system of social control to curb criminal or delinquent behaviour, however, some studies of criminal behaviour have found that even people who claim to be religious have become criminals or delinquents (Muga, 1975). Over the years, various Christian denominations and other religious organizations have devoted their time to the religious needs of the offenders and have provided ongoing interventions of religious instruction, (Koepsel & Delming, 2004). Such interventions have been praised by wardens as anchors of law and order, by chaplains as powerful treatment force, and by some offenders as source of inspiration and cushions against despair (Inciardi, 2002) and at the same time; however, they have been heavily criticized for failing to prevent reoffending. Many prison administrators view religious counselling as useless and a source of trouble and dissension; and some

jurisdictions even prohibit the searching or questioning of clergy. Chaplains have also been viewed as potential security risks. Perceptions as to the usefulness of religious interventions in prison are decidedly mixed thus the need for the study.

Facilities for rehabilitation in prisons like Bibles are used for other purposes other than they were meant for just as one inmate claims, the Bibles in their cells had nice use than prayers, so if they were out of cigarette papers they would tear out pages and use them to roll out cigarettes ( Taylor, 2006). These studies identified certain cases of diversion of religious facilities from the intended purpose and also the objective of counselling in prison. However, the studies do not indicate why and how offenders could do that in prison where there are prison officers neither do they mention how counselling services were organized in prison.

## **2.2 Challenges that limit rehabilitation of offenders**

Research shows that imprisonment as of itself does not have a reformatory effect but certain kinds of treatment interventions can have a significant effect in reducing offending behaviour among certain groups of individuals (Jewkes & Letherby, 2008). Offenders therefore, receive rehabilitation services to deter future criminal activity (Von Hofer & Marvin, 2001). But contrary to the expectation that prisons should be places to transform and rehabilitate offenders, findings in Nigeria indicate that prisons have become breeding grounds for hardened criminals (Tanibiaje, 2010). Borzycki and Baldry (2003) claim that offenders confined in correctional institutions are confronted by social, economic and personal challenges that tend to become obstacles to crime-free lifestyle. Borzycki (2005) attributes such challenges to offenders' past experiences. Challenges to rehabilitation efforts can however be explained by social learning theory that people sometimes learn but fail to change in behaviour (Bandura, 1977). The study avers that imprisonment as of itself does not reform offenders without certain interventions. Another one blames prisons for breeding criminals but it does not however, indicate what makes prisoners reoffend. Also, the study does not identify interventions offenders were taken through, how they are implemented or the hindrances to their success.

However, Omboto (2010) cites overcrowding, congestion, harsh living conditions in prison, poor diet, degrading clothing and bedding, lack of clean water, poor sanitation, infectious



diseases, homosexuality and overcrowding which has been occasioned by the increased rates of crime, among others as impediment to rehabilitation. Sarkin (2007) further affirms that offenders often lack space to sleep, or sit, poor hygiene and inadequate food and clothing. These studies however, do not clearly indicate how the above cited factors like inadequate clothing become a challenge to rehabilitation of offenders neither do they indicate clearly how homosexuality occurs and affects offenders in prison.

Harper and Chitty (2004) attribute criminogenic needs like poor education, mental health challenges, unemployment, homosexuality, drug abuse and negative attitudes to difficulty in rehabilitation of offenders. The above study cites the end result as the high unhygienic prison conditions that cause rampant deaths because of insufficient medical care and increased cases of homosexuality. The study further identifies poor education as limiting individuals to access employment and inadequacy of basic services in prison to be a challenge to some countries more than others in rehabilitation. However, these studies do not delineate how basic services relate to rehabilitation efforts or how homosexuality hinders rehabilitation of offenders.

Another problem worth mentioning is the poor terms and condition of work of prison officers (Omboto, 2013) whereby prison officers were found to be living in deplorable conditions, sharing rooms, lacking uniforms, buying their own shoes and sometimes buying even whistles. Omboto (2013) further cites the availability of illegal drugs and other substances as an impediment to achievement of prison rehabilitation mandate, especially in an environment where offenders abuse drugs and substances resulting in high indiscipline and infraction of laws. Omboto (2013) established that the problem of drug abuse exists in Kenyan prisons with *Cannabis Sativa* being the most common drug which is smuggled into the prison by the prison staff. These studies highlight poor living conditions as imposing frustrations on staff hence cannot enable them to reform the offenders even if they were skilled for the work. This is because they are emotionally unstable as they go about their duties. However, the study does not mention the effects of drug abuse on rehabilitation of offenders.

According to Kitur (2004), counselling is intended to enable the offenders develop sufficient coping mechanisms while in prison and also to contribute to their rehabilitation and prepare

them for reintegration into society. However, Kenya prisons have no systematic counselling interventions provided by Kenya prisons due to lack of sufficient funding. Kodia (2005) therefore terms prisons as no longer places for behaviour correction, but they have become places of torture, sexual immorality, and several vices. The study however does not indicate the predisposing factors to increased cases of torture in prisons or what exacerbates sexual immorality in prison like homosexuality. Morgan (2003) also terms suspicion that exists between offenders and counsellors as impeding rehabilitation process. Offenders may also turn to be outwardly compliant yet they are not for it (Stanchfield, 2001). Correctional counsellors tend to become impatient with and become frustrated by the encounters with the unchanging offenders therefore affecting rehabilitation (Harris, 1995). The study posits lack of sufficient funding hampering provision of counselling services in prison. The study does not indicate what did counsellors do and challenges they faced in helping offenders.

Authorities of many institutions in the US have encouraged community volunteers and a growing number of prison systems are introducing interventions whereby participants can earn a college degree (Inciardi, 200). Kenya prisons has faced a lot of financial hiccups in introducing new courses and providing education services to offenders like lack of instructional books and other stationeries but have encouraged local universities to provide offenders with opportunities to access higher education so as to help them obtain relevant skills (Kiiru, 2014). These studies indicated endeavours by prisons in both the US and Kenya to introduce higher education in prisons so as to further equip offenders with more skills. The study also mentions inadequate funds in introducing new courses but does not cite other challenges hampering implementation of available education services.

Correctional facilities are upgrading equipment; others are implementing new interventions for any success in rehabilitation interventions (Jewkes & Letherby, 2008). The study suggests the need for managerial support, a commitment to evaluation and mechanisms for feeding the results of evaluation back into the conduct of the programme. The study however, does not state how offenders are assigned and attend those interventions, commitment of prison administration to rehabilitating offenders.



Bayse, Allgood, and Van Wyk (1991) found that offenders who could mend and maintain their family relationships were less likely to reoffend. However, how offenders mend and maintain such family is not indicated by the study neither does it show offices responsible and the challenges they face in helping offenders connect with their family members. It is also not clear whether or not offenders are taken through rehabilitation interventions in the course of their stay in prison and if they are what then leads to reoffending.

Omboto (2013) argues that increasing capacity of prison officers to deal with offenders on daily basis as people of integrity, well educated and specifically training them for the job requires in-depth understanding of human behaviour, human motivation, human worth and human dignity. Also, as indicated in *The Handbook on Human Rights in Kenya Prisons (2006)*, training of prison officers is questionable considering the changing trends of criminality in the society. Morgan and Owers (2001) argue that integrated programmes are necessary to help offenders find employment after release and help them address other problems they may face such as homelessness or substance abuse. The study after collecting views from correctional officers found the need to increase training for them to further their understanding of their work. It would therefore be necessary to understand how these integrated reintegration programmes are organized in prison and challenges limiting their implementation.

According to Tanimu (2010), to address spiritual needs of offenders' activities including worship services, religious courses, prayer services and scripture study courses should be offered in prison in Nigeria. Kodja (2005) argues that the church must take drastic steps and extend chaplaincy services to prisons and those services must not be limited alone to offenders but prison officers too whose behaviours have been more wanting than the offenders need counselling. One way in which Christians view the essence of their faith is through rehabilitation assistance for criminal offenders (Koepsel & Delming, 2004). Assistance to offenders is also taken as a public confession by Christ at whose command and in whose name Christians care for people in disastrous hopeless circumstances. Koepsel and Delming (2004) also claim that while working in the obscurity of the darkest places where human sin is blatantly manifest, such Christians bear witness to their ultimate motivations and aims. These studies identified the importance of religious services in rehabilitation and

the various roles played by spiritual services but there is no mention on hardships offenders undergo while in prison. These studies do not mention the challenges faced by prisons in implementing these rehabilitation programmes.

### **2.3 Role of Nongovernmental Organisations**

Prisons are known to be deplorable conditions and there are a number of NGOs and charitable organisations that have often offered to help the offenders who need assistance at its best (Kodia, 2005). The RODI-Kenya another charitable organization aims to support offenders both during their sentences and after release. RODI-Kenya believes that the punitive approach of the Kenyan justice system, particularly given the appalling conditions of incarceration, serves only to harden and dehumanise offenders and NGOs do a lot in ameliorating the situation (Nderitu, 2009). These studies advance that NGOs help offenders to lessen the suffering of offenders by helping improve the appalling conditions but do not highlight the help offered or the views of offenders pertaining to distribution of that help in prison. Others accuse NGOs of pampering offenders by providing items that make them lead luxurious lives despite having wronged their victims. It would be necessary to identify the exact role of NGOs in rehabilitation of offenders.

Koepsel and Delming (2004) further argue that European countries which have been successful in their policy towards criminals show that the most effective way forward is to grant offenders the same opportunities like all other citizens in a free society. Such opportunities include providing well equipped libraries where offenders could access information. Koepsel and Delming (2004) conclude unacceptability that penal system should offer no more than safe custody to offenders and that penal system needed to collaborate with nongovernmental organizations. These NGOs despite being seen to be doing great work in the rehabilitation process in prisons are perceived otherwise by other prisons. The study emphasizes that offenders should be granted same opportunities like other societies in a free society by providing library services. However, the study does not mention the challenges faced by NGOs in offering help to offenders.



## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1 Study Design**

This study adopted cross-sectional research design which according to Creswell (2009) provides a quantitative or numerical description of trends, attitudes or opinions of a population by studying a sample of that population and data collected at one point in time. This study design is best suited to studies aimed at finding out the prevalence of a phenomenon, situation, problem, attitude or issue, by taking a cross-section of the population (Kumar, 2005). The study employed this design in examining the effectiveness of interventions in rehabilitation of offenders at Shikusa Main Prison and it involves only one contact with the study population hence it is comparatively cheap to undertake and easy to analyze.

#### **3.2 Study Area**

The study was conducted in Shikusa Main Prison, Kakamega East Sub-county. The Sub-county is situated along the western part of Kakamega Forest in Kakamega County. The prison is a medium security facility where several offenders serving short to medium term sentences are being held. The facility was constructed in 1966 (Mutua, 1979). The prison has several rehabilitation interventions in place for offenders to be taken through. Such interventions include educational services where offenders are taken through for literacy purposes while others are issued with certificates upon completion, there are also spiritual services where offenders are instructed on theological courses in collaboration with mainstream churches and other spiritual ministries. There are also counselling services provided by counsellors in prison and finally vocational training which impart offenders with technical know-how on trades like tailoring, carpentry, masonry and wiring. The facility holds about 623 offenders (Prisons Admission Book, 2015).

### 3.3 Study Population

The study population was 623 offenders who are all males in Shikusa Main Prison. The prison is in the category of medium security prisons whereby offenders of short and medium term sentences are held and can work outside the prison like in the farm. Prison administration and prison officers were also targeted in the study.

### 3.4 Sample Size and Sampling Procedure

Based on Yamane (1967) formula as described by Israel (1992), a sample of 244 male offenders were obtained through simple random sampling and administered with structured questionnaires. Simple random sampling was used because it ensured that every sampling unit of the population had an equal and known probability of being included in the sample (Nachmias & Nachmias, 1996). The findings from questionnaires were supplemented with information from three discussion groups (one each for first offenders, recidivists and prison officers) which had seven discussants each. Prison officers FGD comprised of five male and two female discussants. A total of five key informants who included one administrator, one social welfare officer, two religious officers, and one teacher all of whom were males, were included in the study. The selection of the discussants and informants was done using a non-probability sampling technique of purposive sampling. Therefore, the study involved a total of 256 respondents.

Here is the formula for arriving at the sample size,

$$n = \frac{N}{1 + N(e)^2}$$

Where;



n = Sample size

N = population size for offenders

e = level of precision (0.05)

Therefore,

$$n = \left\{ \frac{623}{1 + 623 (0.05)^2} \right\}$$

$$n = \left\{ \frac{623}{1 + 623 * 0.0025} \right\}$$



n=244 respondents

Source: Yamane (1967)

### 3.5. Data Collection Methods and Instruments

Both quantitative and qualitative methods were employed during data collection. In quantitative methods, structured questionnaires were used while qualitative methods included focus group discussions (FGDs) and key informant interviews (KIIs). This ensured triangulation of information.

#### 3.5.1. Key Informant Interviews

During the study, two religious officers, one social welfare officer and one teacher all of whom mandated to facilitate and coordinate various offenders' rehabilitation interventions in prison were interviewed. Also, one administrator responsible for providing offenders with

rehabilitation interventions was interviewed. In the station there are a total of four welfare officers, three teachers and four religious officers. Table 1 revealed that all the respondents were males because the only female social welfare officer in the station was away on her annual leave. Data were collected using interview guide for key informants. Samples for the study were selected using purposive sampling from different offices in prison.

Table 1: Summary of the key informants

| Categories         | Sample selected | Total sample |
|--------------------|-----------------|--------------|
| Gender             | Male            | Male         |
| Administrator      | 1               | 1            |
| Welfare officer    | 1               | 1            |
| Teacher            | 1               | 1            |
| Religious officers | 2               | 2            |
| Totals             | 5               | 5            |

### 3.5.2 Structured questionnaires

Quantitative data were collected by use of questionnaires which according to Creswell (2009) are economical means of gathering numerical and useful data. The researcher and the research assistant administered 244 questionnaires to the respondents. The study adopted questionnaires as the main tool for primary data collection for investigating effectiveness of interventions for rehabilitating offenders because according to Kumar (2005), the method requires minimum finance and works well with large representative sample. It can be used in a wider geographical area than most other techniques and saves time and avoids interviewer bias because respondents do not have to indicate their names.

However, the questionnaire has one major limitation in that respondents with low educational standards may tend not to express themselves clearly due to poor writing skills. Another



limitation with questionnaire is that response rate can be quite low and has no opportunity to ask for further information related to answers given. The researcher over came this by conducting a pre-test on 24 respondents in prison on the instrument so as to test efficacy of the tool by detecting complex and ambiguous questions or wording, unclear instructions or other problems prior to widespread dissemination (Welman & Kruger, 2003).

### 3.5.3 Focus Group Discussions

Three FGDs were conducted to obtain information regarding effectiveness of interventions for rehabilitating offenders in Shikusa Main Prison. The FGDs were conducted with number of discussants in each being seven. The discussants were purposively selected basing on who the researcher thought to be resourceful (Nyandemo, 2007). As indicated in Table 2, of these FGDs, two were for offenders (one for recidivists and one for first offenders) all in prison population and one for prison officers. The FGDs for both first offenders and recidivists consisted only of male respondents because the facility holds males only whereas the one for prison officers consisted of five males and two females.

An FGD guide was developed and tested orally with five offenders in prison but were not part of the final respondents. Attention was paid to the flow and clarity of the questions (Krueger & Casey, 2009). Before embarking on the discussion, the investigator held a meeting with the FGD discussants to create rapport. The FGDs were expected to provide an insight into the effectiveness of interventions for rehabilitating offenders as well as identifying areas of concern. FGDs provided an opportunity to explore the perceptions, experiences and understandings of a group of people who have experience in common with regard to a situation or an event and as Kumar (2005) claimed members can express their opinions while discussing issues. According to Gilbert (2008) each FGD should consist of between six and twelve people. Discussions were held in the dining hall where the research assistant recorded the proceedings using a tape recorder and a notebook. The discussions took two days with the meetings taking one to one and half hours. During the FGD sessions, probing questions were posed to seek clarification on issues and to encourage participants to give more insights in their responses.

Table 2: Summary of the FGDs at Shikusa Main Prison

| Categories      | Target |        | Total sample |
|-----------------|--------|--------|--------------|
|                 | Male   | Female |              |
| Gender          |        |        |              |
| Offenders       | 7      | -      | 7            |
| Recidivists     | 7      | -      | 7            |
| Prison officers | 5      | 2      | 7            |
| Totals          | 19     | 2      | 21           |

During the discussion, participants were asked questions relating to research objectives. Their responses formed basis for probing. Discussions were very interactive. Discussants got an opportunity to air their views on how they benefitted from the services provided in prison. They also had chance to indicate the challenges they faced while undergoing rehabilitation and state what kind of assistance the NGOs provided in prison.

### 3.6 Data Analysis and presentation

The coding scheme for analyzing quantitative data was developed and questionnaires coded then keying done before data were analyzed. Data were validated, cleaned and then entered in SPSS for processing. It was checked for consistency before any interpretation and then presented in tables, graphs and bar charts as they communicate a great deal of information in a small space and readers able to get to absorb information at a glance (Kumar, 2005). Qualitative data were presented to reinforce the findings from the quantitative data. The latter involved illustration of ideas using comments from the informants and FGDs and making interpretations based on description. Qualitative data were then arranged thematically according to objectives of the study and presented using verbatim quotations.



### 3.7 Ethical consideration

Permission to conduct the study was sought from Maseno University following the approval of research proposal. Later, approval from the officer in charge of Shikusa Main was acquired before the commencement of the study.

The researcher communicated to the participants verbally to assure them that there would be no harm as well as guaranteeing them privacy, anonymity during the study. The respondents were also assured that information given by them would be treated with utmost confidentiality. The researcher also guaranteed the research participants that the research was for educational purposes only.

## CHAPTER FOUR

### RESULTS AND DISCUSSION

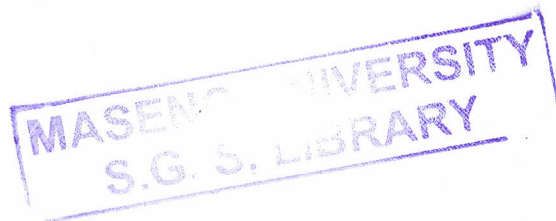
#### 4.1. Introduction

The study considered a sample of 244 respondents to whom questionnaires were administered. Five key informants were interviewed and three FGDs conducted with the number of discussants in each FGD being seven. Of the 244 questionnaires administered, 32 of them were found with inconsistencies. They could not meet the threshold therefore they were discarded. Results were presented using both statistical and graphical techniques which according to Kombo and Tromp (2006) are suitable for presenting study findings.

#### 4.2. Demographic information of respondents

##### 4.2. 1. Age of the respondents

The researcher requested the respondents to indicate their age brackets. It was evident that all offenders' ages were 18 years and above. Figure 4.1 revealed that out of the 212 respondents studied at Shikusa Main Prison 45.8 % were in the age bracket of 18 to 35 years. Those of the age bracket of 36 to 50 years constituted 31.6 % while those aged 51 but less than 60 years were 18.4 %. The least category of the respondents was of 61 years and above and constituted 4.2 % of respondents. Combining percentages, majority of the respondents aged 50 years and below constituting 77.4 %.





## Age of the respondents

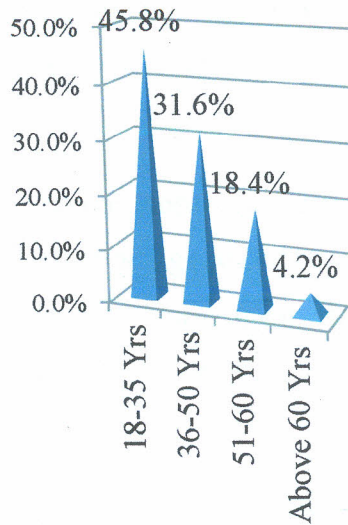


Figure 4. 1: Age of the respondents.

Findings in Figure 4.1 indicate respondents at age group of 18-35 years constitute the largest single group in prison at 45.8%. This could mean that rehabilitation interventions will be beneficial to offenders given that they belong to age groups with high expectations in life. Results revealed that 45.8 % were in the age bracket of 18 to 35 years while those of the age bracket of 36 to 50 years constituted 31.6 %. It is indicative that most of the respondents were at their active years and with such offenders spending their time in prison could imply that energies that could be otherwise utilized for constructive activities in the society are wasted in prison.

It could also mean that with such a number of offenders being in their active years they should be able to embrace and grasp lessons provided in the prison to gain skills for improvement of their lives after prison especially if they believe such skills will help them in future. This could be explained by social learning theory which proposes that people tend to learn if they think what is offered will be beneficial to them or refuse to learn if they believe same will not help them (Bandura, 1977). A study by Harley (1996) as cited by Wambugu (2014) posits that ages between 25 and 49 years are primly associated with professional workers as a way of the ability to grow world's economies. However, this scenario where most offenders in prison are at their active years could denote unpromising future for

socioeconomic development of the society bearing in mind such a high figure of active citizens being held in prison. Knowing the age of the respondent was crucial in the study given that the extent to which learning is facilitated or inhibited is mediated by offender's age, ethnicity, gender, disability and socioeconomic status (Andrews & Bonta, 1998). Respondents however, would be probably ready to learn new skills hoping to enable them lead gainful living upon release.

Those aged 51-60 years constituted 18.4 % while those who aged 60 years and above were 4.2 %. This group were the least in prison. The findings would probably mean that as people grow old they commit crimes less. Results would also mean these groups might not be interested in undergoing trainings provided in prison since their ages have advanced and such skills would not be of help to them.

From these findings it is indicative that people commit crimes less as they age suggesting the need to help young people to reduce predisposing factors. It also means that people in active years formed majority of people convicted therefore necessitating prisons to design good programmes that would equip them with requisite skills for gainful living.



#### 4.2.2. Completed level of education of the respondents

Educational levels of the respondents in Table 3 reveal 50.0 % had primary level education; those with secondary education were 17.9 %. Tertiary (college) education level holders constituted 5.7 % and offenders with university education were 2.8 % while those who never went to school were 23.6 %.

Table 3: Completed level of education of the respondents

| Completed level  | Frequency Distribution | Percentage |
|------------------|------------------------|------------|
| Primary level    | 106                    | 50.0 %     |
| Secondary        | 38                     | 17.9 %     |
| Tertiary college | 12                     | 5.7 %      |
| University       | 6                      | 2.8 %      |
| Never            | 50                     | 23.6 %     |
| Total            | 212                    | 100 %      |

From the findings in Table 3, it is clear that 50.0 % of the respondents are of primary education and constitute the majority of offenders at Shikusa Main prison. This probably could imply that most people who engage in crime are of lower educational standards and rehabilitation interventions in prison could possibly equip them with some skills which would enable them access gainful living upon release. This finding confirms Hawley et al. (2013) claim that amongst the prison population, levels of education tend to be low and claim by Kagendo (2001) that low level of education was a major factor precipitating recidivistic tendencies among inmates in Kenya.

One respondent during a FGD discussion claimed that:

*"I believe my academic level might have contributed to my imprisonment in some way in that, had I managed to get good education at home maybe I could have possibly had some good occupation hence my chance of having committed crime might have been minimal. I say so because while at home the only available occupation I used to get was tea picking and sand harvesting which need no academic qualification to do and have a meagre pay. Many people who went to school have employment and are seen to live good lives at home". (FGD, 25 year old offender)*

The above claim affirms findings by Whitehead et al. (2008) which demonstrate a link between inadequate education of offenders and prior employment. Similarly Johnson et al. (2008) connect meagre educational achievements by offenders to their criminal activities. Furthermore, it is claimed that the higher the level of education, the less likely the person is rearrested or imprisoned (Coylewright, 2004). High school dropouts represent the majority demographic among those incarcerated and are more likely to be unemployed, dependent upon public assistance, earn less in the workforce, and end up in the legal system (Stanard, 2003). In fact, early school failure and inadequate schooling (for example, ineffective teaching methods, problematic disciplinary practices, lack of educational resources, and lack of parental involvement) serve as a predictor of increased dropout rates and offending (Christie, Jolivette, & Nelson, 2005).

As Dawe (2007) argues, education and training for adult offenders can make a significant difference to successful post-offending employment outcomes and therefore reduce the likelihood of re-offending. It is arguable then that inadequate education predisposes people to criminal activities if the findings above are anything to go by. Bandura (1977) proposed that people learn by observation therefore, it would probably mean that increasing participation rate in education in prison would likely reduce re-offending especially if offenders believe acquired skills will help them in future.

Those with secondary education constituted 17.9 % of respondents. This is the third largest group in prison. This group could mean there were very few people with secondary education. It could also imply that many rehabilitation programmes had to be designed focusing on people with little education so as to enable them get practical skills which



would be useful in starting off life after release. Those with university education constituted 2.8 % and this represented the smallest group in prison. It could mean this group needed own rehabilitation programmes and also they might have played some role in helping rehabilitate their colleagues who had little education.

Final category was those respondents who never had any education and constituted 23.6%. This constitutes the second largest group in prison. It could therefore mean prisons need to come up with a mechanism for communicating with and helping this uneducated group. From the result it rules out the one-fits-all possibility of rehabilitation programmes.

#### 4.2.3. Previous occupations and source of livelihoods for the respondents

Table 4 reveals that those with formal employment were 9.0 %, farmers were 9.9 %, those on business were 19.8 %, Bodaboda riders were 20.8 %, and casual labourers were 10.9 % while the unemployed constituted 29.7 %.

Table 4: Previous occupations for respondents



| Occupation        | Frequency | Percentage |
|-------------------|-----------|------------|
| Formal employment | 19        | 9.0%       |
| Farmer            | 21        | 9.9%       |
| Business          | 42        | 19.8%      |
| Bodaboda          | 44        | 20.8%      |
| Unemployed        | 63        | 29.7%      |
| Casual labourer   | 23        | 10.9%      |
| Total             | 212       | 100%       |

Findings in Table 4 reveal that only 29.7 % of the respondents were unemployed before their imprisonment hence there is therefore probability that lack of employment might have

contributed significantly to crime commission. Results mean those at high risk of landing in the prison are the unemployed. The finding is corroborated by Harlow's (2003) study which indicate that a substantial percentage of offenders were either unemployed or working part-time prior to their arrest. Other respondents (70.3 %) had some form of income generating employment before they were imprisoned. Having such a huge number of people with some form of employment engaging in crime could either mean the employment they had did not meet their needs or there was other reason for crime commission. However, study by Burke (1997) in the U.K found that offenders have identified employment as a key factor in post-release success. Employment can be expected to reduce recidivism but as proposed by Uggem (2000), steady employment for those past the age of 26 years is more successful in reducing recidivism than younger offenders. But Webster (2004) posits that the link between employment and reoffending is unclear and that significant reductions in recidivism for participants in employment service interventions have not been found (Finn & Willoughby, 1996). Therefore, from the study it is lucid there is a link between employment and offending whereby those with employment which they are not satisfied with may continue to commit crime.

#### 4.2.4. Marital status of respondents

The study findings in Figure 4.2 reveal that 64.1 % of the respondents were married. There were also 9.0 % of those respondents who indicated they were in cohabiting marriages, those divorced were 6.1 % while the singles constituted 20.8 %.

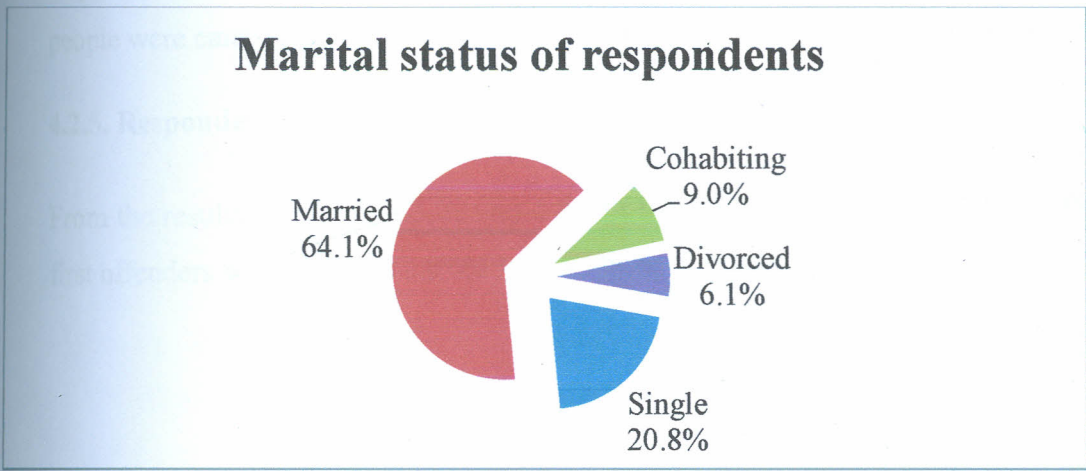




Figure 4. 2: Marital statuses of the respondents.

Study findings reveal that most of respondents (64.1 %) pointed out that they had left their families back at home. This would probably mean those families might be suffering especially if they were catering for them. It might also mean being in prison would have allowed time to live in peace if they were not responsible parents. Fishman (1990) claimed that the impact of incarceration on families has been conceptualized as a form of family crisis. They looked forward to finding their families intact after release. The results revealed that offenders were married implying that they might have left their families with economic problems. Such feelings of powerlessness in providing for their families could lead to thoughts of suicide (Toch, 1977). Study by King (1993) found that wives whose husbands are in prison identify financial problems and the loss of spousal income as a major problem. The finding that 64.1% of respondents were married contradict a claim by Mumola (2000) that majority of fathers or mothers in prison are not married. It is also possible that offenders' families might have broken down for example, as Bloom and Steinnart (1993) claimed, when parents go to prison; most children go or continue to live with relatives as their spouses leave.

Those respondents who were single constituted 20.8 %. The group was not so big in prison. This would probably signify that crime commission was mostly done by individuals with families while those still single engaged in crime less. Another group of respondents came from cohabiting marriages and constituted 9.0 %. This might mean that individuals in such kinds of marriages were not under much pressure to push them to crime. The least group of respondents were divorced and constituted 6.1 %. This would probably indicate that such people were cautious in life and would avoid situations that would put them at risk of arrest.

#### **4.2.5. Respondents' convictions status**

From the results in Figure 4.3, it was evident that 64.2 % of the respondents indicated to be first offenders while 35.8 % agreed to have been in prison previous'y.

### Respondents' conviction status

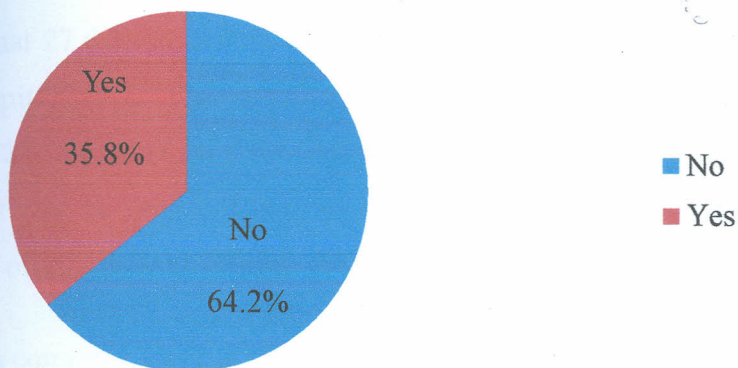


Figure 4. 3: Respondents' conviction status.

Results in Figure 4.3 reveal that 64.2% of respondents were first offenders. This would mean that majority of offenders were new in prison. With such a high number of offenders being first offenders would imply the need for prison administration to ensure they are taken through rehabilitation process so as to prevent them from reoffending. From the findings, it is also clear that more than a third of the respondents (35.8%) had been to prison before. This could probably mean rehabilitation efforts to larger extend in prison were achieving their objective.

The result however was still high and the significant rate of recidivism in prison could indicate the possibility of small disconnect between training and reoffending of offenders. High reoffending in prison is an issue which disincentivises training in prisons (Bushway & Apel, 2013). Social learning theory postulates that driving factor in doing something is when an individual thinks it would or would not help. Therefore, reduced cases of reoffending would probably motivate prisons to put more emphasis in rehabilitation.

The slightly over a third recidivism rate in prison as indicated by the finding is similar to Agozino (2014) study in Rwanda and Tanzania which found recidivism rate at 36 % but his findings in Kenya found it slightly high at 47 %. The finding indicating 35.8 % of respondents as re-offenders, however, makes it seem that previous treatments in prison were effective given the reduced rates from 47 % in 2014 to 35.8 %. Therefore the findings



suggest the decline in recidivism rates though much needs to be done to further reduce reoffending.

#### 4.2.6. Offence committed by respondents

Table 5 reveals that 27.4 % of respondents committed the offence of stealing and burglary while 9.4 % committed drugs and narcotics offence. Those convicted of rape and defilement constituted 18.0 % while those held for traffic offences and stock theft were 10.4 % and 8.0 % respectively. It was also evident that the offenders who committed murder were 9.0 %, fraud and forgery offenders were 9.0 %, and firearm handling offenders were 9.0 %.

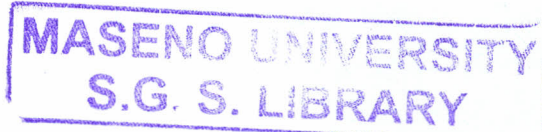


Table 5: Offences committed by the respondents

| Type of offence                | Frequency | Percentage |
|--------------------------------|-----------|------------|
| Murder                         | 19        | 9.0 %      |
| Traffic offence                | 22        | 10.4 %     |
| Robbery, Stealing and burglary | 58        | 27.4 %     |
| Stock theft                    | 17        | 8.0 %      |
| Rape /Defilement               | 38        | 18.0 %     |
| Beer, Drugs and narcotics      | 20        | 9.4 %      |
| Fraud and forgery              | 19        | 9.0 %      |
| Firearm handling               | 19        | 9.0 %      |
| Total                          | 212       | 100 %      |

The findings in Table 5 reveal that beer, drug and narcotics constituted 9.4 % in prison. The findings indicate those convicted for beer, drugs and narcotics formed a small group in prison. This means that there were other factors which constituted majority of crimes committed by offenders. Though there is great disparity socioeconomically between the USA and Kenya, the type of crime is lower compared to Maguire and Pastore (1998) study which found that over 20 % of offenders in America's prisons reported to have been incarcerated for drug related crimes. The small number of respondents with beer and drug related offences could mean that people committing crime do not necessarily have to be alcoholics or drug takers or could mean many beer and drug cases are not reported. Mushanga (1988) found alcohol and drug use play a vital role in perpetuating acts of violence. The finding might indicate that there is the probability of limited reported cases of drugs in Kenya or that message on its bad effects has been well communicated to the citizens.

Table 5 also indicates that respondents with offences related to robbery, stealing and burglary constitute 27.4 % which is significantly higher compared to other offences committed by offenders. This finding probably implies that people engage in such acts due to moral breakdown or lack of means of livelihood or peer influence. The finding corroborates a claim by Mushanga (1988) that offences against property are by far the most numerous of all violation of law in nearly all Africa.

Cases of rape and defilement as revealed in the results were 18.0% becoming hence second most committed crime by offenders. Social learning theory postulates that people act basing on repercussion they think would happen (Bandura, 1977) therefore, the number of rapists is small compared to burglary and stealing may be due to longer sentences for such offences. Mushanga (1988) however argues that rape, just like robbery is frequently committed by more than one person against one or more persons. One of discussant during a FGD discussion claimed that:

*"I was convicted for rape yet the lady had consented and had lived with me for over six months, and her parents knew about it but they were against our relationship because I come from poor family. They made sure I was imprisoned. However, the lady has been visiting me in prison telling me that her parents were aware of her visits but my fear is that the same fate might*



*befall me once again when I am released from prison because of the insistency of the lady who has vowed that she will not leave me". (FGD, Sex offender)*

With such a significant number of sex offenders in prison it would be probable they might assault their fellow offenders sexually so as to satisfy their sexual urge especially if they get weak inmates whom they can dominate or manipulate. Silvestri and Crowther-Dowey (2008) claims that rape in prison is a continuous process resulting in the long term control of the victim. As seen in the findings, it would indicate the need for prison administration to have interventions for sex offenders so as to help them reform.

#### 4.2.7. Family heads

Figure 4.4 indicates that 89.2 % of the study participants are family heads while 10.8 % are not.

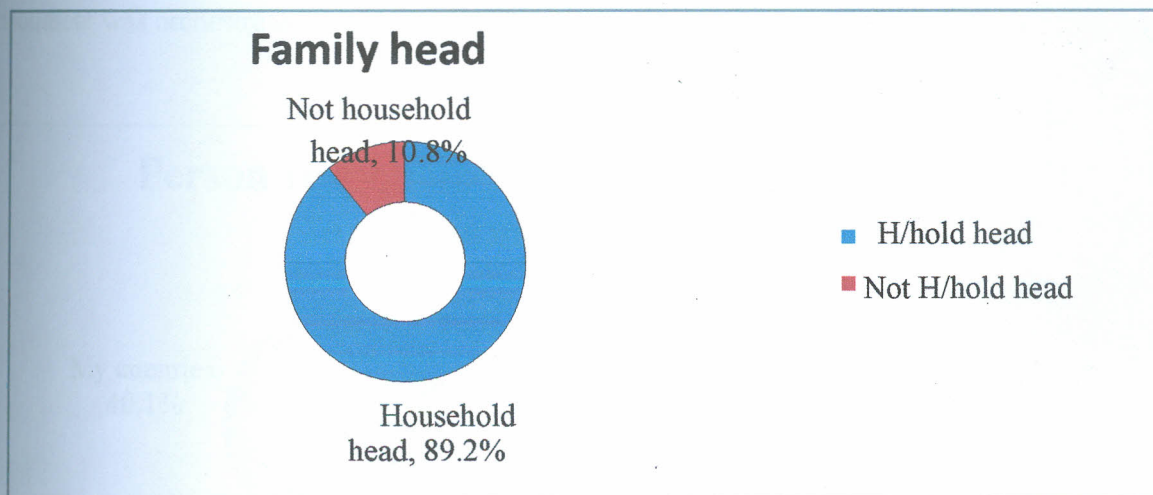


Figure 4. 4: Family heads.

The findings in Figure 4.4 show that the majority of the respondents were family heads. With this result having depicted that most offenders were heads of their families, it paints a picture that the society was missing out in the services of an important group of members or learn from bad examples given that social learning theory claims that people can learn by observing, imitating and modelling behaviour (Bandura, 1977). Study results indicate that 89.2 % of respondents are household heads probably meaning that children and other family

members would likely learn bad behaviour from them. Also with such a huge number of father-figures in prison, it could mean that their families were living without the invaluable leadership and their assistance given that incarcerated fathers and mothers worry about what is happening to their children during their absence (Martin, 2001). However, some of the respondents pointed out that they were sometimes able to manage affairs of their families through consultation with their spouses and children by facilitation of welfare office even though social welfare office was sometimes not available. Furthermore, it implies that it was probable that with poor communication with their families back at home offenders after completing their terms of sentences were likely to find their families having disintegrated because channels of communication were ineffective in enabling them sustain their families.

#### 4.2.8. Person responsible for inmate's imprisonment.

The findings in Figure 4.5 reveal that 59.9 % of the respondents believe they were responsible themselves for their imprisonment and 40.1 % were of the view that their imprisonment was orchestrated by their enemies.

### Person responsible for inmate's imprisonment

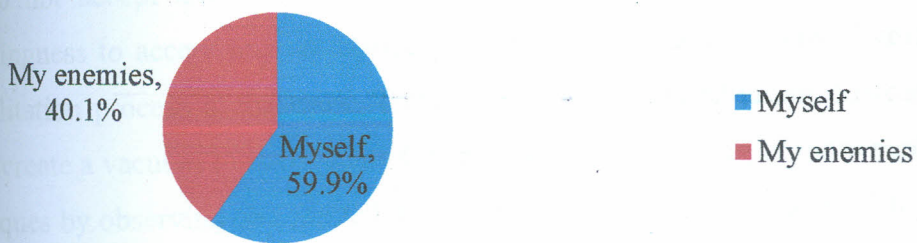


Figure 4. 5: Persons responsible for offenders' imprisonment.

The findings indicate 59.9 % of the respondents believe they were responsible for their imprisonment. They believed they committed offences which eventually resulted in their imprisonment and that nobody else apart from themselves was responsible for their plight in



prison. This could probably signify their willingness and readiness to be helped in prison to come out of such behaviour and avert relapse. One inmate during FGD narrated what landed him in prison and in verbatim quotation he narrated that:

*"When I first came to prison I used to blame my neighbour for my imprisonment but the counselling I have been given in prison has helped me a lot to change in behaviour. I have been able to reflect in my life. For sure it was out of my provocation that landed me in prison and had I restrained myself I could not have broken the law and eventually come to prison. When the incident had just started, one of my friends asked me to leave but I went back and hit the person I was arguing with. I totally blame myself for what befell me. However, I count being in prison has having changed me for a better person". (FGD, 42 year old recidivist)*

From the findings it is clear that the respondents blame themselves for their predicament and this contradicts Hale (2002) and Gaines (2004) argument that offenders do not account for responsibility or assume liability for what they do but blame others. It is clear that offenders believe they are in prison for breaking the law and the blame squarely lies with them. This could probably provide a good opportunity for rehabilitation endeavours.

Another group of respondents (40.1 %) believe their enemies were responsible for their incarceration. They believe they were in prison because of people who wanted them to suffer and do not accept any responsibility on their side. This would probably indicate their unwillingness to accept any assistance in prison in the name of rehabilitation thus making rehabilitation process a challenge. Failure to undergo rehabilitation programmes in prison might create a vacuum in individuals for absorption and learning of more sophisticated crime techniques by observing and modelling bad characters (Bandura, 1977). This would result in what Rangel (1999) calls PhDs to criminality.

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#### 4.2.9. Jail term served by respondents

Table 6 reveals that majority of the respondents had spent less than one year of jail terms (63.6 %). Others (27.3 %) had spent under five years in custody while those who had spent longest terms in prison (6-10 years) were 9.1 %.

Table 6: Jail term served by respondents

| Jail term | Frequency | Percentage |
|-----------|-----------|------------|
| <1 Yr     | 135       | 63.6 %     |
| 1-5 Yrs   | 58        | 27.3 %     |
| 6-10 Yrs  | 19        | 9.1 %      |
| Total     | 212       | 100 %      |

Results from Table 6 indicate that 63.6 % of respondents were serving sentences below one year. This implies that most people in prison are of short prison terms. The high number of offenders spent short time in prison probably meaning many offences committed were not serious hence attracting lesser sentences. According to Griffiths (2007), recidivism resulting from short-term prison terms in custody provides limited opportunities for successful treatment. The findings also imply that most offenders probably could not benefit from rehabilitation interventions due to short duration in prison which could possibly result in incompleteness of syllabus. Incompleteness of syllabus could probably also deny offenders opportunity to learn skills which could be beneficial in earning them a decent living upon release hence ending up reoffending. Those with more than six years imprisonment constituted 9.1 % of respondents. This group would be there long enough to complete training syllabus in prison. This therefore means people would be rehabilitated in prison hence increasing reoffending.



#### 4.2.10. Family background

Results in the Figure 4.6 illustrate that 72.7 % of the respondents came from families where both parents are alive, 18.2 % had one parent alive and 9.1 % hailed from broken families.

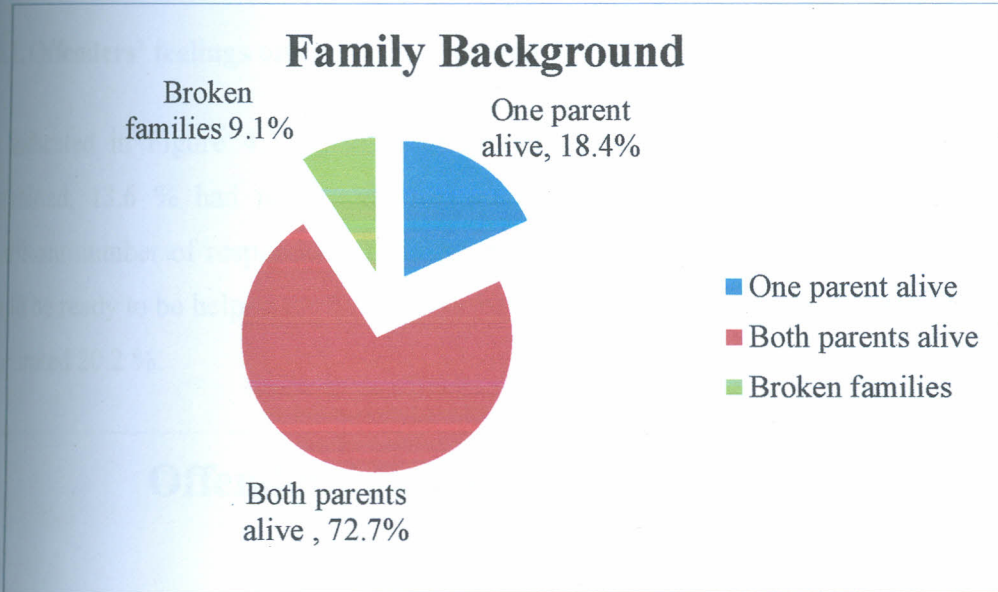


Figure 4. 6: Family backgrounds of offenders.

Majority of respondents (72.7 %) come from families with both parents alive, suggesting there could be moral breakdown in the society and families have abdicated their children upbringing responsibility. It could also imply unemployed offenders who had drug problems were draining family income rather than contributing to the same and that their imprisonment places their families in a better rather than worse financial position (Hairston, 1995). The finding also contradicts a claim by Larzerere and Patterson (1990) that majority of criminals come from broken families. Offenders would probably embrace rehabilitation interventions hoping to get good reception upon release. Social learning theory argues that people can learn behaviour if they expect the same would help them later therefore, with expectation to be welcomed home by their relatives, offenders would probably embrace trainings in prison (Bandura, 1977).

Also, the findings reveal 18.4 % come from families where one parent was alive. The number is quite small in prison and this might suggest that people from one parent families do not necessarily engage in crime more than those with both parents. Results also indicated 9.1 %

hailed from broken families. The number represents the smallest group of respondents probably indicating how small broken families predispose individuals to crime.

### 4.3. Perception of offenders on rehabilitation interventions

#### 4.3.1. Offenders' feelings on crimes committed

As indicated in Figure 4.7, 66.2 % of respondents were repentant of the crimes they committed, 13.6 % had no regrets for whatever crimes they committed. With such a significant number of respondents (66.2%) being repentant could mean that most offenders would be ready to be helped to change their behaviours. Those who said they were not guilty constituted 20.2 %.

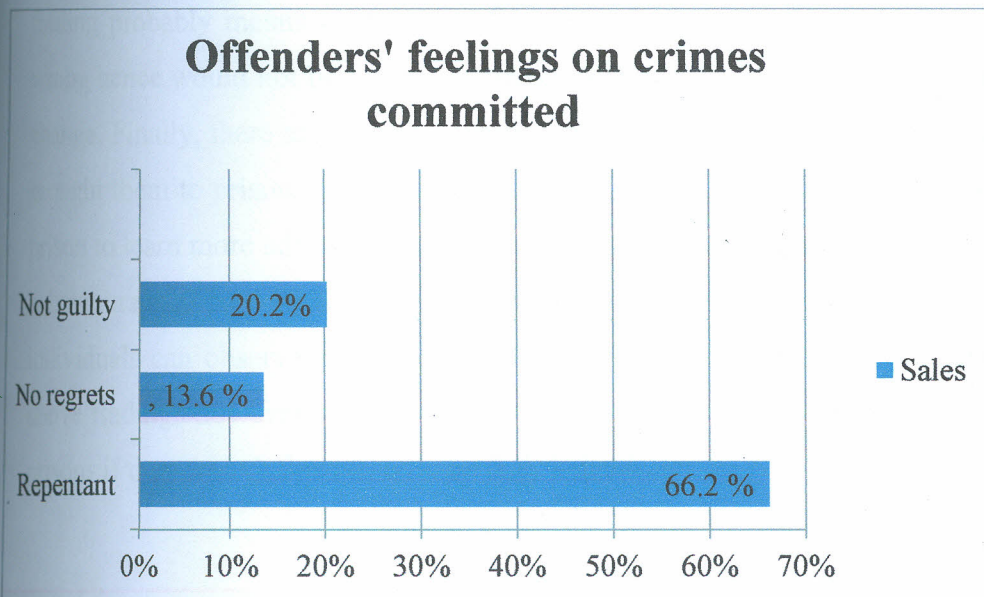


Figure 4. 7: Offenders' feelings on crimes committed.

Findings reveal that 66.2 % of respondents felt repentant for the offences they committed and this could probably mean they would embrace rehabilitation in prison in order to amend their behaviours. One discussant in the FGD indicated that:

*"I regretted for having stolen a sheep from my neighbour. For sure I have a piece of land which my family uses to do some subsistence farming. The suffering which that mistake has caused me is untold. I blame myself because*



*had I utilized that parcel of land well to do some farming maybe I could not have found myself in this difficult situation which I would utterly wish not to find myself again". (FGD, 31 year old recidivist)*

Results contradict a study by De Villers (1995) which found that many offenders do not want to stop committing crimes because they thought crime that was committed was worth it. The revelations from this study that 66.2 % were repentant also could mean offenders were ready to seek for forgiveness if given an opportunity or behave in a manner that would not attract punishment in prison. The findings disagree with the claim by Hale (2002) and Gaines (2004) that offenders do not take responsibility or assume liability for what they did but blame others.

There are also respondents who felt not guilty (20.2 %) for the offences they committed. The finding probably means there were offenders who never believed they had done anything wrong hence would not be ready to undergo rehabilitation interventions aimed for behaviour change. Finally, there are those who had no regrets (13.6 %) for committing offences which brought them to prison. These results would probably mean they would utilize their time in prison to learn more advanced skills in crime so as to perfect their ill behaviour by observing behaviours of offenders with more sophisticated criminal techniques. Bandura (1977) claims individuals can observe behaviour and imitate it if they deem it to be beneficial. From the above findings however, it would imply that majority of offenders would be rehabilitated by prisons if they were helped to change their behaviours.

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### 4.3.2. Perception of offenders on available rehabilitation interventions

Respondents in Figure 4.8 believe that several measures had been put in place for rehabilitation of offenders whereby 38.2 % of respondents indicated vocational training services are available, also 28.7 % identified religious services, and 22.2 % indicated educational services while 10.9 % were of the view that counselling services were provided in prison for offenders.

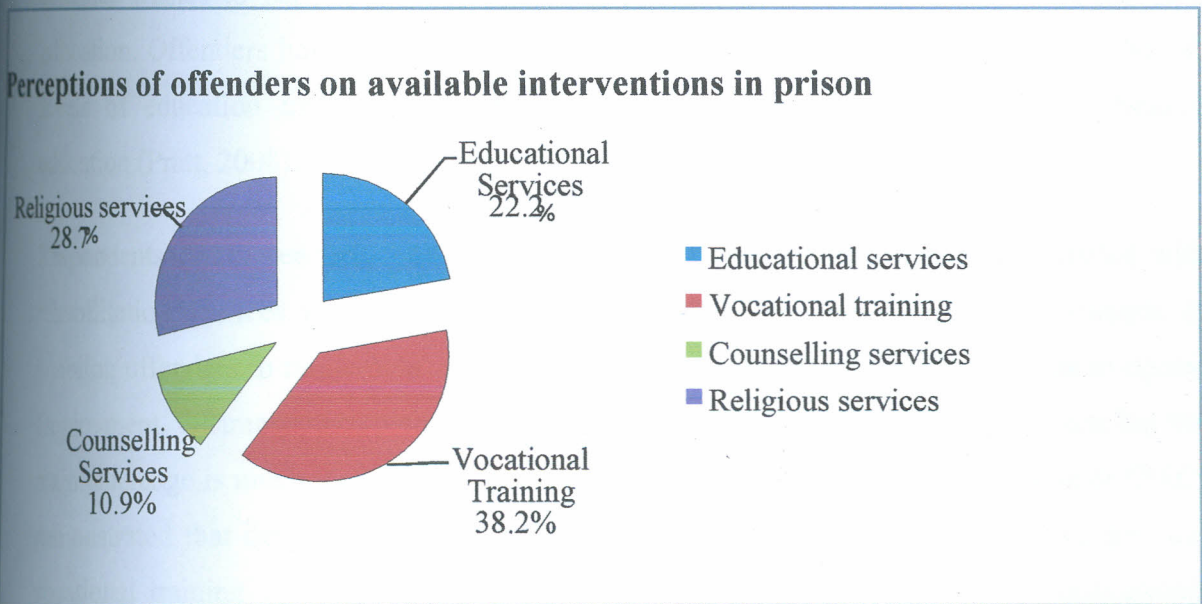


Figure 4. 8: Perceptions of offenders on available interventions in prison.

As seen in Figure 4.8, it is categorical that 22.2 % of respondents believed educational services helped offenders. According to Munoz (2009), education and training is not only a means of supporting offenders in their transition from prison to the outside world but is imperative in its own right. One FGD discussant claimed that:

*“I was arrested and imprisoned when I was in form two and when I came to prison I wanted to proceed with secondary education but it is only primary education which is offered. It would be good if prisons introduce secondary education and other courses like secretarial, computer applications and accounting to gather for inmates who already have primary education and want to further their studies”. (FGD, 19 year old offender)*



It means there was no post primary education in prison hence the basic education could not further their education. The finding corroborates a claim by Wilson (2009) that there are limited opportunities to pursue higher education whilst serving prison sentence. The finding differs from the USA where a growing number of prison systems are introducing interventions whereby participants can earn a college degree (Inciardi, 2002). This would benefit offenders having post primary education. The result also contradicts the situation in Europe where education is a high priority within the Nordic prison system and is considered to be a right of the incarcerated individual. Education is provided to the extent that the offender wishes to participate, and guards are taught to encourage them to further their education. Offenders have the option of attending school full time, and the prisons offer all levels of education including university degrees, which can be accessed via distance education (Pratt, 2008).

Respondents also agree that they had received vocational training and were satisfied with rehabilitation services in the prison (38.2 %). This finding could imply the principle of enabling offenders to reintegrate into society on release by promoting their access to decent employment. Of importance also to note is that prison has many good interventions but the main challenge is much inconsistency in implementing the same. A study by Inciardi (2002) demonstrated that despite many difficulties, the prospects for the academic education and vocational training interventions in prisons are not entirely bleak. However, institutional programmes are more effective when they are centred on full diagnostic and assessment of offenders (Travis, 2000). Burke (1997) has identified employment as a key factor in post release success therefore, improved interventions in prison would prepare offenders more for employment after release especially if offenders would think such skills would help them upon release (Bandura, 1977).

Also, the findings reveal that 10.9% of the respondents agreed counselling services were offered in the station. The findings represent a small group in prison. It is indicative from the findings that counselling services are minimal or were not emphasised in the prison. The de-emphasis on counselling in the prison would leave many offenders suffering given that incarceration deprives individuals of liberty normally resulting in psychological stress. This also contradicts the finding by Mercer (2010), that counselling involved provision of

guidance on suitable training opportunities and possible placements in employment after release and also played an important role in ensuring effective links with after care services. It therefore implies that rehabilitation of offenders could be difficult to succeed because offenders would not get an assistance to come to terms with life in prison which could provide platform for them to benefit from interventions offered in prison.

There is however, need for emphasis on more than one rehabilitation intervention in prison in order for offenders to be fully equipped and prepared to start off life after release. Kagendo (2001) claims that the skills that offenders learn in prisons are not sufficient enough to gain employment because most companies prefer capital intensive skills to labour intensive skills, meaning lack of means for inmates to start off life.

#### 4.3.3. Accessing resource centres by offenders

Vocational training constitutes the most accessed resource centres in prison as shown in Table 7. Results reveal that 34.9 % of the respondents indicated that they frequently accessed vocational training. Also, 26.9 % of respondents agreed to have been able to make use of library services in the prison. Spiritual books were also accessed at 23.1 % by the respondents. Those who believed media/TV services were the most accessed services were 15.1 %.

Table 7: Accessing resource centres by respondents

| Service             | Frequency | Percentage |
|---------------------|-----------|------------|
| Library services    | 57        | 26.9 %     |
| Vocational training | 74        | 34.9 %     |
| Media/TV Facilities | 32        | 15.1 %     |
| Spiritual books     | 49        | 23.1 %     |
| Total               | 212       | 100 %      |



During the KII discussion, one informant claimed that:

*“Provision of educational services was hindered by inadequate resources in terms of funds and human resource. He cited lack of modern tools in the industry where inmates were offered vocational training in the institution and that most of the available tools had broken down. This is due to lack of finance to acquire modern tools and repair broken ones”. (KII, Prison administrator)*

The finding corroborates a study by Sarkin (2007) which found that access to education and training facilities in most African prisons are limited due to budgetary constraints, prisoner overcrowding and, in some instances, lack of interest on the part of the state or prison administration. People can learn through observation and imitation of behaviour therefore vocational training offered in prison can provide valuable skills which would be helpful to offenders in accessing gainful employment after release (Bandura, 1977). The least number of respondents indicated that media services were accessible in prison at the rate of 15.1 % and this could mean that people in prison accessed limited information which could be beneficial for their rehabilitation. It should however be necessary to find out which services apart from TVs were availed to inmates, and how such services were organised in prisons to ensure proper use.

Concerning library services, one officer at an FGD discussion indicated that:

*“There was no building for a library in the prison but there was a collection of books including recreational and magazines which were kept in the welfare office and were well utilized by offenders. Instructional books lacked in the library. Books and other available reading materials were valuable in prison as they enabled offenders to access information which informed them of what was going on outside of the prison despite the lack of a library in the institution. On the part of religious books religious organisations have*

*provided us with books like bibles, magazines which have been very useful in prison". (FGD, prison officer)*

The above finding contradicted a claim by Muli and Omondi (2004) that libraries had been established and well stocked with books and other reading materials for use by offenders in all Kenyan prisons. With the lack of functional library, it could mean that inmates were unable to do studies for themselves given that contact with their teachers was inconsistent as most of the times they were taken to perform farm duties leaving class work. However, the available magazines and other recreational books might have at least engaged inmates and allowed them to get abreast of what was happening outside prison. Also, with the accessibility to religious books could mean that inmates were able to satisfy their religious demands therefore getting rehabilitated.

#### **4.3.4. Perception of inmates on rehabilitation players in prison**

##### **4.3.4.1. Perception of inmates on prison administration**

In the Table 8, it is evident that prison administration is portrayed as poor in rehabilitation of offenders (32.1 %). The respondents who believed it was best constituted 46.2 % while 21.7 % were of the view that it was fair.

Table 8: Inmates' perception on prison administration

| Prison administration | Frequency | Percentage |
|-----------------------|-----------|------------|
| Best                  | 98        | 46.2 %     |
| Fair                  | 46        | 21.7 %     |
| Poor                  | 68        | 32.1 %     |
| Total                 | 212       | 100 %      |

Significant portion of the respondents (46.2 %) also indicated that prison administration had good interventions in place but the problem is that it lacked consistency in the



implementation of the same. This would probably mean that prison administration did carry out rehabilitation in prison and there were offenders who were benefitting from the same. The results however portray a picture that prison administration did not perform enough to win approval of majority of offenders. One FGD discussant claimed that:

*"I am a student and I expect to sit for KCPE examination at the end of the year but when I look at the number of days we attend classes are less than a month in every term and we expect to do same exam with other students in the country. There is also change of programmes in the prison frequently making it hard to achieve set targets. We are in class for one week and the following week we are in the farm. If the prison administration was serious and committed we would be benefitting from the available services". (FGD, 19 year old offender)*

The finding probably denotes that prison administration was not committed to seeing offenders benefit from the provided rehabilitation programmes or was overemphasizing on some programmes beneficial to prisons themselves rather than on those helpful to offenders. The findings corroborate a claim by Jewkes and Letherby (2008) that there needs to be managerial support, a commitment to evaluation and implementation of programmes for their success to be realized in prisons.

Results also indicate that 21.7 % of respondents believed prison administration performed fairly in rehabilitating offenders. They believed that prison administration did not do enough in rehabilitating offenders. This would probably mean offenders would not benefit from the programmes provided in prison even if such programmes were useful.

Also 32.1 % of respondents believed prison administration was poor in rehabilitation process. This would suggest that some offenders were not benefitting from the programmes offered in prison given that social learning theory holds that people would learn if they think such programmes would or would not benefit them (Bandura, 1977). Now that respondents think services are poor, it would mean they might not take it serious thus not benefitting from them. This would result in them leaving prison unchanged possibly resulting in reoffending.

#### 4.3.4.2. Inmates' perception on Social welfare services

The results in Figure 4.9 reveal that 35.9 % of the respondents believed social welfare is poor in rehabilitating offenders. Combining percentages (36.3) % claimed that social welfare services were best while 27.8 % rated welfare as fair in service delivery.

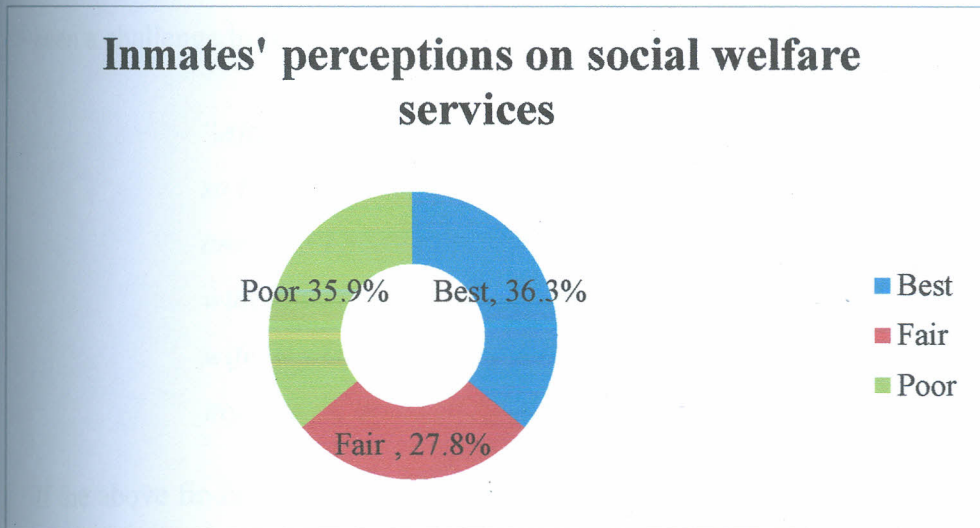


Figure 4.9: Offenders' perception on social welfare services.

Findings reveal that 36.3 % of respondents believe social welfare services offered in prison are best. This represents over a third of respondents. This would probably mean that about a third of offenders benefitted from social welfare services. Main objective of social welfare is to cater for needs of persons in custody, help them deal with adjustment to prison life and prepare them for reintegration into society. Therefore, with such small number of respondents indicating social welfare services as best would signify suffering of many people in prison. Respondents who believed social welfare services were fair constituted 27.8 %. Findings indicate that social welfare services were offered in prison but performance was fair.

More than a third of the surveyed respondents (35.9 %) indicated that social welfare officers were poor in responding to issues requested by the offenders or when they wanted to communicate with their families back at home. This implies that there are social welfare services in prison but are not effective in serving offenders' needs. Study by Bayse et al.



(1991) found that offenders who could mend and maintain their family relationships were less likely to reoffend. This connection with family members is very important not only to prisoner's family but may also go a long way to enhance rehabilitation process (Sykes, 1958). Hairston's (1998) study found that offenders who maintain family ties during imprisonment have higher rates of post-release success than those who do not and men who assume responsible husbands and parenting roles upon release have higher rates of success than those who do not. Connecting inmates with their families back at home has however been a challenge in prison for example one FGD discussant claimed that:

*"After arriving in prison I made several applications to the welfare office as so to communicate with my family on phone but it took long to be allowed. At one time I had to tip welfare officer so as to be allowed an opportunity to talk with my wife on a mobile phone. When I succeeded to communicate with my wife, it was not directly but through a welfare officer who called and talked to my wife on my behalf". (FGD, 23 year old offender)*

If the above finding is anything to go by, it could mean that welfare officers were ineffective yet they should be helpful to offenders especially those who Fox (1977) believes, have been imprisoned far from their communities and families hence they remain alienated throughout their prison terms. This is so given that maintenance of family ties for incarcerated individuals has been found to be important for juveniles and adults (Borgman, 1985). The poor connection between offenders and their families also impedes rehabilitation process because according to Fishman (1990), families are important to offenders and to achievement of major social goals, including the prevention of recidivism and delinquency. It would therefore be necessary for welfare officers who are well trained and passionate with the work to be employed so as to make rehabilitation efforts a success.

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### 4.3.4.3. Inmates' perception on religious services

Results in Figure 4.10 show that over half of the respondents (53.8 %) rated religious services best in rehabilitating offenders but 25.9 % indicated that religious services were fair while 7.1 % rated religious services as poor.

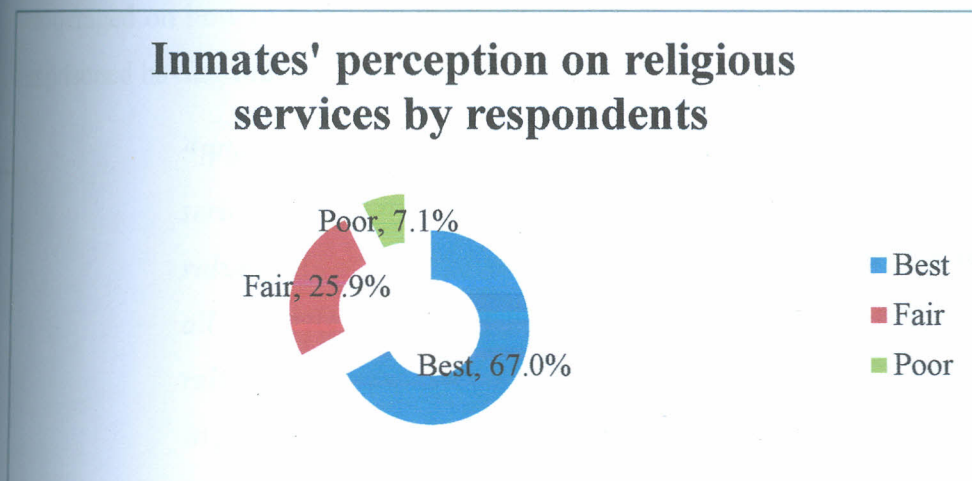


Figure 4. 10: Offenders' perception on religious services.

The finding in Figure 4.10 indicated that religious services were readily available in helping offenders in prison (67.0 %). These respondents mentioned that religious workers helped them come to grips with their past life through reflection of their life. They pointed out also that religious workers were caring and always did their best to help offenders. Many respondents attributed their changed lives in prison to teachings and preaching they received from the religious workers and that they have been able to go through life in prison thanks to guidance and salvation they received while in custody. Social learning theory posits that people tend to embrace behaviour hoping for something therefore, this explains why offenders would like spiritual nourishment (Bandura, 1977). While underlining the role played by religion in prison, Koenig (2002) avers that clinging to God is a tendency known to ease pains of imprisonment. Similarly, Johnson and Larson (2003) claim that Christian oriented pre-release programmes structured to provide education, work, and life skills, values-restructuring and one-on-one mentoring in an environment of religious instruction do help offenders a lot. Cullen and Sundt (1998) corroborate this with a claim that various types



of faith-based programming are found within virtually every correctional system where they provide offenders with both religious counselling and other support programmes.

There are offenders who said that one thing with religious workers was that they were always ready to listen and provide guidance and counselling, a thing which was lacking in other rehabilitation players in prison. The finding is underscored by Silverman (1996) who reiterated that church was mostly helpful in prison as inmates were preached to and encouraged on how to link with their families back at home. One FGD discussant who was imprisoned having murdered his brother claimed that:

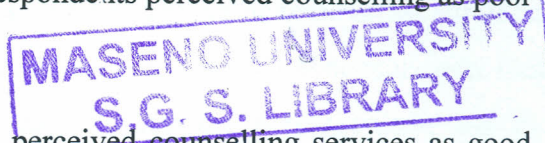
*“When I heard that God was ready to forgive me despite having committed a serious crime, it encouraged me to change my behaviour and embrace good values. After killing somebody I thought my life had reached a death end. If all rehabilitation players in prison would conduct their roles like the way religious services were undertaken, rehabilitation exercise would be a success in prison and many offenders would benefit”. (FGD, 29 year old offender)*

From the above findings, it is clear that religious services have great impact on lives of offenders in Shikusa Prison. This is corroborated by Inciardi (2002) who claims religious interventions have been praised by wardens as anchors of law and order, by chaplains as powerful treatment forces, and by some offenders as source of inspiration and cushions against despair. However, the findings contradict claims by Schmallegger (2006) that chaplaincy programmes were inadequate in providing comprehensive impacts on offenders' behaviour may be due to employed strategies being out dated or punitive in nature. Orr (2013) believes that chaplaincy should be designed to offer the spiritual, social welfare and life-changing skill needs to offenders. It could therefore mean that reoffending by offenders would be significantly reduced if religious services were further improved in prison

Also 7.1 % of respondents claim religious services in prison were poor. With such a small number of respondents terming religious services as poor in prison would probably indicate that majority of the people benefitted from religious help offered in prison. It would also signify that religious services helpful.

#### 4.3.4.4. Inmates' perceptions on counselling services

Study findings reveal that 48.1 % of the respondents viewed counselling services as doing fairly in rehabilitating offenders; however 2.8% of respondents perceived counselling as poor in rehabilitation process.



The study revealed that 49.1 % of the respondents perceived counselling services as good where they mentioned that counselling was an invaluable service which enabled traumatised offenders to come to terms with prison life and their past life. The findings indicate that prison has counselling services in place implying that offenders can access them. Counselling is important in making an inmate come to terms with prison life and even in mediating offenders with their families back at home and as Wozniak, Braswell, Vogel and Blevins (2008) suggested, counselling interventions are not just about reforming offenders but also create opportunities for offenders to experience personal and social transformation. There are other offenders who said that what they did was haunting them and that counselling did a lot of good in making them calm down. They however pointed the need to increase the number of psychological counsellors who will be able to handle other complex psychological cases because there were few counsellors who happened to double up as welfare officers. This made them unavailable most of the time since the population of offenders is so high compared to available counsellors. This concurs with study by Kitur (2004) that in Kenya there are no systematic counselling interventions provided by the prisons due to lack of funding. This absence of effective counselling interventions therefore greatly undermines the rehabilitative objective of prisons.

Colson (2001) reiterates that counselling gives clients some time out away from the situation in a different space to think and reassess life. Also the respondents were asked about counselling services in prison and 90.9 % indicated that they were very essential whereas the rest pointed out that they were not (9.1 %). Those who saw counselling as essential constituted majority of respondents (90.9%) meaning there were many people who were suffering and needed such help. Counselling services are necessary due to depression and mental health problems among offenders and their families arising from difficulties in adjusting to separation and loss (Daniel & Barrett, 1981).



The response is in line with the call by Mugambi (1995) that there should be the need to project a future with hope by altering the dreadful past and cultivating a hopeful future. Johnson et al. (2008) suggested that rehabilitation represents an effort to provide counselling and practical training that can aid an offender and thereby weaken or remove the stimuli that let him or her to crime. Offenders who were accustomed to being independent and family providers for example, express strong feelings about occupying a less central and more dependent role in the family pecking order (Fishman, 1990).

Study findings also reveal there was mistrust between offenders and counsellors because they perceived the counsellors as being the investigators. This is supported by Morgan (2003) who claimed that the very nature of prison environment promotes an atmosphere in which offenders may view counsellors as cops and counselling sessions as snitch sessions. The negative attitude offenders might harbour against prison officers can be reduced by embedding counselling training in correctional officers training and training officers to treat offenders professionally. From the findings 9.1 % of respondents termed counselling services as not essential probably meaning they never expected to be of help to them as Bandura (1977) puts.

#### **4.3.5. Offenders' perception on imprisonment**

There is a portion of the respondents in the Figure 4.11 who viewed imprisonment as a waste of time (9.0 %), another group saw it as oppression (24.0 %) but most of them agreed that imprisonment provided an opportunity for rehabilitation to offenders (67.0 %). Those who saw imprisonment as oppression (24.0 %) believed that in prison there is difficult life, restricted movement, working without pay, incessant congestion and unhygienic living conditions.

## Offenders' perception on imprisonment

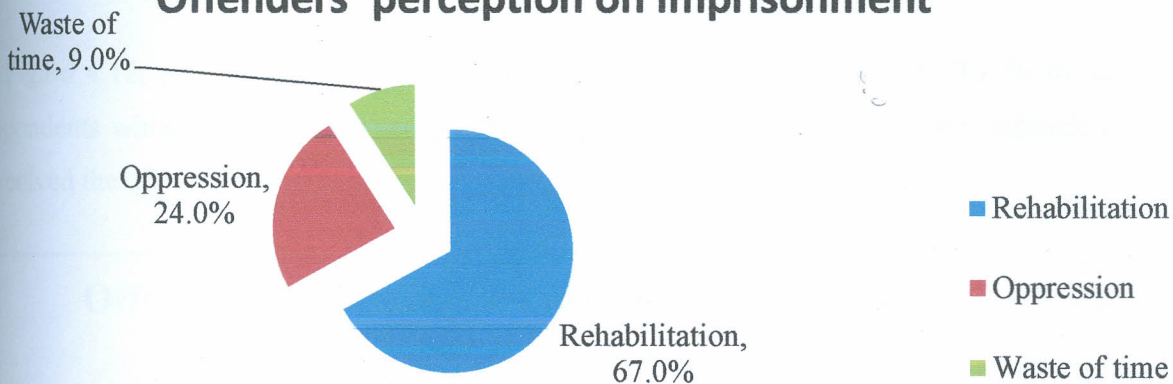


Figure 4. 11: Offenders perception on imprisonment.

The results in Figure 4.11 reveal that majority of the respondents (67.0 %) perceive prisons as providing an opportunity for rehabilitation. Findings that 67.0 % of respondents perceive their imprisonment as an opportunity would probably mean offenders had found programmes helpful. It also means if the prison would implement fully the rehabilitation programmes many offenders would benefit given that majority of them saw their imprisonment as an opportunity for rehabilitation. Social learning theory proposes that people would behave in some way if they think such behaviour would help them or would desist from some behaviour if they think it would not help them might best explain this perception of offenders in imprisonment (Bandura, 1977). Prisons provide education and vocational training which Putnam (2000) claims help in development of social capital. Also, 24.0 % of the respondents perceived imprisonment as meant for oppression. This would possibly mean they found life in prison as intolerable or had difficulty adjusting to prison life. Those who saw imprisonment as oppression (24.0 %) believed that in prison there is difficult life, restricted movement, working without pay, incessant congestion and unhygienic living conditions. A smallest percentage of respondents (9.0 %) perceived imprisonment as waste of time. The result might probably signify that majority of respondents were ready to undergo rehabilitation whereas few offenders did not embrace rehabilitation.



#### 4.3.6. Offenders' perception on prison officers' help

In Figure 4.12, prison officers were perceived as poor in rehabilitation at 48.1 % by the respondents while 26.0 % perceived prison officers as best and 25.9 % of the respondents perceived the officers as fair.

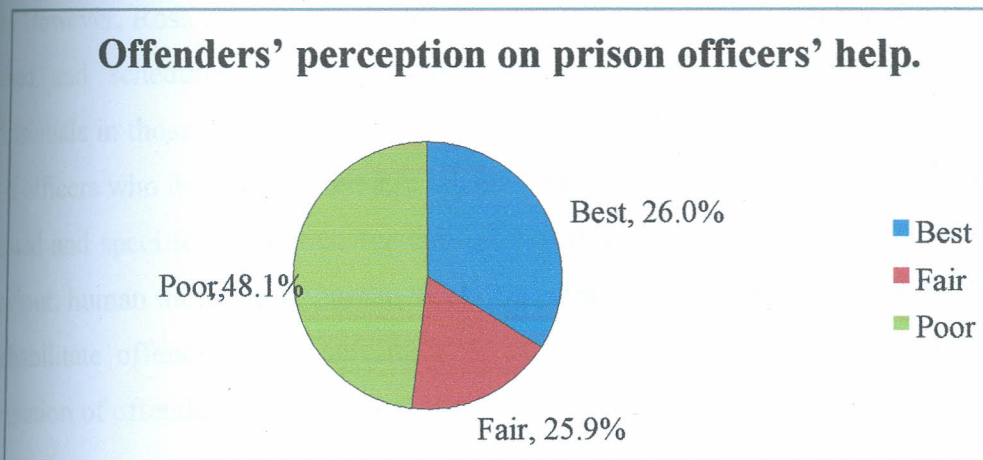


Figure 4. 12: Offenders' perception on prison officers' help.

Respondents cited prison officers' help as poor at 48.1 % in rehabilitating offenders. The findings could mean prison officers did not help offenders while in prison to come out of their criminal behaviour or they might have become tough in rehabilitation by denying offenders opportunities to engage in malpractices like trafficking with unauthorized items thus earning them negative perception.

In fact one recidivist during FGD discussion claimed that:

*"Prison officers were unapproachable, cruel and were mistreating us without any genuine reason and that these officers never listened to us neither did they help us in the process of rehabilitation. They were so distant. In fact one officer always tells me in front of my fellow inmates that I am good for nothing and I deserve to die than continue wasting government resources. Sometimes you ask an instructor for guidance during training but you get*

*insults which discourage you from ever trying to repeat asking". (FGD, Offender)*

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This happened yet prison officers according to Kitur (2004) are supposed to lead in rehabilitation of offenders by providing guidance and instruction. Findings by Saga (2008) and Todd (2001) indicate that officers instilled fear and intimidation to offenders. It beats logic as to why prison officers would mistreat offenders yet it is their responsibility to help them. However, Ross and Ewles (1988) indicate that convicted offenders are taken through planned and scheduled activities which are facilitated by prison wardens who are professionals in those activities. However, as Omboto (2013) argues, it is imperative to note that if officers who deal with offenders on daily basis are not people of integrity who are well educated and specifically trained for the job that requires in-depth understanding of human behaviour, human motivation, human worth and human dignity then it is impossible for them to rehabilitate offenders. According to Wines (1971) the supreme aim of prison is the reformation of offenders not the infliction of vindictive suffering.

Furthermore, there were also offenders who pointed out that they feared asking for any help from officers because the response was always negative. One FGD discussant indicated that:

*"It is common in prison to find prison officers walking around holding sticks ready to cane offenders at the slightest opportunity. There was one prisoner who insulted me and when I reported him to the officer the officer told me to lie down and gave me two strokes claiming that I was wasting his time. Since then I decided not to report anything to officers to avoid getting punished without cause. Prison officers are very hostile to offenders". (FGD, a 54 year old offender)*

On punishment of offenders, Stinton (2010) contends that punishment has no effect on the culture that trains human conscience meaning that prisons should not be observed as places of punishment since this will only serve to harden criminals and make them engage in sophisticated criminal techniques which will eventually lead to further imprisonment. One inmate during an FGD discussion narrated that:



*“One day I was sick and requested the officer to take me for medication but he told me he did not send me to commit crime which brought me to prison. I wish the prison officers would change how they deal with offenders for example from mistreating us and embrace diplomacy in making us understand what is expected of us in prison. Officers are acting as if we are disturbing them when we ask for assistance. Most prison officers would not call me by my name but always refer to me as you “thief come here, do this or that e.t.c”.*  
*(FGD, 36 year old recidivist)*

From the above finding, it is indicative that prison officers do not comply with duty of care which demands that when persons are imprisoned it is the responsibility of the state and prisons to ensure that they are treated humanely. It might therefore imply that prisoners were suffering in prison yet they were there to be rehabilitated. Clammer (1993) argues that prison staff experience a process of prisonization which shapes them into custodians and keepers of offenders and this process corrupts their impulse to do good and discredit their effort towards rehabilitating offenders.

The respondents who perceive prison officers as best constituted 26.0 % meaning relationship between most offenders and prison officers was low. This would possibly negatively affect rehabilitation due to mistrust between both groups. The findings, concurs with Farkas (1999) who indicated that prison officers treated offenders not punitively but they generally did support rehabilitation programmes. Those who perceived prison officers as fair formed 25.9 % which would possibly they never fully thought prison officers were doing great in relating to offenders. It would however; mean they did not in totality saw prison officers as bad. Also Sarkin (2007) claims that in only a handful of countries (Kenya, South Africa and Namibia) were any specialist training on rehabilitation offered to prison officials and recommends that more resources need to be pumped in correctional services so as to improve rehabilitation endeavours. On the same note Kodia (2005) argues that prison officers whose behaviours have been more wanting than the offenders need counselling. Therefore, any source of message in the prison must be credible, attractive and authoritative but not authoritarian (Cialdini, 1993; & McGuire, 1995) and that the most effective way to produce behavioural change is not to suppress bad behaviour but to shape good behaviour. This will

spur rehabilitation work in the prison. It is possible offenders might have pretended to have changed so as to make prison officers believe they reformed only to revert to their previous behaviour upon release. This can be explained by social learning's claim that individuals would learn if they think that would save them from punishment or further suffering or fail to learn if they think that would not affect their life.

#### 4.4. Challenges that limit rehabilitation of offenders

##### 4.4.1. Main challenge to rehabilitation of offenders

Results in Figure 4.13 reveal that 46.2 % of respondents viewed inadequacy of food, Medicare and clothing as main challenge to rehabilitation process. The respondents also believed that insufficient supplies of stationeries like chawks, books, since the prison rely almost entirely on one donor i.e. Fr. Krol Welfare project makes rehabilitation difficult followed by mistreatment by prison officers (24.1 %). Also other respondents (17.9 %) pointed out lack of support from the society as a challenge to rehabilitation process. Finally, 11.8 % of them termed stigmatisation as an impediment to proper rehabilitation of offenders.

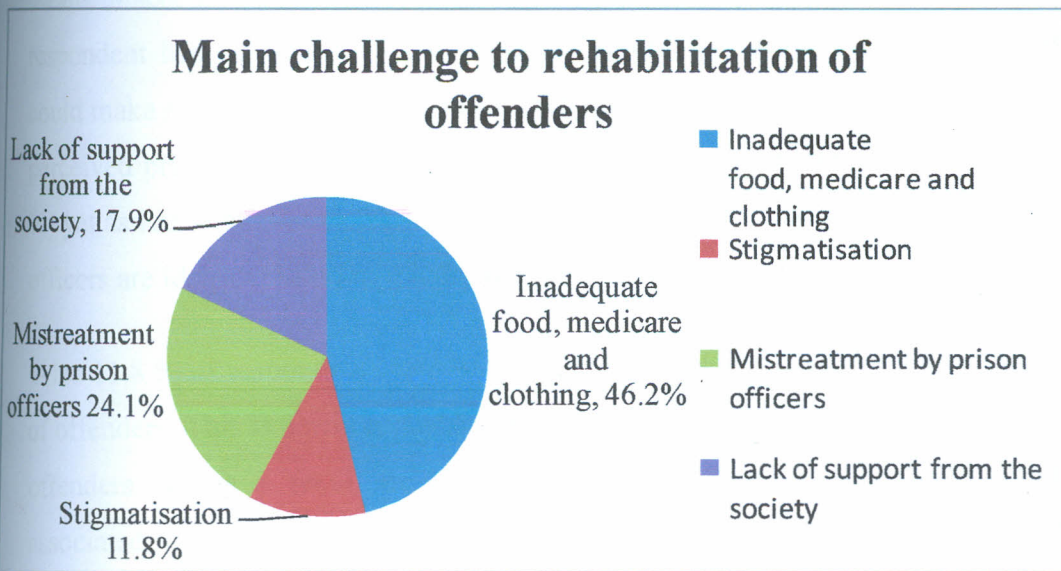


Figure 4. 13: Main challenge to rehabilitation of offenders.

Omboto's (2010) study corroborates the above finding by citing poor diet, inadequate clothing, congestion and unclean water as impeding rehabilitation process. Inadequacy in



terms of food and clothing as indicated in Figure 4.13, corroborate the finding by Dissel (2001) that food in Kisumu Main Prison was reduced to 50 % due to reduced supplies. With inadequate basic necessities as indicated above would probably be difficult to achieve rehabilitation objectives in prisons. With the failure of prisons to supply sufficient food to prisoners may mean that prisoners would resort to other means to survive in prison. One FGD discussant claimed that:

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*“Food quantity is too little that we are forced to befriend influential prisoners so that they can give you some food because they are in positions where they access extra meals. Prisoners who are in charge of sections like farm, compound and houses are entitled to extra meals. They use part of it to reward any prisoner who agrees to pay back sexually. Many prisoners have contracted diseases like HIV/AIDS out of the same. Therefore, with inadequate food, there has arisen sexual exploitation which has left many prisoners suffering. It is not my wish as a man to have sex with another man but what do to reduce hardship in prison?” (FGD, 43 year old offender)*

From the above finding it is clear out of insufficient food in prison prisoners resort to other means to access the same including exchanging sex for food. The practice as claimed by the respondent has resulted in some prisoners contracting sexually transmitted diseases. This could make rehabilitation difficult as it increases suffering among offenders. The respondents perceived prison officers as an impediment to their rehabilitation by mistreating them (24.1 %) yet as Lariviere and Robinson (2001) argue, with their number and influence, correctional officers are ideally placed to rehabilitate and influence the offenders positively.

Also 11.8 % of respondents termed stigmatisation as an impediment to proper rehabilitation of offenders. This is corroborated by Borzycki (2005) who claimed that the challenges facing offenders are as a result of offenders' past experiences and others are more directly associated with the consequences of incarceration and the following transition back to the community. Similarly, offenders confined in correctional institutions are confronted by a range of social, economic and personal challenges that tend to become obstacles to crime-free lifestyle (Borzycki & Baldry, 2003). This argument however, might be contested given that there are some offenders who come from well off families but keep on reoffending

indicating that there might be other causes of the same which this study never studied and therefore recommends for future study. The study also found that there are demoralised students because most of them enrolled as students so as to run away from other duties in prison like going to the farm which are deemed to be difficult. Another FGD narrated that:

*“I have not been able to concentrate in class given my old age and I have so many unsorted issues to deal with apart from psychological stress that go along with my imprisonment. What I would categorically state is that it is not my wish to be in class but because the only available option is to work in the farm, I have no choice but to keep with the current occupation which least benefits me at all. It is because of similar treatment accorded all offenders irrespective of their ages that has made life difficult for the old and frail offenders like me”. (FGD, 64 year old offender)*

It is therefore evident that many challenges face rehabilitation process but as a matter of fact, such can be solved if the prison administration would conduct proper needs assessment before offenders are placed in rehabilitation programmes and also improve the available services like counselling, welfare services and implements those programmes to the latter.



#### 4.4.2 Assigning training programmes to offenders in prison

Results in Table 9 clearly reveal that 43.9 % of respondents were occasionally assigned training opportunities in prison. Other 35.8 % affirmed they were regularly assigned those opportunities while 20.3 % concurred that they were not sure how it was done.

Table 9: Assigning training programmes to offenders in prison

| Assignment of trainings | Frequency | Percentage |
|-------------------------|-----------|------------|
| Regularly               | 76        | 35.8 %     |
| Irregularly             | 93        | 43.9 %     |
| Not sure                | 43        | 20.3 %     |
| Total                   | 212       | 100 %      |

Over a third of (35.8 %) of respondents believe that assignment of programmes to offenders in prison was regular. This would mean there were offenders who were assigned training programmes. This constitutes a smaller number possibly meaning few people got assigned training opportunities hence resulting in rehabilitation of few people. The number was small compared to those respondents (43.9 %) who indicated that programmes were assigned irregularly which could imply that more offenders did not get programmes to go through hence could not benefit from them. With irregular assignment of training programmes to offenders, it would mean efforts to rehabilitate offenders would not be successful because offenders were not able get opportunities to be helped or get skills which would then enable them to earn a living after release.

The finding contradicts a study by Stephan (1997) which estimated that two thirds of offenders in the USA were given work assignment. Johnson et al. (2008) opines that treatment should be according to the individual's need rather than being conditioned by offence he or she committed. Kachuk (2001) also postulates that prisons do not have special

rehabilitation programmes for each category of crime therefore all offenders are taken through the same programme. This lack of proper assignment of training opportunities contradicts the stated mission of prisons that of containment and rehabilitation of offenders. This is because rehabilitation will not succeed if suitable rehabilitation programmes are not assigned to offenders to enable them gain skills or get counselling. For good results to be achieved in rehabilitation, Fishbein (1995) comments that once commitment has been achieved by the offenders, other steps must be met in order for behaviour to change hence the need for offenders to be placed on relevant rehabilitation interventions.

A small group of respondents (20.3%) indicate they were not sure how training programmes were assigned in prison. This could mean that many offenders knew how training programmes were assigned and that only few were not aware. It would also indicate the need for prison administration to involve all offenders in assignment of training programmes.

#### 4.4.3. Attendance of rehabilitation trainings in prison

Respondents were asked on how they attended rehabilitation trainings in prison and Figure 4.14 reveal that 45.8 % of them agreed that offenders happened to attend trainings sometimes and 25.9 % of them were of the opinion that offenders' attendance to trainings was regular while 6.1 % were not sure. However some 22.2 % of the respondents affirmed that they rarely attended trainings in the prison.

**Attendance of rehabilitation trainings in prison**

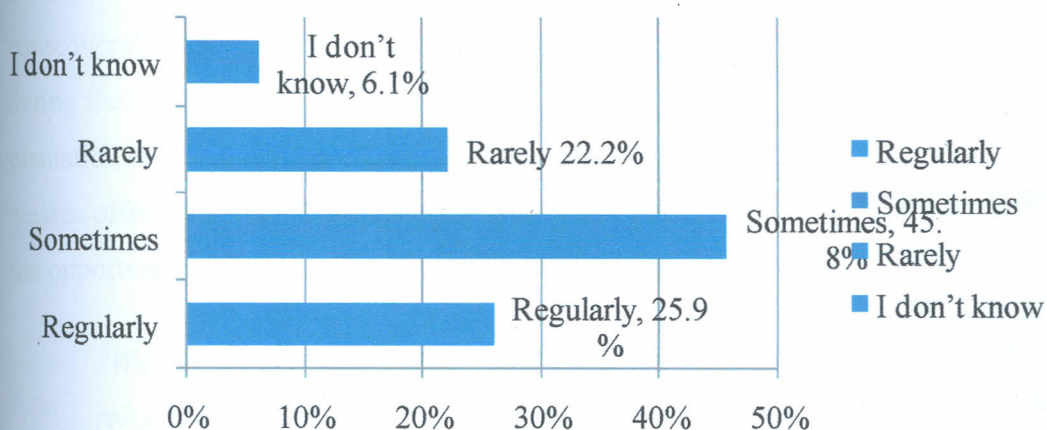




Figure 4. 14: Attendance of rehabilitation trainings in prison.

Respondents indicated that those who were privileged to attend trainings benefitted a lot in terms of skills and knowledge. One of the FGD discussant pointed out that:

*"I remember when I arrived in prison other offenders mentioned to me that this is a farm prison and if needed to go to school I should try another prison. However, there are several useful rehabilitation programmes in prison like vocational training, spiritual nourishment and formal education but for much to be realized in rehabilitation, proper needs assessment of offenders should be conducted, prison administration needs to be committed and ensure that offenders are placed on those programmes on admission and allowed to attend their respective trainings regularly. Inconsistent attendance of such trainings by offenders has discouraged not only offenders but teachers also." (FGD, 30 year old offender)*

Respondents highlighted the need for prison administration to walk the talk by putting into practice what they have on papers as far as rehabilitation stipulations are concerned. They indicated that 45.8 % of respondents attended trainings sometimes. Social learning theory posits that people learn through observation, imitation and modelling of behaviour (Bandura, 1977) therefore, meaning that with offenders attending trainings sometimes would not benefit optimally. This would probably imply they would not get rehabilitated. They further indicated that there are good rehabilitation interventions but they did not fully benefit offenders given that attendance was dependent on the exigency of work in prison. They cited inconsistency in class attendance because students tended to be allocated other duties consequently intermittently attending classes. They indicated that this is common especially during the times of farming where all offenders tended to be taken to the farm to take part in plantation and harvesting of maize. This would imply that due to constant disruption of classes offenders were discouraged from pursuing courses in prison therefore missing out on the opportunities for reformation. A key informant narrated that:

*"We have several programmes in prison which offenders are taken through for rehabilitation purposes for example formal education, vocational training,*

*counselling and spiritual nourishment. Sometimes offenders assigned to these programmes are taken to different activities. This interrupts success of treatment plans". (KII, Social welfare officer)*

It is clear from the interview that prison administration did not allow offenders to constantly attend assigned treatment plans. This would probably affect success of such programmes in achieving their objectives. Also, those who believe attendance of trainings in prison was rare represented 25.1 % which is about a quarter of respondents. Such a number is not small probably meaning there were many offenders who missed on the services of trainings in prison therefore affecting rehabilitation process. This would probably increase chances of reoffending. Oates (2013) referred to these difficulties as institutional barriers that limit or restrict access to learning opportunities in the prison environment. However, the extent to which less intensive programmes currently offered can achieve strong reductions in recidivism is largely unknown (Howells, et al., 2004).

#### **4.4.4. Commitment of prison administration to rehabilitation of offenders**

As illustrated in Table 10, respondents believed that prison administration was not committed to rehabilitating offenders (55.2 %), others were of the opinion that prison administration was very committed (17.9 %) while there were those who saw the same as committed constituted 26.9 %.

Table 10: Commitment of prison administration to rehabilitation

| Commitment     | Frequency | Percentage |
|----------------|-----------|------------|
| Very committed | 38        | 17.9 %     |
| Committed      | 57        | 44.8 %     |
| Not committed  | 117       | 55.2 %     |
| Total          | 212       | 100 %      |



It is evident from Table 10 that 44.8 % of the respondents were affirmative. They believed prison administration was committed to rehabilitating offenders. This percentage is less than half of the respondents and could mean few offenders were optimistic prison administration was doing enough to prepare offenders for life after release. Those who believed prison administration was not committed to rehabilitation constituted the majority of respondents (55.2 %). This revelation implies that prison administration is an impediment to its own objective of offender rehabilitation. This might be the cause of high reoffending among former offenders. Rothman (1980) claims that shortage of institutional commitment often results in delivery of poor treatment. However, as succinctly put, offenders need a rehabilitative institution that considers the positive contribution they can make and how their lives can become useful and purposeful (Maruna, 2002). It is probable that with total commitment by prison administration to rehabilitation, many offenders would be taken through rehabilitation programmes thus reoffending cases would reduce.

#### 4.4.5. Anticipated life after release

In Figure 4.15, the respondents indicate that they expected good life (56.9 %), over a third (34.2 %) said they anticipated bad life while others said that they were not sure (8.9 %).

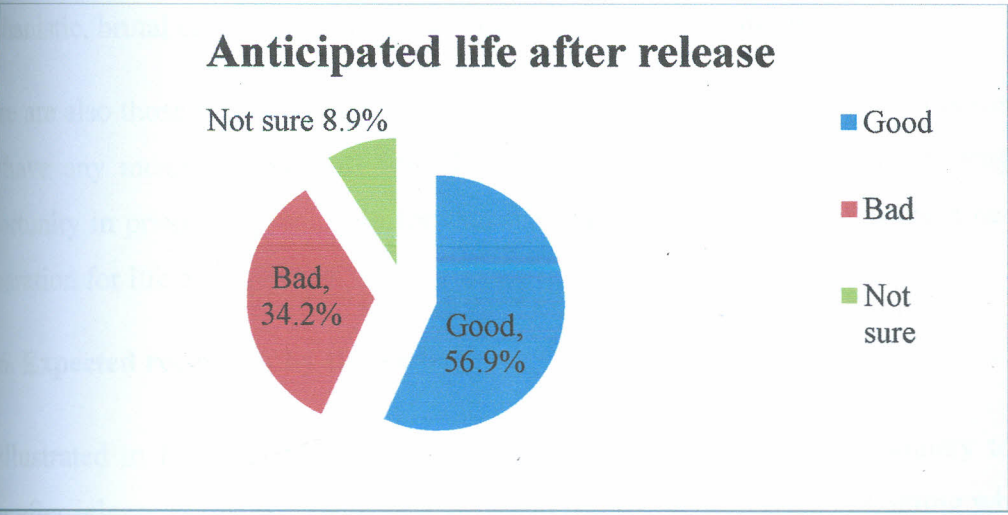


Figure 4. 15: Anticipated life after release.

The finding that most of the respondents (56.9 %) expressed that they expected good life after release might have provided a good opportunity for them to prepare on how to start off life upon release. Findings might probably indicate that offenders would maintain good behaviour in prison thus enabling prisons achieve rehabilitation objective. The finding indicating expectation of good life (56.9 %) however, contradicts a study by Bonta and Gendreau (1990) which found that prisonization process destroys the psychological and emotional wellbeing of offenders. One FGD discussant claimed that:

*“While in prison I have attained grade one in carpentry and joinery, Diploma in theology and certificate in counselling. Equipped with these I believe I am ready to go back to the society as changed person and will be able to start off life. I feel I am prepared for life in the community since the skills I have will be worthwhile to me as I will not have to be a burden to anybody. My only request is for prison administration to look for well wishers who will provide offenders for example, with employment so that when we leave prison we will get some where to start off life”. (FGD, offender)*

The claim by the discussant that he had benefitted from programmes and was ready to go out as a changed person could mean that prisons were rehabilitating offenders but the finding differs with the finding by Mason (1998) that reinforces the notion that prisons are mechanistic, brutal environments that are likely to increase criminality.

There are also those respondents who perceived life outside as bad (34.2%) because they did not have any means to start off life. This might probably mean offenders might use an opportunity in prison to prepare to for that life. They would be ready to learn new skills in preparation for life after release.

#### **4.4.6. Expected reception by the society**

As illustrated in Figure 4.16, respondents indicated they expected the society to welcome them after release (54.4 %), other 27.3 % hoped the society to be unwelcoming while 18.3 % were unsure of how the society will receive them.



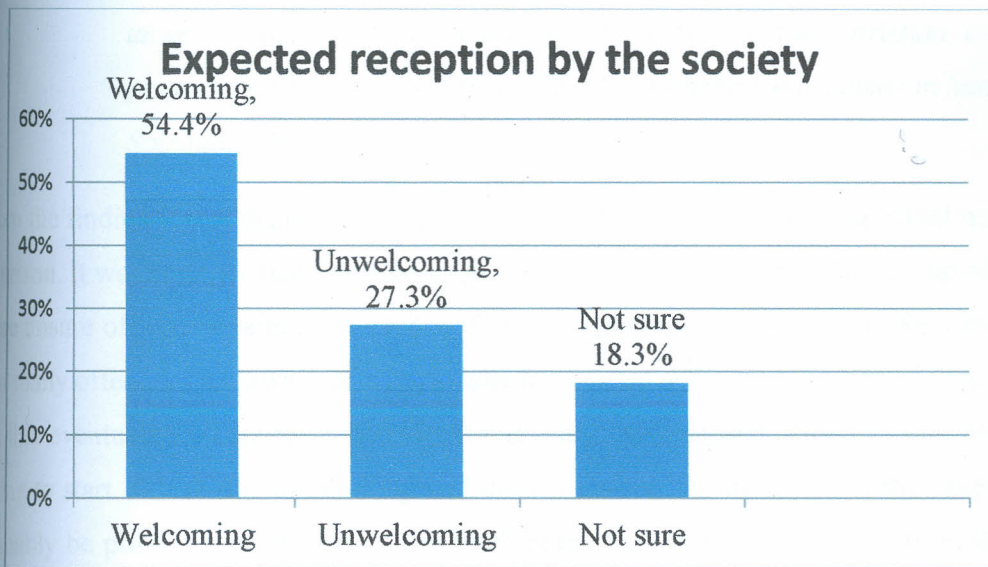


Figure 4. 16: Expected reception by the society.

The majority of the respondents (54.4 %) as seen in Figure 4.16 expected positive reception in the society after release. Quite a big number of offenders indicate that they were expecting good reception in the society. This probably means they were ready to discard their wayward behaviours and reconcile with the victims of their actions. They would probably take rehabilitation serious in preparation for life after release hoping to be ready to start off life (Bandura, 1977). There are also those who expected society to be unwelcoming (27.3%). With such unpromising expectation it could either imply that offenders would be learning new skills to enable them start off life elsewhere or could suffer from depression due to uncertainty on what awaits them. This confirms an assertion by Borzycki and Makkai (2007) that the period of transition from custody to community could be particularly difficult for offenders and contribute to the stress that is associated with being supervised in the community. However, with proper learning offenders would gain skills which would prepare them for life after release. It would be necessary to conduct another study to find out if close supervision of ex-convicts enhances good character maintenance or labelling hence exacerbating reoffending.

One key informant narrated that:

*“I have worked in the prisons chaplaincy for over ten years. I can say that at one given time have I come across an offender expressing expected*

*unwelcoming reception in the society. I believe the Christian counselling, prayers and biblical lessons we have been offering have come in handy". (KII, Spiritual officer)*

From the finding it is indicative that offenders have been able to access spiritual nourishment in prison. It would imply that spiritual services do help offenders. Another group of offenders were unsure of what awaits them 18.3%. This is a smaller group in prison. Results can mean that many offenders are aware of what awaits them after release and would be able to prepare for that eventuality. Also, the respondents indicated that released offenders face hard time in trying to start off life due to labelling and discrimination. As indicated in the study, it would probably be possible that offenders are reoffending due to lack of support from the society. This would occur especially if individuals lack skills to help them earn some living.

#### 4.4.7. Involvement of offenders in planning rehabilitation interventions.

Results as illustrated in Figure 4.17 reveal that 72.7 % of the respondents believed that prison administration did not involve them in planning rehabilitation interventions in prison while 27.3 % said they were involved in planning of the same.

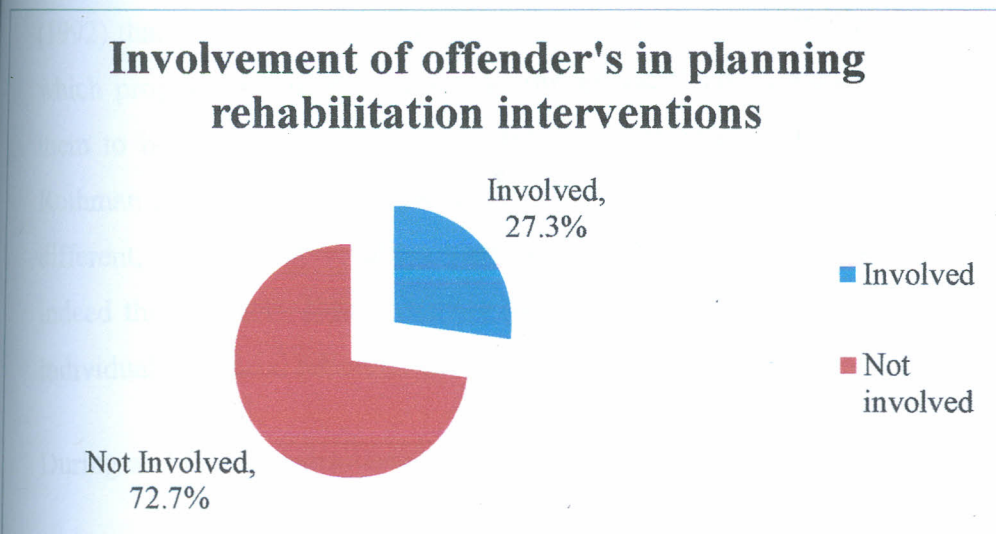


Figure 4.17: Involvement of offenders in planning rehabilitation interventions.

Findings in Figure 4.17 indicate 72.7 % of respondents were not involved in planning rehabilitation interventions in prison and that rehabilitation interventions were generally



applied to all offenders irrespective of their criminogenic needs or offences they committed and were not involved in their grafting. As Tanimu (2010) claims, rehabilitation or recreational activities offenders get engaged in depended on whether they prefer. One FGD discussant viewed that:



*“If we were allowed to choose our preferred programmes we would benefit much. This would be so because we know what we lack and would be able to address our specific needs. With me I was arrested when I was constructing houses although I had no masonry certificate and when I came to prison I thought I could be deployed in building section for training instead I was taken to work in the farm which was of no help to me because I could not add any skill in my former work”. (FGD, offender)*

This indicates that offenders are placed in rehabilitation programmes irrespective of their criminogenic needs. This would imply that offenders were put on programmes would not help them. These findings corroborate Eneku's (2001) study which found that offenders prefer one rehabilitation service or activity to the other. Also, non involvement of offenders on designing rehabilitation interventions led to so many offenders being attached to programmes they were never interested in therefore contradicting a suggestion by Adler (1992) that inmates should voluntarily initiate self-transformation by taking part in deciding which programmes to pursue for acquiring social and vocational skills which will enable them to become productive and normally functioning citizens of the society. A study by Rothman (1980) found a single treatment would not fit all lawbreakers because, they are all different, instead individualised interventions are required, Ramagaga (2009) concludes that indeed there is very little evidence to suggest that anything except the most sophisticated, individually tailored rehabilitation interventions do in fact reduce recidivism.

During an FGD, one discussant expressed that:

*“I was imprisoned to serve ten years for attempted rape by the parents of my former girlfriend. This sentence has taken a great toll on my life yet the best opportunity for learning I was assigned was to be a cleaner. I requested to be allowed to enrol as a KCPE candidate but was declined and one officer told*

*me I was not there to give views regarding my treatment. When I figure out how my life will be after release spells doom because to spend ten years in prison doing nothing meaningful is a waste because I will have learned nothing in particular to help me start off life". (FGD, primary school dropout offenders)*

It is lucid that there are prisoners who are ready and willing to undergo training in prison as they go through imprisonment so as to utilize time well and get skills to enable them prepare for life after prison. If the above finding is anything to go by, many prisoners are wasting away in prison without anything getting meaningful that will help them start off life upon release from prison. It therefore implies that prisons were ill-equipped to rehabilitate prisoners or were reluctant to do the same. What can also be deduced from the study is that there are prisoners ready to undergo training and they were working plans it would mean they could be rehabilitated.

The finding corroborates the study by Maruna (2001) which found that offenders need a rehabilitative institution that considers the positive contribution they can make and how their lives can become useful and purposeful but this finding contradicts assertion by Gendreau, Goggin and Law (1997) that offenders are antagonistic to education, employment and supportive interpersonal relationships and they frequently engage in skewed decision making processes that greatly over-estimate the benefits of antisocial actions. UNODC (2012) reiterates that reintegration is more difficult for offenders with poor basic education and unmarketable skills and those insufficient opportunities for offenders to participate in vocational and educational training make it hard for them to plan for successful and law-abiding return to the community. Spohn, Piper, Martin and Frenzel (2001) suggest that recidivism rates decreased when criminal offenders were offered education and rehabilitation opportunities while incarcerated or under direct supervision of the courts. Offenders should therefore be involved while designing interventions so as to capture their interests a fact which would spur rehabilitation efforts.

There are respondents who agreed were involved in in planning rehabilitation programmes. They believe they were consulted in assignment of rehabilitation plans. This would mean



there were offenders who managed to make inputs in planning their rehabilitation thus getting an opportunity participate in programmes which were helpful to them.

#### 4.5. Role of NGOs in facilitating rehabilitation of offenders

##### 4.5.1. Help from NGOs

Responses in Table 11 indicated 27.9 % of the respondents agreed that NGOs donated soaps, toiletries and medicine; also 13.2 % of them believed that NGOs provided employment to released offenders and 25.9 % of them viewed NGOs as providing tools to offenders while 33.0 % believed they provided training on farming techniques.

Table 11: Help from NGOs

| Services provided by NGOs in prison     | Frequency | Percentage |
|---|-----------|------------|
| Trainings on farming techniques         | 59        | 33.0 %     |
| Providing tools                         | 55        | 25.9 %     |
| Donating soaps, toiletries and medicine | 70        | 27.9 %     |
| Providing employment                    | 28        | 13.2 %     |
| Total                                   | 212       | 100 %      |

As indicated in Table 11, it is evident that inmates benefitted in one way or the other from the NGOs' assistance. Trainings on farm techniques courses were provided by NGOs in prison (33.0 %). Some of the NGOs identified to offer farming techniques include RODI-Kenya. From the findings it is probable that few prisoners benefitted from the farming and theological trainings offered in prison. In provision of employment 13.2 % of the respondents cited NGOs to be sourcing for employment for released offenders. The number is quite small indicating that NGOs were doing little to source for employment for released offenders hence concurring with Lawrence's (2004) claim that those occupational interventions may be

effectively implemented but proves fruitless because of little support in finding employment once ex-offenders are released from prison.

The study also found that NGO's help to offenders is vital and is corroborated by a study by Solomon, Johnson, Travis, and McBride, (2004), which found that the period immediately following release from prison is a challenging time for ex-offenders, as they need to find work, housing, health care, and reconnect with families. It would therefore need proper planning to secure support for released prisoners to enable them get employment and thus start off life successfully.

A significant number of respondents (27.9%) indicated that NGOs did provide donations like soaps and toiletries. Respondents believed that when offenders are supplied with sufficient toiletries and soap then they would be clean hence enabling them to concentrate on rehabilitation programmes. These supplies would probably serve as an incentive to offenders to participate in rehabilitation interventions. Therefore, much rehabilitation would be realized if offenders were provided with more training and sourcing for employment enhanced upon release. Bandura (1977) claims that learning occurs through observation, imitation and modelling of behaviour therefore findings imply that NGOs' help has been helpful to offenders and if it was increased this would go a long way in making rehabilitation of offenders a success.

#### **4.5.2. Prison administration's collaboration with NGO**

Responses in Figure 4.18 reveal that 42.0 % of respondents believed that prison administration was less committed in collaborating with NGOs, other 17.9 % held the opinion that prison administration was not interested in the whole issue of NGOs. However, 35.9 % admitted that prison administration was very committed in incorporating NGOs in offenders' rehabilitation process. The remaining 4.2 % indicated that they did not know.



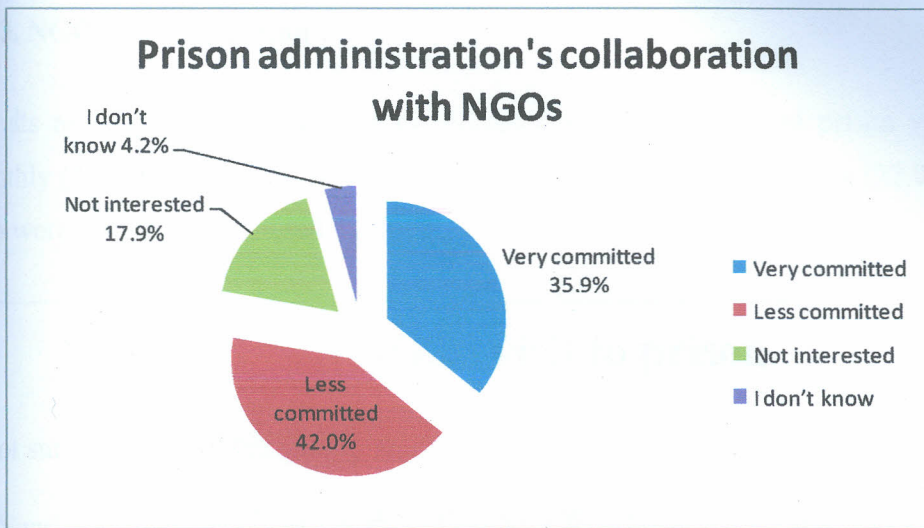


Figure 4. 18: Prison administration's collaboration with NGOs.

Findings in Figure 4.18 reveal that prison administration was less committed in collaborating with NGOs (42.0%). This could imply that prison administration's actions were a challenge to rehabilitation success. NGOs as indicated in the findings provide a lot of help to prisoners ranging from training, donation of toiletries to supplement those provided by prisons but with less commitment by prison administration to welcome NGOs could mean less help reaching prisoners translating to more suffering if prison supplies were insufficient. Kodia (2005) postulated that offenders need assistance at its best in order to survive in prison. Other respondents were of the view that if the prison administration were to encourage more help from NGOs, offenders will gain a lot in terms of provision of personal effects like tissue papers, soaps and toothpastes which are usually not sufficient in prison. Also, some respondents stated that for rehabilitation to succeed, prison administration needs to involve NGOs and other charitable organisations as it will be impossible for prison to go it alone. As Travis, Solomon, and Waul, (2001) claimed, this assistance is vital for rehabilitation and attainment of positive reintegration outcomes within the prison and after the offender's release.

### 4.5.3. NGOs' visit to prison

Results as illustrated in Figure 4.19 indicated that NGOs visited prison yearly (34.0 %), monthly (32.0 %). Others believed they visited prisons on weekly basis (22.0 %) while those who were not sure constituted 11.8 %.

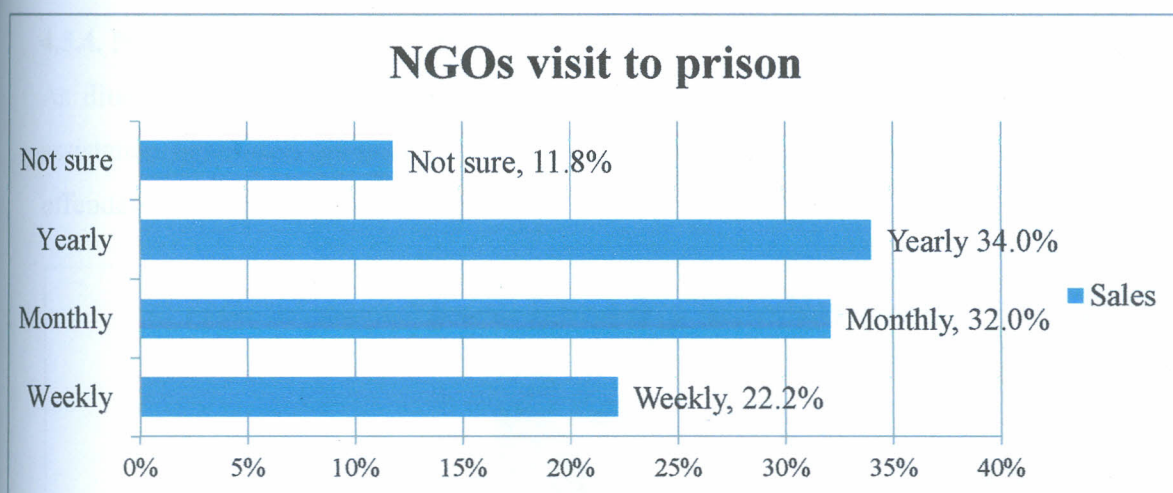


Figure 4. 19: NGOs' visit to the prison.

As indicated in Figure 4.19, those who believed visits were conducted yearly constituted over a third of the respondents (34.0%). With such long time taken by NGOs to visit prison could mean that donations brought were hardly sufficient to impact on rehabilitation process and this could probably be a challenge to rehabilitation efforts especially if the numbers of offenders keep increasing in prisons. Another group of respondents (32.0%) were of the view that NGOs' visits were conducted monthly where they applauded this saying that if it included more NGOs offenders would benefit a lot. Many offenders wanted to participate in trainings offered by NGOs hoping to secure more support upon release. People can learn behaviour or do something if they think it will or will not help them (Bandura, 1977). Some of NGOs cited by respondent to have visited the prison included RODI Kenya which trained offenders on farming techniques and FARAJA which supplied offenders with writing materials. There was also an insignificant group (11.8%) in prison which was unsure on NGOs' visit to prison. From the findings it could mean that NGOs' assistance to offenders was available at least monthly implying that some offenders were benefitting. It could also



mean that with frequent visits offenders would feel valued as human beings hence gaining self-esteem which would then motivate change of character. Respondents agreed that increased visits to prison apart from boosting assistance to offenders will go a long way to making prisons undertake its mandate of rehabilitation therefore preparing offenders for reintegration into society.

#### 4.5.4. NGOs' assistance benefits all offenders

As illustrated in Figure 4.20 below, 72.6 % of the respondents disagreed that the NGOs' assistance benefitted all offenders in prison while 27.4 % agreed it was beneficial to all offenders.

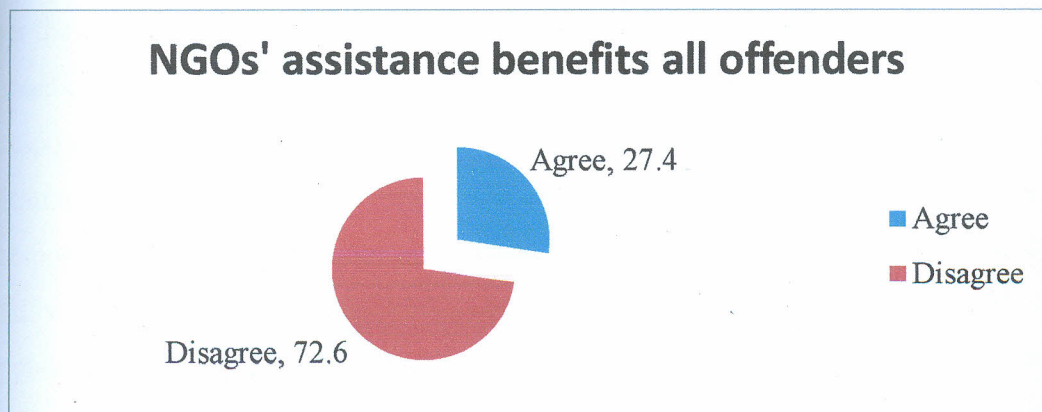


Figure 4. 20: NGOs' assistance to offenders.

From the finding in Figure 4.20, it is evident that those who disagreed that donations benefitted all offenders were the majority (72.6 %). This would indicate that majority of the respondents did not get access to donations from the NGOs thus implying that the help offered was less or it was being diverted by the prison administration. Those who agreed the assistance benefitted all offenders were 27.4 % implying NGOs' assistance was of help to few offenders. Respondents indicated that if it was increased, many needy offenders would benefit. The finding contradicts the assertion by Sarkin (2007) that acknowledges that NGOs have been highly commendable for helping many offenders in prisons. There was suggestion by the respondents for further support from the donor community so as to benefit more offenders if the process of rehabilitation is to become irreversible.

## CHAPTER FIVE

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1. Summary of findings

This section provides summary of the study findings according to the objectives of the study and research questions as follows:-

Most respondents indicated that they belonged to the ages between 18 and 50 years. This age bracket constituted the largest group of people in custody (77.4 %) implying that most people in prison were in their prime ages. It was also evident that half of the respondents (50.0 %) had primary level education. They had primary level education therefore implying that the lower the education the higher the crime rate. It is indicative that there could be a relationship between economic occupation and crime in that those without employment constituted 29.7% of respondents but majority had some form of employment at 70.3 %. This might be an indication that even with employment reoffending does not necessarily come down. Majority of respondents were married (64.1 %) meaning many offenders had families at home who could be suffering for losing their breadwinners, love of their fathers and spouses. Also most respondents (72.7 %) came from families with both parents living probably meaning families in the community had failed to instil moral values to their family members. Also, most of the respondents (66.2 %) were repentant of the offences they committed and which eventually landed them in prison. This could imply that with the heart of remorse offenders could be ready to amend their ways and seek forgiveness from the victims of their acts.

The study found that prison administration had put several rehabilitation interventions in place. These included educational services, vocational training, counselling services and finally religious services which were endorsed as the most encouraging and helpful to offenders in rehabilitation process. Vocational facilities were also identified as the most accessed facilities in prison while church and mosque were most utilized making religious services to be perceived as the best services in the prison.



Challenges identified in rehabilitating offenders include inconsistency in making use of the available interventions. Respondents also revealed a challenge of lack of educational opportunities in prison for offenders who already had basic education and wanted to further the same at the higher level. Prison officers were perceived as poor in rehabilitation process in the prison. A third of the respondents surveyed (35.9 %) believed that social welfare was poor in rehabilitating offenders. This negated their expected role of linking offenders with their relatives at home. Inadequacy of food, Medicare and clothing (46.2 %) was identified as the main challenge to rehabilitation of offenders in prison. These are basic needs which meant that offenders could be going through difficult life in custody. Basic needs determine healthy therefore lack if the same would impede rehabilitation efforts. Also 43.9 % of the respondents indicated that assignment and attendance of rehabilitation trainings was infrequent. This could probably mean that offenders were completing their jail terms without completing rehabilitation syllabuses or getting assigned programmes at all. Offenders were not involved in designing rehabilitation interventions. The study also found that offenders could be going through programmes they never benefitted from or they were not interested in because they were not allowed to choose they wanted to undergo.

NGOs played a vital role in the rehabilitation process by training offenders on farming techniques (33.0 %) providing soaps, toiletries and medicine (27.9 %) to offenders, provided tools (25.9 %) in prison and to released prisoners and sourced for employment to released offenders (13.2 %). Also, findings revealed prison administration was very committed to collaborating with NGOs (35.9 %), less committed (42.0 %), those not interested (17.9 %) and others did not know (4.2 %). About a third of the respondents also indicated that NGOs visited the prison on yearly basis. NGOs visited prison yearly (34.0 %), monthly (32.0 %), on weekly basis (22.0 %) while those who were not sure constituted 11.8 % thus indicating that visits were infrequent. Most NGOs' help did not benefit all offenders as it was insufficient (72.6 %) implying that majority of offenders did not benefit from the NGO's assistance. Those who argued NGO's help benefitted all offenders constituted 27.4 % of respondents probably meaning that the help was insufficient or few offenders benefitted more at the expense of others.

## 5.2. Conclusions

Rehabilitation of offenders is influenced by multiple factors which should be considered to determine effectiveness of rehabilitation interventions targeting offenders. Coherent efforts by the prison administration to implement available interventions such as social welfare services, religious services, vocational training, educational and counselling services consistently are needed so as to help offenders. Majority of respondents felt repentant of the offences they committed and perceived the situation as an opportunity for behaviour change and this could imply that offenders took imprisonment as a good opportunity to help them reflect on their bad behaviours and change for the better.

Identified challenges limiting rehabilitation of offenders include inconsistency in assigning rehabilitation programmes to offenders, irregular attendance of trainings by offenders and assignment of programmes without consideration of individual offenders' criminogenic needs. Secondary education also lacks in prison thus closing opportunities to those who wanted to further their education. In addition, prison administration was accused for less commitment to rehabilitate offenders.

NGOs have done a lot in helping offenders with various services. They provided training on farming techniques, donated toiletries, Medicare and clothing which went a long way to motivate offenders to participate in rehabilitation. NGOs also sourced for employment for released offenders. Prison administration however, was less committed to collaborating with NGOs in rehabilitation process reducing assistance which NGOs could have brought to prison. NGOs also visited the prison infrequently and majority of the respondents did not benefit from the assistance provided by the NGOs.

## 5.3. Recommendations

Based on the findings of the study, prison administration should fully implement rehabilitation programmes such as social welfare services, religious services, vocational training, educational and counselling services consistently so as to benefit offenders.



Prison administration should be more committed in rehabilitation by conducting rigorous needs assessment, regularly assigning rehabilitation programmes to offenders and develop interventions tailored for specific categories of offenders. Secondary education should also be offered in the institution to benefit those offenders already having primary education.

Finally, prison administration needs to improve collaboration with NGOs, encourage them to increase their visits to prison and increase their assistance in sourcing for employment for released offenders so as to benefit more released offenders thus strengthening rehabilitation efforts.

**5.4. Suggestions for further study**

1. Since this study has been carried out in Shikusa Main Prison in Kakamega County, the findings may not be applicable to all prisons in Kenya. The study therefore proposes that similar studies be conducted in other prisons in other parts of Kenya in order to find out the situation in those places and compare results.
2. Because crime is dynamic and becoming sophisticated by day, further study would be necessary so as to come up with new ways of prison management that would be able to handle the ever changing criminal problems. Further study is also needed to understand why some offenders would be happy and never regret even after committing crime and getting imprisoned.
3. Finally, the study concentrated only on the prison-based rehabilitation interventions therefore, it would be necessary for similar study to be carried out in the society to comprehend how reintegration process was handled by the community to enable released offenders start off life and to find out possible causes to their reoffending especially after going through rehabilitation process.

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