

**THE EFFECTS OF PRISONS ON RECIDIVISM: THE CASE OF
NAIVASHA MAXIMUM SECURITY PRISON, KENYA**

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DECLARATION

This project is my original work and has not been presented for a degree in any other University.

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DEDICATION

To my daughter Lindsey.

ACKNOWLEDGEMENT

In the first place, my appreciation goes to the Almighty God for his grace, guidance and protection. He is the only rationale I have reached this far in my quest for academic excellence. I wish to convey my profound gratitude to my supervisor Dr. Namwambah for his guidance from proposal writing to the finalization of the project.

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ABSTRACT

Prisons should control recidivism through incapacitation, deterrence and reformation and rehabilitation of offenders but empirical studies have shown that prisons do not have strong deterrent effect on recidivism. The problem of recidivism is persistence across the globe. This study aimed at examining the effects of prisons on recidivism in Naivasha Maximum Security Prison, Kenya and determine the necessary policy changes to enhance reformation and rehabilitation of prisoners. To achieve this aim, four specific objectives and four assumptions of the study were formulated. The specific objectives were to identify and evaluate the programs used in rehabilitating prisoners at Naivasha Maximum Security prison, to examine the effectiveness of prison rehabilitation programs in Naivasha Maximum Security Prison, to explore the relationship between prisons and recidivism and to determine necessary policy changes towards reduction of recidivism in Kenyan prisons. The study employed descriptive survey research design. The research was both quantitative and qualitative in nature. The study's sample size was 183 documented recidivists for questionnaires who were chosen through stratified random sampling method which is a probability sampling method, 16 key informants who were chosen through purposive sampling method which is a non-probability sampling method and 10 members of focus group discussion who were chosen through purposive sampling method which is a non-probability sampling method. Quantitative data was analyzed using SPSS and interpreted using descriptive statistics and was presented in form of tables, diagrams, frequencies and percentages. Qualitative data was analyzed using content analysis and was presented in form of statements, arguments, direct verbatim and discussions. The study findings were established and compared with other studies which were cited in the literature review. It was established that the rehabilitation programs which were being used in Naivasha Maximum Security Prison were academic programs, vocational programs and life skills training. On recidivism, the results revealed that majority of the recidivists, seventy three percent (73%) were ordinary recidivists and minority of the recidivists, twenty seven percent (27%) were serial recidivists. The study established that prison conditions in Naivasha Maximum Security Prison increases recidivism. For instance, the institution is characterized by ineffective rehabilitation programs, exposure to prison criminal peers, prisonization of convicts and harsh prison conditions characterized by prison gangs, overcrowding and congestion, infectious diseases, degrading clothing and beddings, physical violence, poor sanitation, poor diet sexual abuse and degrading treatment of convicts. The study concluded that prison conditions have an impact on recidivism. The study recommends that the government should ameliorate prison conditions and ensure that they are favorable to reformation and rehabilitation of convicts. Further studies should be carried out on the linkage between cost-effective prison funding model and prison conditions.

TABLE OF CONTENTS

DECLARATION.....	ii
DEDICATION.....	iii
ACKNOWLEDGEMENT.....	iv
ABSTRACT.....	v
TABLE OF CONTENTS	vi
LIST OF TABLES	x
LIST OF FIGURES	xi
OPERATIONAL DEFINITION OF TERMS.....	xii
ABBREVIATIONS AND ACRONYMS.....	xiii
CHAPTER ONE: INTRODUCTION.....	1
1.1 Background to the study.....	1
1.2 Statement of the problem	4
1.3 Objectives of the study.....	6
1.3.1 General objective.....	6
1.3.2 Specific objectives	7
1.4 Assumptions of the study	7
1.5 Justification and significance of the study	7
1.6 Scope of the study	8
1.7 Limitations and delimitation of the study.....	9
CHAPTER TWO: LITERATURE REVIEW AND THEORETICAL	
FRAMEWORK	10
2.1 Introduction	10
2.2 Programs used in rehabilitating prisoners in Kenya.....	10
2.2.1 Vocational training program.....	10
2.2.2 Educational program.....	12
2.2.3 Spiritual development program	13
2.2.4 Guidance and counselling program	15
2.3 Effectiveness of rehabilitation programs.....	16
2.3.1 Factors undermining the effectiveness of rehabilitation programs	19

2.4 Prisons promoting recidivism.....	24
2.4.1 Prison criminal peers	24
2.4.2 Prison overcrowding.....	25
2.4.3 Inhuman treatment of convicts	27
2.4.4 Prisonization	28
2.4.5 Ineffective rehabilitation programs	28
2.5 Measures to reduce recidivism in prisons	30
2.6 Effects of imprisonment on recidivism	31
2.7 Theoretical framework	33
2.7.1 Reformative theory of punishment	33
2.7.2 Incapacitation theory of punishment	34
CHAPTER THREE: RESEARCH METHODOLOGY	36
3.1 Introduction	36
3.2 Research design.....	36
3.3 Site of the study.....	37
3.4 Target population	39
3.5 Sample size determination	39
3.6 Sampling techniques	41
3.7 Data collection procedures and techniques	43
3.7.1 Document review.....	43
3.7.2 Questionnaires	43
3.7.3 Key informant interviews	44
3.7.4 Focus group discussion.....	45
3.8 Instruments of data collection	45
3.9 Pre-testing of research instruments	46
3.10 Validity of research instruments	47
3.11 Reliability of research instrument	47
3.12 Data analysis and presentation	48
3.13 Ethical considerations	49

CHAPTER FOUR: DATA ANALYSIS AND PRESENTATION OF RESULTS.....	50
4.1 Introduction	50
4.2 Response rate for questionnaires.....	50
4.3 Recidivism.....	51
4.4 Rehabilitation programs used in Naivasha Maximum Security Prison.....	52
4.4.1 Types of rehabilitation programs undertaken by convicts.....	53
4.4.1.1 Academic programs	53
4.4.1.2 Vocational training.....	54
4.4.1.3 Life skills training	55
4.4.2 Number of convicts who had undertaken rehabilitation programs at Naivasha Maximum Security Prison.....	57
4.4.2.1 Reasons for not undertaking rehabilitation programs.....	58
4.4.3 Choice of rehabilitation programs	59
4.4.4 Usefulness of knowledge and skills gained from rehabilitation programs in the context of convicts.....	61
4.5 Effectiveness of rehabilitation programs in Naivasha Maximum Security Prison ..	64
4.5.1 Effectiveness of rehabilitation programs in the context of convicts	64
4.5.1.1 Convicts views on how prison officers reformed and rehabilitated them	64
4.5.2 Effectiveness of rehabilitation programs in the context of key informants.....	71
4.6 Prison environment and recidivism.....	74
4.7 Necessary policy changes towards the reduction of recidivism.....	81
4.8 Relevance of study findings to assumptions of the study	84
CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS ...	86
5.1 Introduction	86
5.2 Summary	86
5.2.1 Recidivism.....	86
5.2.2 Rehabilitation programs used in Naivasha Maximum Security Prison.....	86
5.2.3 Effectiveness of rehabilitation programs in Naivasha Maximum Security Prison	87
5.2.4 How prison environment promotes recidivism	87
5.2.5 Necessary policy changes towards the reduction of recidivism.....	88

5.3 Conclusion.....	89
5.4 Recommendations	90
5.5 Areas for further studies	91
REFERENCES.....	92
APPENDICES	98
Appendix I: Questionnaire for Convicts	98
Appendix II: Key Informant Interview Guide.....	102
Appendix III: Focus Group Discussion Guide.....	103
Appendix IV: Research Workplan	104
Appendix V: Research Budget.....	105
Appendix VI: Approval of Research Project Proposal	106
Appendix VII: Introduction letter from Kenyatta University to National Commission for Science and Technology	107
Appendix VIII: Research License	108
Appendix IX: Authorization Letter	109

LIST OF TABLES

Table 3.1: Target population.....	39
Table 3.2: Sample size	41
Table 4.1: Response rate for questionnaires	51
Table 4.2: Recidivism	52
Table 4.3: Reasons for not having undertaken rehabilitation programs	58
Table 4.4: Views of convicts on how the skills and knowledge gained from undertaking rehabilitation programs would be useful to them after release from prison...62	
Table 4.5: Convicts views on why the programs were not effective	69
Table 4.6: Prison environment and recidivism	75
Table 4.7: Measures suggested by key informants on reduction of recidivism.....	82
Table 4.8: Relevance of study findings to assumptions of the study.....	85

LIST OF FIGURES

Figure 2.1: Conceptual framework	35
Figure 3.1: Map showing the location of Naivasha Maximum Prison	38
Figure 4.1: Types of rehabilitation programs undertaken by convicts	53
Figure 4.2: Academic program areas	54
Figure 4.3: Vocational training areas.....	55
Figure 4.4: Life skills training areas	56
Figure 4.5: Number of convicts who had undertaken rehabilitation programs at Naivasha Maximum Security Prison.....	57
Figure 4.6: Choice of rehabilitation programs	59
Figure 4.7: Convicts level of satisfaction on how prison officers reformed and rehabilitated them.	65
Figure 4.8: Convicts views on effectiveness of rehabilitation programs.....	68

OPERATIONAL DEFINITION OF TERMS

Maximum Security Prison: An institution with enhanced level of security that confines offenders who are regarded as being very dangerous to the society and state by depriving off their personal freedom.

Prison: An institution where offenders are confined physically and are deprived off their personal freedom.

Recidivism: A return to crime by an ex-prisoner after serving the initial sentence.

Initial sentence: Punishment accorded to a recidivist by a judge or magistrate when he or she was convicted for the first time.

Recidivist: An offender who continues to commit crimes despite being punished.

Reformation: Making convicts to relinquish their criminal behavior through punishing them and also offering them therapy and training so that they can be law abiding members of the society.

Rehabilitation: Restoring ex-convicts to normal life after having been punished so that they can re-integrate into the society as law abiding members of the society.

Incarceration: Is a synonym for imprisonment. A state of being confined in prison serving a sentence.

Documented recidivists: Offenders have been reconvicted and appear in the government records as recidivists.

Serial recidivist: An offender who has been convicted three or more times.

Ordinary recidivist: An offender who has been convicted not more than two times.

ABBREVIATIONS AND ACRONYMS

A1	Assumption one
A2	Assumption two
A3	Assumption three
A4	Assumption four
AIDS	Acquired Immuno Deficiency Syndrome
HIV	Human Immunodeficiency Virus
K.N.B.S	Kenya National Bureau of Statistics
KPS	Kenya Prisons Service
NMSP	Naivasha Maximum Security Prison
NMSPFGDM	Naivasha Maximum Security Prison Focus Group Discussion Member.
NMSPKI	Naivasha Maximum Security Prison Key Informant
SPSS	Statistical Package for Social Sciences
USA	United States of America

CHAPTER ONE

INTRODUCTION

This chapter presents background to the study, statement of the problem, objectives of the study that is, general objective and specific objectives, assumptions of the study, justification and significance of the study, scope of the study and limitations and delimitations of the study.

1.1 Background to the study

Recidivism as a term has been prevalent in the language of security for a very long time. It has a history from this point. Relatively, the word was coined from Latin words *re* which means “back” and *cadere* which means “to fall” literally meaning “to fall back”. It refers to a return to crime by an ex-prisoner after serving the initial sentence. This term is also defined as reconviction or reoffending. Recidivists refer to ex-prisoners who reoffend despite being punished (Maltz, 2001).

A prison is an institution that confines offenders remanded in custody by a judge or offenders who have been convicted for a crime by depriving off their liberty. A prisoner is an offender who has been confined in prison as a punishment for committing crime or an offender who has been confined in prison awaiting trial (Scott, 2007). According to Mahoney (2005), prisons perform four major functions. These functions are retribution, incapacitation, deterrence and reformation and rehabilitation of offenders. Retribution involves depriving offenders of their liberty by ensuring that the punishment they receive is proportional to the offence committed (Bennet, 2013). Incapacitation involves removing high risk offenders from the society by confining them in prison in order to disable them either permanently or temporarily from committing further crimes or

harming members of the society (Blokland & Nieuwbeerta, 2007). Deterrence aims at discouraging potential misdeed by making the outcomes of criminal behavior unpleasant that individuals are unlikely to take part in such actions. (Cullen & Gendreau, 2000). Reformation and rehabilitation of offenders in prisons involves offering offenders educational programs, vocational training and therapeutic programs which are aimed at controlling recidivism (Ashworth, 2006).

The word imprisonment was coined from latin word “prensio” literally meaning “to seize”. Imprisonment means the state of being confined in a prison. Imprisonment is a form of punishment which is awarded by a court of law to an offender. It is the most common and severe type of punishment imposed by courts globally. It is usually imposed on offenders who commit crimes which can neither be justified by fines nor a community sentence. Such crimes include; murder, manslaughter, rape, arson, grievous harm among others. Sentence length depends on the gravity of the offence and the maximum sanction for the crime authorized by law. It is also awarded as an alternative to petty offenders who cannot afford to pay fines (Scott, 2007).

The effects of imprisonment on recidivism is multifaceted. For instance, high rates of imprisonment lead to increased crime rates in the society. Increased crime rates can result in higher rates of recidivism as a large number of offenders may encounter much the same challenges after release from prison potentially resulting in repeat offences attributable to re-entry difficulties such as finding housing and employment (Morgan & Oudekerk, 2018). Imprisonment leads to existence of hardened offenders in the society through the detrimental effects of the prison environment contributing more to persistence in crime and less in desistance to crime. These offenders continue to commit

criminal activities despite being punished resulting in a cycle of recidivism (Lippke, 2008). Imprisonment leads to overcrowding in prisons because offenders are arrested and rearrested for their habitual involvement in criminal activities. Due to overcrowding, it becomes a challenge for prisons to provide effective reformation and rehabilitation programs making offenders to be discharged unreformed thus increasing their propensity to reoffend (Drago, Galbiati, & Vertova, 2011). Imprisonment leads to disruption of family life by causing separation, emotional distress and financial strain. Disruption of family life hinders social adaptation and increases the probability of misconduct. This can result in increased stress and reintegration difficulties potentially contributing to reoffending. (Gebhard, 2016).

Imprisonment has influenced recidivism globally. For instance, in Russia, strzelecki (2019) established that the prison recidivism rate in 2018 was 60% for offenders released from prison. In Canada, Lynn, Wilton, Baglole and Miller (2019) established that the prison recidivism rate was 37% within one year, 45% within two years and 50% within three years for offenders released from prison. In Brazil, Messias and Moraes (2019) established that the prison recidivism rate in 2018 was 70% for offenders released from prison.

Imprisonment has also influenced recidivism in Africa. For instance, in South Africa Karrim (2018) established that the prison recidivism rate rose from 90% in 2017 to 94% in 2018. In Nigeria, Alamu and Makinde, (2018) established that there was a significant increase in prison recidivism rate from 37.3% in 2015 to 52.4% in 2018 for offenders released from prison. In Ghana, Glover, Obodai, Forkuor and Abaitey (2018) established

that the prison recidivism rate rose from 23% in 2013 to 24% in 2016 for offenders released from prison.

Imprisonment has also influenced recidivism in East Africa. For instance, in Rwanda, Abdun (2017) established that the prison recidivism rate in 2016 was 36% for offenders released from prison. In Uganda, Forry, Kirabira, Ashaba and Rukondo (2019) established that the prison recidivism rate in 2018 was 30% for offenders released from prison. In Kenya, K.N.B.S (2019), established that the prison recidivism rate rose from 47% in 2017 to 63% in 2018 for offenders released from prison. The studies discussed above shows that despite imprisonment, individuals recidivates. It would be crucial to conduct this study and examine the effects of prisons on recidivism and determine necessary policy changes to enhance reformation and rehabilitation of prisoners in Kenya.

1.2 Statement of the problem

Prisons should control recidivism through incapacitation, deterrence, reformation and rehabilitation of offenders. However, there is a worrying trend globally and in Kenya that, prisons grapple with a substantial challenge of recidivism resulting in a cycle of reoffending and total cost to society. Notably, recidivism can stem from various factors. However, there is lack of clarity on reformation and rehabilitation of convicts whether prisons take into account that, specific prison conditions such as prison criminal peers, prison overcrowding, inhuman treatment of convicts, prisonization and ineffective rehabilitation programs largely contribute to recidivism.

Recidivism has been attributed to prison criminal peers. Exposure of petty offenders to hardcore criminals with similar criminal background promotes criminal learning behind bars and formation of criminal networks that escalates peer effects. These criminal networks facilitate their engagement in crime even after their release from prison leading to higher rates of reoffending. Prison overcrowding has also been blamed for recidivism. Overcrowded prisons fail to provide adequate space and resources for rehabilitation programs therefore restricting opportunities for convicts to address the root causes of their criminal behaviors. This makes convicts to leave prisons unreformed hence increasing their propensity to reoffend after release. Recidivism has been attributed to inhuman treatment of convicts. Subjecting convicts to inhuman treatment hinders reformation and rehabilitation efforts because convicts become unreceptive to programs due to despair. This destroys them psychologically contributing more to persistence in crime and less in desistance to crime. This can bring about post traumatic stress disorder which can hinder them from reintegrating into society after release from prison hence increasing their risk of reoffending. Prisonization has also been blamed for recidivism. Long prison sentences make convicts to assimilate the prison context causing institutional dependence. This destroys their emotional and psychological well-being because they lose judgment to make decisions and capacity to initiate behavior on their own. When released from prisons, they commit further crimes and fail to adjust to life outside prison because they feel that life in prison is more desirable. Recidivism has been attributed to ineffective rehabilitation programs. Ineffective rehabilitation programs are designed and implemented poorly and in this case, they fail to address the underlying causes of criminal behavior. When programs fail to address issues such as mental health issues,

lack of education, substance abuse, unemployment among others, convicts leave prisons unreformed thus increasing their propensity to reoffend.

Studies that have been done on effects of prisons on recidivism centered mainly on prison conditions such as overcrowding, security level placement, death in prisons and prison severity neglecting other prison conditions such as prison criminal peers, inhuman treatment of convicts, long prison sentences and ineffective rehabilitation programs. However, in Naivasha Maximum Security prison, none of the studies has been done on effects of prisons on recidivism. Therefore, the study's research problem was that although prisons have a strong influence on recidivism, there is lack of robust data on the disparity in the effectiveness of prisons in reducing reoffending. That is, exploring whether prisons deter crime or they contribute to recidivism centering on specific prison conditions such as prison criminal peers, prison overcrowding, inhuman treatment of convicts, prisonization and ineffective rehabilitation programs. Due to tenacity of the problem, the study sought to examine the effects of prisons on recidivism in Naivasha Maximum Security Prison, Kenya and determine the necessary policy changes to enhance reformation and rehabilitation of prisoners.

1.3 Objectives of the study

1.3.1 General objective

The aim of the study was to examine the effects of prisons on recidivism in Naivasha Maximum Security Prison, Kenya and determine the necessary policy changes to enhance reformation and rehabilitation of prisoners.

1.3.2 Specific objectives

The following objectives guided the study;

1. To identify and evaluate the programs used in rehabilitating prisoners at Naivasha Maximum Security Prison, Kenya.
2. To examine the effectiveness of prison rehabilitation programs in Naivasha Maximum Security Prison, Kenya.
3. To explore the relationship between prisons and recidivism.
4. To determine necessary policy changes towards the reduction of recidivism in Kenyan prisons.

1.4 Assumptions of the study

1. Either the programs rehabilitating prisoners are inadequate or not in line with the mindset of the prisoners.
2. The rehabilitation programs in Maximum prisons lack effectiveness in the context of the prisoners.
3. The cruel prison environment promotes or reduces recidivism.
4. There is need to overhaul prison policies in order to reduce recidivism.

1.5 Justification and significance of the study

Prisons have a significant influence on recidivism. This knowledge is important in rehabilitation as it helps in identifying specific prison conditions such as, prison criminal peers, prison overcrowding, inhuman treatment of convicts, prisonization and ineffective rehabilitation programs that may result in recidivism. Studying effects of prisons on recidivism is pivotal for evidence-based policy making, resource allocation and ultimately enhancing public safety by understanding the factors that contribute to

reoffending and how to reduce it. The study established that recidivism is a persistent problem in Kenyan prisons. Unless the underlying issues that contribute to recidivism are addressed, this can lead to a cycle of reoffending. Because of this, I find the study justified.

It is expected that the study findings will add value to prisons on how to improve prison conditions based on the fact that prisons conditions have an impact on recidivism. It is also expected that prisons will benefit from the study findings by apprising effective reformation and rehabilitation programs by tailoring interventions to the needs of the convicts. It is expected that the study findings will contribute to knowledge and serve as literature review for future academicians on studies related to effects of prisons on recidivism. It is also expected that policy makers will use the study findings in enhancing reformation and rehabilitation of offenders in Kenya. It is expected that the study findings will enrich the current knowledge on reformatory theory and incapacitation theory hence laying a foundation for further research by other scholars and researchers. It is also expected that the study findings will be of great benefit to the offenders. This is because when reformation and rehabilitation of offenders is enhanced, recidivism will reduce. This will lead to sustainable livelihoods of offenders after release from prison. It is also expected that the study findings will benefit the society from reduction in crime rates and equitable system resulting in increased public safety.

1.6 Scope of the study

The study was carried out in Nakuru County at Naivasha Maximum Security Prison. It investigated the effects of prisons on recidivism. The study covered male offenders serving prison sentences in the institution following reoffending. Specifically, the study

sought to investigate specific prison conditions such as prison criminal peers, prison overcrowding, inhuman treatment of convicts, prisonization, ineffective rehabilitation programs and the link between them and recidivism. The study also sought to identify the programs used in rehabilitating prisoners at the institution. The study also sought to investigate the relationship between prison environment and recidivism. The study also sought to investigate measures to reduce recidivism.

1.7 Limitations and delimitations of the study

Due to Limited time frame for data gathering and analysis, the study's breadth and depth was curtailed and the focus of the study was on documented recidivists. The study findings cannot be generalized to non-recidivists. Due to restricted access to data, the study did not involve courts as one of the components of criminal justice system. The input of the courts would have enriched the study findings because they are responsible for overcrowding in prisons. Based on the fact that overcrowding being one of the prison conditions has an impact on recidivism. Prisons are overcrowded because courts use prisons to detain remand prisoners and to confine petty offenders who are unable to pay fines. Due to limited funding, the researcher did not afford to upgrade to more efficient or newer software and so only basic version of SPSS was used in data analysis.

CHAPTER TWO

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1 Introduction

This chapter presents a comprehensive description of central themes under which the study's literature review was conducted. These includes: programs used in rehabilitating prisoners in Kenya, effectiveness of rehabilitation programs, factors undermining the effectiveness of rehabilitation programs, prisons promoting recidivism, measures to reduce recidivism and effects of imprisonment on recidivism. It also presents theoretical framework of the study. The study was guided by reformative theory of punishment and incapacitation theory of punishment. Conceptual framework of the study is also presented in this chapter.

2.2 Programs used in rehabilitating prisoners in Kenya

The core function of Kenya Prisons Service is reformation and rehabilitation of offenders. K.P.S employs a number of intervention mechanisms by providing purposeful activities for convicts which challenges their behavior of offending. K.P.S has embarked on various programs aimed at reforming and rehabilitating offenders. These programs include; educational program, vocational training program, spiritual development program, guidance and counselling program ((K.P.S, 2018).

2.2.1 Vocational training program

KPS offers vocational training program to the convicts and they include; building and construction, embroidery, spray painting and polishing, carpentry, basket making, panel beating, metalwork and welding, masonry, shoe shine and repair, electronic repair,

upholstery, tailoring, crocheting, art and sculpture, number plate making, leatherwork, motor vehicle mechanics among others. Upon completion of various courses by convicts while serving their jail terms, they are awarded certificates. The program aims at reducing recidivism by making sure that convicts are trained in useful skills which are needed for specific jobs and industries. These skills would help convicts to be self-employed or secure jobs after their release from prison (K.P.S, 2018).

Vocational training program provides convicts with opportunities for engaging themselves in fruitful pursuits while incarcerated. For instance, convicts in various prisons across the country make different types of furniture such as beds, sofa sets, cabins, coffee tables, benches and chairs among others. Convicts are also involved in handcraftsmanship and they apply decorative arts to make various textile arts, metalwork, jewelry, glassware and ceramic pieces. The products made by convicts from furniture, embroidery, metalwork, beadwork, crafts among others can be bought by the general public in Prisons Headquarters showroom at Nairobi. According to prison reforms, the money collected from the sale of products made by convicts is supposed to be shared between the government and the convicts but this has not been implemented. All car number plates in Kenya are made by convicts from Kamiti Maximum Security Prison under tight security. The colour, design and material on which a number plate is inscribed are prescribed by the law (K.P.S, 2018). According to Sikasa (2015), the challenges hindering effective vocational training programs in Kenyan prisons is shortage of funds for training, lack of modern equipment and machines in their workshops and industries which makes convicts to be released from prison when they are unsuited for competitive job market due to technological advancements.

Convicts are also engaged in farming activities in prison farms. The activities include; crop production, livestock production, production of fruit tree seedlings among others. Prison farms supply sufficient food in prisons which is used to feed the convicts and the labor is provided by the convicts. Farming equips convicts with skills in areas such as food security, self-reliance and poverty reduction. (K.P.S, 2018). Lang'at (2016) observed that the major challenge faced by prison farms is shortage of funds for buying farm inputs.

According to Mbatha, Kerre, Ferej and Kitainge (2019), the reoffending rate for convicts who undertook vocational training programs while incarcerated was lower than for those who did not participate because they secured employment after discharge from prison. Although many studies have evaluated vocational training program as a program used in rehabilitating prisoners in prison, there is a research gap on barriers to offender participation in vocational training programs. The study aims to explore what hinders offenders from participating in vocational programs in prison.

2.2.2 Educational program

Kenya Prison Service offers academic programs for primary, secondary and tertiary education to convicts who are incarcerated for very serious offences and have been sentenced for long duration. The curriculum offered in prison is the same as the one offered in ordinary schools. Convicts who are enrolled in primary and secondary education sit for National Examinations upon completing their highest levels. The professional courses for tertiary education offered by KPS include; certificates and diplomas in information and communications technology, accounts, theology and Secretarial studies (K.P.S, 2018).

Those entering prisons have low levels of education. The educational program aims at equipping the convicts with knowledge and skills which can help them increase their literacy level, build self-confidence and secure employment after discharge from prison. Those who are entrusted with the duty of instilling knowledge and skills to convicts are guided by the philosophy that beliefs, behavior and attitude can be rectified and that literate human beings are competent of advancing to top level of consciousness (K.P.S, 2018). According to Mwangi (2017), educational program offered in prisons help in lowering recidivism rates and increasing post release employment. 40% of convicts from Kiambu county who undertook prison educational program were unlikely to return to penal institutions. The scholar further established that the challenges hindering provision of effective educational program in prisons were; shortage of funds to run the program, shortage of teaching staff, lack of laboratories and libraries and lack of conducive learning environment which was characterized by violence among prisoners, torture by prison officers, availability prison gangs who disrupted learning and controlled alcohol and drugs in prison. Despite extensive studies on educational programs offered in prisons, there is a research gap on challenges of tailoring programs to the needs of offenders. The study aims to explore whether there are specialised education programs in prison for offenders with learning disabilities.

2.2.3 Spiritual development program

In Kenya Prisons Service, chaplaincy plays a vital role in rehabilitating prisoners. Chapter one Cap 32 of the 2010 Constitution of Kenya provides right to freedom of religion. Convicts also have rights to freedom of religion. This is implemented by having chaplaincy as an institution within the prison which provides spiritual care to convicts

during their jail terms. KPS has a chaplaincy for muslim, protestants and catholic faiths (K.P.S, 2018).

According to K.P.S (2018), chaplaincy aims at ensuring that recidivism is reduced by rehabilitating the morals of the convicts through pastoral care. The chaplains are usually involved in administering religious programs to convicts, facilitating religious education, leading religious services and advising convicts on spiritual, ethical and moral concerns

According to Wambugu (2014), convicts who participated in spiritual development programs in prison had changed their morals. This is because the program helped them in reconstructing their life by developing their self acceptance and self esteem and in forgiving other people through confession and contrition.

According to Mokuu, Kilonzo and Gumo (2019), the effectiveness of spiritual development programs in Kenyan prisons is hindered by lack of professional training in theology by the chaplains, lack of facilities like mosques and churches in prisons which has led convicts to attend religious services outside rather in a building which affects their concentration and low work morale among chaplains due to poor terms and conditions of work such as low salaries and dilapidated housing. While enormous studies have evaluated spiritual development program as a program used to reform and rehabilitate offenders in prison, there is a reseach gap regarding the effectiveness of spiritual development program in reducing prison misconduct.The study aims to explore the effectiveness of spiritual development programs in reducing prison misconduct.

2.2.4 Guidance and counselling program

Kenya Prisons service offers guidance and counseling programs to convicts. This is carried out by professional workers who provide psychological and social support to convicts through individual or group therapy. KPS is also collaborating with some Community Based Organizations to improve the psychological well-being and mental health of the convicts and one of these organizations is Psychiatric Disability Organization of Kenya. (K.P.S, 2018).

Guidance and counseling program aims at providing counseling on mental health to convicts, educating them about stress handling, anger management and cognitive psychology. Convicts are also counseled on taking responsibility for the crimes they had committed, to reform and engage in productive activities upon release (K.P.S, 2018).

According to Sikasa (2015), convicts who participated in guidance and counseling programs in prison had changed their behavior. They were able to cope with triggers of delinquency such as drug and substance use, anger, deviant peers which had influenced them in committing the crimes they had been convicted of.

The effectiveness of guidance and counseling programs in Kenyan prisons is hindered by shortage of professionals such as psychologists, counselors and psychiatrists. This has affected convicts with mental disorders because of failure to meet their criminogenic needs. Their mental condition makes them to become resistant to reformation programs offered in prisons hence making them to be discharged unreformed (Anyango, 2017). Despite extensive research on guidance and counseling programs offered in prisons, there is a research gap regarding the attitude of prison officers towards guidance and

counseling programs offered in prisons. The study aims to explore the perceptions and attitudes of prison officers towards guidance and counseling programs offered in prison

2.3 Effectiveness of rehabilitation programs

According to Antonowicz and Ross (1994), multifaceted programs form an indispensable part of rehabilitation. This is because they focus on addressing criminogenic needs of offenders by amalgamating various interventions such as cognitive, physical, social and psychological aspects to match specific needs of an individual offender. This is supported by Lipsey (1991) that multifaceted programs enhance the effectiveness of rehabilitation programs by acknowledging that rehabilitation does not involve physical recovery alone but also addresses emotional, social and mental well-being of the offenders. Numerous studies have examined how multifaceted programs enhances the effectiveness of rehabilitation programs leaving a research gap in understanding the effectiveness of multifaceted interventions in comparison to single faceted interventions. The study aims at exploring whether multifaceted interventions are more effective than single-faceted interventions.

Morago (2006), established that evidence-based interventions and best practices in rehabilitation enhance the effectiveness of rehabilitation programs. This ensures that the programs are based on exhaustive research rather than depending entirely on personal experience and anecdotal evidence. This also ensures the programs have explicit goals and objectives which are quantifiable and achievable. This also ensures that the effectiveness of the program is assessed through monitoring and evaluation and necessary adjustments are made. This is supported by Evans and Upton (2015) who argue that evidence-based programs should encompass collaboration among experts, professionals

and stakeholders to guarantee comprehensive and effective services. Programs should be tailored to specific needs of each individual acknowledging that rehabilitation is a customized process. Numerous studies have examined how evidence-based programs enhance the effectiveness of rehabilitation programs but little is known about how they are implemented. The study aims at exploring the complexities involved in implementation of evidence-based programs.

Odeng (2018), established that sufficient funding enhances the effectiveness of rehabilitation programs because it enables effective allocation of resources by prisons. This ensures that offenders have access to critical services like therapy, vocational and educational training, counseling, medical care among others. The scholar further argues that, sufficient funding facilitates hiring and training of competent professionals such as social workers, therapists and counselors who are vital in provision of quality rehabilitation services. This is supported by Kariji (2017) who established that sufficient funding plays a pivotal role in establishing and maintaining infrastructure and equipment for rehabilitation. Funds are also used to finance research and innovation which are pivotal in advancement of rehabilitation practices. Despite numerous studies on how sufficient funding enhances the effectiveness of rehabilitation programs, research on cost-effective prison funding model remain unexplored creating a research gap. The study aims to explore how the current cost-effective prison funding model is effective in reducing recidivism and improving prison conditions.

According to Mossiere and Serin (2014), the effectiveness of rehabilitation programs is influenced by offenders' willingness to take part in rehabilitation programs. Motivation and engagement are pivotal in successful rehabilitation as they enable offenders to

actively take part in their recovery resulting in enhanced outcomes and lasting change. This is supported by Wressle, Olofsson, Marcusson and Henrikson (2002) who established that when offenders are motivated and engaged, they are more probable to show up for sessions, take prescribed drugs and comply with prescribed conduct. Engagement and a sense of belonging in the rehabilitation process can result in enhanced outcomes inclusive of reduced recidivism rates, enhanced capabilities and improved well-being. Rehabilitation programs that promote motivation and engagement help offenders develop self-confidence, perseverance and accomplish their goals. Existing studies centers on motivation and engagement as the only factors that foster offender's willingness to take part in rehabilitation programs leaving other factors unexplored presenting a research gap. The study aims at exploring other factors fostering offender's willingness to take part in rehabilitation programs.

Chrissy, Geert, Jessica, Anne and Peter (2013) established that aftercare programs enhance the effectiveness of rehabilitation programs by offering continued support services such as counseling, therapy and peer support groups to ex-convicts. Aftercare programs ease the transition of ex-convicts into community by connecting them with opportunities for employment, housing, support networks, resources and tools among others. Aftercare programs improve the quality of life of ex-convicts. According to Bouffard and Bergeron (2006), ex-convicts who participate in aftercare programs have higher chances of maintaining long term sobriety than those who do not. Existing studies only focuses on how aftercare programs enhance the effectiveness of rehabilitation programs leaving the cost effectiveness of aftercare programs unexplored creating a

research gap. The study aims at exploring whether the current aftercare programs are cost effective.

2.3.1 Factors undermining the effectiveness of rehabilitation programs

The effectiveness of rehabilitation programs in prisons is undermined by shortage of funds to facilitate their implementation. For instance, Muteti (2016), carried out a study in Kenya and established that insufficient funding hinders the effectiveness of reformation and rehabilitation programs offered by Kenya Prisons service. Due to insufficient funding, it becomes difficult to procure materials which are needed for vocational training and education program, to procure modern equipment in workshop and industries and to cater for training and development of skills in different fields. Another study conducted in United States of America by Lambert (2001) established that shortage of funds for salaries in prisons prevents resourcing, recruiting and retaining experienced and qualified staff such as counselors, psychologists and psychiatrists. This leads to recruitment of inexperienced staff who are paid low remuneration. Low remuneration combined with a stressful working environment diminishes staff motivation. This makes them fail in developing appropriate borderline of interaction with the convicts. They experience burn out and within a short period of time, they resign. This results to persistent staff turnover. Burdon, Farabee and Prendergast (2002) further argue that, the challenge of recruiting and retaining professional staff has a negative impact in reforming and rehabilitating offenders. For instance, due to staff turnover, it becomes difficult for convicts with mental disorders to develop therapeutic bonds with counselors and being engaged in effective treatment process. Existing studies primarily focuses on how shortage of funds undermines the effectiveness of rehabilitation programs in prisons

leaving a research gap on funding for rehabilitation programs. The study aims to explore whether there is a discrepancy between what is financed for rehabilitation and what is needed for rehabilitation.

According to a study carried out in England and Wales by Bullock and Bunce (2018), the bureaucratic nature of prisons undermines the effectiveness of rehabilitation programs. Prisons operate within legislations, policies, guidelines and an organizational culture which put emphasis on security, safety and conformity. The organizational culture of prisons is based on philosophy of punishment and incarceration. In order to conform to their policies and procedures, many prisons review convicts' criminal records in order to identify their reformation and rehabilitation needs. This is supported by Hollin (2012) that by doing so, some convicts such as sex offenders and those with mental disorders may be excluded from their appropriate reformation and rehabilitation needs because they fall into the category of violent offenders. This makes it difficult for those entrusted with the responsibility of reforming and rehabilitating convicts to provide efficient and effective reformation and rehabilitation needs to those who are in need making them to leave prisons unreformed. Existing research on how bureaucratic nature of prisons undermines the effectiveness of rehabilitation programs in prison focuses on criminal history as the only factor that contribute to criminal behavior leaving a research gap in understanding other factors that contribute to criminal behavior. The study aims at exploring other factors that contribute to criminal behavior apart from criminal history.

According to Meyer, Tangney and Moore (2014), long waiting lists undermines the effectiveness of rehabilitation programs. The longer the convicts wait to be enrolled into the programs, the more they are likely to be discharged without having undertaken any

rehabilitation program. The scholars further established that in U.S.A, 18.5% of 261 convicts were released in 2014 from a county jail without having undertaken any rehabilitation program because they were put on waiting list and they were not enrolled into the programs. Despite extensive research on how long waiting lists undermines the effectiveness of rehabilitation programs, the factors contributing to long waiting lists remains unexplored hence creating a research gap, the study aims at exploring factors that contribute to long waiting lists for rehabilitation programs.

A study conducted by Crewe (2011), in United Kingdom established that the effectiveness of rehabilitation programs is also undermined by the prison environment where convicts lack mutual respect and trust for prison officers making them not to participate in rehabilitation programs. This makes convicts to leave prisons unreformed. This is supported by Polizzi, Braswell and Draper (2014) that mutual respect and trust for prison officers lacks in a prison culture that emphasizes on punishing offenders rather than rehabilitating them. Existing research focuses on how lack of mutual respect and trust for prison officers undermines the effectiveness of rehabilitation programs leaving a research gap on the role played by prison officers-prisoner relationships in ensuring that prisons reform and rehabilitate offenders effectively. The study aims at exploring the dynamics of prison officers-prisoners relationships and how they impact prison conditions and recidivism.

A study conducted in England and Wales by Bullock and Bunce (2018), established that lack of interest in rehabilitation among prison officers undermines the effectiveness of rehabilitation programs. The scholars argue that training of prison officers promotes detachment, caution and maintainance of security in prisons. Prison officers are

authoritarian, cynical and pessimistic because they hold the view that the main objective of prisons is to provide passive storage of criminals but not reformation and rehabilitation. This is supported by Kifer, Hemmens, and Stohr (2003) who established that prison officers hold the view that reformation and rehabilitation of criminals should be done by specialists but not them and the work of prison officers is to maintain security by ensuring that all criminals who are in prison are safe. In such an environment, it becomes difficult to reform and rehabilitate convicts. While existing studies have examined how lack of interest in rehabilitation among prison officers undermines the effectiveness of rehabilitation programs in prisons, there is a research gap on professionalization of prison officers. The study aims to explore the facets of professionalism required of prison officers.

Lack of favourable working environment for prison staff undermines the effectiveness of rehabilitation programs. A study conducted in Kenya by Musyoka (2013) established that, K.P.S has not achieved a favorable working environment for prison staff because prison officers live in dilapidated houses which were built during the colonial period. The houses lack basic amenities such as water and sanitation facilities. The houses accommodate prison officers and their families in single rooms. Some prison officers share rooms in these houses whose space is small. Indecent housing to prison officers has contributed to low morale in work thus affecting reformation and rehabilitation of convicts. Existing research focuses on indecent housing to prison officers as the only factor that contribute to unfavorable working environment leaving a research gap on other factors that contributes to unfavorable working environment. The study aims at

exploring other factors that contribute to unfavorable working environment for prison officers.

A study conducted in India by Kiran (2019), established that corruption in prisons hinders the effectiveness of rehabilitation programs whereby most convicts enjoy their fundamental rights in prison through bribery. The rights that are purchased by convicts include; receiving of daily necessities, transfer to wards of their choice, gaining access to a doctor, social worker, lawyer, counselor, receiving educational opportunities among others. The wealthy convicts are the ones who purchase these rights and they are granted special privileges while the poor ones are neglected hence failing to participate in rehabilitation programs. This makes them to leave prisons unreformed thus hampering their reintegration into the society. A study conducted in Kenya by Gumbi (2015) established that corruption in prisons undermines the integrity of rehabilitation programs. Corrupt prison officers are involved in smuggling contrabands in prisons in exchange for money. These contrabands include; mobile phones and drugs such as cocaine, cannabis sativa, heroine and cigarettes. Gumbi (2015), further argue that contrabands compromises reformation and rehabilitation efforts by distabilizing the orderly management of prisons. When prison officers are associated with corrupt practices, they abandon their responsibilities of overseeing and facilitating rehabilitation programs making convicts to leave prisons unreformed. Numerous studies on how corruption in prisons hinders the effectiveness of rehabilitation programs have been done, there is a research gap on factors that contribute to corruptions in prisons. The study aims to explore factors contributing to corruption in prisons.

2.4 Prisons promoting recidivism

Recidivism has been attributed to failure of prisons in a number of ways including; prison criminal peers, prison overcrowding, inhuman treatment of convicts, prisonization and ineffective rehabilitation programs.

2.4.1 Prison criminal peers

Several scholars have established how prison criminal peers influence recidivism. For instance, A study conducted by Damn and Gorinas (2016) in Denmark while studying peer effects and criminal learning behind bars established that criminal peers' impact recidivism in prison. The scope covered Danish prison population. The study established that petty offenders who were exposed to hardcore criminals with similar specialization learnt from hardcore criminals new tactics of improving their techniques of committing crimes. This is supported by Lily, Cullen and Ball (1995) who established that, when criminals with similar criminal background are housed in close proximity for a long period of time, they learn from each other new tactics of committing crimes or tactics of improving their techniques of committing crimes. The scholars further established that, when petty offenders are housed in close proximity with hardcore criminals with similar criminal background, they are taught by hardcore criminals how to commit serious crimes than the ones they had committed before being imprisoned. They make contacts that facilitate their engagement in crime after their release from prison.

According to a study done by Skarbek (2013) in America, prison criminal peers plays a big role in the formation of prison gangs. This is achieved by creation of a social environment in prison where inmates with similar criminal backgrounds can smoothly bond, share criminal tactics and knowledge and find power and protection through joint

affiliation. In this way, prison acts as a school of crime where reinforcement of criminal behavior is strengthened and intensified via peer influence and shared experiences behind bars. This is supported by Levan (2011) that prison gangs pose a big challenge in reformation of convicts. They endanger effective management of prison and are involved in criminal activities behind bars. They regulate drugs, alcohol and mobile phones in prison. Gangs use some form of violence such as sexual assault, homicide, riots and assaults as means to gain status from other rival gangs in prison. Convicts join gangs for their safety and for economic activities because they make money behind bars through the following ways; by selling illegal drugs in prison, by engaging in extortion and coercion tactics and by buying and selling their fellow convicts to other members of gang for sexual purposes. With these challenges in prisons, the goal of reformation becomes difficult. After release from prison, members of prison gangs foster their ties to the gang hence continuing to engage in further criminal activities thus hindering their reintegration into the society. Although many studies have examined how prison criminal peers influence recidivism, there is limited research on their recidivism patterns hence creating a research gap. The study aims at exploring whether exposure to hardcore criminals plays a distinctive role in shaping the recidivism patterns of prison criminal peers.

2.4.2 Prison overcrowding

Studies by Camp and Gaes (2005), have shown that prisons are criminogenic rather than deterrent. The scholars argue that, prison overcrowding contributes to recidivism. For instance, a study conducted in Kenya by Ndung'u (2012) established that overcrowding undermines the provision of effective reformation programs because of shortage of resources. In this regard, prisons fail to address the root cause of convicts' criminal

behavior making them to leave prisons unreformed hence increasing their risk of reoffending. Ndung'u (2012) further argue that, due to overcrowding, it becomes impossible to segregate hardcore criminals from petty criminals thus encouraging petty criminals to learn advanced criminal tactics from the hardcore criminals. This is supported by Drago, Galbiati and Vertova (2011) who conducted a study in Italy and established that overcrowding undermines classification and separation of convicts in prison because it reduces the personal space allocated to convicts. It may result to further criminalization of convicts held for petty offences as a result of being accommodated with hardcore criminals. In this case, majority of petty offenders leave the prison walls worse off defeating the concept of reformation. This increases their risk of reoffending.

A study conducted in U.S.A by Glazener and Nakamura (2018) established that, overcrowding puts additional strain on prisons infrastructure hence heightening potential for violence among convicts and between convicts and prison officers making prisons unsafe for everyone. This makes the goal of reformation and rehabilitation in prison to become difficult making convicts to leave prisons unreformed. According to Ndung'u (2012), overcrowding corrodes human dignity and endangers the physical and mental health of convicts due to demeaning living environment characterised by shortage of basic necessities like food, accommodation, water, clothing, healthcare, toilet facilities among others creating a sense of despair and hopelessness among convicts. This hinders them from seeing a future beyond prison walls. This is supported by MacDonald (2018) who established that, overcrowding leads to unsanitary conditions which exacerbate prevalence of diseases in prisons. This becomes a challenge to the prison management in maintaining convicts' health. This further compromises the provision of effective

reformation programs because financial resources allocated to reformation of convicts are diverted to cater for treatment of convicts. Studies on how prison overcrowding promotes recidivism have been carried out extensively but research on overcrowding and public demand for security remains unexplored presenting a research gap. The study aims at exploring how to address the discord between public demand for security and the need to reduce overcrowding.

2.4.3 Inhuman treatment of convicts

Recidivism has been attributed to inhuman treatment of convicts. For instance, a study conducted in U.S.A by Martin (2006) established that inhuman treatment of convicts by prison officers is widespread in prisons. Failure of convicts to comply with prisons rules and act defiantly makes prison officers to unlawfully use excessive force to punish them. This can be in form of beating, kicking, smacking or hitting the convicts. According to Human Rights Watch (2015), coercion of convicts with mental disorders by prison officers is also rampant in prisons. Prison officers punish convicts with mental disorders by spraying them with pepper sprays, stunning them with stun guns, tying them to beds and chairs for long duration, fracturing their ribs, noses and jaws and leaving them with partial thickness burns, lacerations, impaired viscera and deep bruises. Fedock, Kubiak, Campbell, Darcy and Cummings (2016) established that, one hundred and eighty female convicts were sexually abused by prison officers in prison in U.S.A. Subjecting convicts to inhuman treatment destroys them psychologically contributing more to persistence in crime and less in desistance to crime. This can bring about post traumatic stress disorder which can hinder them from reintegrating into society after release from prison hence increasing their risk of reoffending. Many studies have been carried out on how

inhuman treatment of convicts contribute to recidivism but much remains unknown about convicts views on inhuman treatment creating a research gap. The study aims at exploring the perspectives of convicts with regard to inhuman treatment.

2.4.4 Prisonization

According to Bonta and Gendreau (1990), long prison sentences make convicts assimilate the prison context resulting in prisonization. The scholars further argue that, the longer the convicts stay in prison, the higher the level of prisonization and the higher the propensity of reoffending. This is supported by Liam (2018) that, prisonization destroys the emotional and physical well-being of convicts because they lose judgement to make decisions and capacity to initiate behavior on their own. When released from prisons, they commit further crimes and fail to adjust to life outside prison because they feel that life in prison is more desirable. Many studies have examined how prisonization has been blamed for recidivism leaving a critical research gap in understanding the link between prisonization and rehabilitation efforts. The study aims to explore the effectiveness of rehabilitation programs on prisonization in meeting individual needs of different offenders.

2.4.5 Ineffective rehabilitation programs

Recidivism has been attributed to ineffective rehabilitation programs. For instance, according to Tewksbury (1997), there exist a big gap between the impressive and advanced reformation and rehabilitation policies and how they are implemented and the visible effect of rehabilitation programs. Insufficient funding can result in flawed designed and implemented rehabilitation programs lacking support for convicts to succeed. This is supported by Muteti (2016) who established that, insufficient funding for

rehabilitation programs results to unmet needs, limited access to programs, understaffed facilities, challenges in attracting and retaining qualified staff, scarce resources for crucial materials and equipment and inadequate training for staff. All these results in ineffective rehabilitation services hence contributing to higher recidivism rates. Despite growing interest in how insufficient funding contributes to ineffective rehabilitation programs, there is a research gap regarding funds needed for rehabilitation programs. The study aims to explore whether there is a disconnect between funds needed by the prisons and funds which are received by prisons.

According to Winfree and Abadinsky (2017), ineffective rehabilitation programs contribute to recidivism because they fail to address convicts' root causes of criminal behavior. Rehabilitation programs that focus on behavior modification without addressing the underlying causes of criminal behavior are ineffective. This is supported by Agnew and Messner (2015) who established that, unaddressed root causes of criminal behavior often arise from issues like substance abuse, mental health problems, lack of education opportunities and lack of employment opportunities, poverty among others. Failure to address these issues leave offenders unprepared for successful reintegration into society resulting to relapse into criminal behavior. Various studies have demonstrated how ineffective rehabilitation programs contribute to recidivism because they fail to address convicts' root causes of criminal behavior. Little is known about why rehabilitation programs fail to address the root causes of criminal behavior presenting a research gap. The study aims at exploring challenges faced by rehabilitation programs in addressing the root causes of criminal behavior.

2.5 Measures to reduce recidivism in prisons

Recidivism has been attributed to ineffective rehabilitation programs. According to Evans and Upton (2015), to reduce recidivism, prisons can more successfully come up with a rehabilitation program that prepares offenders for release by carrying out an objective risk assessment to determine which offenders are at high risk of reoffending. Offenders that are identified as high-risk offenders should be subjected to criminogenic needs assessment in order to identify the root causes of their criminal behaviors. Morago (2006) argues that, the root causes of criminal behavior might include: poverty, alcohol and drug misuse, unemployment, mental health issues, lack of education among others. Prisons should center on interventions that address specific needs of each offender and frequently evaluate their effectiveness to make sure that they are accomplishing their goals and creating a positive effect. It was therefore in the framework of this study to examine the effectiveness of prison rehabilitation programs in Naivasha Maximum Security Prison, Kenya.

According to Villetaz, Killias and Zoder (2006), non-custodial sentences should be substituted for imprisonment of petty offenders in order to reduce recidivism and tackle the problem of prison overcrowding and prison criminal peers. Non-custodial sentences include: community service, probation, electronic monitoring, and house arrest. Non – custodial sentences allow petty offenders to serve their sentences in the community under supervision. This ensures a decrease in prison population and availability of space and resources to those serving long term sentences thus improving the quality of rehabilitation programs. Non-custodial sentences also ensures that petty offenders are not exposed to hardcore criminals thus averting criminal schooling. It was therefore in the

framework of this study to explore how prison overcrowding and prison criminal peers contribute to recidivism.

According to Coyle (2003), prisons should put into effect strategies that protect convicts from cruel, torture, inhuman and dehumanizing treatment in order to reduce recidivism and tackle the problem of inhuman treatment of convicts. Prisons should uphold human dignity by ensuring that convicts are treated with respect and compassion reflecting the intrinsic worth of human race. Treating convicts with dignity can actively support and encourage their full reformation. Prison officers should treat convicts with respect and avoid using degrading practices or language. It was therefore in the framework of this study to explore how inhumane treatment of convicts contributes to recidivism.

2.6 Effects of imprisonment on recidivism

High rates of imprisonment leads to increased crime rates in the society. Increased crime rates can result in higher rates of recidivism as a large number of offenders may encounter much the same challenges after release from prison potentially resulting in repeat offences attributable to re-entry difficulties such as finding housing and employment. For instance, in U.S.A, Morgan and Oudekerk (2018) established that, violent crimes increased from 2015 to 2018 from 2.7 million to 3.3 million with an increase in number of repeat offenders in sexual assault, simple assault and aggravated assault. Although many studies have examined how imprisonment leads to increased crime rates in the society, prison related factors contributing to increased crime rate in the society remains largely unexplored creating a research gap. The study aims at exploring the how prison related factors influence criminal behavior.

Imprisonment leads to existence of hardened offenders in the society through the detrimental effects of the prison environment. These offenders continue to commit criminal activities despite being punished resulting in a cycle of recidivism. They are professional criminals who carry out criminal activities in a planned and coordinated manner by forming criminal gangs (Lippke, 2008). Existing research focuses on how imprisonment leads to hardened offenders in the society creating a research gap in understanding why it is difficult to reintegrate hardened offenders into the society. The study aims at exploring the challenges faced by hardened offenders when reintegrating them into the society.

Imprisonment leads to overcrowding in prisons because offenders are arrested and rearrested for their habitual involvement in criminal activities. Due to overcrowding, it becomes a challenge for prisons to provide effective reformation and rehabilitation programs making offenders to be discharged unreformed thus increasing their propensity to reoffend (Drago, Galbiati, & Vertova, 2011). Previous studies have examined how imprisonment leads to overcrowding leaving a research gap in understanding strategies to reduce overcrowding in prisons. The study aims at exploring measures to reduce overcrowding in prisons and enhance prison conditions.

(Gebhard, 2016).

Imprisonment leads to disruption of family life by causing separation, emotional distress and financial strain. Disruption of family life hinders social adaptation and increases the probability of misconduct. This can result in increased stress and reintegration difficulties potentially contributing to reoffending. Arresting and rearresting of one spouse triggers marital problems leading to divorce. Also, arresting and rearresting a father or a mother

affects the children. This is because repeat offenders do not get a chance to bring up their children into responsible young males and females. The children of repeat offenders lack role model thus increasing their chances of involving themselves in criminal activities (Gebhard, 2016). While numerous studies have examined how imprisonment leads to destruction of family life, little is known about support systems for families and prisoners creating a research gap. The research aims to explore the effectiveness of support systems for families and prisoners.

2.7 Theoretical framework

Reformative theory and incapacitation theory guided the study. The theories were best suited in the study in understanding factors within prison and recidivism.

2.7.1 Reformative theory of punishment

Reformative theory of punishment holds that offenders should be reformed and reintegrated back into the society as law abiding citizens by focusing on rehabilitation programs such as education, counselling and vocational training rather than punishing them for the crimes committed. The theory aims at reducing recidivism by rehabilitating offenders (Lombroso, 1887)

The theory emphasizes on treating an offender as a patient and administering personalized treatment program that best suit him or her. The theory aims at addressing the root cause of criminal behavior to prevent future reoffending. This is because crime is linked with psychological, social, economic and environmental factors (Ashworth, 2006). The theory advocates for humane prison conditions by treating offenders with dignity and respect but not torturing or harassing them in order to achieve the goal of rehabilitation (Gendreau & Keyes, 2001). The study argues that if a prison lacks effective rehabilitation

programs that addresses the root cause of offenders' criminal behaviors, the offenders are more likely to reoffend after release from prison

2.7.2 Incapacitation theory of punishment

Incapacitation theory of punishment holds that recidivism should be prevented by physically removing high risk offenders from the society through imprisoning them for longer periods of time. This is carried out on basis of their criminal history. The theory further posits that punishment is justified by the risks offenders are believed to pose to society (Bentham, 1830).

The theory does not take into account the underlying causes of criminal behavior hence neglecting opportunity for rehabilitation by placing offenders in a prison environment that entirely focuses on containment and punishment (Blokland & Nieuwbeerta, 2007). The study argues that imprisoning offenders for lengthy periods of time makes them to develop criminal networks within prison hence increasing their propensity to reoffend after release from prison.

Figure 2.1: Conceptual framework

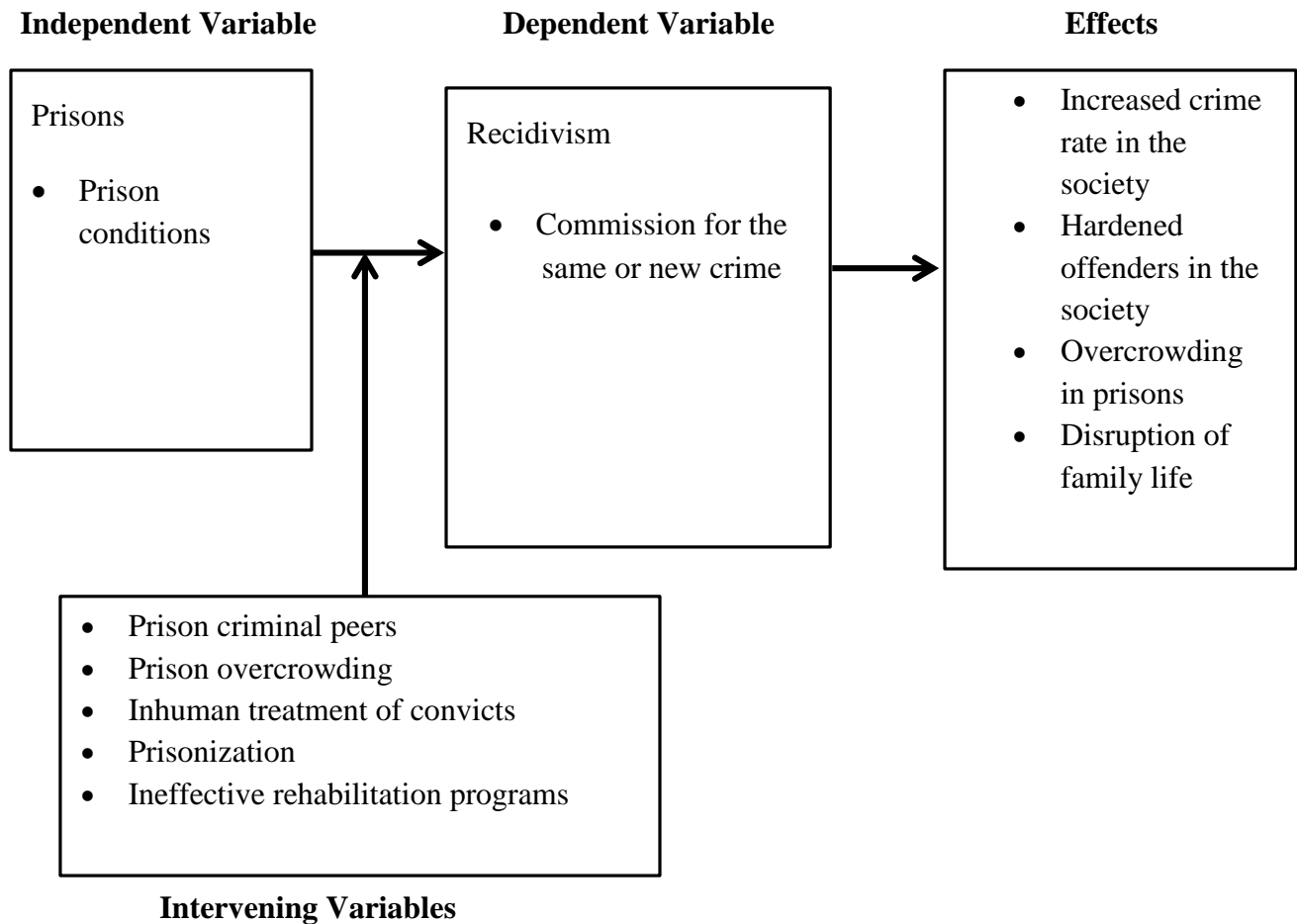


Figure 2.1 represents the conceptual framework of the study. The independent variable was prisons which was measured by prison conditions. Recidivism was the dependent variable which was measured by commission for the same or new crime. The intervening variables were prison criminal peers, overcrowding, inhuman treatment of convicts, prisonization and ineffective rehabilitation programs. The effects of prisons on recidivism encompass; increased crime rate in the society, hardened offenders in the society, overcrowding in prisons, and disruption of family life.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents a comprehensive description of research methodology which was applied in the study. It focused on the following; research design, site of the study, target population, sample size determination, sampling techniques, data collection procedures and techniques, instruments of data collection, pre-testing of research instruments, validity of research instruments, reliability of research instruments, data analysis and presentation and ethical considerations.

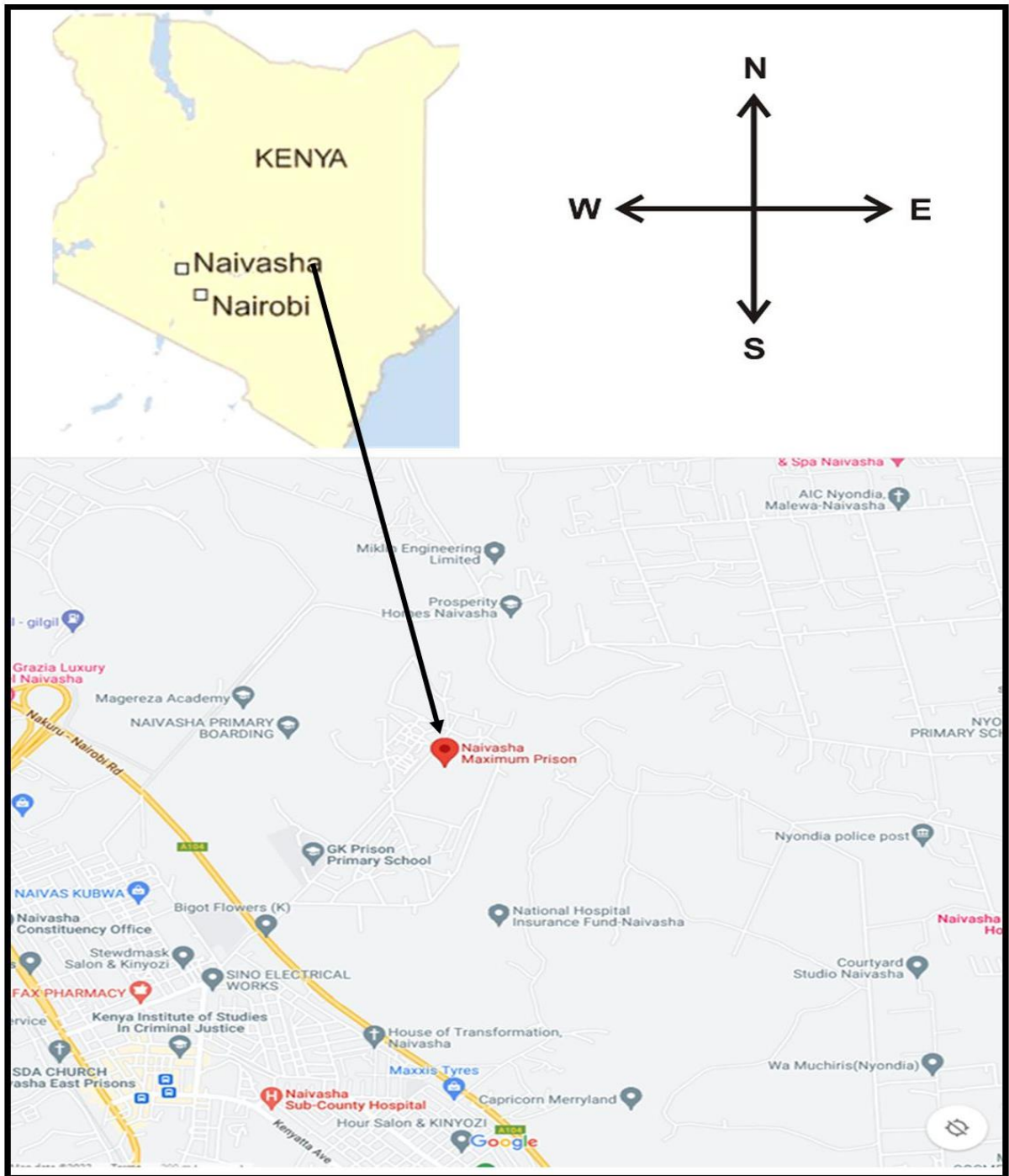
3.2 Research design

A research design is a blue print for collecting, measuring and analyzing data (Picardi & Masik, 2014). The study employed descriptive survey research design. According to Creswell (2009), descriptive survey research design is a methodical approach to gathering data from a representative sample that reflects major attributes of the target population. The main objective of descriptive survey research design is to provide a comprehensive and precise description of opinions, characteristics, attitudes and behaviors that exists within the target population. The research design involves use of more than one data collection techniques to gather data. The researcher chose this research design because the study entailed gathering information on attitude, knowledge, opinions, expectations, behaviour, characteristics and beliefs of the respondents.

3.3 Site of the study

The study was carried out at Naivasha Maximum Security Prison in Nakuru County. The institution is run by Kenya Prisons Service. NMSP was established in 1969. It is the third largest Maximum Security Prison in Kenya. It is located north of Nairobi and its accessed through Nairobi-Nakuru highway in the outskirts of Naivasha town in Nakuru County. Being a Maximum Prison, it contains offenders such as serial killers, serial rapists, drug lords and the most wanted robbers (www.prisons.go.ke, n.d.). When the study was being carried out, the institution had two thousand, eight hundred and sixty six (2866) convicts and six hundred (600) prison officers. NMSP was congested because it was holding two thousand, eight hundred and sixty six (2866) convicts instead of one thousand, two hundred (1200) convicts which were meant to be accommodated by the institution. The researcher chose to carry out the study at NMSP because it is a large institution with a high number of male convicts and in this case, the study's expectation was to find many recidivists in this large institution than in smaller prisons.

Figure 3.1: Map showing the location of Naivasha Maximum Prison



Source: Google map

3.4 Target population

According to Cooper and Schindler (2011), Target population is the batch of individuals that the researcher seek to impose study findings on. The target population in this study was two hundred and seventy four (274) documented recidivists who were chosen through purposive sampling method which is a non-probability sampling method. This is potrayed in table 3.1.

Table 3.1: Target population

Type of recidivists	Frequency	percentage
Documented recidivists	274	100%
Total	274	100%

Source: Fielwork(2021)

3.5 Sample size determination

A sample is a subgroup that represents a population. It is usually derived from the accessible target population. The number of components in the sample constitutes the sample size (Thompson, 2012). To derive the sample size, the accesible target population which was two hundred and seventy four (274) documented recidivists was stratified according to the frequency of re-offending using stratified random sampling method which is a probability sampling method. Stratified random sampling involves dividing a population into smaller sub-groups called stratas which are formed basing on shared attributes of group members (Thompson, 2012). That is, one sub-group consisted of two hundred and twenty nine (229) documented recidivists who had offended two times and the other sub-group consisted of forty five (45) documented recidivists who had offended

three or more times. The sample size was derived from the sub-groups by employing Krejcie and Morgan (1970) formula;

$$S = \frac{X^2 NP (1-P)}{d^2 (N-1) + X^2(1-P)}$$

S=Size of the sample required

X= Is the value which contain the area under a curve which is normal and it is found in statistical table which is 1.96 in 95% confidence level.

N=Size of the accessible target population

P=0.5 approximated proportion of the attributes existing in the population.

D= the degree of precision or the acceptable margin error. Setting D at 0.05 would give a margin of error of minus or plus 5%.

$$\text{Two times} = \frac{1.96^2 \times 229 \times 0.5 (1-0.5)}{0.05^2 (229-1) + 3.8416(1-0.5)} = 143$$

$$\text{Three or more times} = \frac{1.96^2 \times 45 \times 0.5 (1-0.5)}{0.05^2 (45-1) + 3.8416(1-0.5)} = 40$$

The sample size in the study was 183 recidivists. That is, 143 recidivists who had re-offended two times and 40 recidivists who had re-offended three or more times. This is portrayed in table 3.2.

Table 3.2: Sample size

Frequency of re-offending	Population	percentage	Sample	percentage
Two times	229	84%%	143	52%
Three or more times	45	16%	40	15%
Total	274	100%	183	67%

Source: Fieldwork (2021)

3.6 Sampling techniques

Study participants who were documented recidivists were selected using purposive sampling method which is a non-probability sampling method. According to Kothari (2004), purposive sampling method is also referred to as subjective, non-judgemental or selective sampling. This is because when making a choice of the target population, the judgement of the researcher is what is usually relied on. The study used Admission book for prisoners to identify documented recidivists at Naivasha Maximum Security Prison. This was done with the help of prison officers working in the documentation office. The number of recidivists who were documented was two hundred and seventy four (274) forming the target population.

Having established the study's target population, purposive sampling method was employed to select the accessible target population. The study's accessible target population was purposively selected from the target population who were willing to take part in the study and were available during the study period. All the two hundred and seventy four (274) documented recidivists were willing to participate in the study hence forming the accessible target population.

Having identified the accessible target population, stratified random sampling which is a probability sampling method was employed to derive the sample size. Stratified random sampling entails dividing a population into smaller sub-groups called stratas which are formed basing on shared attributes of members (Thompson, 2012). This was done by dividing the accessible target population into two sub-groups according to recidivists' frequency of offending. That is, one sub-group consisted of two hundred and twenty nine (229) documented recidivists who had offended two times and the other sub-group consisted of forty five (45) documented recidivists who had offended three or more times. The study's sample size was obtained from these sub-groups using Krejcie and Morgan (1970) formula.

Purposive sampling method was employed to choose key informants who were interviewed in the study. The study expected the key informants to be more equipped with knowledge on issues of recidivism. The key informants were fourteen (14) prison officers from Naivasha Maximum Security Prison and they were chosen basing on their ranks, seniority and years of service. Other key informants were two (2) prison counselors from Naivasha Maximum Security Prison who were the only counselors in the entire institution when the study was being carried out.

Purposive sampling method was also employed to choose members of focus group discussion. The members of focus group discussion were recidivists who were selected according to their frequency of conviction. The study purposely chose ten (10) members of group discussion who comprised of recidivists who had been convicted for three or more times. The study expected the members of focus group discussion to be more

equipped with knowledge on issues of recidivism because they had been convicted several times.

3.7 Data collection procedures and techniques

Data collection procedures entails designing and handling of research instruments in order to achieve the goals desired by research (Cooper & Schindler, 2011). Data collection techniques which were applied in the study involved reviewing of prison documents at Naivasha Maximum Security Prison, filling of questionnaires by the respondents, conducting interviews on key informants and focus group discussion.

3.7.1 Document review

Review of document took place in Naivasha Maximum Security prison with the assistance of prison officers who were working in the documentation office. The document reviewed was Admission book for prisoners. Admission book for prisoners record the entry of prisoners into the prison. By reviewal of this book, the researcher was able to identify the documented recidivists who participated in the study.

3.7.2 Questionnaires

To gather data from the participants, the researcher employed questionnaires with both open and closed ended questions. The questionnaires entailed questions that were relevant to the study and they reflected each stated specific objective in the study. The main target of the questionnaires were documented recidivists in Naivasha Maximum Security Prison. The researcher and her assistant administered some questionnaires while the respondents filled the others on their own.

The questionnaires were split into five parts. The first part sought to establish information on recidivism. The second section sought to establish information on rehabilitation programs offered in Naivasha Maximum Security Prison. The third section sought to establish information on effectiveness of rehabilitation programs. The fourth section sought to establish information on prison environment and recidivism. The fifth part aimed at establishing information on respondents' views on policy changes towards the reduction of recidivism. The respondents were granted adequate time at Naivasha Maximum Security Prison between 19th to 31st March 2021 and 4th to 16th October 2021 to fill in the questionnaires. The duly completed questionnaires were picked up by the researcher and her assistant on an agreed date.

3.7.3 Key informant interviews

Key informants were fourteen (14) prison officers from Naivasha Maximum Security Prison and they were chosen using purposive sampling method basing on their ranks, seniority and years of service. Other key informants were two (2) prison counselors from Naivasha Maximum Security Prison who were the only counselors in the entire institution when the study was being conducted. The study expected the key informants to be more equipped with knowledge on issues of recidivism.

The Fourteen (14) prison officers from Naivasha Maximum Security Prison comprised of one (1) Assistant Commissioner of Prisons, one (1) Senior Superintendent of Prisons, one (1) Superintendent of Prisons, one (1) Chief Inspector of Prisons, two (2) Inspectors of prisons, two (2) Senior Sergeants of prisons, two (2) Sergeants of Prisons, two (2) corporals of prisons and two (2) constables of prisons. All these prison officers had

over twenty (20) years of work experience. The two (2) prison counselors from Naivasha Maximum Security Prison had over twelve (12) years of work experience.

The researcher and her assistant used an interview guide to conduct interviews on key informants. The interview guide entailed questions that were relevant to the study and they reflected each stated specific objective of the study. The Interviews at Naivasha Maximum Security Prison were conducted from 17th October to 3rd November 2021. The researcher and her assistant recorded the interview sessions and wrote down notes during the interview sessions. The recorded was later transcribed.

3.7.4 Focus group discussion

Focus group discussion comprised of recidivists from Naivasha Maximum Security Prison who had been convicted for three or more times. Purposive sampling method was used to select the recidivists. The study expected the recidivists to be more equipped with knowledge on issues of recidivism because they had been convicted several times. The focus group discussion guide entailed topics for discussion that were relevant to the study and they reflected each stated specific objective of the study. One focus group discussion which comprised of ten recidivists was conducted at Naivasha Maximum Security Prison on 4th November 2021 from 10:30 am to 12:30 p.m. The researcher and her assistant recorded the discussion session and wrote down notes during the discussion session. The recorded was later transcribed.

3.8 Instruments of data collection

To gather data from the respondents, the study used questionnaires with both open and closed ended questions. Open ended questions in the questionnaires generated qualitative data for the study. Closed ended questions in the questionnaires generated quantitative

data for the study. The researcher's choice of using questionnaires was because of the large sample size, it was easy to correct information and a lot of time was saved.

The study also employed an interview guide to structure the interviews with the key informants. Interview guide generated qualitative data for the study. The researchers choice of using interview guide was that it reduced bias during the interview process because it ensured equal assesment of every key informant.

The study also used focus group discussion guide to direct the discussion with the members of focus group discussion. Focus group discussion guide generated qualitative data for the study. The researchers choice of using focus group discussion guide was that it generated indepth data that revealed new ideas, insights and perspectives from the members of focus group discussion .

3.9 Pre-testing of research instruments

In pre-testing of research instruments, a pilot study was carried out at Kamiti Maximum Security prison. According to Cooper and Schindler (2011), pilot study ought to be conducted on a sample size of 1% -10% of the principal sample size. The sample size of the study was 183 for questionnaires and the sample size for pilot study was 18 for questionnaires which is 10 percent of 183. For interview guide, the sample size of the study was 16 and the sample size for pilot study was 2 which is 10 percent of 16. For focus group discussion guide, the sample size of the study was 10 and the sample size for pilot study was 1 which is 10 percent of 10. In that situation, the researcher could not conduct a focus group discussion for one participant and so another participant was added to make two participants. The participants who participated in the pilot study were randomly selected from the documented recidivists, key informants and members of

focus group discussion. Pre-testing enabled the researcher to know the changes to be done on research instruments before the actual study and the estimate of resources and time which was needed in conducting the study.

3.10 Validity of research instruments

The degree of how well a research instrument measures what it is supposed to measure is referred to as validity. The judgement is made on inferences basing on the results of the research (Kothari, 2004). To guarantee that the research instruments were valid, the researcher and the supervisor ensured that the objectives of the study were reflected in the research instruments. The researcher also asked for supervisor's opinion on the suitability and representativeness of the sample, instructions and the language which was used in constructing research instruments. Through the involvement of a supervisor, the research instruments were modified. This enhanced the validity of the instruments. Responses and non-responses of questions during the pilot study were also assessed to find out whether there was any problem with the questions asked.

3.11 Reliability of research instrument

Kothari (2004), established that a test is usually said to be reliable if it is free from measurement errors. Reliability of research instruments reflects replication and consistency over time. A reliable research instrument given similar conditions should produce similar results in different occasions. Respondents' responses were used by the researcher during the pilot study to check whether the research instruments were reliable. A pre-test was conducted by the researcher three times after three weeks and yielded the same results.

Cronbach Alpha was the method used to test internal consistency of the instrument. According to Taber (2017), if Alpha yield a coefficient greater than or equal to 0.7, it is said to be adequately sufficient and values below 0.7 shows that the instrument is not reliable. Same criteria by Taber (2017), was employed by the study and 0.7 Cronbach Alpha was used as the threshold for reliability of research instruments.

3.12 Data analysis and presentation

To yield valid and reliable results, data gathered from the field was first processed by cleaning and editing, various checks for errors which could have occurred during fieldwork such as double responses and omissions were carried out. Sorting of data was done on set out criteria. Coding of data was done according to the type of data.

Qualitative data was analysed using content analysis. According to Cooper and Schindler (2011), content analysis is used to make inferences in a study by studying information and determining factors that explain a phenomenon. Coding was done basing on core content. Values were assigned on coded data. The coded data was analysed in form of various themes that reflected specific objectives of the study. A summary that captured each theme was presented in form of statements, arguments, direct verbatim and discussions.

Quantitative data was coded and analysed using Statistical Package for Social Sciences (SPSS). The study used descriptive statistics to summarize data and was presented in form of percentages, tables, diagrams and frequencies. To test the relationship between variables, correlation and regression analysis was carried out.

3.13 Ethical considerations

This research was carried out in conformity with ethical rules and best practices which included maintaining anonymity of the study participants. The research ensured that the participants did not indicate their names or any information that could be used to identify them in the research instrument. The research ensured voluntary informed consent. The research participants were provided with comprehensive information about the intention of the study and so they were well briefed that participation in the study was voluntary. The research-maintained confidentiality of the information conveyed by the study participants. The information was used for study purposes and was not revealed to any third party. Permission to carry out research was sought from Kenyatta University Graduate School, National Commission for Science Technology and Innovation and Kenya Prisons service. The research did not engage in plagiarism and so the work of others was recognized through citations.

CHAPTER FOUR

DATA ANALYSIS AND PRESENTATION OF RESULTS

4.1 Introduction

This chapter presents data analysis and presentation of results. The study's general objective was to examine the effect of prisons on recidivism in Naivasha Maximum Security Prison, Kenya and determine necessary policy changes to enhance reformation and rehabilitation of prisoners. To achieve this objective, the analysed data was organized according to themes that reflected the specific objectives of the study. The specific objectives of the study were four. As steered by the specific objectives and assumptions of the study, a presentation in terms of frequencies, tables, diagrams and percentages was made for quantitative data. A presentation in terms of discussion, direct verbatim, statements and arguments was made for qualitative data.

This chapter is divided into five sections: recidivism, rehabilitation programs offered at Naivasha Maximum security prison, effectiveness of rehabilitation programs offered at Naivasha Maximum Security Prison, how prison environment promotes recidivism and necessary policy changes towards the reduction of recidivism in Kenyan prisons. Before presenting the study findings, analysis of the response rate for questionnaires and recidivism were summarized as portrayed in table 4.1 and 4.2.

4.2 Response rate for questionnaires

The number of questionnaires that were administered to the respondents of Naivasha Maximum Security Prison were 183. A total of 137 were appropriately filled in and returned. This accounted for an overall successful response rate of 75% as portrayed in

table 4.1. This concurs with Babbie (2014), who posited that return rates of 50% are acceptable to analyse and publish, 60% are good and 70% are very good.

Table 4.1: Response rate for questionnaires

Frequency of offending	Two times	Three or more times	Total
Returned	100	37	137 (75%)
Unreturned	43	3	46 (25%)
Total	143	40	183 (100%)

Source: Fieldwork (2021)

4.3 Recidivism

The study sought to establish the number of times the convicts had been convicted. The results as summarized in table 4.2 revealed that majority of the convicts, one hundred (73%) had been convicted two times and thirty-seven (27%) had been convicted three or more times. The study findings revealed that majority of the convicts (73%) were ordinary recidivists and minority of the convicts (27%) were serial recidivists. According to Mannering ((1958), ordinary recidivists are offenders who have been convicted for two times and are not a threat to the society. Serial recidivists are offenders who have been convicted three or more times and they commit dangerous crimes in the society and present a serious threat to the society.

Table 4.2: Recidivism

Number of convictions	Frequency	Percentage
Two times	100	73%
Three or more times	37	27%
Total	137	100%

Source: Fieldwork (2021)

Reformative theory of punishment guided the study. According to reformative theory of punishment, the success of any rehabilitation program is measured by a decrease in reoffending. The findings of the study portray that offender recidivate even after participating in rehabilitation programs. The findings of the study challenge the efficacy of rehabilitation programs in reducing reoffending.

Incapacitation theory also guided the study. According to incapacitation theory of punishment, if offenders are imprisoned, they are incapable of committing crimes thus a reduction in reoffending. The findings of the study shows that offenders recidivate even after being imprisoned. The findings of the study challenge the efficacy of incapacitation in reducing reoffending.

4.4 Rehabilitation programs used in Naivasha Maximum Security Prison

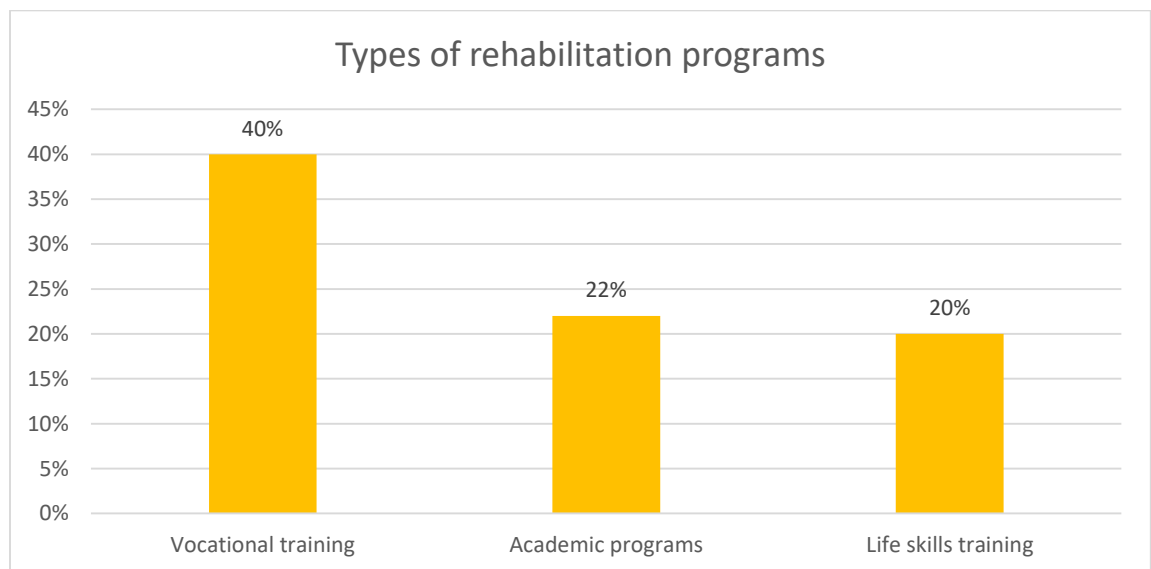
The study's first objective was to identify and evaluate the programs used in rehabilitating prisoners at Naivasha Maximum security Prison, Kenya. From this objective, the assumption of study was:

A1: Either the programs rehabilitating prisoners are inadequate or not in line with the mindset of the prisoners.

4.4.1 Types of rehabilitation programs undertaken by convicts

The study aimed at finding out the types of rehabilitation programs the convicts had undertaken. The results as presented in figure 4.1 revealed that fifty-five (40%) convicts had undertaken vocational training programs, thirty (22%) had undertaken academic programs and twenty-seven (20%) had undertaken life skills training.

Figure 4.1: Types of rehabilitation programs undertaken by convicts

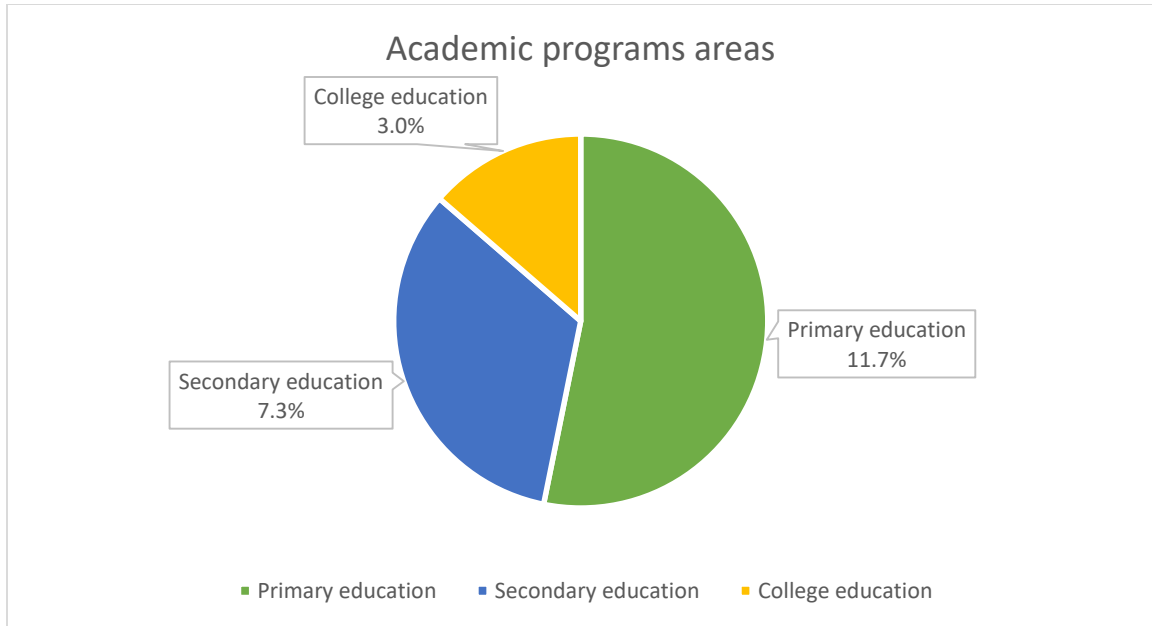


Source: Fieldwork (2021)

4.4.1.1 Academic programs

The study aimed at establishing the areas the convicts had received academic programs in prison. The results as shown in Figure 4.2 revealed that sixteen convicts (11.7%) had received primary education, ten (7.3%) had received secondary education and three (3.0%) had received college education.

Figure 4.2: Academic program areas

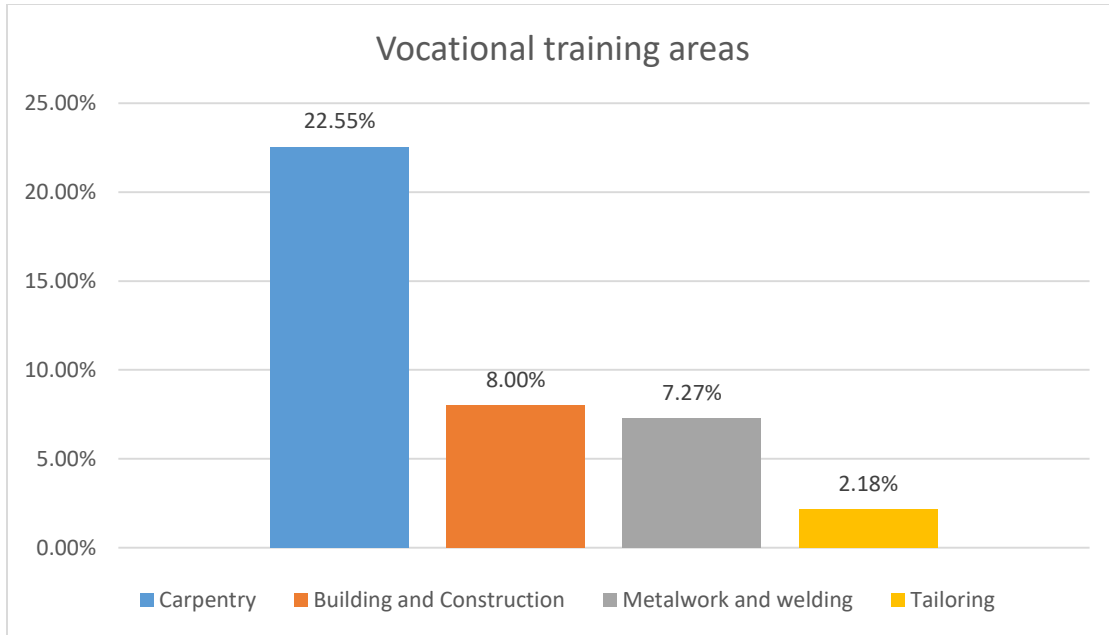


Source: Fieldwork (2021)

4.4.1.2 Vocational training

The study aspired to establish the areas of vocational training programs the convicts had undertaken in prison. The results as shown in figure 4.3 indicated that majority of the convicts thirty-one (22.55%) had undertaken carpentry, eleven (8.0%) had undertaken building and construction, ten (7.27%) had undertaken metal work and welding and three (2.18%) had undertaken tailoring.

Figure 4.3: Vocational training areas

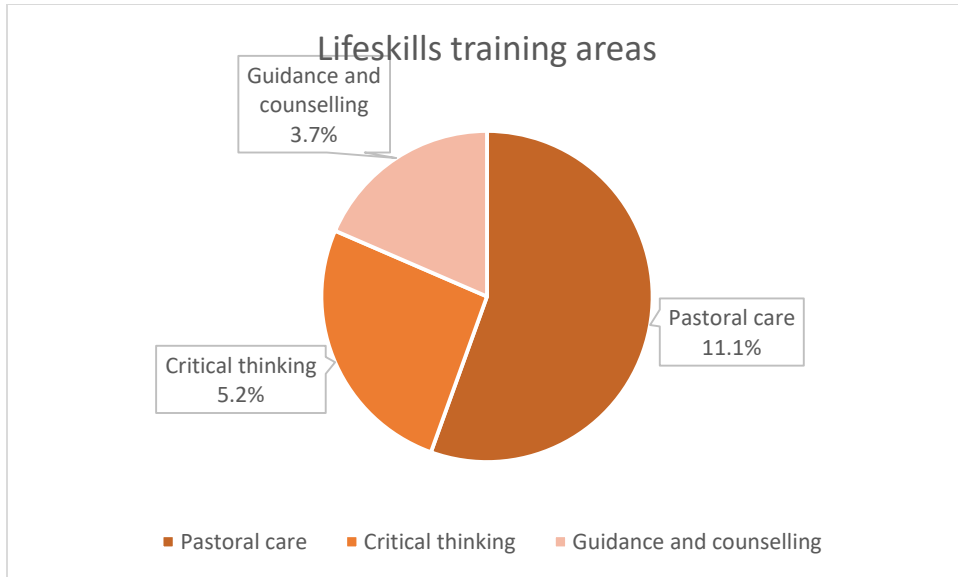


Source: Fieldwork (2021)

4.4.1.3 Life skills training

The study aspired to establish the areas of life skills training the convicts had undertaken in prison. The results as shown in figure 4.4 revealed that majority of the convicts fifteen (11.1%) had received life skills training in the area of pastoral care, seven (5.20%) had received life skills training in the area of critical thinking and five (3.70%) had received life skills training in the area of guidance and counselling.

Figure 4.4: Life skills training areas



Source: Fieldwork (2021)

The findings of the study shows that Naivasha Maximum Security Prison offers academic programs which comprises of primary education, secondary education and college education. The institution also offers vocational training in areas such as carpentry, building and construction, metal work and welding and tailoring. Life skills training is also offered by the institution in areas of pastoral care, critical thinking and guidance and counseling. The findings are supported by the findings of K.P.S (2018), that Kenya Prisons Service has embarked on various programs aimed at reforming and rehabilitating offenders. These programs include; educational programs, vocational training program, spiritual development program, guidance and counselling program.

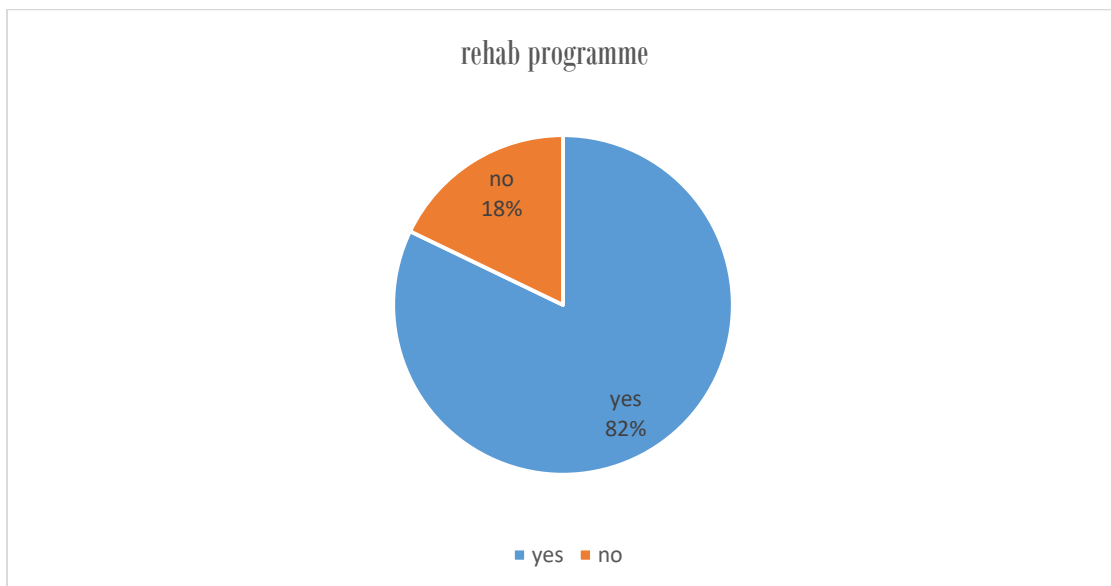
The findings of the study shows that Naivasha Maximum Security prison offers rehabilitation programs to offenders. The findings of the study relate with reformative theory of punishment which holds that criminal behavior is as a consequence of

underlying factors such lack of education, mental health issues, drug use and unemployment among others. Therefore, these issues are addressed by rehabilitation programs offered in prisons. The findings of the study relate with incapacitation theory of punishment which focuses on immediate safety and so it can bring about safe conditions in prisons for implementing rehabilitation programs.

4.4.2 Number of convicts who had undertaken rehabilitation programs at Naivasha Maximum Security Prison

The researcher aimed at establishing the number of convicts who had undertaken rehabilitation programs. The results as shown in figure 4.5 revealed that majority of the convicts one hundred and twelve (82%) had undertaken rehabilitation programs, while twenty-five (18%) had not undertaken rehabilitation programs.

Figure 4.5: Number of convicts who had undertaken rehabilitation programs at Naivasha Maximum Security Prison



Source: Fieldwork (2021)

4.4.2.1 Reasons for not undertaking rehabilitation programs

The study sought to find out why twenty-five (18%) respondents had not undertaken any rehabilitation program. Their response as shown in table 4.3 indicated that majority of the convicts, twenty (14%) were unwilling, and five (4%) were on the waiting list.

Table 4.3: Reasons for not having undertaken rehabilitation programs

Reason	Frequency	Percentage
Unwilling	20	14%
On the waiting list	5	4%
Total	25	18%

Source: Fieldwork (2021)

On reasons for not having undertaken rehabilitation programs, focus group discussion member NMSPFGDM-1 who was unwilling pointed out:

“I don’t trust these prison officers and I wonder what they would counsel me about.” (Source: Fieldwork 2021)

The study findings are supported by the findings of Crewe (2011), that the effectiveness of rehabilitation programs is also undermined by the prison environment where convicts lack mutual respect and trust for prison officers making them not to participate in rehabilitation programs. This makes convicts to leave prisons unreformed.

On reasons for not having undertaken rehabilitation programs, focus group discussion member NMSPFGDM-8 who was on the waiting list pointed out:

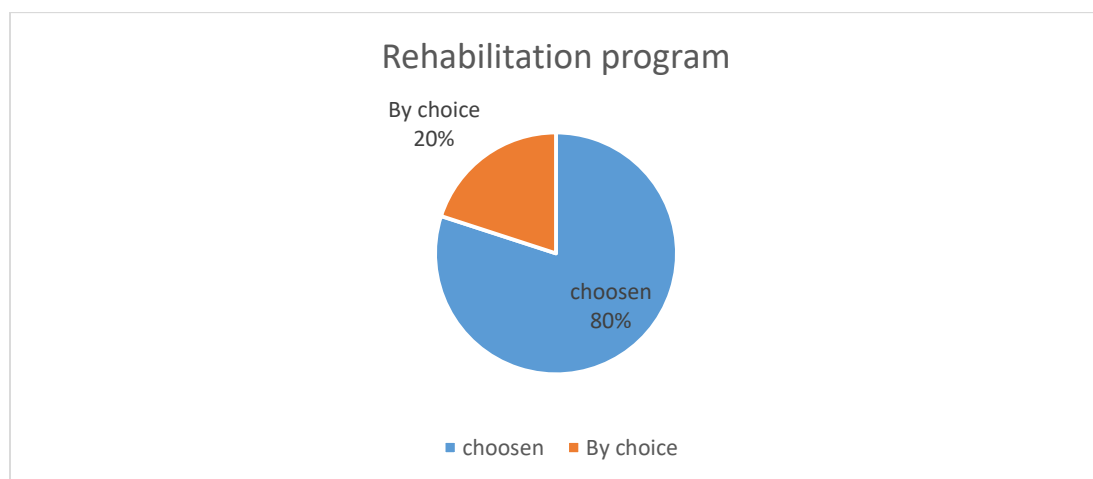
“I was put on the waiting list last year but up to now have not received any communication from the management”. (Source: Fieldwork 2021)

The study findings corroborate with the findings of Meyer, Tangney and Moore (2014), that long waiting list undermines the effectiveness of rehabilitation programs. The longer the convicts wait to be enrolled into the programs, the more they are likely to be discharged without having undertaken any rehabilitation program. The scholars further established that in U.S.A, 18.5% of 261 convicts were released in 2014 from a county jail without having undertaken any rehabilitation program because they were put on waiting list and they were not enrolled into the programs.

4.4.3 Choice of rehabilitation programs

The study endeavored to find out from the convicts whether the rehabilitation programs they were undertaking while serving their prison terms were chosen by them or they were chosen for them. The results as shown in figure 4.6 illustrates that majority of the convicts, eighty percent (80%) revealed that most programs were chosen for them by the prison officers and were forced to undertake them. Minority of the convicts, twenty percent (20%) revealed that it was their choice.

Figure 4.6: Choice of rehabilitation programs



Source: Fieldwork (2021)

On choice of rehabilitation programs, focus group discussion members NMSPFGDM-10, NMSPFGDM-6, NMSPFGDM-2, NMSPFGDM-7, NMSPFGDM-5 who were among the 80% pointed out:

“Most programs we undertook were chosen for us by the prison officers because when we were requested to choose for ourselves, only 20% were willing thus making the prison officers to choose for us and we were forced to undertake them”. (Source: Fieldwork 2021)

On choice of rehabilitation programs, key informant NMSPKI-10 asserted:

“Convicts are supposed to choose for themselves the rehabilitation programs they want to undertake here in prison but majority of them give us hard time by refusing to choose the programs. This forces the prison officers to choose for them and force them to participate in the rehabilitation programs”. (Source: Fieldwork 2021)

The study findings shows that majority of the convicts, 80% were forced to undertake rehabilitation programs because they were unwilling. From the findings, the study argue that Naivasha Maximum Security Prison was rehabilitating convicts who were unprepared psychologically for rehabilitation and this made the rehabilitation process not to be effective. The findings of the study corroborate with the findings of Mossiere and Serin (2014), that the effectiveness of rehabilitation programs is influenced by offenders’ willingness to take part in rehabilitation programs. Motivation and engagement are pivotal in successful rehabilitation as they enable offenders to actively take part in their recovery resulting in enhanced outcomes and lasting change.

4.4.4 Usefulness of knowledge and skills gained from rehabilitation programs in the context of convicts

The study aimed at finding out the respondents' views on whether the knowledge and skills gained from undertaking rehabilitation programs would be useful to them after release from prison. The results as shown in table 4.4 revealed that majority, forty five (32.90%) convicts perceived that educational and vocational skills would emancipate them from poverty, twenty seven (19.77%) perceived that educational and vocational skills would improve their employment prospects, ten (7.32%) perceived that educational and vocational skills would support them to be self-employed and eight (5.86%) perceived that educational and vocational skills would enhance their self-esteem. Six (4.39%) perceived that guidance and counselling skills would help them adapt to life after prison and five (3.66%) perceived that guidance and counselling skills would help them in changing their behavior. Four (2.90%) perceived that critical thinking skills would help them in managing anger, stress and resolving conflicts and three (2.20%) perceived that critical thinking skills would enhance their thinking skills. Two (1.50%) perceived that pastoral care skills would enhance their self-concept and two (1.50%) perceived that pastoral care skills would aspire them to reform from committing crimes.

Table 4.4: Views of convicts on how the skills and knowledge gained from undertaking rehabilitation programs would be useful to them after release from prison

Skills and knowledge gained	Views on knowledge and skills gained	Frequency	Percentage
Vocational and educational skills	Emancipation from poverty	45	32.90%
	Improve their employment prospects	27	19.77%
	Support them to be self employed	10	7.32%
	Enhance their self esteem	8	5.86%
Guidance and counselling skills	Adaptation to life after imprisonment	6	4.39%
	Behaviour change	5	3.66%
Critical thinking skills	Managing anger, stress and resolving conflicts	4	2.90%
	Enhance their thinking skills	3	2.20%
Pastoral care skills	Enhance their self-concept	2	1.50%
	Aspiration to reform from committing crimes	2	1.50%
Total		112	82%

Source: Fieldwork (2021)

On whether the knowledge and skills gained by convicts who had undertaken rehabilitation programs would be useful to them after release from prison, focus group discussion member NMSPPFGDM-9 pointed out:

“The inter-personal and critical thinking skills have gained in prison would help me in life after prison because have acknowledged that I found myself in prison due to lack of these skills and I felt that others misunderstood me and this led to violence.” (Source: Fieldwork 2021)

On whether the knowledge and skills gained by convicts who had undertaken rehabilitation programs would be useful to them after release from prison, key informant NMSPKI-12 asserted:

“The educational and vocational training skills gained by convicts will not only benefit them after release from prison but also the society because this will ensure that ex-convicts will be given a chance in the society to thrive in future regardless of their past. These skills would be a gateway to economic and social mobility” (Source: Fieldwork 2021)

The findings of this study on knowledge and skills gained from vocational training are in line with the findings of Mbatha, Kerre, Ferej, and Kitainge (2019), who established that the reoffending rate for convicts who undertook vocational training programs while incarcerated was lower than for those who did not participate because they secured employment after discharge from prison.

The findings of this study on knowledge and skills gained from educational program corroborates with the findings of Mwangi (2017), who established that educational program offered in prisons help in lowering recidivism rates and increasing post release employment. According to Mwangi (2017), 40% of convicts from Kiambu county who participated in educational program were unlikely to return to penal institutions.

The findings of this study on knowledge and skills gained from pastoral care program are consistent with the findings of Wambugu (2014), who established that convicts who participated in spiritual development programs in prison had changed their morals. This is because the program helped them in reconstructing their life by developing their self

acceptance and self esteem and in forgiving other people through confession and contrition.

The findings of this study on knowledge and skills gained from guidance and counseling program corroborates with the findings of Sikasa (2015), who established that convicts who participated in guidance and counseling programs in prison had changed their behavior. They were able cope with triggers of delinquency such as drug and substance use, anger, deviant peers which had influenced them in committing the crimes they had been convicted of.

4.5 Effectiveness of rehabilitation programs in Naivasha Maximum Security Prison

The study's second objective was to examine the effectiveness of prisons rehabilitation programs in Naivasha Maximum Security Prison, Kenya. From this objective, the assumption of the study was:

A2: The rehabilitation programs in Maximum prisons lack effectiveness in the context of the prisoners.

4.5.1 Effectiveness of rehabilitation programs in the context of convicts

The study aimed at finding out the views of the convicts on whether they were contented with the way prison officers reformed and rehabilitated them and whether the rehabilitation programs they had undertaken were effective.

4.5.1.1 Convicts views on how prison officers reformed and rehabilitated them

The study aimed at finding out from the convicts whether they were contented with the way prison officers reformed and rehabilitated them. The results as shown in figure 4.7 revealed that majority of the convicts, eighty one percent (81%) indicated that they were

not satisfied, nine percent (9%) indicated that they were satisfied and ten percent (10%) indicated that they didn't know.

Figure 4.7: Convicts level of satisfaction on how prison officers reformed and rehabilitated them.



Source: Fieldwork (2021)

The convicts who were not satisfied with the way prison officers reformed and rehabilitated them gave reasons that prison officers were unqualified because they handled convicts unprofessionally by focusing more on instilling physical punishment to them than reforming and rehabilitating them. This was supported by focus group discussion member NMSFGDM-10 who pointed out:

“These prison officers are not qualified at all to reform and rehabilitate convicts, their work is instilling physical punishments to convicts instead of counselling and educating them.” (Source: Fieldwork 2021)

The study findings revealed that physical abuse of convicts by prison officers is common in Naivasha Maximum Security Prison. The study findings corroborate with the findings of Martin (2006), that abuse of convicts by the prison officers is widespread in prisons. Failure of convicts to comply with prisons rules and act defiantly makes prison officers to unlawfully use excessive force to punish them. This can be in form of beating, kicking, smacking or hitting the convicts. Under these challenges, the goal of reformation cannot be achieved in prisons.

The convicts who were not satisfied with the way prison officers reformed and rehabilitated them also gave reasons that prison officers were unqualified because they lacked integrity in reforming and rehabilitating convicts. This was supported by focus group discussion member NMSPPGDM-3 who pointed out:

“These prison officers are not qualified at all to reform and rehabilitate convicts because they are the people who sell cigarretes, marijuana and heroine to us. Even if I want these drugs from them right now,I will get them within a very short time. These prison officers cant even reform me, infact I am the one who is supposed to reform them because their integrity is questionable.” (Source: Fieldwork 2021)

The findings of this study revealed that prison officers in Naivasha Maximum Security Prison lack integrity in reforming and rehabilitating convicts. The findings are supported by the findings of Gumbi (2015), that corruption in prisons undermines the integrity of rehabilitation programs. Corrupt prison officers are involved in smuggling contrabands in prisons in exchange for money. These contrabands include; mobile phones and drugs such as cocaine, cannabis sativa, heroine and cigarettes. Gumbi (2015), further argue that contrabands compromises reformation and rehabilitation efforts by distabilizing the orderly management of prisons. When prison officers are associated with corrupt

practices, they abandon their responsibilities of overseeing and facilitating rehabilitation programs making convicts to leave prisons unreformed.

The convicts who were satisfied with the way prison officers reformed and rehabilitated them gave reasons that the prison officers were qualified because they guarded and controlled convicts from escaping. This was supported by focus group discussion member NMSPPFGDM-7 who observed:

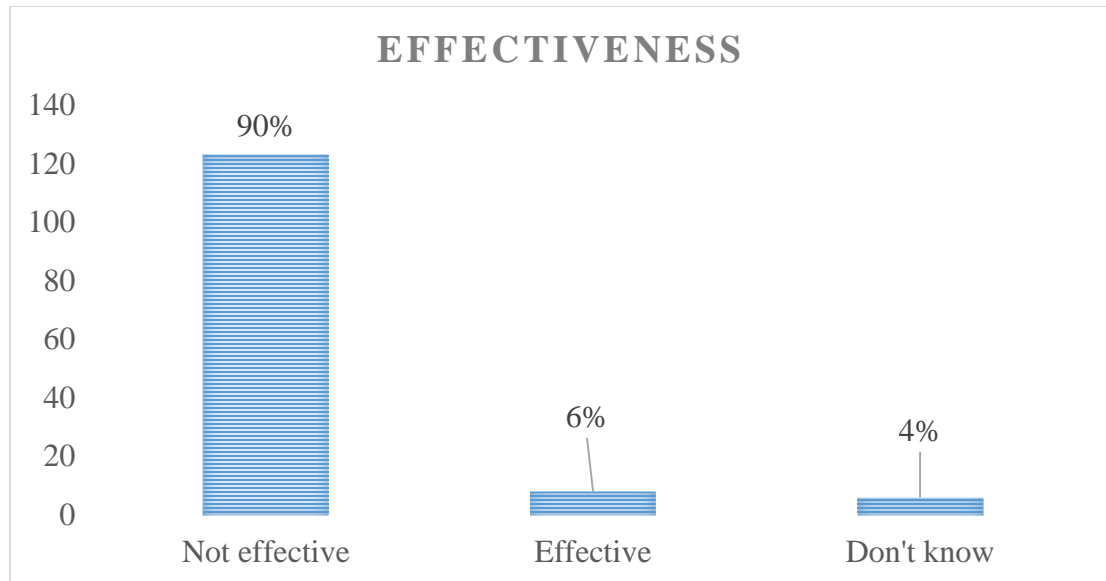
“These prison officers are qualified because it is not easy for convicts to escape from prison.” (Source: Fieldwork 2021)

The findings of the study are in line with the findings of Kifer, Hemmens, and Stohr (2003), who established that prison officers hold the view that reformation and rehabilitation of criminals should be done by specialists but not them and the work of prison officers is to maintain security by ensuring that all criminals who are in prison are safe. In such an environment, it becomes difficult to reform and rehabilitate convicts.

4.5.1.2 Convicts views on effectiveness of rehabilitation programs

The study aimed at finding out the views of the convicts on whether the rehabilitation programs they had undertaken were effective. The results as shown in figure 4.8 revealed that majority of the convicts, ninety percent (90%) indicated that they were not effective. six percent (6%) indicated that they were effective and four percent (4%) indicated that they didn't know.

Figure 4.8: Convicts views on effectiveness of rehabilitation programs



Source: Fieldwork (2021)

The convicts who indicated that the programs were effective gave reasons that the programs helped convicts in gaining knowledge and skills in the fields they were trained in. This was supported by focus group discussion member NMSPFGDM-6 who observed:

“The programs were effective because they helped convicts in gaining knowledge and skills in different areas, they were trained in.” (Source: Fieldwork 2021)

The findings of the study corroborate with K.P.S (2018), that rehabilitation programs aims at reducing recidivism by making sure that convicts are trained in useful skills which are needed for specific jobs and industries. These skills would help convicts to be self-employed or secure jobs after their release from prison.

The study further aimed at establishing from the convicts the reasons why the programs were not effective. The convicts indicated that the programs were faced with a lot of

challenges. The results as shown in table 4.5 revealed that majority of the convicts, nineteen (13.90%) indicated overcrowding in prison, eighteen (13.17%) indicated shortage of funds, sixteen (11.70%) indicated failure to target interventions for criminogenic needs, sixteen (11.70%) indicated long waiting list, fifteen (10.98%) indicated lack of integrity by prison officers, thirteen (9.51%) indicated shortage of professionals, twelve (8.8%) indicated lack of modern equipment in workshop and industries, eight (5.85%) indicated lack of educational facilities and six (4.39%) indicated lack of conducive learning environment .

Table 4.5: Convicts views on why the programs were not effective

Views	Frequency	Percentage
Overcrowding in prisons	19	13.90
Shortage of funds	18	13.17%
Failure to target interventions for criminogenic needs	16	11.70%
Long waiting list	16	11.70%
Lack of integrity by prison officers	15	10.98%
Shortage of professionals	13	9.51%
Lack of modern equipment in workshops and industries	12	8.80%
Lack of educational facilities	8	5.85%
Lack of conducive learning environment	6	4.39%
Total	123	90%

Source: Fieldwork (2021)

These reasons were discussed in detail by members of focus group discussion as follows:

Overcrowding in prisons caused serious management problems because the facilities which were supposed to be used for training were converted into sleeping wards for convicts. The members observed that lack of space hindered the prison management in providing convicts with reformation programs because of influx of convicts. Also, due to overcrowding, the prison management failed to categorize convicts according to their reformation and rehabilitation needs.

Shortage of funds. The members observed that there was shortage of funds for purchasing convicts' training materials for vocational training and also funds for paying to National Industrial Training Authority for convicts' trade tests. The members also observed that for the last two years, convicts had not undertaken vocational training and had also not done trade tests due to shortage of funds.

Failure to target interventions for criminogenic needs. The members observed that the prison management concentrated more on non-criminogenic needs than on criminogenic needs hence producing negative impact. For instance, convicts with mental disorders were enrolled in carpentry before treating their disorders.

Long waiting list. The members observed that some convicts were put on waiting list some years ago and were enrolled into the programs two months prior their release and others completed their prison terms still waiting to be enrolled into the programs.

Lack of integrity by prison officers. The members observed that some prison officers were corrupt when enrolling convicts into reformation and rehabilitation programs. Convicts participated in programs of their choice in exchange for bribes. The members also observed that gaining access to a social worker was done in exchange for bribes.

Shortage of professionals. The members observed that there was shortage of counselors, psychologists, and psychiatrics in the institution. When the study was being carried out there were only two counselors in the institution and there were no psychologists and psychiatrics. This had an impact on mental health and well-being of convicts.

Lack of modern equipment in workshop and industries. The members observed that this made convicts to be backward in terms of technology because after their release from prison, they were challenged by sophisticated technology which was being used outside.

Lack of educational facilities. The members observed that there was lack of laboratories and libraries which affected educational programs in prisons. Due to lack of laboratories, convicts who were participating in secondary education programs lacked practical skills in biology, physics and chemistry.

Lack of conducive learning environment. The members observed that availability of drugs, alcohol and gang violence in prison disrupted reformation of convicts.

4.5.2 Effectiveness of rehabilitation programs in the context of key informants

The views of convicts on why the programs were not effective were supported by the key informants as follows;

On overcrowding Key informant NMSPKI-2 asserted:

“The capacity of Naivasha Maximum Security Prison is one thousand, two hundred prisoners but currently its holding two thousand, eight hundred and sixty-six prisoners. Majority of them are pre-trial detainees and those who have been convicted with petty offences. This has resulted to overstretching of prison’s physical facilities and also putting pressure on prison services and stores leading to squalid conditions and we have not been able to classify prisoners.” (Source: Fieldwork 2021)

The study findings shows that majority of the respondents, 13.90% indicated that overcrowding in prisons contributed to the ineffectiveness of rehabilitation programs. The findings corroborate with the findings of Ndung'u (2012), that overcrowding undermines the provision of effective reformation programs because of lack of resources and a demeaning living environment. It corrodes human dignity and endangers the physical and mental health of convicts. Due to overcrowding, it becomes impossible to segregate hardcore criminals from petty criminals thus encouraging petty criminals to learn advanced criminal tactics from the hardcore criminals.

On shortage of funds Key informant NMSPKI-3 asserted:

“Shortage of funds for training and also shortage of funds for rehabilitation programs halts all the rehabilitation activities in prison. Many convicts stay idle in prison and some leave prison without having undertaken any rehabilitation program. Due to shortage of funds, the prison fails to procure some basic requirements thus impeding the provision of quality programs to the convicts. Due to shortage of funds also, the prison has not been able to build laboratories and libraries.” (Source: Fieldwork 2021)

The study findings shows that 13.17% of the respondents, indicated that shortage of funds contributed to the ineffectiveness of rehabilitation programs. The findings corroborate with the findings of Muteti (2016), who observed that insufficient funding hinders the effectiveness of reformation and rehabilitation programs offered by Kenya Prisons service. Due to insufficient funding it becomes difficult to procure materials

which are needed for vocational training and education program, to procure modern equipment in workshop and industries and to cater for training and development of skills in different fields.

On shortage of professionals Key informant NMSPKI-4 asserted:

“The prison lacks enough psychiatrists, counselors and psychologists who are competent to deal with criminogenic needs of the convicts. For instance, we receive convicts with mental disorders but they are enrolled directly to do carpentry, building and construction and other courses when their mental disorders have not been treated first due to shortage of professionals.” (Source: Fieldwork 2021)

The study findings shows that 9.51% of the respondents, indicated that shortage of professionals contributed to the ineffectiveness of rehabilitation programs. The findings corroborate with the findings of Anyango (2017), that guidance and counseling programs in Kenyan prisons is hindered by shortage of professionals such as psychologists, counselors and psychiatrists. This has affected convicts with mental disorders because of failure to meet their criminogenic needs. Their mental condition makes them to become resistant to reformation programs offered in prisons hence making them to be discharged unreformed.

On lack of conducive learning environment, key informant NMSPKI-15 asserted;

“Prisons cannot provide a conducive environment for learning because they house different categories of people in the same roof with different behaviors and those who are studying when in prison faces a lot of disruptions in prisons. It is very challenging to those who are studying.” (Source: Fieldwork 2021)

The study findings shows that 4.39% of the respondents, indicated that lack of conducive learning environment contributed to the ineffectiveness of rehabilitation programs. The findings corroborate with the findings of Mwangi (2017), who established that lack of conducive learning environment which was characterized by violence among prisoners,

torture by prison officers, availability of prison gangs who disrupted learning and controlled alcohol and drugs in prison hindered the provision of effective educational program in prisons.

The findings of the study shows that rehabilitation programs offered in Naivasha Maximum Security Prison lack effectiveness due to challenges such as failure to target criminogenic needs of offenders, overcrowding in prison, shortage of funds, lack of professionals, long waiting lists, lack of educational facilities, lack of modern tools and equipment in workshop and industries among others. This contributes to recidivism. Ineffective rehabilitation programs undermines the reformatory theory of punishment which holds that offenders can be reformed through treatment and support rather than relying only on punishment.

Ineffective rehabilitation programs strengthens incapacitation theory which holds that recidivism should be prevented by removing high risk offenders from the society through imprisoning them for longer period time.

4.6 Prison environment and recidivism

The study's third objective was to explore the relationship between prisons and recidivism. From this objective, the assumption of the study was:

A3: The cruel prison environment promotes or reduces recidivism.

The study aimed at finding out the views of the convicts on whether the prison environment at Naivasha Maximum Security Prison promotes recidivism. The prison environment was characterized by harsh prison conditions such as poor sanitation, degrading clothing and beddings, infectious diseases, poor diet, sexual abuse,

overcrowding and congestion and physical violence. The respondents' responses were as portrayed in table 4.6

Table 4.6: Prison environment and recidivism

Statement	Strongly disagree	Disagree	Moderately agree	Agree	Strongly agree	Mean	Standard Devn
1.Overcrowding and congestion in prison increases probability of a convict returning to prison after release	6.5%	11.3%	3.3%	31.3%	47.6%	3.0	2.0
2.Poor diet in prison increases probability of a convict returning to prison after release	7.3%	16.2%	10.2%	24.4%	41.9%	3.0	2.0
3.Degrading clothing and beddings in prison increases probability of a convict returning to prison after release	9.0%	15.0%	4.5%	15.4%	56.1%	2.0	1.0
4.Poor sanitation in prison increases probability of a convict returning to prison after release	2.4%	11.9%	7.3%	27.2%	51.2%	3.0	2.0
5.Infectious diseases in prison increases probability of a convict returning to prison after release	11.4%	13.7%	3.3%	16.7%	54.9%	2.0	2.0
6. Sexual abuse in prison increases probability of a convict returning to prison after release.	14.7%	9.3%	4.9%	13.8%	57.3%	2.0	2.0
7. Physical Violence in prison increases probability of a prisoner returning to prison after release	18.7%	6.5%	4.1%	34.5%	36.2%	3.0	2.0
Total						2.6	1.9

Source: Fieldwork (2021)

The results shows that majority of the respondents 82.2% agreed that overcrowding and congestion in prison increases probability of a convict returning to prison after release. 17.8% of the respondents disagreed that overcrowding and congestion in prison increases probability of a convict returning to prison after release.

The results shows that majority of the respondents 76.5% agreed that poor diet in prison increases probability of a convict returning to prison after release. 23.5% of the respondents disagreed that poor diet in prison increases probability of a convict returning to prison after release.

The results shows that majority of the respondents 76% agreed that degrading clothing and beddings in prison increases probability of a convict returning to prison after release. 24% of the respondents disagreed that degrading clothing and beddings increases probability of a convict returning to prison after release.

The results shows that majority of the respondents 74.9% agreed that poor sanitation in prison increases probability of a convict returning to prison after release. 25.1% of the respondents disagreed that poor sanitation in prison increases probability of a convict returning to prison after release.

The results shows that majority of the respondents 76% agreed that infectious diseases in prison increases probability of a convict returning to prison after release. 24% of the respondents disagreed that infectious diseases in prison increases probability of a convict returning to prison after release.

The results shows that majority of the respondents 76% agreed that sexual abuse in prison increases probability of a convict returning to prison after release. 24% of the respondents disagreed that sexual abuse in prison increases probability of a convict returning to prison after release.

The results shows that majority of the respondents 74.8% agreed that violence in prison increases probability of a convict returning to prison. 25.2% of the respondents disagreed that violence in prison increases probability of a convict returning to prison.

The study findings shows that majority of the respondents 76.63% agreed that harsh prison environment increases recidivism. They gave reasons that harsh prison environment hardened them thus discouraging them from joining members of the society because they perceived that the society had neglected them. The reasons were discussed in detail by members of focus group discussion as follows:

Overcrowding and congestion. The members observed that overcrowding and congestion in prison exposes petty offenders to hardcore criminals. This makes petty offenders to learn advanced criminal tactics from the hardcore criminals. When petty offenders are released from prison, they involve themselves in advanced crimes than the ones they had been convicted of before leading to a return to prison.

Poor diet, degrading clothing and beddings and poor sanitation. The members observed that poor diet, degrading clothing and beddings and poor sanitation in prison put offenders at risk of depression. This aggravates mental illness among the offenders which is a risk factor for reoffending

Infectious diseases. The members observed that offenders who get infected with diseases like hepatitis, tuberculosis and HIV/AIDS in prison do not experience difficulties in accessing medical care. When released from prison, it becomes problematic for them to maintain good health and access medical care due to stigma. Most of them prefer going back to prisons because medical care is easily accessible in prisons than outside.

Sexual abuse. The members observed that sexual abuse to offenders in prison leads to psychosocial stress. This aggravates drug use among the offenders which is a risk factor for reoffending.

Physical violence in prison. The members observed that physical violence in prison leads to antagonistic relationships between the prison officers and the convicts. This negates convicts' participation in reformation programs offered in prisons and increasing their probability of reoffending.

The study findings also shows that minority of the respondents, 23.37% disagreed that harsh prison environment increases recidivism. They gave reasons that it was hard to cope up with harsh prison environment and that discouraged convicts from committing crimes again after release.

The study further aimed at finding out the views of the members of focus group discussion and key informants on whether the prison environment reduces recidivism. Their views were as follows:

On harsh prison environment, focus group discussion member NMSPFGDM-10 pointed out:

“We are used to suffering in prison and we have become hardy. We will still come back because we view suffering as part of prison life.” (Source: Fieldwork 2021)

The study findings corroborate with the findings of Camp and Gaes (2005), that the physical prison conditions characterized by overcrowding and degrading prison conditions and social prison environment characterised by inhumane treatment of convicts destroys them psychologically contributing more to persistence in crime and less in desistance to crime.

On criminal peers, focus group discussion member NMSPFGDM-1 pointed out:

“I don’t think I will ever leave prison because I earn a lot of money from criminal activities when am still confined in prison. Being a leader of prison gang makes me earn at least ksh 20,000 per week through selling drugs in prison and also extorting money from the public. I don’t think those people who are out there makes such money in a week”. (Source: Fieldwork 2021)

The study findings are supported by the findings of Levan (2011), that prison gangs poses a big challenge in reformation of convicts. They endanger effective management of prison and are involved in criminal activities behind bars. They regulate drugs, alcohol and mobile phones in prison. Gangs use some forms of violence such as sexual assault, homicide, riots and assaults as a means to gain status from other rival gangs in prison. Convicts join gangs for their safety and for economic activities because they make money behind bars through the following ways; by selling illegal drugs in prison, by engaging in extortion and coercion tactics and by buying and selling their fellow convicts to their other members of gang for sexual purposes. With these challenges in prisons, the goal of reformation becomes difficult.

On prisons as schools of crime, focus group discussion member NMSPFGDM-8 pointed out:

“I am twenty years old. I came to prison two years ago. For the last two years, have been spending most of my time with seasoned veterans who have taught me

mechanisms of crime. I have been convicted of petty offence but I don't think after my release from prison, I will be convicted of petty offence again. I will have been graduated to robbery with violence because I am well acquainted with advanced criminal tactics.” (Source: Fieldwork 2021)

On prisons as schools of crime, key informant NMSPKI-14 asserted:

“Unless the problem of overcrowding and congestion in prison is addressed, recidivism will remain a serious problem in prison because petty offenders will continue mixing with hardcore criminals”. (Source: Fieldwork 2021)

The study findings corroborate with the findings of Lily, Cullen, and Ball, (1995), that prisons are schools of crime. When petty offenders are housed in close proximity with hardcore criminals, they are taught by hardcore criminals how to commit serious crimes than the ones they had committed before being imprisoned.

On prisonization, focus group discussion member NMSPFGDM-5 pointed out:

“I am homeless and I find myself more comfortable when in prison than being in the streets. Prison life is good because you are provided with food and shelter. Even if I am released from prison right now, I would commit crimes and come back immediately”. (Source: Fieldwork 2021)

The study findings are in tandem with the findings of Bonta and Gendreau (1990), that prisons have been blamed for recidivism because they make convicts assimilate the prison context of being deprived of their autonomy, liberty, security, goods and services and heterosexual relationships. This causes institutional dependence. The longer the convicts stay in prison, the higher the level of institutionalization and the higher the propensity of reoffending. This destroys the emotional and physical well-being of the convicts because they lose judgement to make decisions and capacity to initiate behavior on their own. When released from prisons, they commit further crimes and fail to adjust to life outside prison because they feel that life in prison is more desirable.

On whether prison environment can reform convicts, key informant NMSPKI-1 asserted:

“Due to poor terms and conditions of work such as housing and low salaries, the prison officers have not been able to effectively and efficiently perform their duties. For instance, the officers live in dilapidated houses which lack basic amenities such as water among other things. Their salaries are also low. All these lowers their morale when performing their duties”. (Source: Fieldwork 2021)

The study findings corroborate with the findings of Musyoka (2013), that K.P.S has not achieved a favorable working environment for prison staff because prison officers live in dilapidated houses which were built during the colonial period. The houses lack basic amenities such as water and sanitation facilities. The houses accommodate prison officers and their families in single rooms. Some prison officers share rooms in these houses whose space is small. Indecent housing to prison officers has contributed to low morale in work thus affecting reformation and rehabilitation of convicts.

The established that prison environment contributes to recidivism. The findings of the study relate with reformatory theory of punishment which posit that prison environment can inadvertently result in recidivism by becoming a seedbed for criminal behavior thus impeding rehabilitation efforts and aggravating factors that results in reoffending. The findings of the study relate with incapacitation theory of punishment which posit that prisons act as training grounds for criminals by exposing convicts to criminal networks. This creates opportunities for convicts to bond with and learn criminal tactics from hardcore criminals.

4.7 Necessary policy changes towards the reduction of recidivism

The study's fourth objective was to determine necessary policy changes towards the reduction of recidivism in Kenyan prisons. From this objective, the assumption of the study was:

A4: There is need to overhaul prison policies in order to reduce recidivism.

The study aimed at finding out the views of key informants on measures to reduce recidivism. Table 4.7 portrays the results.

Table 4.7: Measures suggested by key informants on reduction of recidivism

Measures to reduce recidivism.	Frequencies	Percentage
Early assessment of convicts' criminogenic needs.	8	50%
Prioritize mental health treatment	2	12.50%
Enhance educational and vocational training programs in prisons.	1	6.25%
Enhance psychosocial counselling services in prisons	1	6.25%
Abolish the use of solitary confinement in managing disciplinary issues.	1	6.25%
Develop standardized evidence-based programs in prisons.	1	6.25%
Expand opportunities for occupational training in prisons.	1	6.25%
Ensure convicts receive appropriate substance use treatment.	1	6.25%
Total	16	100%

Source: Fieldwork (2021)

The results as shown in table 4.7 revealed that 50% (8) of the key informants suggested early assessment of convicts' criminogenic needs. These needs should be identified as soon as a convict is imprisoned. This will help in increasing the effectiveness of reformation and rehabilitation programs offered in prison by ensuring that the programs are aligned to convicts' specific needs. 12.5% (2) suggested that mental health treatment for convicts should be prioritized by offering psychiatric treatment and providing adequate mental health professionals in prison. 6.25% (1) suggested that educational and vocational training programs in prisons should be enhanced by ensuring that adequate funds are allocated to the programs. 6.25% (1) suggested that psychosocial counselling services in prison should be enhanced by deploying adequate professionals. 6.25% (1) suggested that use of solitary confinement should be abolished in managing disciplinary issues. Solitary confinement negates convicts in participating in reformation and rehabilitation programs because convicts are held for long term and released directly to the society. 6.25% (1) suggested that standardized evidence-based programs should be developed in prisons. These programs should target convicts' criminogenic needs such as offering courses to convicts in areas such as cognitive behavioral therapy. This would assist in reducing prison misconduct because convicts would be engaged in productive activities in prison. 6.25% (1) suggested that opportunities for occupational training in prison should be expanded by ensuring that convicts develop job skills which are marketable in order to secure jobs after release from prison. 6.25% (1) suggested that convicts should receive appropriate substance use treatment. Early intervention should be done for convicts with substance abuse problems by supporting them when in incarceration and extending that support to them even after their release from prison.

The findings reveal that early assessment of convicts' criminogenic needs was suggested by majority of key informants. This can be attributed to the fact that most convicts reoffend because of failure of prisons to align convicts with their criminogenic needs.

The study further aimed at finding out the views of members of focus group discussion on measures to reduce recidivism. The members of focus group discussion suggested that prisoners should be classified and segregated so as to avoid contamination of petty offenders by hardcore criminals. This should be carried out as soon as an offender enters prison.

The members of focus group discussion suggested that non -custodial sentences such as community service order should be applied to petty offenders. This will help in rehabilitating them and decongesting prisons and the government will save a lot of funds which is used in maintaining offenders in prisons.

The members of focus group discussion suggested that prisoners should be treated with dignity. Prisoners are human beings and should not be subjected to degrading living environment and torture. Prisons should focus more on rehabilitating offenders than punishing them and this will help in preparing them for their re-integration into the society.

4.8 Relevance of study findings to assumptions of the study

The study had four assumptions. Table 4.8 summarizes relevance of study findings to assumptions of the study. The results indicates that all the assumptions of the study were supported.

Table 4.8: Relevance of study findings to assumptions of the study

Assumption	Study findings
1. Either the programs rehabilitating prisoners are inadequate or not in line with the mind-set of the prisoners.	Supported
2. The rehabilitation programs in Maximum prisons lack effectiveness in the context of the prisoners.	Supported
3. The cruel prison environment promotes or reduces recidivism.	Supported
4. There is need to overhaul prison policies.	Supported

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter presents a summary of study findings in line with the objectives of the study, conclusion, recommendations and areas for further research.

5.2 Summary

Before presenting the summary of study findings, a summary of recidivism was done.

5.2.1 Recidivism

The study established that one hundred (73%) convicts had been convicted two times and thirty-seven (27%) had been convicted three or more times. The study also established that that majority of the convicts (73%) were ordinary recidivists and minority of the convicts (27%) were serial recidivists.

5.2.2 Rehabilitation programs used in Naivasha Maximum Security Prison

The study's first objective was, to identify and evaluate the programs used in rehabilitating prisoners at Naivasha Maximum Security Prison, Kenya. The study findings revealed that the following rehabilitation programs were used in Naivasha Maximum Security Prison. Academic programs for primary, secondary and college education. Vocational programs which focused on areas such as building and construction, metalwork and welding, tailoring and carpentry. Life skills training which focused on areas such as guidance and counselling, critical thinking and pastoral care.

5.2.3 Effectiveness of rehabilitation programs in Naivasha Maximum Security Prison

The study's second objective was, to examine the effectiveness of prison rehabilitation programs in Naivasha Maximum Security Prison, Kenya. The study established that the convicts were dissatisfied with the way prison officers reformed and rehabilitated them because the prison officers lacked integrity. They were involved in selling illegal drugs to convicts and they also concentrated more on instilling physical punishments in convicts instead of reforming and rehabilitating them.

The study also established that the rehabilitation programs offered at Naivasha Maximum Security Prison lacked effectiveness in the context of convicts and this was supported by key informants. The programs were faced with a lot of challenges such as overcrowding in prison, shortage of funds, failure to target interventions for criminogenic needs, long waiting list, lack of integrity by prison officers, lack of modern equipment in workshop and industries, shortage of professionals, lack of educational facilities and lack of conducive learning environment.

5.2.4 How prison environment promotes recidivism

The study's third objective was, to explore the relationship between prisons and recidivism. The study established that harsh prison conditions promote recidivism. The harsh prison conditions were characterized by poor sanitation, degrading clothing and beddings, infectious diseases, poor diet, physical violence, sexual abuse, overcrowding and congestion. The study established that harsh prison conditions hardened convicts thus discouraging them from joining members of the society because they perceived that the society had neglected them.

The study also established that despite convicts being confined in prison, they were also involved in committing crimes inside and outside prison. Such crimes committed involved selling illegal drugs in prison and extorting money from the public. The study also established that petty offender were learning advanced criminal tactics from hardcore criminals. The study also established that some convicts had assimilated the prison context and it was hard for them to cope up with life outside prison after release. This made them to commit further crimes in order to return to prison because they desired prison life more than life outside prison. The study also established that due to poor terms and conditions of work, the prison officers have not been effective and efficient in reforming and rehabilitating convicts because they lacked morale when performing their duties.

5.2.5 Necessary policy changes towards the reduction of recidivism

The study's fourth objective was, to determine necessary policy changes towards the reduction of recidivism in Kenyan prisons. On measures to control recidivism, the study established that in prisons, early assessment of convicts' criminogenic needs should be identified as soon as the convict is imprisoned. This will help in increasing the effectiveness of reformation and rehabilitation programs offered in prison by ensuring that the programs are aligned to convicts' specific needs. The study also established that convicts should be treated with dignity. Convicts are human beings and should not be subjected to degrading living environment and torture. Prisons should focus more on reforming and rehabilitating offenders than punishing them and this will help in preparing them for their re-integration into the society. The study also established that use of solitary confinement should be abolished in managing disciplinary issues in prison. This

is because it negates convicts in participating in reformation and rehabilitation programs because they are held for long term and released directly to the society unreformed. The study also established that prisoners should be classified and segregated so as to avoid contamination of petty offenders by hardcore criminals. This should be carried out immediately an offender enters prison. The study established that that non -custodial sentences such as community service order should be applied to petty offenders. This will help in rehabilitating them and decongesting prisons and the government will save a lot of funds which is used in maintaining offenders in prisons.

5.3 Conclusion

The study established that prison conditions have an impact on recidivism. Deplorable physical and social prison conditions make reformation of convicts impossible because convicts are subjected to brutal and demeaning treatment by prison officers. This destroys the convicts psychologically leaving them with resentments towards the general society due to the brutalizing effects they experience in prison. This increases their likelihood of reoffending after release from prison.

The study established that prison overcrowding has an impact on recidivism. Overcrowding makes petty offenders to be housed in close proximity with hardcore criminals. This makes petty offenders to learn advanced criminal tactics from hardcore criminals and makes them to become hardy and continue committing crimes upon release.

The study established that prison criminal peers play a big role in the formation of prison gangs. This is achieved by creation of a social environment in prison where inmates with similar criminal backgrounds can smoothly bond, share criminal tactics and knowledge

and find power and protection through joint affiliation. In this way, prison acts as a school of crime where reinforcement of criminal behavior is strengthened and intensified via peer influence and shared experiences behind prison walls.

The study also established that prisonization contributes to recidivism. The behaviors and values learned behind bars becomes a barrier to successful re-entry of convicts because convicts view prison life being more desirable than life outside prison. This makes them to commit further crimes after their release from prison leading to a return to prison.

The study also established that ineffective rehabilitation programs contributes to recidivism. The study established that the programs were experiencing challenges such as failure to target interventions for criminogenic needs, shortage of funds, long waiting lists, lack of modern equipment in workshop and industries among others. These challenges contributed to the ineffectiveness of rehabilitation programs.

5.4 Recommendations

The following recommendations were based on study findings.

The study recommends that the government should ensure that prisons are capable of reforming and rehabilitating offenders. This can be achieved by ensuring that prisons are adequately staffed and well equipped with professionals who can deal with specific criminogenic needs of the convicts. For instance, the study established that Naivasha Maximum Security Prison had shortage of professionals such as psychologists, psychiatrists and counselors making it ineffective to address the mental needs of the convicts.

The study recommends that the government should ensure that prisons are adequately funded to ensure smooth reformation and rehabilitation of convicts. Shortage of funds

make prisons to struggle in meeting the basic needs of convicts, affects reformation and rehabilitation of convicts because these programs are sometimes put into halt making convicts to leave prison without having undertaken any program thus increasing their propensity to reoffend.

The study recommends that the government should ameliorate prison conditions and ensure that they are favorable to reformation and rehabilitation of convicts. The study established that the prison is overcrowded and overcrowding has led to insanitary conditions putting the health of the convicts at risk. The study also established that prison officers instill physical punishments to convicts shattering them psychologically. Under such conditions the goal of reformation and rehabilitation is unattainable.

The government should ensure that they provide favorable working conditions to prison staff. This should be done by ensuring that prison officers receive favorable employment benefits, competent salaries and decent housing. This should be done in order to discourage them from being involved in corrupt practices in the prison. For instance, the study established that prison officers are involved in selling illegal drugs to convicts. This can be attributed to low salaries which negatively impacts their momentum when carrying out their duties.

Naivasha Maximum Security Prison should ensure that prisoners are classified and segregated so as to avoid contamination of petty offenders by hardcore criminals. This should be carried out as soon as an offender enters prison.

5.5 Areas for further studies

Further studies should be carried out on the linkage between cost-effective prison funding model and prison conditions.

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APPENDICES

Appendix I: Questionnaire for Convicts

This questionnaire has been developed by Muchirah M. Rosewinfred who is pursuing a degree in Master of Arts in Security Management and Police Studies at Kenyatta University. The questions are meant to collect data from Naivasha Maximum Security Prison on **The effects of prisons on recidivism**. The data will be used for academic purposes and the information which will be provided by the study participants will be treated as confidential. Kindly participate in filling in the questionnaire.

Thank you in advance for your participation.

Section A1: Personal characteristics of participants (please tick where appropriate)

1. Age

18-27 years [] 28-37 years [] 38-47 years []
48-57 years [] 58-67 years [] 68 and above years []

2. Marital status

Single [] Widowed [] Divorced []
Married [] Separated []

Section A2: Social economic characteristics of participants

3. Highest level of education

Primary [] Secondary [] College []
University [] None []

4 (a). Please tick from the list below your occupation before imprisonment?

Self-employed [] Formal employed [] Unemployed [] Employed []

5 (a). Please tick from the list below your living situation before imprisonment

Homeless [] With friends [] With parents [] Alone [] With spouse []

(b). Do you feel that your living situation contributed /influenced your reoffending?

Yes [] No []

Explain your answer.....

6 .Please tick from the list below your location of residence before imprisonment

Slums [] Middle class [] Upper class []

7. Please tick from the list below the ownership of the house you lived before imprisonment

Rented [] Owned by parent [] Own []

Section B: Types of rehabilitation programs

1(a). Have you undertaken any rehabilitation program in prison?

Yes [] No []

(b). If yes, please tick from the list below (tick all that apply)

- 1. Vocational training []
- 2. Academic program []
- 3. Life skills training []
- 4. Any other (specify)

2(a). Have you undertaken any academic program in prison?

Yes [] No []

(b). If yes, please tick from the list below

- 1. Primary education []
- 2. Secondary education []
- 3. College education []
- 4. University education []
- 5. Both primary and secondary education []
- 6. Both secondary and college education []
- 7. Both secondary and University education []

(c). Do you think the academic program you have undertaken will assist you after you are released from prison?

Yes [] No []

(d). Support the answer you gave in 2(c).....

3(a). Have you undertaken any vocational training program in prison?

Yes [] No []

(b). If yes, tick the appropriate area(s) you were trained in

- 1. Building and construction []
- 2. Carpentry []
- 3. Tailoring []
- 4. Metalwork and welding []
- 5. Any other (specify).....

(c). Do you think the vocational training you have undertaken will assist you after you are released from prison?

Yes [] No []

(d). Support the answer you gave in 3(c).....

4(a). Have you received any life skills training in prison?

Yes [] No []

(b). If yes, tick the appropriate area(s) you were trained in

1. Guidance and Counselling []

2. Critical thinking skills []

3. Pastoral care []

4. Any other (specify).....

(c). Do you think the life skills training you have undertaken will assist you after you are released from prison?

Yes [] No []

(d). Support the answer you gave in 4(c).....

5(a). While serving your term in prison, whose choice was it for the program you have trained in?

My choice []

Chosen for me []

Other options (specify)

(b) Support the answer you gave in 5(a).....

Section C: Effectiveness of rehabilitation programs

1(a) in your views, are you satisfied with the way prison officers reform and rehabilitate you?

Yes [] No []

(b). Support the answer you gave in 1(a).....

2(a). In your views, how effective are the rehabilitation programs offered in Naivasha Maximum Security prison?

Very effective [] Effective [] Not effective [] Not effective at all [] I don't know []

(b).Support the answer you gave in 2(a)

3(a). How many times have you been in and out of prison?

Two times [] More than three times []

(b). What made you to go back to prison again?.....

Section D: How prison environment promotes or reduces recidivism

1(a). To what extent do you agree with the following statements that link prison environment to the increase in probability of a prisoner returning to prison after release?

On a scale of 1-5 where, 5 is Strongly Agree, 4 is agree, 3 moderate agree, 2 is disagree and 1 is strongly disagree. To indicate your answer, put an X in the appropriate box.

Prison environment and recidivism	5	4	3	2	1
1. Overcrowding and congestion in prison increases probability of a convict returning to prison after release					
2. Poor diet in prison increases probability of a convict returning to prison after release					
3. Degrading clothing and beddings in prison increases probability of a convict returning to prison after release					
4. Poor sanitation in prison increases probability of a convict returning to prison after release					
5. Infectious diseases in prison increases probability of a convict returning to prison after release					
6. Sexual abuse in prison increases probability of a convict returning to prison after release					
7. Physical violence in prison increases probability of a convict returning to prison after release					

(b). Support the answers you gave in 1(a).....

Section E: Necessary policy changes towards the reduction of recidivism

1. In your views, suggest changes that can be done in order to reduce the return of ex-convicts into prison every time they are released.

.....

Thank you for your participation.

Appendix II: Key Informant Interview Guide

I request for a discussion on prisons and recidivism being guided by the following questions:

1. Does the following influence recidivism? Age, marital status, level of education, employment status, living situation and location of residence. If you agree, why? If you disagree, why?
2. Did you choose the programs the convicts have undertaken or they chose for themselves? If you chose for them, why?
3. In your view, do you think the knowledge and skills gained by convicts who have undertaken rehabilitation programs will be of use to them?
4. In your view, do you think the programs which convicts had undertaken were effective?
5. In your view, do you think the prison environment can reform convicts?
6. In your view, what should be done to reduce recidivism?

Thank you for your participation

Appendix III: Focus Group Discussion Guide

I request for a discussion on prisons and recidivism being guided by the following questions;

1. How does age, marital status, level of education, employment status, living situation, and location of residence influence reoffending?
2. Who chose the programs you undertook and why?
3. How will the knowledge and skills you have gained from undertaking rehabilitation programs help you?
4. How satisfied are you with the way prison officers reform and rehabilitate you?
5. How effective were the rehabilitation programs you undertook?
6. Do you think the prison environment can reform you?
7. How can recidivism be reduced?

Thank you for your participation

Appendix IV: Research Workplan



The year 2019												
Tasks to be performed	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Research topic selection and approval												
Review of research topic by supervisor												
Writing of proposal												
Review of proposal by supervisor and corrections												
Presentation of the proposal												
Correction of the proposal												
The year 2021												
Tasks to be performed	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Submission of proposal for clearance												
Pre-test study												
Collection of data												
Analysis of data and development of draft												
Review of the draft by the supervisor												
Submission of research project												
Defense of the project												

Appendix V: Research Budget

	Item	Description	Amount (ksh)
1	Salaries and wages	Research assistant	5,000
2	Equipment	SPSS - Software installation on the laptop	3,000
3	Materials and supplies	Questionnaire forms	3,000
		Communication(Airtime)	1,000
4	Travel	Field work	6,000
5	Services	Publication cost	15,000
6	Other	Accommodation	5,000
		Meals	2,000
		Miscellaneous	10,000
	Total direct costs		50,000

Appendix VI: Approval of Research Project Proposal



KENYATTA UNIVERSITY
GRADUATE SCHOOL

E-mail: dean-graduate@ku.ac.ke

P.O. Box 43844, 00100
NAIROBI, KENYA
Tel. 810901 Ext. 4150

Website: www.ku.ac.ke

Internal Memo

FROM: Dean, Graduate School

DATE: 5th February, 2021

TO: Muchirah M. Rosewinfred
C/o Security and Correction Science Dept

REF: C159/CTY/PT/33571/2015

SUBJECT: APPROVAL OF RESEARCH PROJECT PROPOSAL

This is to inform you that Graduate School Board at its meeting of 27th January, 2021 approved your Research Project Proposal for the M.A Degree Entitled, *The Impact of Prison Institutions Rehabilitation Programs on Recidivism: The Case of Naivasha Maximum Security Prison, Kenya*.

You may now proceed with your Data Collection, Subject to Clearance with Director General, National Commission for Science, Technology and Innovation.

As you embark on your data collection, please note that you will be required to submit to Graduate School completed Supervision Tracking and Progress Report Forms per semester. The Forms are available at the University's Website under Graduate School webpage downloads.

Thank you.

A handwritten signature in blue ink, appearing to read 'Harriet Isaboke'.

HARRIET ISABOKE
FOR: DEAN, GRADUATE SCHOOL

c.c. Chairman, Department of Security and Correction Science

Supervisors:

1. Dr. Namwambah
C/o Department of Security and Correction Science
Kenyatta University

HI/lnn

Appendix VII: Introduction letter from Kenyatta University to National Commission for Science and Technology



**KENYATTA UNIVERSITY
GRADUATE SCHOOL**

E-mail: dean-graduate@ku.ac.ke

Website: www.ku.ac.ke

P.O. Box 43844, 00100
NAIROBI, KENYA
Tel. 8710901 Ext. 57530

Our Ref: C159/CTY/PT/33571/2015

DATE: 5th February, 2021

Director General,
National Commission for Science, Technology
and Innovation
P.O. Box 30623-00100
NAIROBI

Dear Sir/Madam,


RE: RESEARCH AUTHORIZATION FOR MUCHIRAH M. ROSEWINFRED, REG. NO. C159/CTY/PT/33571/2015.

I write to introduce Muchirah M. Rosewinfred who is a Postgraduate Student of this University. The student is registered for M.A degree programme in the Department of Security and Correction Science.

Muchirah intends to conduct research for a M.A Project Proposal entitled, "The Impact of Prison Institutions Rehabilitation Programs on Recidivism: The Case of Naivasha Maximum Security Prison, Kenya".






Any assistance given will be highly appreciated.

Yours faithfully,


PROF. ELISHIBA KIMANI
DEAN, GRADUATE SCHOOL

HI/lnn

Appendix VIII: Research License

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 234791	Date of Issue: 09/March/2021
RESEARCH LICENSE	
	
<p>This is to Certify that Miss.. Muchirah Micere Rosewinfred of Kenyatta University, has been licensed to conduct research in Nakuru on the topic: The Impact of Prison Institutions Rehabilitation Programs on Recidivism: The Case of Naivasha Maximum Security Prison, Kenya. for the period ending : 09/March/2022.</p>	
License No: NACOSTI/P/21/9320	
234791 Applicant Identification Number	 Director General NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
	Verification QR Code 
<p>NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.</p>	

Appendix IX: Authorization Letter

**MINISTRY OF INTERIOR AND CO-ORDINATION OF NATIONAL
GOVERNMENT
STATE DEPARTMENT OF CORRECTIONAL SERVICES
KENYA PRISONS SERVICE**

Telegrams: "COMPRISONS", Nairobi
Telephone: +254-20-2722900-6
Fax: +254-2-2714716
Email: commissioner.prisons@gmail.com
When replying please quote
Ref No PRIS 1/112 VOL XIV/51



PRISONS HEADQUARTER
P.O. BOX 30175-00100
NAIROBI

Date: 18 March 2021

Muchirah M. Rosewinfred
P.O. Box 30281- 00100
NAIROBI

RE: APPLICATION FOR PERMISSION TO CONDUCT ACADEMIC RESEARCH.

We acknowledge receipt of your letter requesting approval to conduct an academic research titled: *"The Impact of Prisons Institutions Rehabilitation Programs on Recidivism: the case of Naivasha Maximum Security Prison in Kenya"*.

It is noted that the research will assist the Prisons Department in improving our service delivery. This is therefore to inform you that your request has been approved to run between 19th March 2021 to 31st March 2021.

Due to the prevailing Covid-19 Pandemic, drop and pick of questionnaires method will be applied. The Social Welfare Officers will therefore distribute and collect the questionnaires on your behalf.

You are expected to adhere to Prison rules and regulations during your research period. The laid down Ministry of Health Covid-19 protocols must be strictly adhered to during the research period. You are also required to provide the Prisons Headquarter with a copy of your research findings at the end of your research.

By a copy of this letter, the Officer in Charge Naivasha Maximum Security Prison is requested to accord you the necessary assistance during your research period.

A handwritten signature in blue ink, appearing to read "Mary Khaemba".

Mary Khaemba, OGW
Director Offender, Correction, & Rehabilitation
FOR: COMMISSIONER GENERAL OF PRISONS

Cc.
Officer in Charge
Naivasha Maximum Security Prison,

1 | Page