

**ASSESSMENT OF REHABILITATION PROGRAMS AND REFORMATION  
OF INMATES AT KAMITI MAXIMUM SECURITY PRISON, NAIROBI  
CITY COUNTY, KENYA**

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## DECLARATION

### Declaration by the candidate

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

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### Declaration by the supervisor

This Research Project has been submitted with my approval as the university supervisor.

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## **DEDICATION**

This Research Project is dedicated to my late mum Christine Sae Alila and my daughter Nuru Adeline Alila for their invaluable love, prayers, and encouragement throughout my studies.

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## **ABBREVIATIONS AND ACRONYMS**

**CBP** - Community-Based Programs

**CDCR** - The California Department of Corrections and Rehabilitation

**CSO** – Community Service Order

**DCI** - Directorate of Criminal Investigation

**KNCHR**- Kenya National Commission on Human Rights

**KPS** – Kenya Prisons Service

**RNS** - Risk Need Responsivity

**RTI** – Research Triangle Institute

**SCORE** - Singapore Corporation of Rehabilitative Enterprises

**SPS** - Singapore Prison

**SPSS** - Statistical Package for the Social Sciences

**HIV**- Human Immunodeficiency Virus

**ARV**- Antiretroviral

## OPERATIONAL DEFINITION OF TERMS

**Convict:** Someone who has been tried and convicted by a court of law and is serving a prison sentence as punishment prescribed in the laws of Kenya.

**Counseling:** A confidential collaboration between counselors and clients to enhance self-understanding, promote mental health, and resolve identified concerns.

**Deviants:** People who stray from accepted and stipulated norms and laws set by a state, an institution, or an organization.

**Prisonization:** The act of old prison inmates teaching new inmates more criminal acts they may engage in after release.

**Recidivism:** The act of a person falling back into an offense and returning to prison after being jailed and released.

**Reformation:** The planned intervention aimed at bringing change in offenders' criminality.

**Rehabilitation:** The process of retraining inmates to get into gainful activities aimed at deterring them from future criminal behavior.

**Rehabilitation Program:** An intervention aimed at bringing a change in offenders' criminal behavior leading to more productive activities.

**Re-integration:** Reintroducing a person back into the community from prison as a law-abiding citizen. Reintegration also refers to active community participation by ex-convicts.

**Maximum Prison:** A prison that confines people in custody who committed grievous offenses that attract longer sentences.

## ABSTRACT

Rehabilitation is the process of retraining inmates to get into gainful activities that will deter them from crime in future. The number of individuals detained globally, and the global incarceration rate continues to rise across all geographical areas raising questions about the effectiveness of rehabilitation among prisoners. Despite ongoing rehabilitation in Kenyan Prisons and the Government's effort toward rehabilitating offenders, the reoffending rate keeps increasing. The purpose of this study was, therefore, to find out whether rehabilitation programs in prison facilities rehabilitate offenders and, if not, why and what needs to be done to ensure adequate rehabilitation of offenders in Kenya. The following research objectives guided the study; to analyze the types of rehabilitation programs; examine the challenges facing rehabilitation programs; and finally establish possible solutions to the challenges facing rehabilitation programs in Kenya. Guided by rehabilitation theory, the study employed a descriptive survey research design, which helped to describe and portray the characteristics of inmates. Moreover, it employed both quantitative and qualitative data collection methods. Cluster sampling was used to determine the sample size with the target population of study being the inmates from Kamiti Maximum Prison, Nairobi City, Kenya. Data was analyzed quantitatively through frequencies and percentages using the Statistical Package of Social Sciences (SPSS) tool, and the findings were presented through tables, charts and graphs. The study identified rehabilitation programs for prisoners' reformatory discipline, including education programs, religious studies, and carpentry among several others. The study established that despite exposure to these reformatory programs, recidivism rates in Kenya remained high due to a range of factors, including mental and emotional trauma, societal discrimination, poor health, and overcrowding. The study makes several recommendations, including establishing aftercare committees to consider programs that review of long-term sentences to release rehabilitated inmates from prison. The study also recommends for the constitution of a team of career development officers who will develop better training policies for inmates and prison officers, introduce an effective payment system for technical jobs in prison, develop a strategy to stop the infiltration of drugs into prison, equip the prison programs with updated technologies in the actual job market, invest in facilities that ease congestion and improve health care offered in prison and recommend reviewed salary for prison officers. The study recommends that future studies should not primarily focus on rehabilitation of male inmates alone but female inmates too. By comparing data between male and female rehabilitation programs, policy makers can identify ways of increasing the effectiveness of rehabilitation programs. Understanding the future impact of the crime will facilitate the transformation of the criminal justice system and disrupt the persisting trends of crime.

## **CHAPTER ONE**

### **1.0 Introduction**

The main purpose of this study was to identify the rehabilitation programs offered by Prison facilities and evaluate their effectiveness in the rehabilitation of offenders for reformatory discipline. This chapter includes background to the study, statement of the problem, objectives of the study, research questions, and significance of the study, justification of the study, the scope of the study, limitations and delimitations.

### **1.1 Background to the Study**

Prison rehabilitation programs are universally designed to reform and improve the behavior of offenders before they are released back into society. The programs offered vary and depend on the goals an institution or a state wants to achieve as well as the type of offence committed, resources available and the institution in question. These programs date back to 1604 when Pope Clement XI in Rome introduced the first program of rehabilitating offenders (Otieno, 2018). Ever since, different states globally emulated this move, overlooking the initial goal of prisons, which was to punish and deter to focus on reforming offenders' character.

According to Omboto (2011), inmates often engage in crimes out of desperation attributed to lack of employment. Henceforth, when released, they are forced to go back to their criminal lives to make a living, which results in them going back to prison. The result is a high rate of recidivism as more criminals engage in repeat offences. For these reasons, Canada has introduced correctional services, including parole systems, which allow inmates serving less than three years to serve their sentence outside the prison and engage in paid jobs while being monitored (Brookings, 2016). The Netherlands is

the only country in the world that has successfully provided effective rehabilitation programs that have reduced the rate of prison re-entry, with prisons closing each year due to crime reduction. This has been because of the prisons treating those serving jail sentences a little differently, with a focus on rehabilitation rather than retribution, which is achieved by reversing criminal behavior, therefore reducing reoffending risks (Brookings, 2016). Other countries such as Australia, Britain and New Zealand have systems which entail convicted inmates going through planned and scheduled activities facilitated by professionals and prison wardens. These activities empower these inmates with new technological knowledge and skills to be utilized in areas such as masonry and carpentry.

Unfortunately, according to Byrne (2015), the number of individuals detained globally, and the global incarceration rate continues to rise across all geographical areas. Global trends in prisons and sentencing policy changes indicated an increasing emphasis on offender rehabilitation in jail and community correctional settings and a greater understanding of the connection between social development and crime. According to Shankar (2018), a lack of emphasis on the rehabilitation of prisoners may be a significant contributor to criminalization in American prisons. American prisons lack proper rehabilitation programs to control inmates' feelings and stress, transform their lives from within, and address their anger and desperation, leading people to commit crimes.

According to the United Nations Office on Drugs and Crime (2018), the United Nations Office on Drugs and Crime supports the enactment of the Doha Declaration toward fair, humane as well as effective criminal justice systems, which helps member states create a rehabilitative approach toward prison management. It also supports the creation of

programs intended to enhance income-generating work and products for inmates, increase inmates' esteem, experience, and employability after release, and raise awareness that inmates are always part of the larger society.

According to (Oruta, 2016), the reoffending rate both in Kenya and Tanzanian is at 47% while that of South Africa is at 74% (African Journal of Criminology and Justice Studies, 2019). The reoffending rate in Uganda is at 32%, Rwanda at 36% and Zambia at 33%. According to (Kuhimbisa, 2024), In Uganda, a chain link system was introduced, encouraging different agencies to work collaboratively to ensure prisoners are equipped with the right skills and knowledge that can ease their transition process into society upon release from prison.

Demonstrably, the subject of incarceration of inmates, rehabilitation and reoffending rate continues to persist as a common topic of discussion over the years in Kenya (Drury, Elbert, & DeLisi, 2022). In Kenya, the system of incarceration was established in 1911 under the Kenya Prison Service, inspired by the British Colonial Administration (Term, 2014). This system was launched during a period of violent growth during the political extremity of the 1950s. Social violence and correctional suppression carried on into the postcolonial world and willed a longstanding heritage to the then-recently independent countries in East Africa.

After independence, the Kenyan government patterned its coercive docket on social precedents that slightly bettered conditions of confinement and reproduced numerous corrective felonious measures, including judicial flogging, political detention and the bracket of certain property crimes as a capital offence (Oruta, 2016). However, over the years, the system has been characterized by diverse challenges, including a high rate of recidivism, which constrains limited prison resources.

According to Otieno (2018), about 54,000 inmates are held in Kenyan prisons, with about 25,920 in remand, which exceeds the average capacity of the prison to accommodate inmates adequately. During the unveiling of the audit report by the Office of the Director of Public Prosecution on the plan of action to solve the prison capacity holding situation for inmates, the Senior Assistant Commissioner of Prisons, Kenya, said that it costs Ksh2.4 million per day to feed nearly 30,000 inmates and approximately Sh876 million annually. Yet, most of them (2/3) are often rearrested for new offences further straining the already limited resources of the criminal justice system (Oruta, 2016).

A common challenge encountered with the incarceration system not only locally but also globally is the high rate of repeat offences referred to as recidivism (Byrne, Pattavina & Taxman, 2015). Often, many prisoners tend to find themselves in jail more than once for repeat offences, leading to overpopulated prisons, which necessitates the introduction of rehabilitation programs to reduce the rate of repeat offences among former prisoners and ease their transition process (Term, 2014).

Therefore, to reduce this challenge, rehabilitation programs were established with the primary intention being to ensure that released criminals easily integrate into society and do not engage in new offences. The general program focuses on equipping inmates with skills and knowledge that can increase their ability to become self-reliant upon release, especially financially, to minimize their chances of going back to crime. However, the high rate of recidivism in the country continues to persist despite the running of these programs. This raises concern about the effectiveness of the rehabilitation programs, which form the rationale of the study.

Omboto (2013) observes that several factors can be ascribed to the severe prison environments in developing nations. Such factors include, poor diet, congestion, degraded clothing and bedding, absence of clean water, infectious diseases, homosexuality, and poor sanitation, among others. Historians believe that the colonial government deliberately developed poor state prisons for African inmates, especially those who rebelled against white rule.

According to Omboto (2010), tobacco abuse, and the smuggling of drugs by dishonest prison employees have also become menace in our prison institutions. Severe conditions in prisons and inmates' unpaid work negate the inmates' rehabilitation, as well as rendering them rebellious. Released inmates may end up committing vengeance against the larger society, which does not give them as much support as ex-prisoners therefore leading to inmates who are inadequately rehabilitated.

According to Campbell (2010), rehabilitation is a contentious subject in criminology and penology; it means the practice of helping one to restore a former socially accepted state. Over the years, this conception has occupied different meanings such as the principle of sentencing and justification for punishment. It is also termed as the means used to realize prison reforms, starting with silence, isolation, labour, and punishment, followed by medical interventions, which include psychosurgery and drugs. Recently, vocational, psychological, and educational programs, notwithstanding, specialized services, have been pushed forward as avenues for the reformation of inmates through a prison sentence.

By offering wellness programs or vocational training, governments and non-state organizations believe that they can deter repeat offences and reduce recidivism in their states. However, despite the introduction of these rehabilitation programs, the high rate

of recidivism continues to persist in almost all states globally. This persistence of repeat offences demonstrates the need to extensively explore the concept of rehabilitation programs, challenges impacting their effectiveness and solutions to these challenges to ensure easy reintegration into society and low chances of engaging in repeat offences.

## **1.2 Statement of the Problem**

The Kenyan government has been faced with the persistent challenge of soaring crime rates, especially in major cities, a phenomenon that continues to persist despite spirited efforts to reduce undesirable activity to the lowest levels through rehabilitation programs (Oruta, 2016). The arising question after carefully examining the levels of expenditure on the incarceration system and rehabilitation programs is what ails these programs. This is because, despite subjecting released criminals to rehabilitation programs and vocational training, 2/3 will be rearrested for new offences, a common phenomenon not only in Kenya but also in other states worldwide. Despite the government investment in rehabilitation programs, prisons keep receiving former inmates. This is a trend that causes concern about the effectiveness of prison programs offered in Kenyan prisons towards rehabilitation of offenders, therefore, casting doubts on the effectiveness of rehabilitation programs offered in correctional institutions (Otieno, 2018). The concern on the high rates of recidivism therefore, prompted the researcher to explore the challenges of rehabilitation programs as well as offer sustainable solutions with a focus on male inmates in Kamiti Maximum Security Prison, Nairobi City, Kenya.

### **1.3 Objectives of the Study**

#### **1.3.1 Main Objective of the Study**

The primary aim of the study was to closely examine ongoing prison rehabilitation programs and establish their effectiveness in rehabilitation of inmates.

#### **1.3.2 Specific Objectives**

The following objectives guided the study:

1. To analyze the types of rehabilitation programs offered at Kamiti Maximum Security Prison
2. To examine how these programs have affected the rehabilitation process of prisoners in Kamiti Maximum Security Prison.
3. To examine the Challenges facing rehabilitation programs in Kamiti Maximum Security Prison
4. To establish possible solutions to the identified challenges facing rehabilitation programs in Kamiti Maximum Security Prison.

### **1.4 Research Questions**

The study sought to answer the following research questions:

1. Which rehabilitation programs are offered to inmates at Kamiti Maximum Security Prison?
2. How have these programs affected the rehabilitation of prisoners being released from Kamiti Maximum Security Prison?

3. What are the challenges affecting the effectiveness of these rehabilitation programs?
4. How can the challenges facing the mentioned rehabilitation programs be sustainably addressed?

### **1.5 Significance of the Study**

The findings of the study will help in improving the criminal justice outcomes. It is through effective rehabilitation that pragmatic programs with the capability of rehabilitating and instilling discipline in offenders are identified and established; this, in turn, makes it easier for inmates to re-integrate into society after release without being tempted to commit another crime. This generated information on the best approaches to effective rehabilitation programs necessary for the government, inmates, prison officers, and stakeholders involved in prisons and correctional service. The findings of this study offer significant recommendations for improving prison rehabilitation programs for the effective rehabilitation of inmates.

The findings are instrumental in informing policymakers about the profound impact of current rehabilitation programs, limitations and constraints and practical recommendations to improve them. The result is a more effective criminal justice system focused on correcting offenders' behaviour rather than just punishing them. Society benefits from released convicts who have changed their criminal behavior, leading to a safe and secure environment and increased productivity. By assessing the impact of rehabilitation programs on inmate behaviour, leaders and policymakers can make more informed decisions on resource allocation in correctional institutions which could also lead to effective use and management of funds.

The study findings can also be employed in reducing crime rates within the country. The evaluation of rehabilitation programs and their impact on reoffending rates demonstrate that, indeed, they reduce the chances of one committing a repeat offence. Therefore, the findings of the study can be utilized in the formulation of strategies that can reduce recidivism and lead to a low overall crime rate. In addition, they can help in the formulation and implementation of preventative measures addressing the root cause of criminal behavior that leads to incarceration. The insights offered by the study can be used in the enhancement of inmate rehabilitation.

Through this study, we identify rehabilitation programs that have proven to be highly effective in positively altering inmates' behavior and reducing their chances of repeating offences upon release. Through these insights, the effective programs would be scaled up while the ineffective ones are discontinued to ensure only effective rehabilitation programs are running. These insights also facilitate the implementation of tailored programs that align with the specified correctional needs of inmates, resulting in better behavioral outcomes.

This study contributes to the vast body of literature on rehabilitation programs in the criminal justice system. Through its findings, the study adds to existing knowledge and academic literature on prison rehabilitation, particularly in developing states such as Kenya, where research is less extensive. In addition, by comparing the findings with the rehabilitation efforts made in another states, the best and most effective rehabilitation programs are identified. In summary, the study is significant as it offers valuable insights that can improve the criminal justice system, reduce the overall crime rate, improve human rights and enhance the overall society's well-being.

## **1.6 Scope of the Study**

The study aimed to analyze the types of rehabilitation programs and to examine their effectiveness in rehabilitation of prisoners in Kenya, focusing on Kamiti Maximum Security Prison. Kamiti Maximum Security Prison is located in Roysambu Constituency, Nairobi County, Kenya. Using the design survey technique, the study focused on existing rehabilitation programs and how they have impacted on the risk of committing new offences among the inmates. The study also targeted the prison and social welfare officers at the facility who oversee these rehabilitation programs as the key respondents regarding the effectiveness of existing rehabilitation programs in reducing recidivism rates.

## **1.7 Limitations and Delimitations of the Study**

Potential biases remained a significant challenge. In certain instances, the interviewees did not want to provide information or speak up about their offences due to fear of social stigma. Others did not want to openly highlight their encounters with rehabilitation programs at the facility and thus provided inconclusive answers. Fortunately, due to the vast nature of the target population, the researcher was able to collect sufficient information that guided the study.

Another major limitation was the physical accessibility of the respondents owing to the Covid-19 pandemic fears. The researcher could not access inmates directly to interview them or hand out questionnaires; this was addressed by obtaining official permission to access the site, the Officer- In charge of Kamiti Maximum Security Prison assigned an officer to assist in handing over of the questionnaires to the inmates. Therefore, the

researcher did not enjoy the added advantages of physically interacting with respondents such as observation of body language and gestures.

Language barrier was also a problem as the questionnaires were written in English yet not all respondents can read and respond in the language. However, the assigned officer helped in interpreting the language to the participants and writing down responses for those who could not write.

## **CHAPTER TWO**

### **LITERATURE REVIEW AND THEORETICAL FRAMEWORK**

#### **2.0 Introduction**

This chapter reviews the literature on prison rehabilitation programs and their effectiveness in rehabilitating inmates. This chapter covers the types of rehabilitation programs in prisons, the effectiveness of rehabilitation programs in prisons, the challenges facing rehabilitation programs in prisons towards changing offenders' behavior, and appropriate rehabilitation programs. The chapter has been divided into three primary sections, firstly, the theoretical framework; secondly, the conceptual framework and lastly, empirical review.

#### **2.1 Theoretical Framework**

##### **2.1.1 Rehabilitation Theory**

Underpinning the rehabilitation theory is the belief that treatment is better than punishment; an individual is likely to desist from committing an offense if they are exposed to treatment. According to Forsberg and Douglas (2022), the idea of incarceration is to punish and reform a victim from engaging in criminal activities while rehabilitation ensures that they can return to the society as law-abiding citizens. The author further states that rehabilitation programs play an instrumental role in improving the skills, sociability and mental health of prisoners. Rehabilitation also increases inmates' accessibility to resources such as education and employment. However, extant literature highlight that most rehabilitation programs tend to stick more on matters concerning sanitation, sports, talents and religion with important aspects such as mental

health, education, formal education and industrial training which play a significant role while transitioning from the incarceration life to a life of freedom, being ignored.

Rehabilitation theory was used in this study (Byrne, Pattavina & Taxman, 2015). In 1726, Howard analyzed the state of Prisons in England, and he recommended that inmates should not be harassed and extorted by their keepers nor suffer from malnutrition and diseases. Howard advocated for the segregation of inmates by age, sex, crime, he also advocated for good pay for prison staff, and hiring of professional staff in prison like medical officers and chaplains. Howard championed the idea of supplying inmates with enough food and clothing; this was accepted and enacted in the British parliament in 1779 (Mealings, 2015). The classical rehabilitation model in correction facilities started in the 1930s and scaled to its heights in the 1950s. Qualified staff members were anticipated to diagnose the causes of offender behavior, recommend treatment and determine rehabilitated individuals. Group therapy, counselling, and behavior modification were part of the approach (Mutabari & Wanjohi, 2017; Mealings, 2015).

According to Cullen et al. (2016), although rehabilitation has always been a feature of correctional programming, its popularity has fluctuated throughout time. The "nothing works" conclusions of Martinson in 1974 broke down the rehabilitative ideal that had been established. Cullen and Gendreau provide a great review of historical treatment trends and outline the key components of recent treatment services. According to Cullen et al. (2016), rehabilitation practices are no longer seen as a fruitless theory that "does not work" with offenders. The rehabilitative ideal's legitimacy has ideally been confirmed, and currently exerts a growing amount of influence over correctional practice and policy.

Cullen et al., (2016) provides an exemplary description of the model of treatment and rehabilitation programs for juveniles and adults. He explains that in rehabilitation theory, offenders' unique needs are identified to enable prison officers to deal with them effectively. He further argues that one cannot punish inmates yet expect them to reform. However important it is to inflict punishment on inmates for the maintenance of justice and social order, the purpose of rehabilitation should be given priority since it's the only tool that ensures offenders do not relapse to crime, especially after acquiring skills that in turn engage them in productive activities after their release (Peace, 2016). Rehabilitation theory, therefore, seeks to guide this study towards examining the intricate matters of rehabilitation and reformation in a potentially comprehensive manner. From the literature, it is ostensive that sound policies, capacity enhancement, and quality, up-to-date training are eminent for effective rehabilitation.

According to Mogstad and Dahl (2020), rehabilitative incarceration is crucial in a contemporary society characterized by dramatically increasing rates of incarceration. Often, released prisoners face difficult time reintegrating into society due to discrimination by the society and established systems. The authors highlight that, factors such as depreciation of human capital, exposure to hardened criminals and the society stigma makes it very difficult for released prisoners to integrate into the society, pushing most of them to crime. Omboto (2013), observes that several factors can be ascribed to the severe prison environments in developing nations: poor diet, congestion, degraded clothing and bedding, absence of clean water, infectious diseases, homosexuality, and poor sanitation, among others. According to Omboto, abuse of tobacco and the smuggling of drugs by dishonest prison employees have also become menace in our prison institutions. Severe conditions in prisons and unpaid work negate

the rehabilitation of inmates, as well as render them rebellious making it impossible to reform and reintegrate properly into the society.

According to the United Nations Office on Drugs and Crime (2018), the Doha Declaration toward fair, humane, and effective criminal justice systems, which helps member states create a rehabilitative approach toward prison management. It also supports the creation of programs intended to enhance income-generating work and products for inmates, increase inmates' esteem, experience, and employability after release, and raise public awareness that inmates are always part of the larger society.

According to Dahl & Mogstad (2020), a study of the criminal justice system in Norway proves that incarceration with focus on rehabilitation may lead to beneficial outcomes. The Norwegian prison systems enhance job training, boosts employment, and lower crime. There are notable spillovers for criminal networks, which offer extra advantages in the reduction of crime.

Campbell (2010) describes rehabilitation as a contentious subject in criminology and penology; it occupies different meanings, such as the principle of sentencing and justification for punishment; also, the means used to realize prisons reform varied over time, starting with silence, isolation, labor, and discipline, followed by medical interventions which include psychosurgery and drugs. Recently, vocational, psychological, and educational programs, notwithstanding specialized services, have been pushed forward as avenues for rehabilitating inmates through prison sentences.

On the other hand, the legal definition of rehabilitation is treating inmates in the prison setup with rehabilitative techniques rather than retribution (Drury, Elbert, & DeLisi, 2022). Criminal justice for rehabilitation aims to help offenders understand their wrongdoings and get them ready to re-enter society as changed people. Rehabilitative

programs must emphasize on the issues that led inmates to commit crimes in the first place. Environmental effects are the variables that can impact crime rates; they include drug and alcohol abuse, poverty, and illiteracy which can predict and provide insight into the crime problems in a community, highlighting the areas where rehabilitation programs need to help inmates the most. To help the offender to integrate into their society, it is typically necessary to apply various training methods and treatments (Ng, Narayanan & Ghoh, 2018).

According to Papa (2016), Rehabilitation aims to reduce an offender's action or propensity to commit a crime again after release. Prison rehabilitation programs come in various forms, such as Scared Straight, which tries to deter people from committing crimes by having prisoners discuss the negative impacts of crime, however, the majority of rehabilitation initiatives concentrate on helping the convicts themselves. According to statistics on rehabilitation in prison, educational, occupational, and psychological programs are among the most successful at improving inmate outcomes.

Countries that practice rehabilitative justice may incorporate one or more of these programs into their systems (Drury, Elbert, & DeLisi, 2022). The Netherlands is the only country in the globe to successfully provide effective rehabilitation programs that reduce the rate of prison re-entry, with Prisons closing each year due to crime reduction (Van et al., 2020). The Custodial Institutions Agency, that carries out sentences, about 13,000 prisoners are incarcerated in the country's prison system; the agency treats those serving jail sentences a little differently, with focus on rehabilitation rather than retribution which is achieved by reversing criminal behavior; therefore, reducing reoffending risks. It involves intensive education, skill-sharing, and undertaking courses that better inmates after release (Beijersberge et al., 2016).

On the other hand, to rehabilitate prisoners, Singapore Prison Service (SPS) close collaboration with the community revealed a decrease in the crime rate. Such associations included family members and organizations such as the Singapore Anti-Narcotics Association and Rehabilitative Enterprises of the Singapore Corporation. To help reduce crime risks, Singapore Prison Service brought up Community-Based Programs to assist prisoners in their transition from prison to society by supplementing in-care rehabilitation with Community-Based Programs for assessed and suitable inmates (Shankar, 2018).

Even in many high-earning nations, prisons struggle to provide education, vocational teaching, and work that benefits prison population. A European educational review found that among 640,000-prison population, there were significant low-skilled individuals (Bhuller et al., 2016). At the same time, less than a quarter of prisoners participated in training and education in most European Union Member States. The extent of prisoners' involvement in constructive activities in lower-income countries is much smaller.

However, there is a growing acknowledgement of the significance of rehabilitation programs in prisons globally. When the Member States and experts gathered at the United Nations' thirteenth Congress on Crime Prevention and Criminal Justice held in Qatar in April 2015, deliberations were made about the most critical concerns on the action. The Doha Declaration endorsed commitment of Member States to implementing policies for prisoners focusing on education, medical care, rehabilitation, work, social reintegration, and prevention of recidivism (United Nations Office on Drugs and Crime, 2017).

A study by The Council of Economic Advisers in the U.S.A found that programs on drug addiction sensitization, reduced crime by 17 percent and mental health instabilities by about 21 percent, respectively (Bhuler et al., 2016). Therefore, mental illness and drug addiction programs shouldn't be ignored in prison rehabilitation programs. Since programs dealing with mental illness and drug addiction have proven to increase inmates' reformation in America, such programs may inform many studies dealing with prison rehabilitation programs.

However, not all scholarly works support the concept of rehabilitation as the most effective way of ensuring criminal reformation. A study by Bhuller et al., (2016) examining the effectiveness of prisoner rehabilitation programs concluded that the rehabilitation programs are not as significant as other scholars argue. According to Martinson (2023), rehabilitation is a treatment prescribed for a no longer existing condition. He further emphasizes that the approach ignores deterrence of crime emphasizing on the need for the society to embrace punishment as the natural condition for the criminal justice system. In this case, deterrence becomes a primary purpose denying criminals with any opportunities to enjoy the fruits of their crime.

There is inadequate literature limited in size and quality, to offer deep insights about prisoner rehabilitation programs necessitating the need for further research. This inadequacy is attributed to two main factors; the limited panel datasets that can track offenders before and after serving their time in prison and the existing selection bias of who is imprisoned. Therefore, it is difficult to capture accurate data that can capture the causal effects of incarceration and rehabilitation programs.

### 2.1.2 Risk- Need-Responsivity (RNR) Model

The RNR model was developed to assess the success of prisoner rehabilitation programs in Canada and globally. Underpinning the model are the three principles; 1) the *risk principle* which asserts that the behavior of the offender can be reliably predicted, and that treatment should prioritize high risk offenders; 2) *the need principle* which emphasizes on the design and delivery of treatment, and 3) the *responsivity principle* that guides how treatment should be administered (Jill, 2018). The risk in reformation differs necessitating different intervention measures. A low-risk criminal necessitates less complex intervention measures while high risk criminal requires expensive and complex measures that can induce change

The need principle looks at the individual criminogenic needs which should be targeted by the measures being implemented. Extant literature has in the past praised the RNR model for its effectiveness in minimizing the risk of offending and re-offending, as the rehabilitation programs are designed to suit the criminogenic needs of each criminal. However, Lutz et al., (2022) argue that while the RNR model is most practical in reducing recidivism, it is impractical in several contexts as it treats past behavior as static, immutable risk factors. Therefore, the model poses as a major shortcoming for second generation risk assessment due to failure to account for some of the offenders changing for the better. Contemporary scholars criticize the lack of consensus on the extant definition of recovery and how it can be measured.

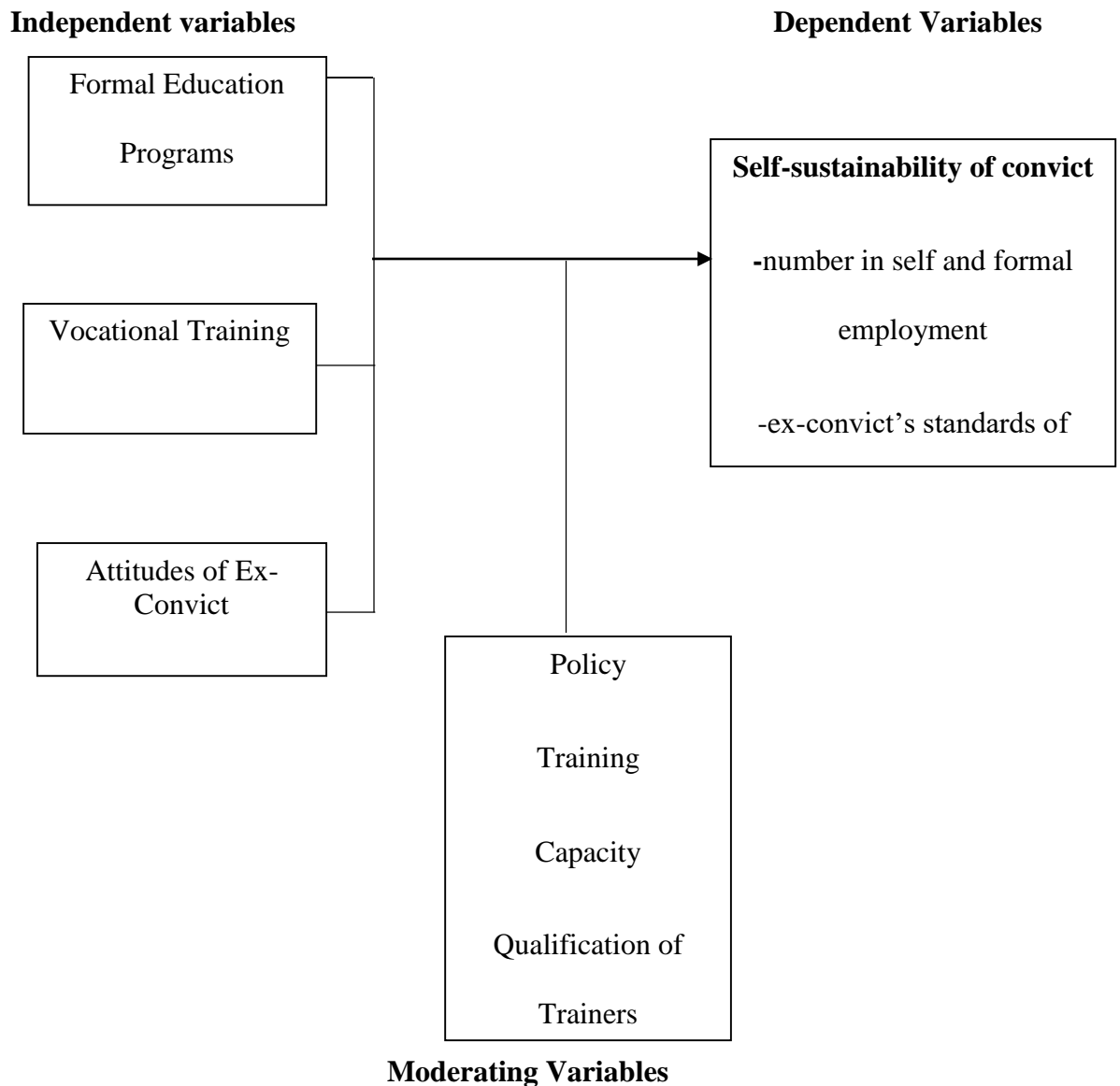
Kenya prisons just like other rehabilitation organizations countrywide, offer inmates various rehabilitation programs and training that build up self-reliant citizens on their release (Kiemo, 2022). However, the attitude of the inmates towards each program and how it impacts on their self-sustainability differs. Therefore, for the programs to be

effective, Jill (2018), recommends involvement of social welfare officers to determine the risk levels of the offenders, the necessity level of the program and possible responsibility. Failure to use the RNR method results in the implementation of rehabilitation programs that yield no significant benefit to the inmate. Moreover, Shankar (2018), argues about the need for ensuring inmates have a positive attitude towards a program for active participation.

The purpose of prison rehabilitation theory is to treat and train offenders to reintegrate to the society as law-abiding people. The goal is to reform offenders and reduce the propensity of recidivism by addressing the main causes of crime. Risk–Need–Responsivity (RNR) model of rehabilitation acknowledges the importance of the personal and interpersonal sources of control over human behaviour. It also acknowledges the power of cognitive-social-learning approaches to predict and intervene over inmates’ behaviour. Therefore, both Rehabilitation theory and Risk–Need–Responsivity (RNR) model are aimed at reforming inmates’ behavior though Rehabilitation theory uses training that benefits the offender after release, Risk–Need–Responsivity (RNR) model on the other side is more specific on identifying the level of risk of inmates and solving it with equally deserved measures.

## **2.2 Conceptual Framework**

The conceptual framework defines the relationship between the variables of this study. Therefore, this study examines elements of rehabilitation programs as independent variables and rehabilitation as dependent variables, as illustrated in the figure below.



**Figure 2.1: Dependent and Independent Variables**

The Kenyan government implemented rehabilitation programs in its correctional prisons, focused on assisting criminals in altering their criminal behavior and providing them with rehabilitation and community reintegration skills. Despite various rehabilitation programs in Kenyan prisons, recidivism and crime rates are escalating. Such trend calls for urgent need to examine the effectiveness of the existing custodial programs concerning rehabilitation and recidivism reduction.

Figure 2.1 illustrates the relationship between the dependent variables that is the self-sustainability of convicts and independent variables which include the diverse rehabilitation programs. Society expects that, once inmates have been imprisoned, they should be rehabilitated by the time of their release; however, that is not always the case due to certain factors in the rehabilitation programs. Factors such as overpopulation, prisonization, and unskilled prison officers are majorly attributed to the lack of proper rehabilitation of inmates. For effective rehabilitation to occur, the following intervening variables must be fully addressed; Policy, Training, Capacity to bridge the challenges in prison rehabilitation programs. Training and Capacity are vital aspects of effective rehabilitation; for better training, there must be adequate capacity, where well-educated and skilled prison officers are employed to offer training to inmates; also, prison officers need to be taught on how to handle inmates.

## **2.3 Empirical Review**

### **2.3.1 Types of Rehabilitation Programs in Prisons**

Faced with the challenge of high numbers of incarcerated individuals with more than half being repeat offenders, governments in collaboration with non-profit organizations continue to introduce diverse rehabilitation programs and vocational training. The primary intention is to reduce the risks of recidivism and improve behavior of released inmates so that they can reintegrate successfully into the society (Murhula, Singh & Nunlall, 2019). There are different significant reasons why inmates may not rehabilitate during their stay in prison; when one decides not to involve themselves ultimately in the provided prison rehabilitation programs, when a prison offers ineffective programs to its inmates, and when one engages in programs that may not help them after release,

therefore they end up not rehabilitated thus, getting into crime and finally finding themselves back to prison.

According to (Matakayia., Onyango & Nyagol, 2017), a plausible defense of rehabilitation programs is that it reduces crime effectively and has long-term advantages for the entire American community. The links between unemployment/poverty and crime are elusive in criminology literature since most people who become poor never engage in criminal activity. However, unemployment and poverty may be a necessary reason for engaging in crime. Still, it is not sufficient, to substantiate why individuals engage into crime. While most prisoners, including long-term inmates, adjust positively to jail life, many don't cope with the pain of imprisonment. Maladaptive responses, such as self-mutilation, emotional disorders, prison misbehavior, and suicide attempts, are most common in the early phases of imprisonment (Drury, Elbert, & DeLisi, 2022). Offenders with the most significant difficulty of adapting to prison life tend to find it challenging to function in other environments. Inmate adjustment to prison life is attributed to individuals and their environments combined. It, therefore, means that new inmates feel uncomfortable in prison environments, but takes some time to adjust.

Different programs and rehabilitation strategies have been employed to improve skills and behavior of inmates (Matakayia., Onyango & Nyagol, 2017). According to Shankar (2018), it has been demonstrated that programs in prison help inmates by giving them a second chance in the society. In the United States, prisoners participating in educational programs were 43 percent less likely to commit a crime after release than those who did not. Data proving the worth of education programs offered in prison have aided in changing the scenery of educational programs in prisons with encouraging outcomes for prisoners who leave prison more educated.

Physical and mental wellness has essential purpose for inmates in custody: Depending on offered programs in a prison facility, prisoners may participate in various programs like tai chi, meditation, or yoga. The Borstal act also affirms that offenders shall participate in regular physical exercise unless exempted by a medical officer for health reasons. People require physical exercise for good development socially, physically, and mentally.

Counselling rehabilitation, play an instrumental role in offering guidance during the sentence period, which may include vocational, social, academic, or personal matters (Matakayia., Onyango & Nyagol, 2017). The open-door policy is another prison program contributing to prison reforms worldwide. This policy encourages the participation of stakeholders, and their work is reflected in improving prison conditions, rehabilitation, and human rights, among others aimed toward prison reformation. Nyambura (2021) posits that when inmates get deeply into religious activities, they tend to have plenty of inner resources. Since spirituality is fundamentally about love and connectedness, therefore, spiritually connected inmates would be less likely to hurt other inmates or engage in wrong activities. Education programs impart knowledge to inmates, and some may lead to inmate's professionalism such as law, counselling, and even preaching (Matakayia., Onyango & Nyagol, 2017). Such programs motivate inmates to have a new life with a new profession after their release.

A state cannot operate without prisons because it exploits labor provided by the inmates. By deliberate policy, inmate's decision-making and personal responsibility are suppressed through a highly restricted prison code and a system that rests exclusively with the topmost prison administrator (Drury, Elbert, & DeLisi, 2022). Most prisons at least involve prisoners in various industrial and technical work essential to operate the institutions; crop farming, animal rearing, metal work, motor vehicle repairs, detergents

making, tailoring, upholstery and carpentry, among others, most of this work is done using outdated technologies, whose nature and structure have little benefits to inmates besides keeping them busy. Proceeds from these activities are shared with the state and prisons to manage prison activities. None of the inmates involved in such activities receives any incentives or payment from the proceeds of their work.

### **2.3.2 The Need for Rehabilitating Inmates**

Incarceration has a direct impact on the individual lives of inmates, their families, friends and the society. Regarding inmates, prisoners face several challenges while incarcerated which necessitate exposure to rehabilitation (Peace, 2016). Overpopulation of inmates leads to the mixing of inmates serving different sentences, such as murder, robbery with violence, rape, and sodomy; this may lead to inmates learning other inmates' behaviours, therefore propagating prisonization.

Another challenge may be due to Prison institutions under-employing staff or employing staff with little inmate's rehabilitation knowledge or underpaying their staff. Understaffed officers may be overwhelmed with work, hence reluctance on dispensing their duties, while underpaid officers may engage in corrupt activities with inmates to leverage their remuneration (Lultz et al., 2022). Such situations may lead to the wrong treatment of offenders and even penetration of drugs and narcotics into prisons for consumption by inmates and therefore hampering inmates' rehabilitation purpose.

According to Shankar (2018), prisons with limited human resource elements are destined to be ineffective with shortage of staff, untrained personnel, and poor pay of prison officers, which adversely implicate prisons performance due to inmates inadequate access to professional rehabilitation programs such as counseling, leading to training by unskilled officers with inadequate, outdated knowledge, who are

demotivated and therefore, participate in corrupt dealings as well as mistreating inmates. The author discussed the actuality of the prisons to determine whether the state of prison affairs had worsened crime. Unfortunately, after being released, ex-inmates find the techniques and equipment they used in prison outdated, and only a few acquired skills are transferable into the current sophisticated world of technology.

According to Kenya Human Rights Commission (2008), the Oscar Foundation Free Legal Aid Clinic in Kenya visited the Thika prison in 2006 to examine the facility's condition. The Oscar Foundation released a human rights report on its findings shortly after the visit. The foundation determined that the Kenyan jail system has structural issues, including severe overpopulation, denial of due process, inability to obtain legal counsel, and a lack of staff training. Food shortages, inadequate medical care, and prison staff's inhumane and degrading treatment of prisoners resulted these chronic issues. The report demonstrated that overpopulation was one of the leading causes of the appalling prison conditions. According to the Foundation's research, the prison's male wing had a single ward that was 15 by 10 feet in size that housed 176 prisoners. Only 67 mattresses and 80 blankets were available for the 176 prisoners to share. The external toilets and showers were in terrible shape, and there was no internal bathroom or shower. The cells had no drainage system, and the floors had several craters that collected water and attracted pests. Additionally, there was little ventilation, and basic toiletries like towels, soap, toilet paper, and toothbrushes were unavailable to convicts (Shankar, 2018). The Kenya Human Rights Commission claim that there are three times as many inmates in Kenyan prisons than the holding capacity. According to the Kenya Human Rights Commission, alternatives to incarceration should be considered, notably for "remandees," or inmates who have not yet been brought before a court.

Ultimately most prisoners are released, and the psychological issues they develop in prison (that were never adequately addressed) make rehabilitation and reintegrating into society as law-abiding citizens complex, with the entire state of mental health care in prison facilities playing a significant role. According to Museve, J. & Angira, C (2020), mental health is the crucial component of mental stability. Notable cases of mental illnesses among prisoners in Kenya have been reported. While diverse aspects may affect mental stability, mental disorders are believed to influence mental stability majorly. Although some rehabilitation and preventive programs have been introduced in prisons, mental health services still trail behind with little manifestation of their development.

While prison training aims at capitalizing new experiences for inmates and increasing the challenges of fixing behavior patterns, most ex-prisoners seemingly fare worse after incarceration. According to findings of previous studies, a gloomy picture of the difficulties of providing for one's fundamental necessities following incarceration is apparent; many individuals fought immensely to navigate the job market with a criminal record and poor human capital, to abstain from drugs and alcohol, and to rebuild social connections (Drury, Elbert, & DeLisi, 2022). There was a justification for why employment was a requirement but not a sufficient condition for long-term financial stability. This security required access to other sources of long-term financial support, such as long-term public benefits like housing assistance or social ties to family or romantic partners. While some of the respondents achieved economic stability, just a tiny number could leverage resources and social connections from family and partners to propel themselves upward toward economic independence (Harding et al., 2015).

According to Lultz et al., (2022), the primary intention of rehabilitation programs is to ensure easy integration of released inmates into the society. This is because, their life in prison is characterized by exposure to different vices including violence, drugs, hopelessness, and hardened criminals among several others. Yet upon release, criminals are expected to adjust to a society that already discriminates against them pushing them to commit new offences (Lultz, 2020). Therefore, rehabilitation is one of long-term strategies adopted to ensure easy integration into the society and minimize the rates of recidivism. Rehabilitation programs solve the problem of crime when they include proven principles tailor-made for distinctive offenders. According to Shankar (2018) prisoners who graduate with a high school diploma and vocational training from prison are more likely to get employed on their release; similarly, inmates who undergo drug treatment programs have a lower probability of relapsing.

Taylor (2017) reports that rehabilitation programs that effectively lower crime not only reduce crime but also leads to long-term and immediate financial gain to the government. Since offenders won't return to prison, incarceration costs towards inmates will reduce. Some ex-offenders may acquire job training that leads to employment, bringing indirect advantages like lowering expenses for public assistance, which would lessen the required aid. If rehabilitation programs are run successfully, these advantages may surpass the cost, bringing about net financial gains for the state.

Usually, prisoners without appropriate rehabilitation, capacity building, and skills training return to the society which imprisoned them, hardened and ready for vengeance because they see themselves as somewhat victimized. Moreover, such ex-convicts are prospective to commit more harm to the perceived oppressive society (Shankar, 2018). Most prison rehabilitation literature talks about prison programs and training and

forgets about the capacity of the people delivering these programs to the inmates; this is one of the gaps that will be factored in this study (Lultz et al., 2022). Although many prison programs may be effective for rehabilitation, they may not pursue their purpose without skillful personnel, doctors, counsellors, mental health officers, industrial craft officers, public health officers, agriculturalists, artists, and other officers from different categories of skills. Moreover, the prison officers need to be trained adequately on how to handle inmates for effective rehabilitation.

According to The Council of Economic Advisers (2018), the burden of crime on Americans' well-being and tax-funded resources is considerable. These expenditures are increased by a criminal cycle that leads to Incarceration of American convicts. Rigorous and evidence-based prison changes were proposed to break the crime cycle, these changes would decrease future crime and incarceration costs by enabling more successful re-entry into the workforce after release from prison. The Council of Economic Advisers examined the data regarding the worth of such prison programs and offered projections of their rates of return, they concentrated on three main projects: education, substance abuse, and mental health. They discovered that specific individual programs could reduce crime while cutting government spending on incarceration.

### **2.3.3 Challenges Facing Rehabilitation Programs Toward Changing Offenders' Behavior**

Despite posing major benefits to the society and the released individuals, rehabilitation programs encounter several challenges that limit their ability to yield maximum benefits. Ex-inmates' ties with family and community are weakened upon release from prison due to labelling and stigmatization which makes it difficult for ex-prisoners to readjust, leading to relapse (Taylor, 2017). Reuniting a prisoner with friends and family,

locating housing, and locating employment are complex processes. Community integration is a difficult process especially for ex-offenders who were imprisoned as children. A significant issue for ex-offenders is not knowing where to start towards restoring their lives, therefore, the key to overcoming this challenge is to provide ex-inmates with needed tools towards their sustainability, which may include providing housing and work opportunities, as well as offering reintegration education and training while the offender is still in custody. These have been highlighted as critical elements of effective integration initiatives and are known as "institutional and community anchors" (Peace, 2016).

Many challenges may hinder the effective rehabilitation of inmates in prison, which also form gaps in proper rehabilitation of inmates; many prisons cannot train inmates in the needed skills that may enhance their competence in the current job market. According to Shankar (2018), a lack of emphasis on the rehabilitation of prisoners may be a significant contributor to criminalization in American prisons. American prisons lack proper rehabilitation programs to control inmates' feelings and stress, transform their lives from within, and address their anger and desperation, leading people to commit crime. According to Larson (2016), Most Americans find it difficult to forgive because their instinct is to seek retaliation, punishment, and justice from those who have wronged them. Nevertheless, almost all of the compelling cases in Incarceration Nations—Australia, Norway, and to a lesser extent, Singapore—involve empathy, forgiving others, and building a sense of community. Instead of funding more humanly rehabilitation programs, the US spends 54 billion dollars annually locking up inmates.

According to Oruta (2016), due to lack of funding for vocational training and skill development in various fields, the Kenya Prisons Service (KPS) could not rehabilitate

inmates fully. Experts have warned that inmates risk becoming entangled in a cycle of reoffending, reconviction, and social rejection without proper rehabilitation. Even after serving their sentences, most inmates relapse into criminal behavior, according to reports; however, the actual relapse rate cannot be determined using arrest statistics because not all crimes are uncovered.

For instance, on April 11, 2021, detectives killed three suspects by shooting them, and they found an AK-47 rifle, one of the slain suspects was released from Kisumu Prison in July 2020 after serving a 14-year sentence (UN, 2022). The other robbery suspect, who had been found guilty of robbery with violence in 2013, was detained by the DCI. Prisons are now far more unpleasant and less likely to help offenders to acquire quality rehabilitation training in prison due to issues like budget shortages.

The rehabilitation process may be hampered by prison officers who lack professionalism; a study conducted in Namibia among HIV positive prisoners deduced that participants gave accounts of prison staff being one of the factors leading to non-adherence to ARVs to avoid being mocked by other inmates when visiting wellness clinics (Shalihu et al. 2014). According to Sivakumar (2018), correctional officers or staff members may ask inmates or their families for bribes to provide specific services or acts in connection with their mandated duty only to aid the smuggling of contraband into prisons (such as mobile phones, narcotics, and weapons), obtain employment for inmates or other benefits which may affect inmates' physical location, or influence community service order decisions. Smuggling of contraband such as phones, wine, cigarettes, food, cash, and knives, fights the aim of rehabilitation in prison.

Psychologically, keeping inmates serving sex-offence sentences in prison without rehabilitation is improper since they may have higher chances of engaging in further

voracious acts like sodomy, resulting from either personality disorder or mental abnormality (Comer, 2015). In Kenya, inmates have been treated as objects, yet they never had a voice in their rehabilitation process; this led to prisons becoming crime industries and dungeons of death.

According to Oruta (2016), prison staff conditions are not any better, leading to their brutal treatment of prisoners, past reports have mentioned that the conditions of warders were deplorable and characterized by poor pay and demotivation that led to widespread corruption in Kenyan prisons, leading to prison officers, expressing their frustrations in the mistreatment of prisoners and misrepresenting their professional obligations.

According to Taylor (2017), appropriate rehabilitation programs in prison include Academic programs, which involve General Education Development certification, adult primary education, high school diploma, and college programs. Also, Career Technical Education programs provide job training for inmates' career development in various sectors, including carpentry, masonry, and auto repair. Cognitive Behavioral Therapy programs are appropriate for helping offenders change behavioral patterns from criminal activity (Larson, 2016). Employment preparation programs help in provision of employment skills to inmates, such as job readiness and job search techniques. Substance Disorder Treatment programs are appropriate in helping inmates treat substance use disorders to prevent relapse for successful reintegration into society. Arts programs focus on providing inmates with art skills ranging from creative writing to theatre.

According to the United Nations (2022) The Standard Minimum Rules for the Treatment of Prisoners were adopted in 1955 at the First United Nations Congress on the Prevention of Crime and the Treatment of Offenders. This was a crucial beginning, and the United

Nations General Assembly expanded the standards in 2015, naming them the "Nelson Mandela Rules" in honor of arguably the most well-known prisoner of the 20th century. The foundation of the Rules is the requirement to treat inmates with regard for their innate dignity and to forbid other types of mistreatments. The organization in charge of overseeing the amendment process was the United Nations Office of Drugs and Crime.

The Office of the High Commissioner for Human Rights of the United Nations made sure that the updated regulations matched the international human rights norms that have been in place. The Mandela Rules give States specific instructions for defending the rights of people who are deprived of their liberty, from pre-trial detainees to condemned inmates. The Rules provide comprehensive guidance on a wide range of topics, including disciplinary actions and medical care (United Nations, 2022). They also forbid reducing a prisoner's access to food and water and using restraint methods that are inherently humiliating or painful, like chains or irons (Kiemo, 2022). Solitary confinement is only permitted under the Rules as a last resort and only when necessary. In his autobiography, *Long Walk to Freedom*, Nelson Mandela details how food quality was increased, shorts were swapped out for long trousers, newspapers were allowed, and manual labor was eliminated.

Appropriate rehabilitation programs would be programs that assist inmates with rehabilitation without relapse to crime. This study therefore sought to fill the rehabilitation gaps at Kamiti Maximum Security Prison, where prisoners were involved in productive work activities without being paid. Such is demoralizing and discourages inmates from enrolling to employment programs, regardless of how effective they may seem towards rehabilitation. This is because they perceive that they are only working for the benefit of the prison and not theirs (Peace, 2016).

Prisons should at least compensate inmates with some payments for the work they do in prisons, to encourage enrolment to the rehabilitation programs. Paying inmates for the work they've done will also remove the perception of forced labor, which violets human rights. Inmates who decide not to enroll for rehabilitation programs in prisons may find themselves incarcerated again for another crime after release, since they did not get fully rehabilitated, and therefore, governments should put up measures of payments to work parties in prisons, which would lead to enrolment of inmates and later rehabilitation.

Formal education programs are also crucial for inmates because some inmates end up achieving university degrees while in prison, which is entirely paid for by the state or development partners, and after that, acquiring white-collar jobs on their release; some inmates may have involved themselves into crime, because, they never afforded tuition for their formal education and therefore, take advantage of such programs at their entry in prison since they are offered for free, thus, creating a zeal in pursuing further studies and avoiding criminal activities after release (Shankar, 2018) .

Counselling programs are very appropriate in prisons since many inmates get stressed when incarcerated because of the seclusion from the larger community. Therefore, prisons ought to have employed professional counsellors who may deal appropriately with such matters when they arise (Lebbie, 2022). Spiritual nourishment is also an essential program because inmates tend to listen to their scriptures which speak of societal norms and apply them to their lives in prison and even after release from prison, hence, rehabilitation.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.0 Introduction**

This chapter highlights the research methodology that this study used, which included design, study area, target population, sampling techniques, sample size, instruments of data collection, pretesting of research instruments, validity and reliability, data collection techniques and procedures, data analysis as well as ethical consideration.

#### **3.1 Research Design**

This study was conducted at Kamiti Maximum Security Prison and a descriptive survey research design was used. Questionnaires were used to collect information and to describe the characteristics of inmates and the programs offered in the Prison. A population, phenomenon, or condition can be correctly and methodically described through descriptive survey, enabling one to examine data and gain a thorough grasp of the study subject. Instead of directly investigating entire population, surveys gather data from a limited sample of people chosen from the population. This design helps the researcher to collect original data that describe large population (Oruta, 2019). Comparatively to other data collection techniques, descriptive survey is more time and money efficient.

#### **3.2 Study Area**

This study was conducted at Kamiti Maximum Security Prison. Kamiti Maximum Security Prison offers programs like processing Motor Vehicle plates for the government of Kenya, metalwork, carpentry, and masonry, among others. These

programs were evaluated for their effectiveness in the rehabilitation of prisoners. The study purposely selected Kamiti Maximum Security Prison mainly due to its proximity to the researcher, therefore saving time and money. In addition, the prison facility holds several prisoners who are categorized into long-term hardcore offenders, serving life offenders, convicted and un-convicted terrorist offenders totaling to more than 3000 inmates.

Owing to the huge number of inmates, all serving different sentences in the facility, it was easy for the researcher to collect diverse information that could help in the study, including having an easier time in identifying their rehabilitation status through the vast rehabilitation programs offered in prison. In addition, the facility is characterized by diverse rehabilitation programs and vocational training such as religious studies, sports, carpentry, guidance and counselling and welding among several others intended to rehabilitate the prisoners and ensure easy integration into the society once released.

### **3.3 Target Population**

The target population for this study constituted 3600 inmates and 800 Prison Officers at Kamiti Maximum Security Prison. The inmates were selected to narrate their encounters with rehabilitation programs and whether they played an instrumental role in increasing their ability to reintegrate into the society. On the other hand, the officers' role involvement was to narrate about existing programs they oversee and why there was a high number of repeat offenders despite having those programs.

### **3.4 Sampling Techniques**

This study used a cluster sampling technique to select Kamiti Maximum Security Prison inmates as respondents. This technique gave an equal opportunity for selection to every

individual in the target population (Sim, Saunders, Waterfield& Kingstone, 2018). Kamiti Maximum Security Prison has blocks labelled A, B, C, D, E, F and G subdivided into rooms. Each block holds specific categories of prisoners with specific crimes committed. Blocks A, B and C accommodated inmates who attend to work parties (any other inmate apart from condemned inmates, mentally unstable inmates and terrorist inmates) block D accommodated mentally unstable inmates, while blocks E, F and G accommodated condemned inmates (inmates sentenced for murder).

Therefore, the prison formation is already a cluster, making cluster sampling easier by clustering some inmates in rooms within a given block to sample inmates of all categories of crime. About 60 respondents were randomly selected through cluster random sampling from each block with an exemption of block D which held the mentally challenged inmates, summing up to a total sample size of 360 inmates. Out of the four work shifts for Officers, each shift had almost equal number of officers which was approximately 200 Officers per shift. Each shift donated 20 Officers randomly through cluster random sampling summing up to a total sample size of 80 Prison Officers.

According to (Sim, Saunders, Waterfield& Kingstone, 2018), a sample size of at least 10-50 people chosen from the target population is appropriate for social sciences. Similarly, Patterns (2016) recommends a good sample size of 10 or more people from the target population. In this case, 360 inmates and 80 prison officers were selected as respondents for the study. A derivative from slovin's formula was used for calculation of sample size for a larger population. A 95% level of confidence was assumed.



to the inmates and prison officers on the assessment of rehabilitation programs in prisons.

### **3.6 Pretesting of Research Instruments**

A Pilot study is an element of the data collection process and is very important for a good study design. It is, therefore, a sample trial of all planned procedures in the main study (Sang et al., 2018). It gives a chance to mitigate mistakes in the research, reducing costs incurred due to instrument inaccuracy (Sang et al., 2018). According to Sang et al., 2018), about 10% of the planned sample size is acceptable in a pilot study. Therefore, out of the sample size of 360 inmates and 80 prison officers, this study administered 36 questionnaires to inmates and 8 questionnaires to prison officers in Naivasha Medium Prison to check the validity and reliability of research instruments. Due to the Covid-19 pandemic, a questionnaire was the only data collection instrument allowed by the prison management. The pilot study found that most inmates pursued education and Religious Studies compared to physical programs like Carpentry and masonry. The pilot study established that drug abuse significantly and negatively influenced prison rehabilitation. Therefore, the pilot study assisted in identifying areas in the research instruments that were difficult, giving room for modification.

### **3.7 Validity and Reliability**

#### **3.7.1 Validity of Instruments**

Validity enables researchers to interpret relationships between meaningful variables. Validation of an instrument is determined by the relevance of the content covered. Validity of the instrument was established by a pre-test of data collection that led to 36 questionnaires administered to inmates and 8 questionnaires administered to prison

officers in Naivasha Medium Prison; this pilot study helped to identify and remove ambiguous and unnecessary questions by streamlining wordings. The instrument's validity was also established by giving other individuals the questionnaires to read and critique, leading to well-manicured and adjusted instruments for the study.

### **3.7.2 Reliability of Instruments**

A reliable instrument measures what it is supposed to measure. Before the actual study, a pilot study was conducted to test the reliability of the questionnaires in data collection. After the pilot study, questionnaires were adjusted to the highest level of relevance and accuracy.

### **3.8 Data Collection Techniques and Procedures**

It is the process of choosing and developing suitable measuring tools and techniques appropriate to this study (Pattern, 2016). This study involved using questionnaires for the collection of data. Questionnaires provide a relatively quick, cheap, and efficient way of collecting large amounts of data from a large sample of people.

### **3.9 Data Analysis**

Cleaning, tabulation and data analysis, was carried out as part of pre-analysis activities, ensuring that data was presented appropriately and desirably, thus kept track of questionnaires and aided in fast-tracking data entry. Statistical data (quantitative) was presented through frequencies, percentages, and bar charts, showing the distribution trend clearly. A statistical package for the social sciences program was used to help realize the relationship between variables where data was converted into frequency counts such as frequency distribution tables and percentages and expressed in words;

therefore, quantitative data was described by measures of distribution (percentages and frequencies).

However, a major part of the study relied on qualitative data, which is answers and opinions provided by the target population. The qualitative data was instrumental in providing the researcher with detailed and deeper insight about the experiences and daily encounters of inmates, social welfare and prison officers in regard to rehabilitation. This was achieved through the retrieval of information from the aforementioned target population using the handwritten survey questionnaires. The primary intention of this design mode is to establish the “whys” and “how” of rehabilitation and recidivism. Collected data was analyzed using the thematic analysis technique, grounded on the interpretivism philosophy (Myers, 2019).

The theory was employed due to its instrumental role in interpreting the diverse elements of the study related to human interests. A primary assertion of the theory is that access to reality is achievable through social construction such as shared meanings, language and consciousness (Myers, 2019). The theory was instrumental in providing a deeper understanding of the collected information allowing the researcher to create meaning, appreciate the different experiences and integrate them into the discussion section.

### **3.10 Ethical Considerations**

The researcher sought to address for the approval from the University to collect data from study participants. The researcher also applied for the NACOSTI permit that grants the collection of data from human subject in education and social science research. The participants were informed about the study to seek their voluntary participation. In this process, they were also informed that whatever information they

disclosed during the study will only be used for the purposes of the study and no other business will be done with that information. Their consent was sought prior to the interview without any form of coercion to ensure that only those that consented were included in the sample frame.

The potential participants were informed further that the information provided would remain confidential and the researcher would not need personal information such as name, passport number, refugee ID cards, or any other document. This information was offered to guarantee their rights to privacy and confidentiality of personal data. Only the participants who agreed to take part in the study formed the sample size. All the participants were given unique code numbers and names to conceal their identities.

## **CHAPTER FOUR**

### **DATA ANALYSIS, PRESENTATION, AND DISCUSSIONS**

#### **4.0 Introduction**

This chapter provides an analysis, presentation, and interpretation of the findings associated with prison rehabilitation programs toward inmate effective rehabilitation.

#### **4.1 Questionnaire Response Rate**

The study targeted 3600 inmates from Kamiti Maximum Prison. The sample size of the study was 360. A total of 328 dully filled questionnaires were returned, which is 91.1% of the total sample size and considered adequate for analysis. Mugenda and Mugenda (2003) suggested that for generalization, a response rate of 50% is adequate for analysis and reporting, 60% is good, and a 70% and over response rate is excellent. In addition, this was a high rate considering the challenges of the Covid-19 Pandemic. The study also targeted 800 Prison Officers. Out of a sample size of 80, 60 questionnaires (75%) were returned.

#### **4.2 Demographic Characteristics of the Respondents**

The convicts' population was of male gender. Analyzed and presented were the age, marital status, and level of education of the respondents, which gave more information on the kind of individuals being dealt with. The population also comprised of prison officers whose age and level of education were analyzed.

#### 4.2.1 Age of the Prisons Officers

Table 4.0.1: Prison Officers ages

<b>Age</b>	<b>Percentage</b>
18-30	25%
31-40	46%
41-50	20%
51-60	9%
<b>Total</b>	<b>100%</b>

As shown on the table 4.1, Prisons Officers selected for the study were of different ages. Majority of the Prison officers' respondents were aged between 31-40 at 46% followed by 18-30 at 25%, then 41-50 at 20% and finally 51-60 at 9%. This demonstrates that more than 70% of the prison officers fall between the ages of 18-40 years. Most prison officers were middle aged which indicates that they have adequate experience and encounters with rehabilitation programs and thus have sufficient knowledge to offer their opinions and comments on rehabilitation programs and recidivism.

#### 4.2.2 Education Level of Prisons Officers

Table 4.2 represents the level of education for the Prisons Officers selected for the study. The results showed that the majority of the prison officers' respondents had completed secondary school comprising 54% of the population of prison officers, followed by diploma graduates at 20%, then bachelor graduates at 11%, followed by officers who had pursued certificates at 7%, and 4% of the officers had completed

primary school education. Therefore, 35% of the responding prison officers had completed post-secondary higher learning, achieving their diploma, bachelors, master's and PhD certificates.

Table 4.0.2: Education Level of Prisons Officers

Education Level	Percentage
None	4%
Primary	4%
Secondary	54%
Certificate	7%
Diploma	20%
Bachelors	11%
Masters	3%
Ph.D.	1%
Total	100%

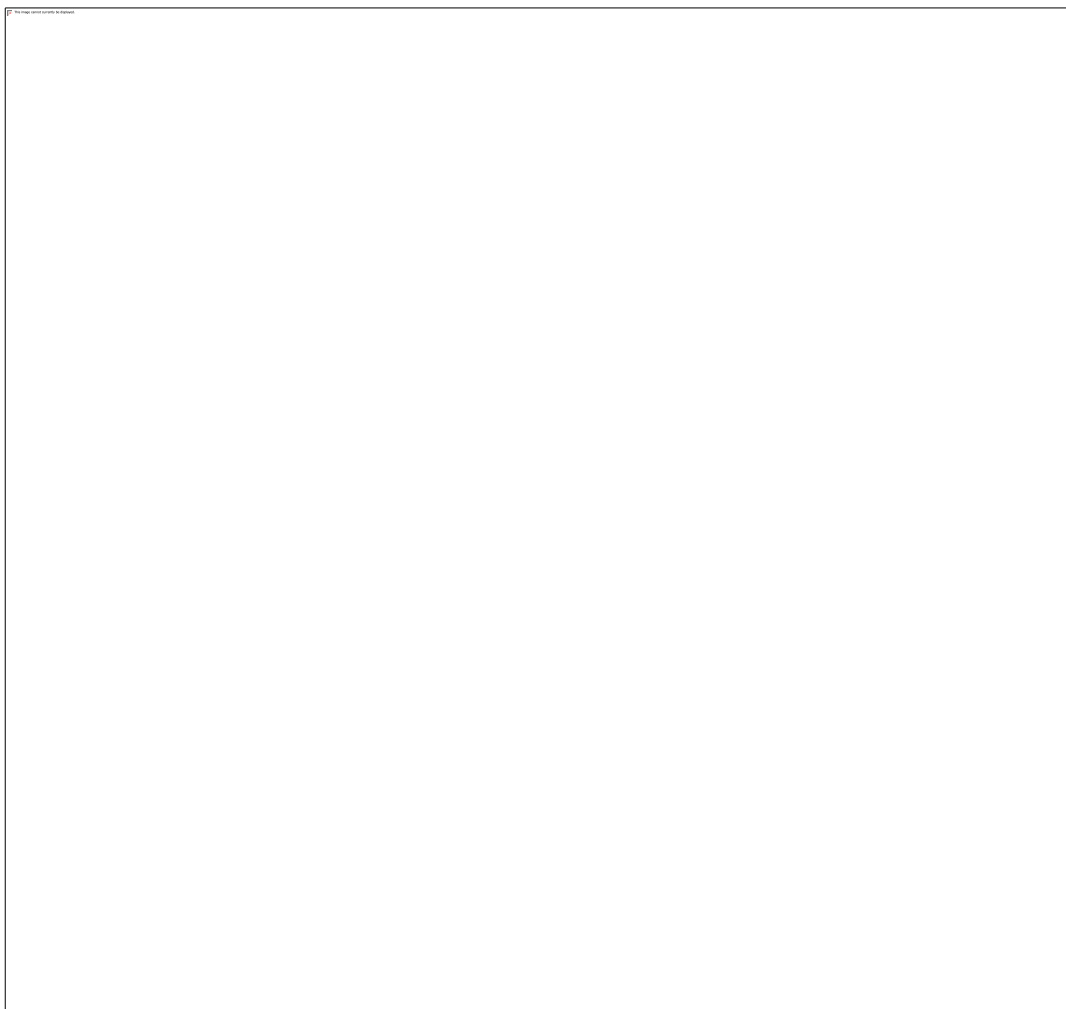
#### 4.2.3 Age of the Inmates

Results in figure 4.1 show that about 41% of the inmate respondents were between the age of 31 and 40 years. According to Looney (2018), a third of men in their 30s without annual income were either in prison or unemployed ex-inmates. About 24% of the inmates were between 41 and 50 years, and 20% were between 18 and 30.

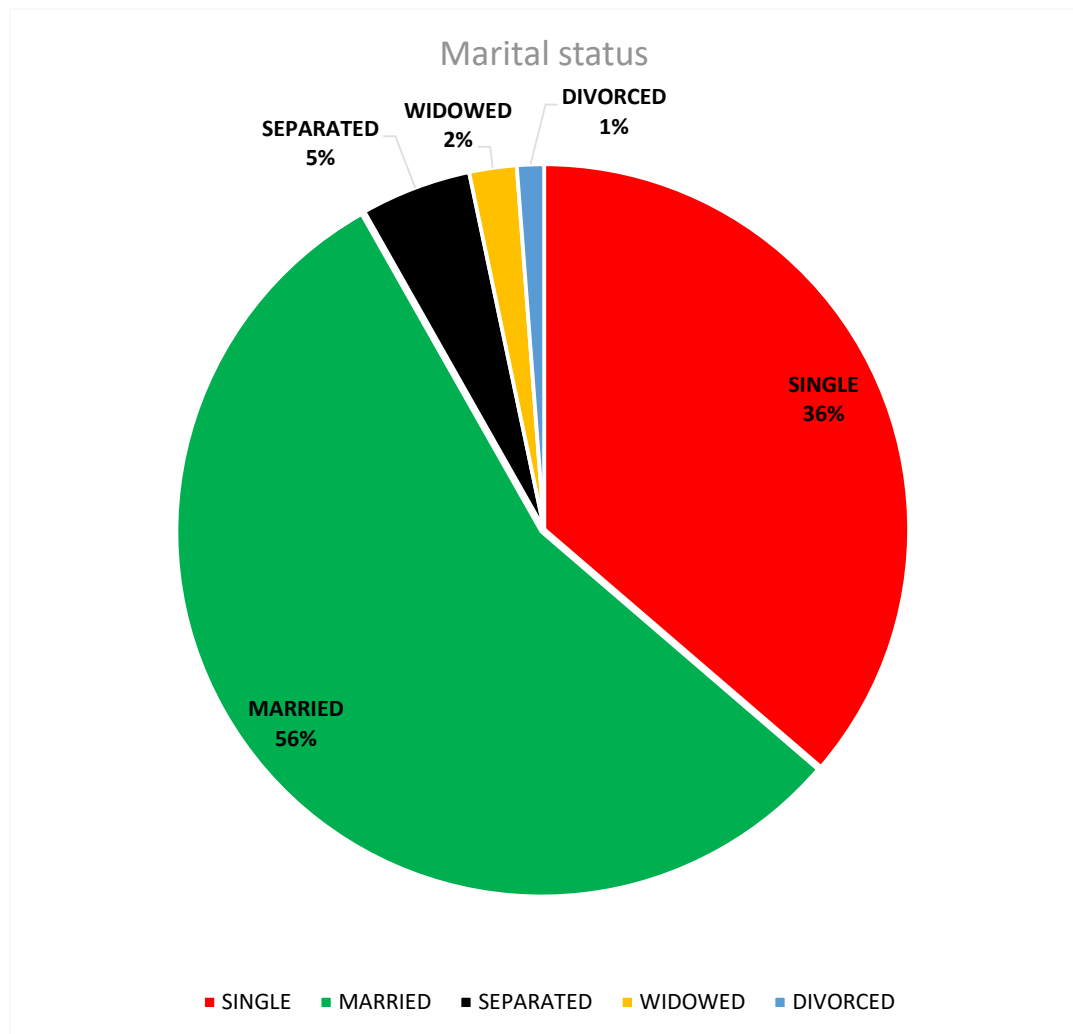
Those above 51 years of age were about 11%, which would mean that since more than 65% of the inmates were middle aged, most of the inmates will have already served their complete sentence and got released by the time they approach the age of above 50 years. Also, people above 50 years of age are less prone to criminal activities.

Moreover, most of the inmates in this category would be serving life imprisonment since they cannot secure release and those who happen to secure, would hardly relapse. The findings that most offenders were middle aged can be explained by the fact that they were able bodied people seeking conventional means of livelihood, but in the process may have been frustrated by lack of the same due to prevailing economic hardships forcing them to engage in crime.

**Figure 4. 1 Age distribution of prison inmates**



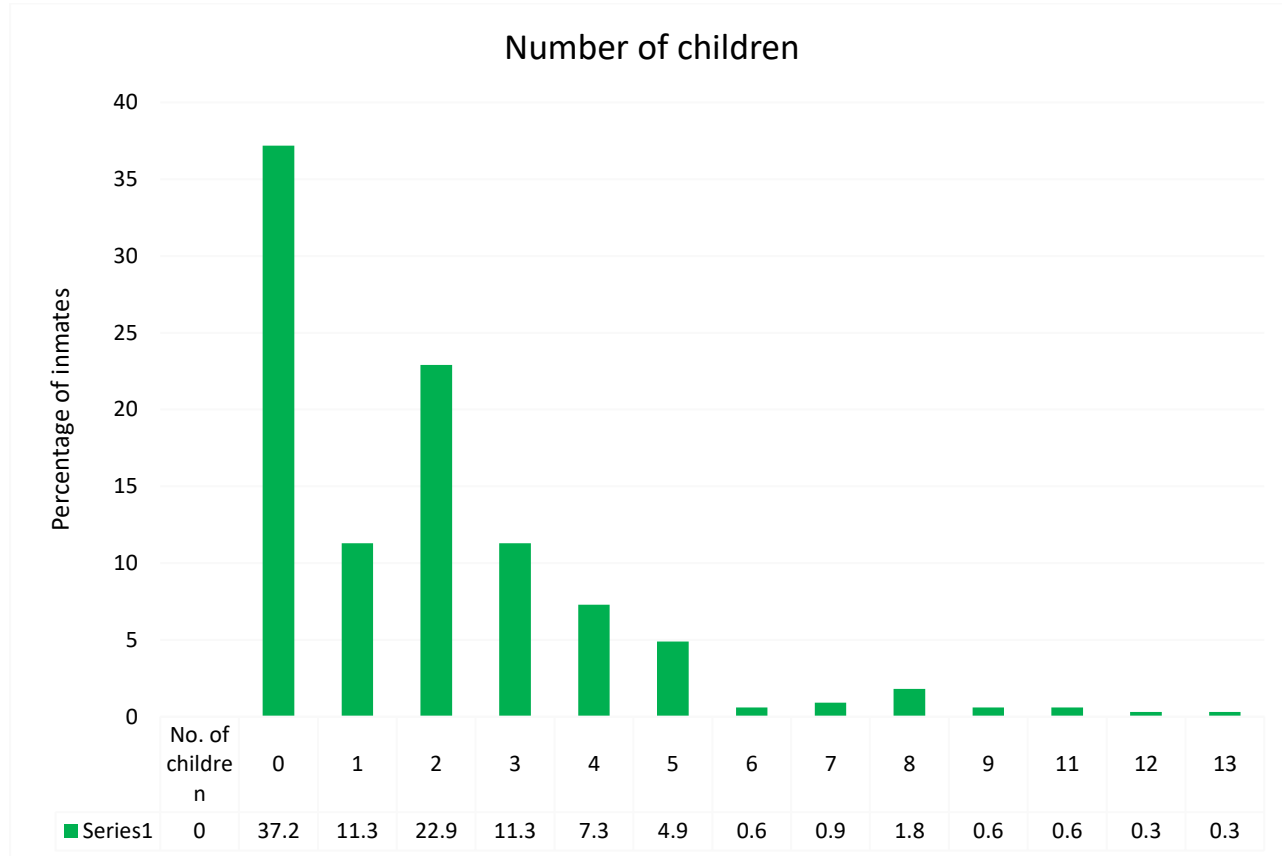
#### 4.2.4 Inmates Marital Status



**Figure 4.2: Marital status of inmates**

Figure 4.2 illustrates the marital status of inmates. Married respondents were 56%, 36% were single, 5% had separated, 2% were widowed, and 1% were divorced. A high percentage (56%) of the responding inmates were married which means they are required to provide for their families and therefore, would highly rehabilitate with the aim of providing for their families. The remaining 36% of inmates who were single would relapse to crime because of not having families to provide for and therefore, little or no responsibilities.

#### 4.2.5 Inmates Number of Children



**Figure 4. 3: Number of children**

Figure 4.3 illustrates the number of children of respondents. About 37.2% had no children, 11.3% had one child, 22.9% had two children, and about 10% of the respondents had five or more children, making a total of 62.8% of the inmates who had children.

A primary assumption made is that these inmates engaged in crime with a primary intention of fending for their children. Against this backdrop, rehabilitation programs are vital in empowering the inmates with the right skills and knowledge that can help them acquire well-paying jobs or establish own businesses upon release, allowing them

to fend for their children and families. Therefore, inmates with children would highly rehabilitate with the intention of providing for their families after release from Prison.

#### 4.2.6 Inmates Religion

Figure 4.4 shows the religious affiliation of inmate respondents. About 84% of the respondents were Christians, while 14% were Muslims. About 2% of the respondents professed to other religions and 18.6% of the inmate population enrolled in religious programs as their means of rehabilitation, indicating that religion can be a significant ingredient to rehabilitation since more than 96% of inmates were affiliated to a religion. Religious affiliation is highly perceived to assist inmates in their respective religion to correct past mistakes by taking a new path of building worthy character in society thus guiding the assumption that religious affiliated rehabilitation programs play a significant role in regard to preventing individuals from committing an offence.

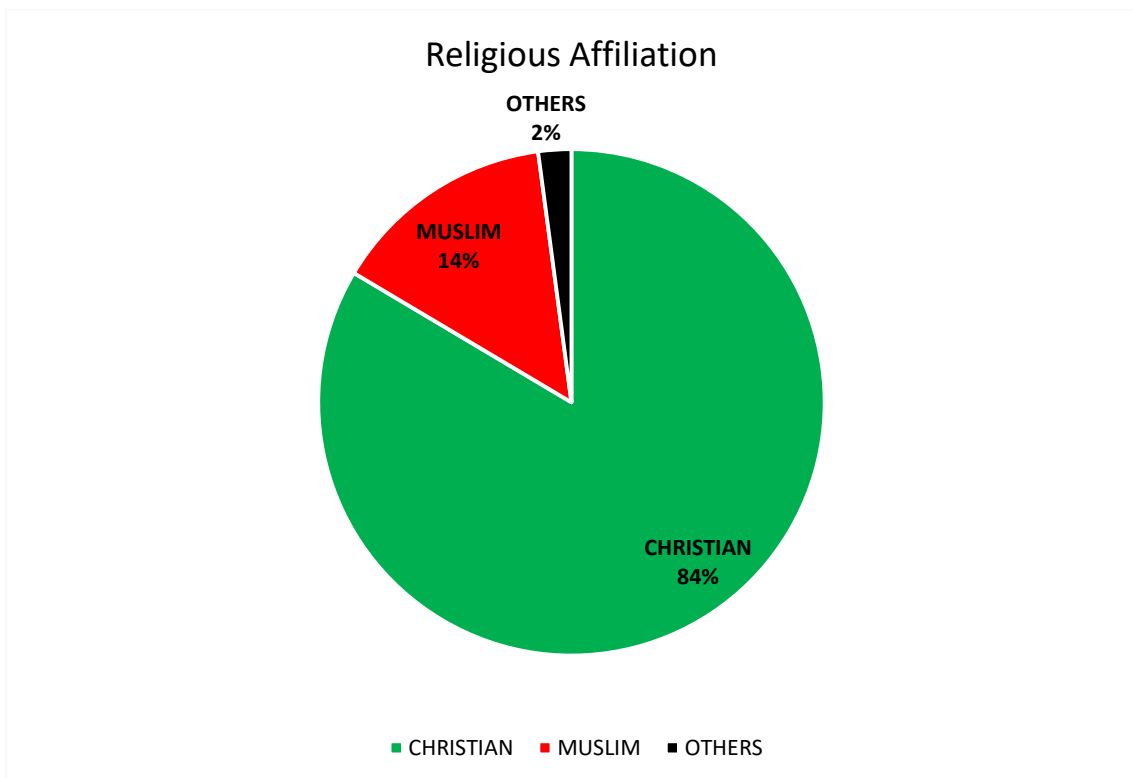
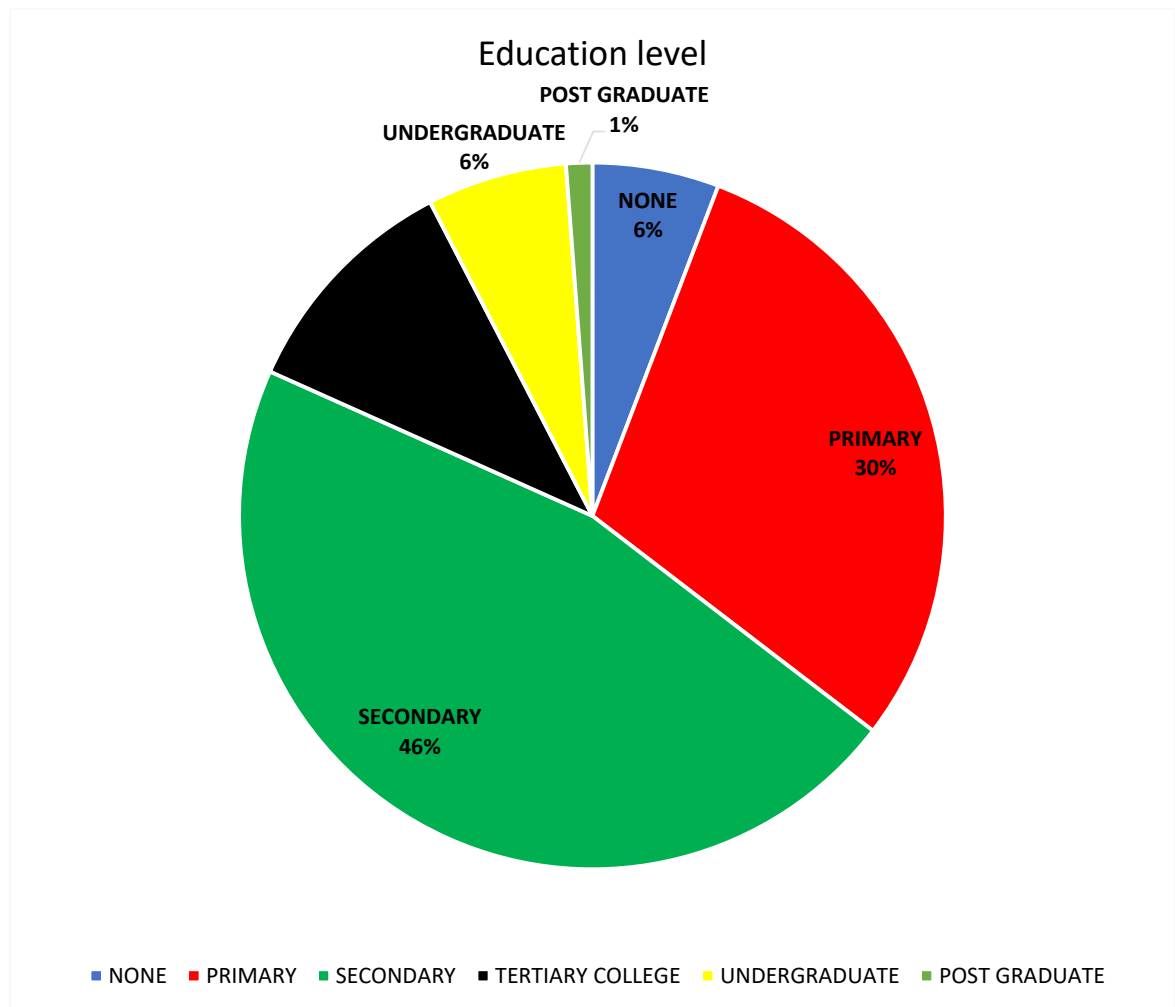


Figure 4. 4: Religious affiliation of respondents

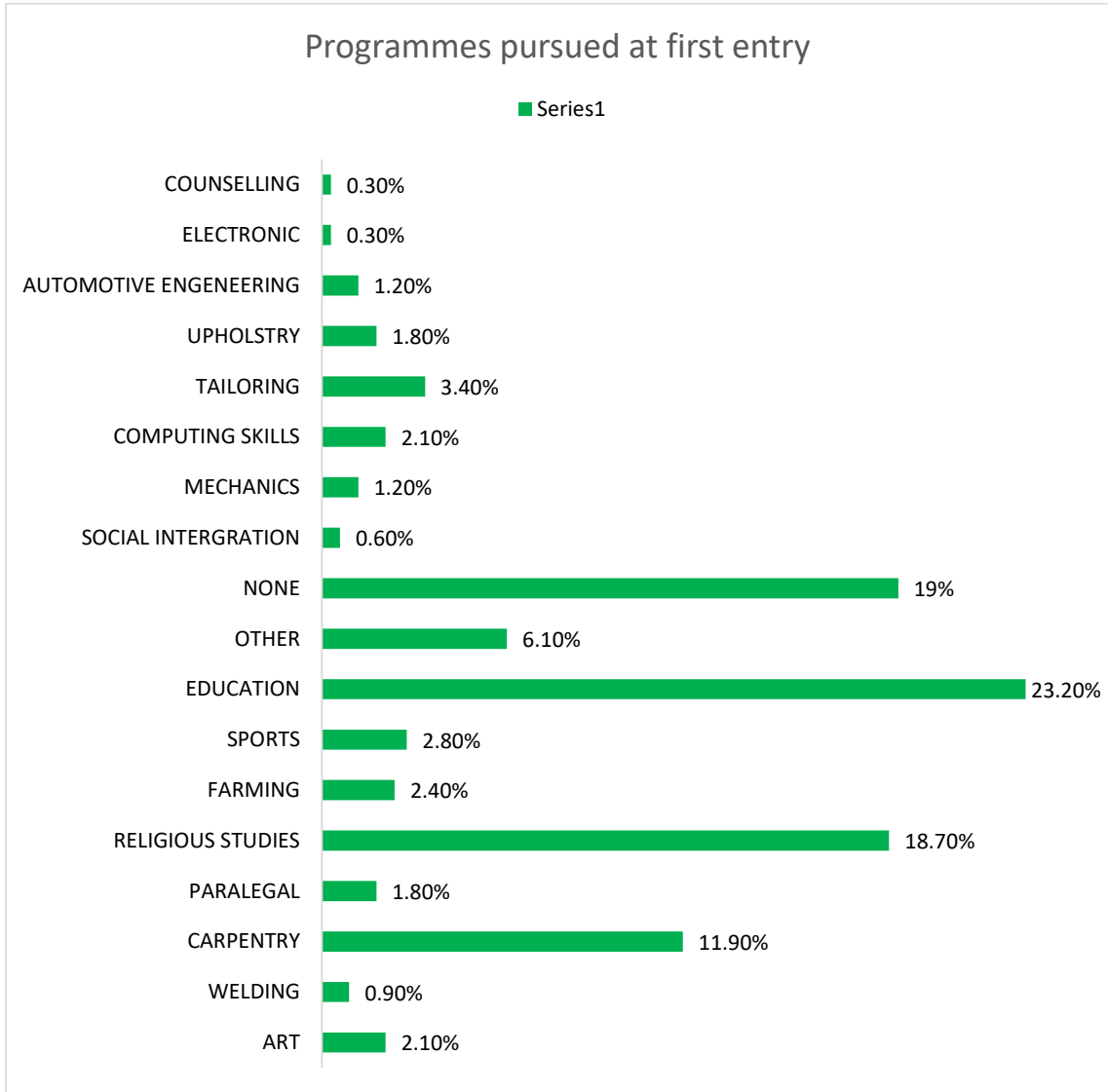
#### 4.2.7 Education Level of Prison Inmates



**Figure 4.5: Education level**

The results in figure 4.5 show that about 64% of the respondents had secondary and post-secondary education, meaning that almost two-thirds of the prison population are literate. However, most lack high learning qualifications, which would increase their chances of getting high paying jobs. Due to lack of proper qualifications, most prisoners are forced to work in very poor paying jobs making it difficult to meet their needs, thus increasing their chances in committing crime. Simultaneously, education level is a key aspect in rehabilitation role of prisoners. It builds inmates capacity by addressing gaps in their learning skills, employability, attitudes and perceptions.

#### 4.2.8 Rehabilitation Programs Pursued by the Inmates

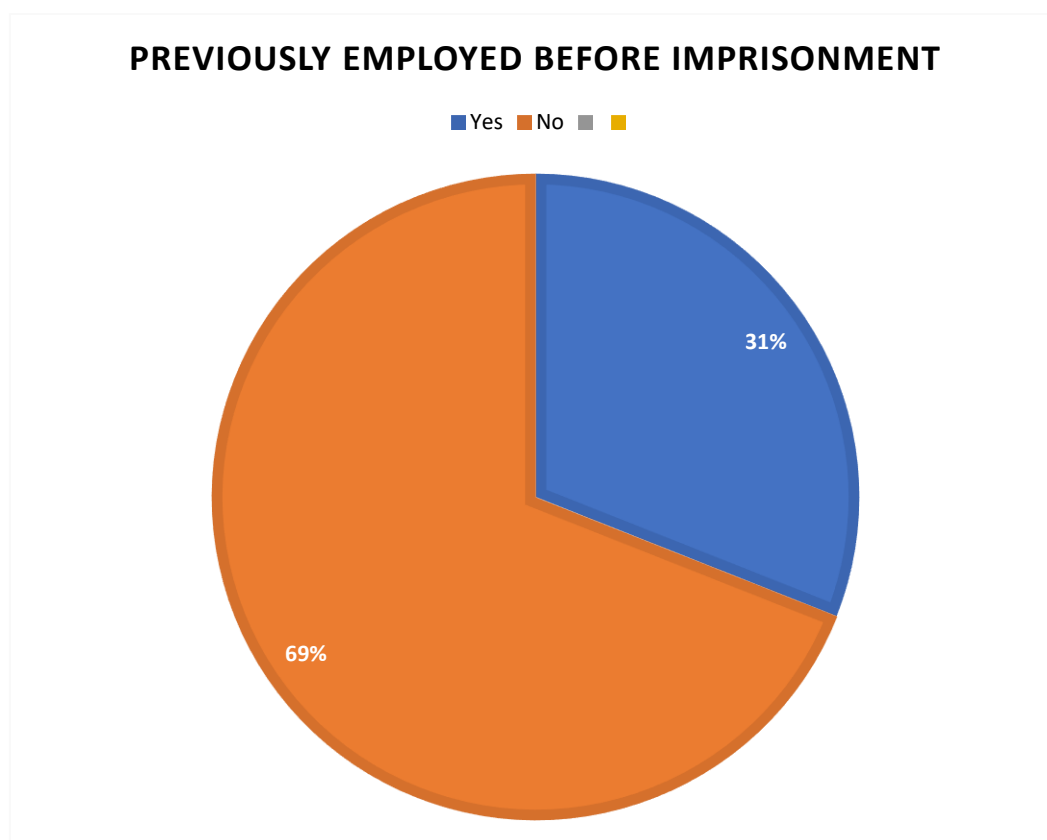


**Figure 4. 6: Rehabilitation Programs Pursued at First Entry**

While 81% of the inmates pursued at least one rehabilitation program, 19% pursued none. Those who chose formal education and religious studies as their rehabilitation programs were 41%. According to Looney (2018), it is advisable for many inmates to participate in technical programs as they have a high chance of employability after release. The author further states that skills such as carpentry, welding and art are highly

marketable. Yet, as represented in figure 4.6, most of the responding inmates opted for formal education whose level of employability and marketability remains low compared to non-formal skills. Another reason for most of the inmates pursuing formal education would be, because condemned inmates are not allowed to get out of their prisons to attend non formal training at the workshops. Those who demonstrated no interest in the rehabilitation programs were 19%, which translates to 68 respondents. This therefore means they are most likely not to secure employment upon release, which may in turn, push them to relapse into crime to fend themselves and survive. However, about 38% of the total inmates were involved in technical programs. This technically means that a total of 62% would face major difficulties securing a stable means of livelihood upon release, which may increase the chances of relapse into crime. The findings also indicated a gap in career guidance as many respondents remained unaware of the rehabilitation programs that would increase their chances of employability and ensure easy reintegration in the society.

#### 4.2.9 Employment before Imprisonment



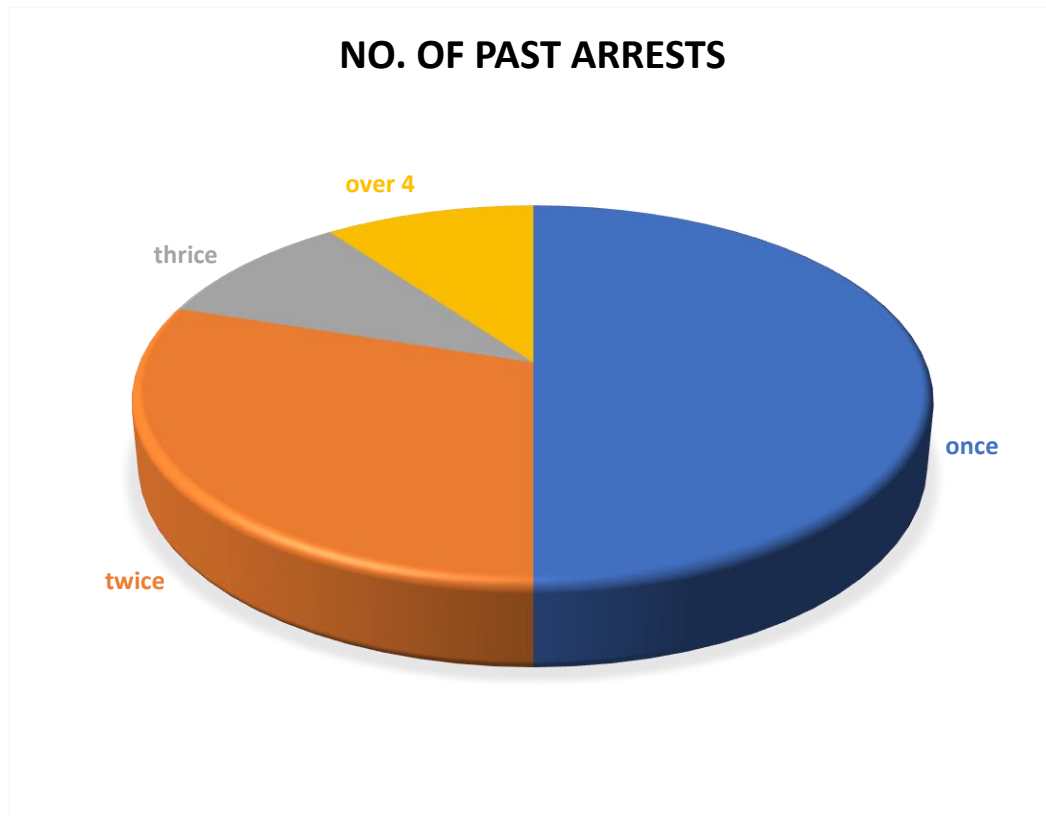
**Figure 4.7: Previously Employed Before Imprisonment**

From the findings, only 31% of the inmates were exposed to a form of employment while 69% were not, this therefore, increased their chances of committing a crime. Without proper skills and no history of employment, the 69% of these inmates are likely to engage in repeat offences even after release.

#### 4.2.10 Frequency of Arrests

The study also sought to find out the frequency of arrests among the respondents. As represented in figure 4.8, 50% had only been arrested once, while the other 50% had been arrested more than once before for different offences. In regard to those arrested more than once, 28% had been arrested twice, 17% thrice, while 7% had been arrested more than four times. This demonstrates that repeat offences are common and continue

to persist despite the existence of diverse rehabilitation programs at the correction facility. This further raised concerns about the effectiveness of these rehabilitation programs in the rehabilitation of inmates and prevention of recidivism.



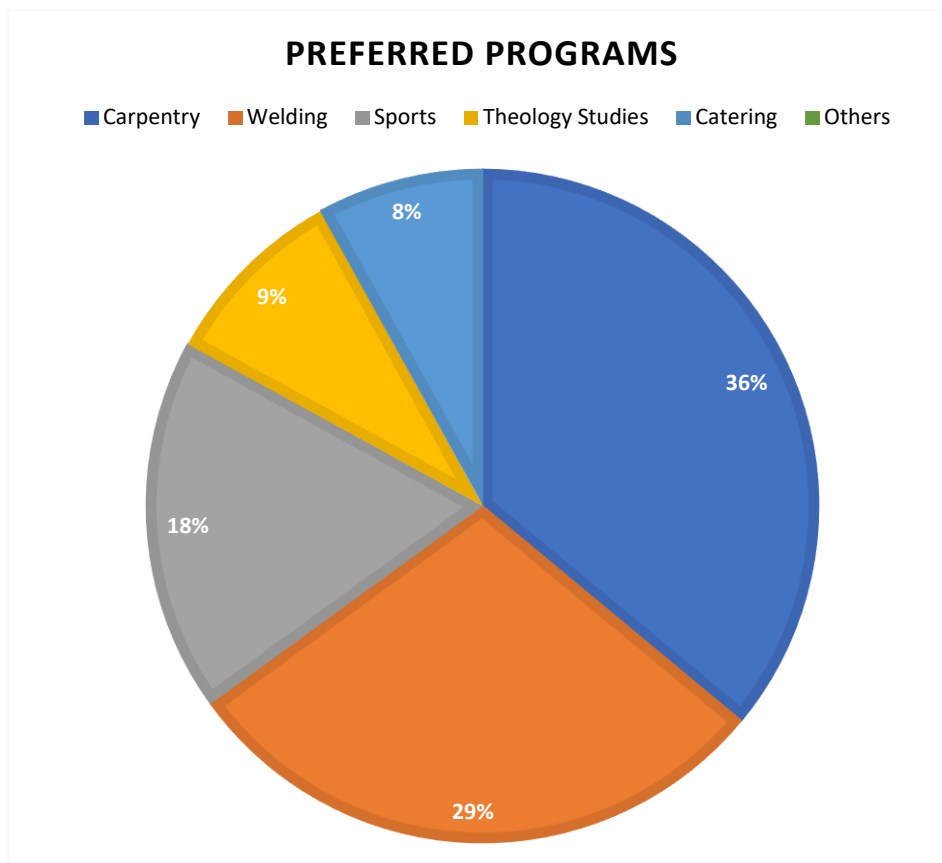
**Figure 4.8 Number of Previous Arrests**

#### **4.2.11 Preferred Rehabilitation Programs according to Prisoners**

Figure 4.9 is a representation of the findings indicating the inmates' preferred rehabilitation programs. From the data presented, it is apparent that most inmates increasingly preferred programs that would not only empower them with skills but those that they can use to generate an income once released. According to some of the respondents, the vocational skills acquired during these learning period would help them acquire a decent job and make a living.

According to one respondent;

*“I want a sustainable form of income that is why I chose carpentry. I am sure I will not lack a job once I am released. That way I can make a living and help support my two kids and not go back to crime. If I don’t get a job, I might have to just back to stealing again...a man must survive”*

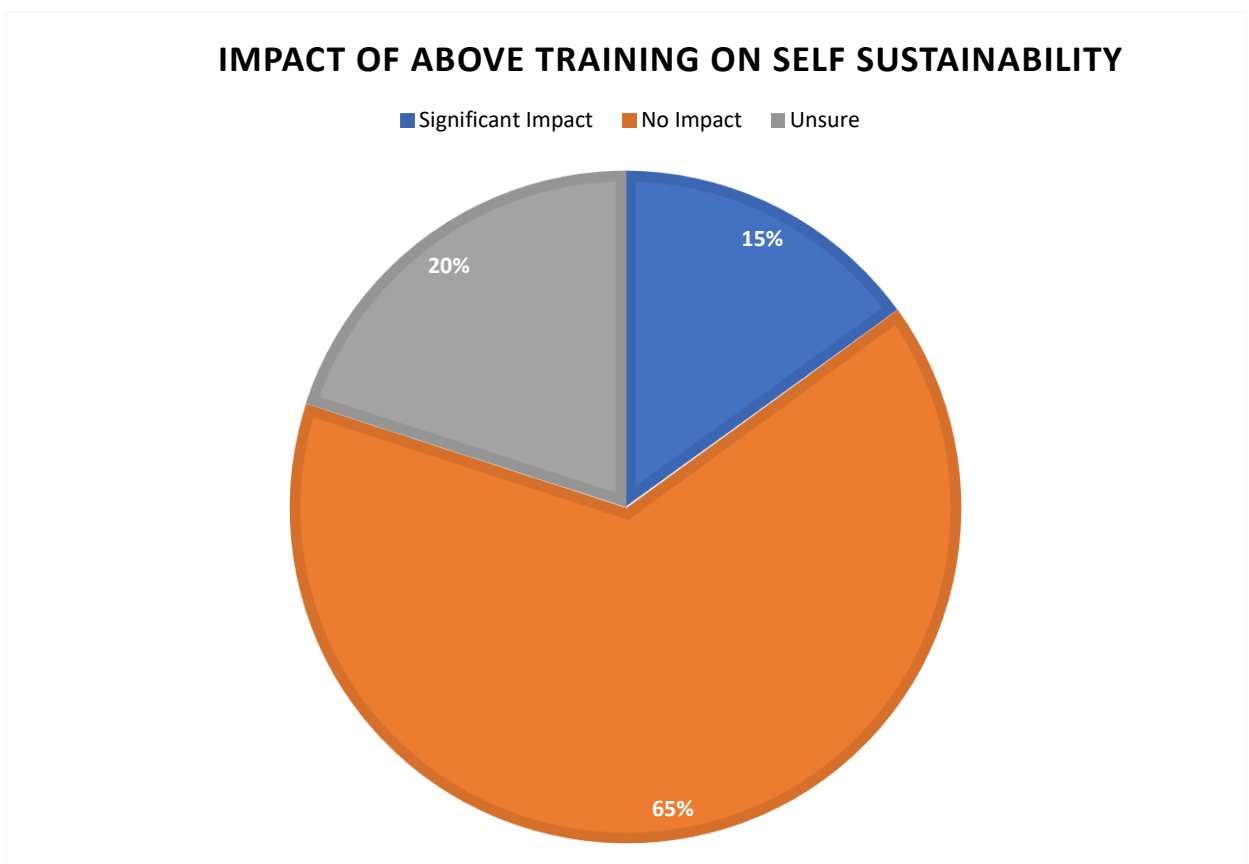


**Figure 4.9 Preferred Rehabilitation Programs**

In addition, about 8% of the respondents did not suggest any program offered in Kamiti Maximum Security Prison. This could mean that probably they are long-term inmates and therefore, don’t see importance of programs since they will be old and unproductive by the time of their release.

#### 4.2.12 Impact of Above Training on Self Sustainability

The study further sought to establish whether the respondents felt that the training had an impact on their self-sustainability. As shown in figure 4.10, 15% replied that the programs had an impact, 65% felt that they did not have an impact, while 20% stated that they are yet to see but are hopeful. Therefore, the lack of impact and belief that the training programs had no impact on self-sustainability is a clear indicator of existing gaps within the rehabilitation centers as well as the rehabilitation programs offered. These are gaps that need to be addressed immediately to increase the efficiency of rehabilitation programs.



**Figure 4.10 Impact of Above Training on Self Sustainability**

#### 4.2.13 Life Skill Training

The results represented in figure 4.11 indicated that about 90% of the respondents had received life-skills training while in prison. Majority, 50%, had gone through counseling and guidance sessions, while 32% were trained in theological and pastoral bible studies. In addition, self-awareness and critical decision-making skills lessons were offered to 18%. However, while these life skills are crucial for the survival of a convict inside and outside of the prison, they may not be highly self-sustaining. As mentioned by Looney (2018), in section 4.2.8 above, technical skills increase the chances of employability upon release from prisons unlike other skills such as life skills and formal education.

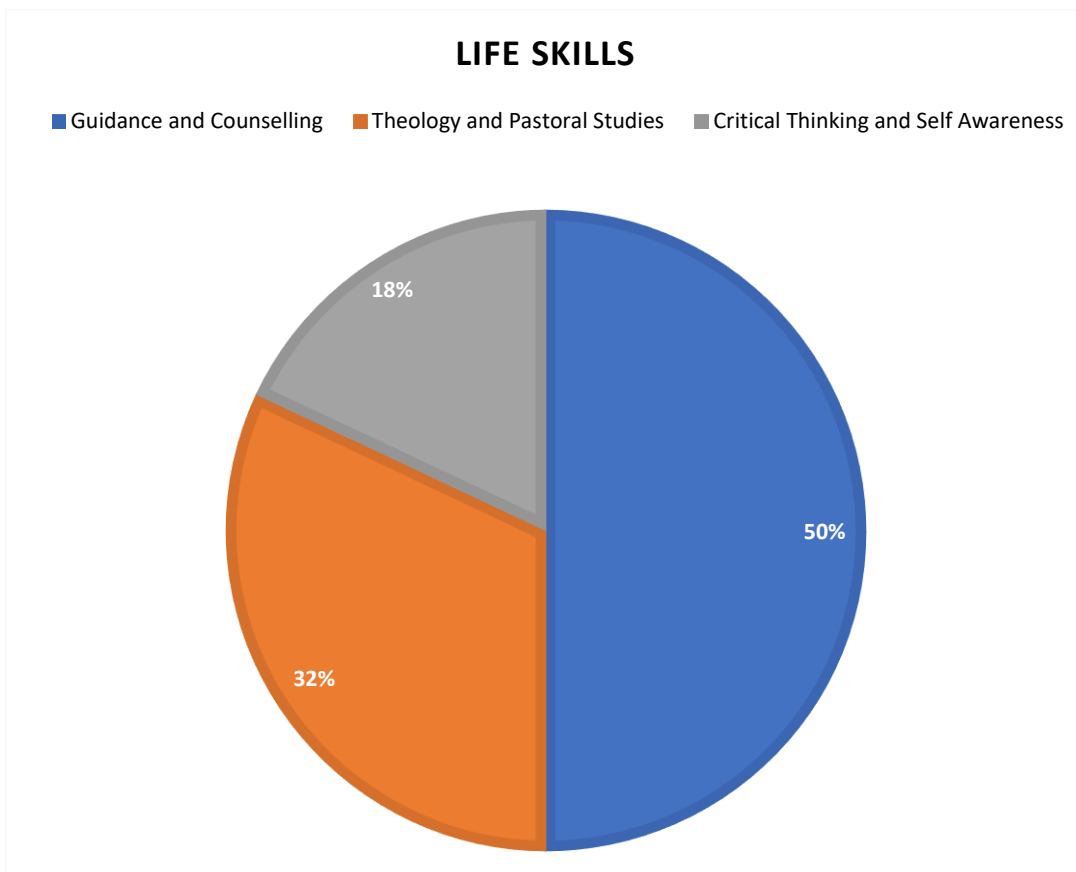


Figure 4.11 Life Skills

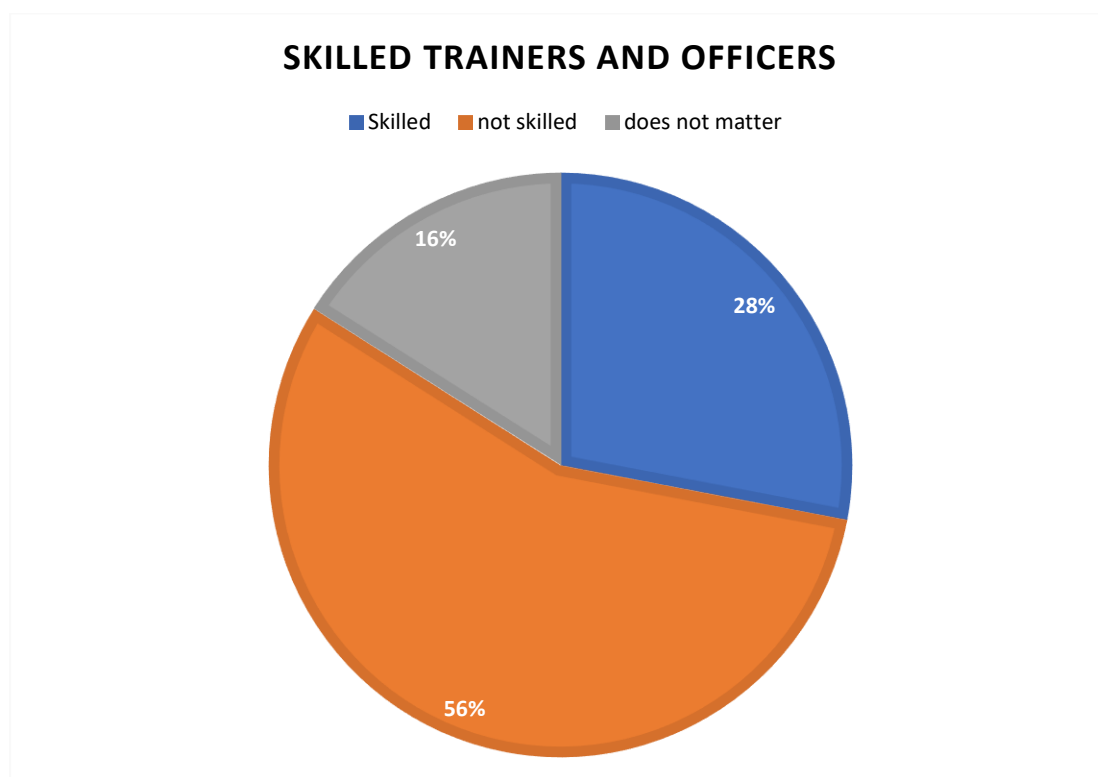
#### 4.2.14 Challenges Hindering full Participation in the Rehabilitation Programs

The respondents were also asked whether they had encountered any challenges that prevented them from actively participating in the rehabilitation programs including vocational training. The respondents eagerly responded that indeed there were challenges encountered in the rehabilitation processes. As shown in table 4.3, one of the major challenges highlighted by 17% of the respondents was the exposure to addictive drugs and substances that affected their ability to concentrate and participate in the rehabilitation programs, while 15% cited prisonization and mind torture as the challenges experienced. According to 49%, the existing programs were inadequate to meet the needs of all the inmates who had the desire to engage in rehabilitative programs. This resulted in overcrowding, making it impossible for one to acquire adequate knowledge. According to 9% of the respondents, personal reasons such as poor health were the main challenges preventing them from active participation.

Reasons for not actively participating in rehabilitation programs	Percentage
Limited programs	49
Drugs abuse	17
Prisonization and mental torture	15
Personal reasons such as poor health	9

Table 4.3: Reasons for not actively participating in rehabilitation programs

#### 4.2.15 Availability of Professional and Skilled Trainers to Oversee the Rehabilitation Programs at the Facility (for Prison Officers)



**Figure 4.12 Skilled Trainers and Officers**

The respondents were questioned on their opinions regarding existing rehabilitation programs and who oversees them, 51% of the respondent officers believed that most of the trainers had no skills or knowledge to train the inmates. On the other hand, 35% of the responding officers stated that indeed skilled trainers should lead the programs. However, it may not matter so much about who led the programs as long as they existed as expressed by 14% of the responding officers. The lack of skilled professionals and trainers spearheading the training programs demonstrates a major challenge hindering the programs from achieving the best possible results. From these responses, it is apparent that attention needs to be paid to rehabilitation programs in the Kamiti Maximum Security Prison and in all prisons in Kenya.

#### **4.2.16 Recommendations by Prison Officers on how to Improve Rehabilitation Programs**

The responses above indicated that although rehabilitation programs exist in Kamiti Maximum Security Prison, very little attention and efforts are directed towards enhancing their efficiency. Therefore, the researcher sought to establish the opinions of the prison officers regarding how these programs can be improved. According to 65% of the prison officers, the first step should be hiring of professional trainers and educators, who can offer the right guidance to the participants. Directing more resources such as capital and time to the programs was suggested by 40% of the responding officers. According to 53% of the officers, the current programs have limited slots of trainers. Therefore, they recommended that the facility should increase the number of facilitators and instructors in ratio to the number of inmates participating.

Training inmates in vocational skills in Penal Institutions is very important. These programs offer opportunities for the inmates to engage in productive pursuits during their sentence in Prison. It was observed that, training for inmates not only adds value to prisoners' work but also makes them learn skills that enable them to pursue a vocation after their release from prison. Moreover, rewarding work done by the inmates would not only offer a corrective approach to offenders but also develop a respectful and responsive attitude in inmates toward society. The inmates would not only develop self-esteem and self-confidence out of the valuable labor but also lead to earning honorable livelihoods after the release from prison.

The theory being tested is the rehabilitation theory, which states that treatment is better than punishment; therefore, exposure to rehabilitation programs and treatment increases self-sustainability, improves behavior and increases the chances of employability.

Therefore, upon release, ex-inmates can easily reintegrate into the society and secure jobs, which reduces the rate of recidivism (Forsberg & Douglas, 2022). According to the rehabilitation theory, exposure to rehabilitation programs improves the behavior of inmates while simultaneously increasing their chances of employability thus easy reintegration into society upon release. Demonstrated by the findings, most of the inmates participate in either the technical or non-technical skills with a primary intention of gaining new skills and knowledge that will increase their chances of employability. About 69% of the inmates report no history of employment before imprisonment, therefore, they were forced to commit crimes to fend for themselves and their families. With proper skills and knowledge acquired from the formal and non-formal programs at the facility, the inmates will gain more skills and knowledge that can allow them to establish their own businesses or gain employment. However, for the rehabilitation programs to yield positive results, the underlying challenges mentioned in the findings must be resolved.

## **CHAPTER FIVE: SUMMARY FINDINGS, DISCUSSION, CONCLUSION, AND RECOMMENDATIONS**

### **5.0 Introduction**

In this chapter, the study's summary of objectives, conclusion, and recommendations are presented in line with the research questions. Suggestions for further study are also outlined in the chapter.

### **5.1 Rehabilitation Programs Offered at Kamiti Maximum Security Prison**

Diverse rehabilitation programs have existed in the Kamiti Maximum Security Prison with a primary intention of improving behavior and skills of inmates, which in turn, will ensure easy reintegration into the society while simultaneously leading to reduced recidivism rates. These programs are not a new concept as demonstrated by the case of Kamiti Maximum Security Prison. They span from formal skills programs such as education and religious studies, to non-formal skills such as welding, carpentry, arts and sports. The primary intention is to enhance the skills of inmates, thus increasing their chances of employability hence reduce the chances of them relapsing to crime upon release. Upon release therefore, inmates can easily secure employment or establish their own businesses, generating income to support themselves and their families. With a stable livelihood, they are less likely to relapse to crime or commit offences. This would therefore eventually reduce the rate of recidivism in the country.

### **5.2 Challenges Facing Rehabilitation Programs in Prisons and Solutions**

From the findings, it is apparent that as much as prisons are confines of rehabilitation, some factors in prison may lead to hindrance of effective rehabilitation. These challenges prevent the programs from yielding the desired effects of rehabilitation

programs. The challenges as discovered in the findings include drug and substance abuse by prisoners which affect their ability to actively participate in the programs. Most rehabilitation programs focus on formal education demonstrating a gap in career guidance. As mentioned by Looney (2018), technical skills increase the chances of employability for ex-inmates, compared to formal education. Yet, as demonstrated by the findings, many pursue educational studies and other non-technical skills. Therefore, most of these inmates upon release fail to acquire employment forcing them to engage in crime to survive, further raising questions about the effectiveness of existing rehabilitation programs.

According to the findings, the rehabilitation programs are characterized by several challenges which limit them from achieving the desired objectives, that is increasing the self-sustainability of released convicts. For instance, inadequate professional trainers and educators, will in turn affect the efficiency of the rehabilitative programs. Inadequate trainers and educators result in one trainer or educator teaching so many inmates, leading to overcrowding. Therefore, the trainers or educators are incapable of paying attention to the learning needs and understanding levels of each inmate.

Programs such as life skills lessons and religious studies do not increase the self-sustainability of inmates. After release, the inability to generate a stable income is more likely to force the ex-inmates to engage in more crimes as a way of ensuring self-sustainability. These findings further made it apparent that even social welfare and prison officers did not pay much attention to the programs and training. Therefore, due to lack of emphasis the programs serve very little or no purpose to the ex-convicts.

### **5.3 Recommendations**

Despite the above challenges, it was apparent that the government has made significant effort in providing rehabilitation programs to convicts to reduce recidivism rates in the country. However, it is recommended that the government should consider providing inmates with knowledge and skills as well tool and logistics of trade in the job industry, to allow for smooth reintegration into the society upon release. Regarding the identified issues, the study came up with the following recommendations that can be employed to increase the rate of success of rehabilitation programs and ensure smooth reintegration into the society after incarceration.

First, incentives such as start-up capital, tailored courses and exposure to practical tests and experiences would increase the chances of the released convicts starting own enterprises or getting employment. The primary intention is to effectively rehabilitate and reform inmates, reduce recidivism and improve the living standards of released inmates. For instance, career guidance to inmates would allow them to choose technical programs that have low incentives and would increase their chances of getting employed unlike formal education.

Secondly, it is also recommended, that the government considers placing inmates with petty offences on community service order to address overcrowding of inmates in Kenyan Prisons and establishing aftercare committees to consider programs that review long-term sentences to release rehabilitated inmates from prison.

Thirdly, the prison being a place for rehabilitation, inmates mentioned that consumption of drugs by inmates and penetration of drugs and other substances into the prison facility was the most significant challenge to effective rehabilitation. Infiltration of

drugs into prisons may be facilitated by prison officers because of unpleasant remuneration and demotivation at work. Therefore, the top management of prisons should invest in motivating their officers including, bargaining with the government for salary reviews and increment as well as investing in surveillance cameras and x-ray screening search machines to weed out drug smuggling and usage by inmates. In addition, the number of trainers and educators should also be increased to ensure that all inmates participating in the rehabilitative programs are catered for with professionalism.

Fourth, a program on mental health should be introduced in all prison health facilities, to help inmates with mental health issues. Studies have found that individuals with unresolved mental health issues are likely to self-medicate with drugs and alcohol after being released to the society thus increasing the chances of them engaging in more criminal activities.

Fifth, religious studies and activities should be highly considered as a factor of rehabilitation in prisons, that when inmates get deeply into religious activities, they tend to have plenty of inner resources. Since spirituality is fundamentally about love and connectedness, therefore, spiritually connected inmates would be less likely to hurt other inmates or engage in wrong activities.

Lastly, training policies should be developed to assist inmates in choosing programs with up-to-date technologies that will be beneficial to them after release and introduce payment for technical jobs in prison. This would allow more inmates to enroll in technical programs, which will assist them to quickly gain employment on release. Inmates' re-integration education and training should also be introduced in prison.

The primary intention of these recommendations is to enhance the efficiency of the existing rehabilitation programs to yield positive results that is empowerment of inmates, thus increased employability and easy reintegration into the society upon release.

#### **5.4 Recommendations for Further Studies**

This study solely focused on the assessment of rehabilitation programs on male inmates. It is recommended that future studies conduct an analysis of rehabilitation programs on female inmates. The data collected can then be compared to determine which rehabilitation programs have been effective to male and female inmates. This information will be vital for policy makers and scholars who can identify the diverse strategies of increasing the effectiveness of the rehabilitation programs.

In addition, future studies could also focus on the incorporation of rehabilitation programs in policy formulation for decision making and forecasting future scope of crime. Understanding the future impact of the crime will facilitate the transformation of the criminal justice system and disrupt the persisting trends of crimes

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## APPENDICES

### APPENDIX I: Research Instrument I

#### Questionnaire administered to inmates at Kamiti Maximum Prison.

This questionnaire intends to gather information on rehabilitation programs for effective rehabilitation of inmates at Kamiti Maximum Security Prisons. Kindly give an honest response to these questions. Confidentiality of your response will be observed.

#### Section A: General information

1 Age

18-30 ( ) 31-40 ( ) 41-50 ( ) 51+ ( )

2 What is your highest level of education?

None ( ) Primary ( ) Secondary ( ) Tertiary College ( ) University ( ) Post University ( )

3 Did you have any professional qualifications before imprisonment? Yes ( ) No ( )

4 Are you under any form of training in prison? Yes ( ) No ( ) .

5 Were you in any form of employment before imprisonment? Yes ( ) No ( )

6 How many times have you been to Prison?  
.....

7 What is your marital status?

Single ( ) Married ( ) Separated ( ) Widowed ( ) Divorced ( )

8 Family size. Wives ..... Children.....

9 Religion Christian ( ) Muslim ( )  
Others.....

**Section B: Information on Current Sentence**

1 How many times have you been arrested and imprisoned before?

.....  
.....

2 Have you participated in any vocational training while serving at Kamiti?

.....  
.....

3 What rehabilitation programs do you prefer most?

.....  
.....

4 Do you think that these programs have impacted on your self-sustainability especially after you are released from prison? Explain

.....  
.....

5 Have you participated in any life skill lessons? And if so, which one?

.....  
.....

6 Do you have any recommendations or opinion regarding how these rehabilitation programs can be improved?

.....  
.....

Thank You.

## APPENDIX II: Research Instrument II

### QUESTIONNAIRE ADMINISTERED TO PRISON OFFICERS AT KAMITI MAXIMUM PRISON.

This questionnaire intends to gather information on rehabilitation programs for effective rehabilitation of inmates at Kamiti Maximum Security Prisons. Kindly give an honest response to these questions. Confidentiality of your response will be observed.

#### Section A: General information

1. Age

18-30 ( ) 31-40 ( ) 41-50 ( ) 51-60 ( )

2. What is your marital status?

Single ( ) Married ( ) Separated ( ) Widowed ( ) Divorced ( )

3. What is your highest level of education?

None ( ) Primary ( ) Secondary ( ) Certificate ( ) College Diploma ( ) Bachelor Degree ( ) Master's Degree ( ) Ph.D. ( )

4. Number of years in prison service

Below 5 ( ) 5-10 ( ) 11-15 ( ) 16-20 ( ) 21-25 ( ) 26-30 ( ) 31-35 ( ) 36-40 ( )  
above 40 ( )

7 What is your Rank? .....

6. Do you feel motivated at your place of work?

Yes ( ) No ( )

if No, give reasons .....

7. Do you feel that you are well trained to rehabilitate offenders?

Yes ( ) No ( )

if No, give reasons.....

8. In your own view, what are the factors that hinder inmate's rehabilitation in your prison?

.....  
.....  
.....

In your own view, do you think the facility has adequate professionals and skilled trainers that can aid in the vocational training programs?

.....  
.....  
.....

Thank You.

**APPENDIX III: Work Plan**

Tasks	Jan	June	Jan	Jan	Jan	Feb	Dec	April
	2018	2018	2019	2020	2021	2022	2022	2024
Concept Paper	←→							
Chapter 1		←→						
Chapter 2	←→							
Chapter 3				←→				
Chapter 4					←→			
Chapter 5							←→	

#### APPENDIX IV: Budget

<b>DESCRIPTION</b>	<b>Budget Cost</b>
Materials (Two Rims of Printing Papers)	Ksh. 1,200
Travel & Misc. (for 3 months)	Ksh. 18,000
Printing	Ksh. 20,000
Facilitation of Data Collection During Covid 19 Period	Ksh. 20,000
<b>Total</b>	<b>Ksh. 59,200</b>

## **APPENDIX V: A Map of Kamiti Maximum Security Prison**



## APPENDIX VI: Approval of Research Proposal



### KENYATTA UNIVERSITY GRADUATE SCHOOL

E-mail: [dean-graduate@ku.ac.ke](mailto:dean-graduate@ku.ac.ke)

Website: [www.ku.ac.ke](http://www.ku.ac.ke)

P.O. Box 43844, 00100  
NAIROBI, KENYA  
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#### Internal Memo

**FROM:** Dean, Graduate School

**DATE:** 21<sup>st</sup> May, 2020

**TO:** Thomas Wasonga Alila  
C/o Security & Correction Science Dept.

**REF:** C159/CTY/PT/38726/2016

#### **SUBJECT: APPROVAL OF RESEARCH PROPOSAL**

We acknowledge receipt of your revised Research Proposal as per our recommendations raised by the Graduate School Board of 29<sup>th</sup> January, 2020 entitled "**Rehabilitation Programmes and Their Effectiveness in Addressing Recidivism among inmates in Kamiti Maximum Prison, Nairobi City County, 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.

**ELIJAH MUTUA**  
**FOR: DEAN, GRADUATE SCHOOL**

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

Supervisors:

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

EM/Inn

## APPENDIX VII: Research License



## **APPENDIX VIII: Authorization to Conduct Academic Research**

