



# Psychosocial Support Programs and Recidivism Prevention among Prison Inmates in Selected Prisons in Nairobi County, Kenya

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**Abstract:** *The responsibility of the prisons is rehabilitation and reintegration of offenders to the community. Despite going through the prisons, a great number of offenders still commit crimes and are convicted again. The study aimed at assessing the Psychosocial Support offered to inmates to address recidivism in prisons in Nairobi City County, Kenya. The study was guided by Reintegration theory and Cognitive behavioral theory. A convergent parallel research design- Mixed method research approach was adopted. Six prisons with inmates serving up to 10 years were selected purposively, simple random sampling technique was used to select 323 re-offenders, 36 leaders of the inmates were selected purposefully and 22 key informants from prison administration and 4 probation officers selected purposively. The study used questionnaires, focus group discussion schedules and interview guides in data collection. Descriptive and inferential statistics were used to analyze quantitative data using, Qualitative data was analyzed through thematic analysis and presented through verbatim. The study found a weak positive overall correlation .046 which was statistically significant as ( $P\text{-Value}=0.000 < 0.05$ ).*

**Keywords:** *Recidivism, Psychosocial support, Offenders, Re-Offenders, Rehabilitation approaches*

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## 1. Introduction

Recidivism is defined as any incarceration, probation violation, or arraignment after index jail release (Evans, Wilson, & Friedmann, 2022). All over the world there are approximately 10.35 million people who are detained in prisons. This number does not include the ones held in prisons pending determination of their cases (Abbott, Scott, & Thomas, 2023) Further, in the year 2019, The countries with the highest population rates in prisons include; USA that has 2.2 Million prisoners, China with 1.65 Million Prisoners, Russia and Brazil have more than 600 000 prisoners. USA has the highest rate of prisoners per head which stands at 698 people in prison per 100,000

people. Iceland has the lowest rate of prisoners globally which stands at 45 people per 100,000 people. From the year 2000 the prison population has grown by 20% worldwide above the expected 18% expected increase globally. The female population in the prison has increased globally by 50% from 2000 up to date which has an equivalent population of male prisoners of 18%. In Europe the prison population has decreased by 21% in the same period (Stürup-Toft, O'moore, and Plugge, 2018). Similarly, Africa is not left behind. Southern Africa and Eastern Africa have 24 internationally recognized countries which have a combined prison population of 665,000 people. Each of these countries has an average prison population size of 30,000 with an average of 533

prisoners in each prison (Mundt, Langerfeldt, Maphisa, Umar, Nguendo, Serri, and Priebe, 2022).

One of the major indicators used in measuring success in rehabilitation of offenders in the prisons institutions around the globe is the rate of recidivism (Baffour, 2020). Rehabilitating and re-integrating of the offenders has proven to be unsuccessful in many jurisdictions and hence poses a question on the efficiency of the approaches of rehabilitation employed in the rehabilitating offenders (Forsberg, and Douglas, 2022). High rates of recidivism are attributed to individual lifestyles, Economic factors, societal and individual attributes (Yukhnenko, Sridhar, and Fazel, 2019). Increased rate of people going back to criminality brings concern for society as well as leadership and also the future generation since such challenge the rehabilitation approaches employed in these nations (Lebbie, 2021)

In Europe and particularly in the Scandinavian countries there is no significant comparison of recidivism and population rates in the contrary. This is not so in the United States since in U.S people are sentenced for offences that are not likely to attract imprisonment in other jurisdictions. In other countries offences like passing bad checks, Drug and disorderly, and other crimes which are non- violent their imprisonment emphasize on punishment and not rehabilitation and hence prisoners in the United States are released without any skill to help them cope with hardships of life and this increases chances of reoffending (Kaneva, 2023).

The rehabilitation approaches employed in European countries include Training and education, The European Prison Rules provides that: "Every prison institution shall ensure provision of all the inmates with access to education which is as complete and that which meets the prisoners their individual needs in consideration to their individual aspirations. In healthcare provision in prison institutions health practitioners should pay special attention to specific difficult situations of the inmates which include drug and substance addiction problems, diseases such as HIV/AIDS, Tuberculosis, skin infections and other communicable infections, non-communicable infections which may include mental health issues etc. (Ryan, Brennan, McNeill, & O'Keeffe, 2022).

Some of the rehabilitation approaches employed in the Kenyan prisons includes Psychosocial support, capacity building, drug and substance abuse treatment, spiritual care programs. According to Gamman, & Caulfield, (2022) psychosocial treatment in prison entails handling the stressors which these inmates find themselves in so that they can be fit to resettle as well as to be re-integrated back to the community. This is done through addressing mental health issues, Stress management, Psychological Counseling, Cognitive skills development, Reintegration

programs as well as maintaining contacts with the family as well as the community members which is supposed to perform an important a role in rehabilitating the inmates.

According to Mbatha, (2019) the prison Act provides that the inmates be provided with Vocational skills, Entrepreneurship skills, Educational advancement, Provision of basic literacy skills, Provision of workshop tools upon release from the prison institutions, Provision of basic computer training skills and library skills. All these skills are supposed to be provided to the inmates with an objective of keeping the prisoners busy, in order to change their attitude and behavior, assist them to get jobs, skills in vocational training and develop their education and training further. However, some of these rehabilitation policies exist only on papers placed in archives and are not implemented (McBride, Carroll, Mellea, Hughes, & Savoia, 2022).

The Kenya prison departments still employ the rehabilitation approaches that were used during the colonial period which emphasized on punitive rehabilitation as well as coercive form of rehabilitation where the offenders do not have a say in the rehabilitation programs implemented in the prison institutions.

This study wanted to bridge the gap in the rehabilitation approaches and recidivism prevention among the inmates of both genders in Nairobi county by establishing the gaps that exist in those rehabilitation approaches which include the psychosocial support given to inmates in preventing recidivism, impact of the capacity building techniques employed in rehabilitation of the inmates in preventing recidivism, the capacity of the drug and substance treatment offered to inmates in preventing recidivism, Understanding on the role of spiritual care programs employed in addressing recidivism among the inmates. The prison department hoped that it would involve the social workers to employ social work methods which include Case work methods to address individual inmate problems. Group work methods where inmate's issues can be addressed as a group.

Further the study hoped to establish the applicability of social work in the rehabilitation of the inmates and more so the employment of social work methods in addressing the challenges of the inmates and hence helping successfully get reintegrated back to the community.

## 1.1 Study objective

The study was guided by the following objective:

To examine the effectiveness of psychosocial support given to inmates to prevent recidivism in selected Prisons in Nairobi County Kenya.

## 2. Literature Review

### 2.1 Theoretical Review

A number of people have come up with different approaches that can be employed to help in rehabilitating offenders and various research have adopted different underpinnings so that they may find a suitable answer to the challenges they experience. This study adopted the reintegration theory and cognitive-behavioral theory.

#### 2.1.1 Reintegration theory

This theory was proposed by Shadd, Maruna and Russ Immarigeon in the year 2004. They observed that 600,000 prisoners are released back to the community yearly from the prison institutions in the United States, however, 68 percent of them return back to prison with fresh offences within 3 years.

They proposed that many approaches used in reforming offenders which range from 'Scared straight' type deterrence measures to military style boot camp prisons usually trigger more recidivists than behavior change. The theory advocate evidence based approach which seeks to hold responsible all the correctional interventions challenging even the most popular programs and advocating for the evidence based approach in rehabilitation.

The theory gives emphasis on how the former offenders live crime free lives instead of trying to understand why the offenders commit criminality (Maruna et al., 2004). This theory is embedded in two main ideas. Life course school of thought and Cognitive transformation school of thought.

Maruna, (2004) observed that in cognitive transformation there are four key elements which must come to play in helping the offenders desist from criminality. First, they predicted that individuals must develop an open mind for change where they start accepting that personal change is possible. The second proposition in this theory is that individuals must be exposed to circumstances that will assist them in changing. These characteristics may include procuring a job and being involved in treatment programs (Giordano, Cernkovich, & Rudolph, 2002). The third tenet is to assist the offender in developing a conventional replacement of self-i.e. offenders start to see and perceive themselves differently to acquire a new identity away from criminality. The fourth and the final tenet propose that offenders who want to reform start to reinterpret their previous criminal behavior, i.e. the previous criminals start to perceive criminality as something that hurts other people, and they make an attempt to avoid it.

Tenets of the re-integration theory as stated Caravaca-Sánchez, Aizpurua, & Wolff, (2022) are; Human and social capital which refers to the capacity of the offenders in making changes and achieve goals; such include employment, having supportive family, and also relationship Giordano et al, (2002) Observes that human capital among the inmates can be improved when we help the inmates acquire cognitive skills and enhanced employability skills.

Reintegration theory gives emphasis on long term change over short-term control. This helps the offender to see themselves in a more positive way and have hope for future (UNODC 2018, 2014). Another tenet is the individual and the society Wilkinson, Irfan, Quraishi, & Schneuwly Purdie, (2021) Have identified that the bond between an individual and the society is developed when one develops an attachment to the societal goals. This makes an individual become committed in achieving those goals through an accepted way, they start believing that these goals are worthy and they start getting interest in attaining them.

Costello & Laub, (2020) observed that commissioning an offence is more likely to be reduced when we maintain this bond. They argued that social institutions in society help in cementing the social bond between an individual and the society. They viewed an adolescent as being influenced by the school, family and peers in determining the bond such adolescents would have to the wider society. In adults they argued that marriage, employment, and parenthood assist them in developing social bonds with society and hence preventing criminality as a result of the bonds created with society.

Socio-economic factor also is another tenet of reintegration theory Byrne, (2020) notes that crime does not just occur. There are many factors attributed to criminality just as there is no one cause of crime. Various reasons for indulgence in criminality range from unemployment, drug and substance use. Other variables attributed to criminality include poverty, stability of the family, individual and societal health, Political and demographic consideration.

Clementsson, (2020) points out that there is no one person who is born criminal rather; the circumstances that befall an individual are the ones that push them to criminality. Motivators to criminality are unequally distributed across space since those that commit criminality mostly are concentrated in areas where there are low employment levels, places with low economic status and physical deterioration. When we address these socioeconomic dynamics we are more likely going to address criminality.

Most of the serious offenders suffer a variety of personal, psychological and social dysfunctions which can only be cured through a well-executed rehabilitation programs.

These offenders experience a challenge in drug and substance use which may motivate them to get involved in criminality, other offenders may lack education or training which may help them secure an opportunity in society and participate in productive economic activities, others may be suffering to mental health. Other offenders may lack emotional regulation and social coping skills; the society in this respect is seen to have contributed in making the individuals become criminals since it has not been able to provide structures that enable everyone access some of these important social amenities which include education, mental health, strong economic systems and many others (Muentner, and Charles, 2020).

Kjellstrand, Matulis, Jackson, Smith, and Eddy, (2023). Points out that a good rehabilitation and re-integration approach will focus on drug rehabilitation, mental health, educational and vocational training, and basic social counseling which are all a preserve for a state and other non-governmental agencies and private organizations. This is in agreement with Chikadzi (2017) who states that for effective treatment of inmates and reintegrating them to the community to be successful it has to involve many stakeholders who are affected by the crime who include the community where the offender hails from, the family of the offender, the government, the prison institution and also the offender himself or herself (Chikadzi, 2017)

As a result of this, the whole system of justice that has a role in handling the offenders who are; prison, probation communities, police, volunteer organizations, NGOs and many others have a role in the treatment of the inmates and reintegrating them in the community.

### **2.1.2 Cognitive-Behavioral Theory**

Cognitive behavioral theory was coined by Albert Ellis in the mid-1950s. This theory was developed in reaction to his negative perception of the psychoanalysis. Ellis believed that our actions are as a result of our thoughts. He believed that our irrational thinking is to blame for the dysfunctional ways in the world. In cognitive behavior theory, thinking patterns reflected in how we attach meaning to ideas, how we judge situations, our appraisals and assumptions attributed to particular life events influence our feelings and actions as we respond to life events therefore facilitating or hindering the adaptation processes.

Dobson and Dobson, 2009; Dobson and Dozois, (2014) observe that there are three major assumptions that underscore cognitive theory. First, the cognition of people and the content of their cognition can be understood. Although most of the times people may not be aware of their specific thoughts and beliefs but when people are trained properly, they may start to recognize them.

Secondly the way we think is reflected by the way we respond to environmental situations. In this reason, people do not just react emotionally or behaviorally to life events. But cognitive behavior theory points out that our thinking patterns determine the way we act when faced with situations, and thirdly the theory holds that these thinking patterns can be targeted, modified and altered. Therefore, when we change such thinking patterns to become more rational, realistic and balanced these symptoms will be relieved. Such changes are most likely to occur when we work alone, or by the use of self-help material or through engaging with people that are trained on cognitive behavior therapy approaches.

This theory attributes mental illness from our faulty cognitions about others, our world and us. This type of thinking can be through our deficiency in cognition i.e. lack planning or distortions in cognitions. These cognitions lead to distortions in how we see and process the stimuli around us. Ellis observed that it is through our mental representations that we interact with the world. Therefore if our mental representations are incorrect or we have an inadequacy in our reasoning this translates to disordered behavior.

Carona, (2023) Stated that there are three major concepts in cognitive behavior theory which include full consciousness, automatic thought and full schema. Full consciousness is situation where individuals fully understand and can optimally judge the surrounding, automatic thoughts refer to the cognitions flowing rapidly in everyday day thinking and may not be carefully examined if they are correct as well as their rationality. And finally, the scheme usually called core believes are the individual fundamental rules or templates which help in information processing

## **2.2 Empirical Review**

### **2.2.1 Recidivism Prevention**

Crime is prevalent in every society, and it can't be avoided in the day-to-day life due to social complexities as well as the freedom all individuals enjoy. Therefore, it is experienced in every society of whatever nature. The form of crimes changes depending on the society in which it is committed as well as the social norms existing in that society (Palmer, Warren, & Miller, 2017).

The concept 'recidivism' emanates from a Latin word "recidere" which denotes "to fall back or "to revert back" (Cronje, 2017). There exists no concrete way of defining recidivism since it is a new discipline in the area of criminology. It involves the re-offending of any nature (Heffernan, Ward, Vandeveld, & Van Damme, 2019).

Different studies have tried to explain the parameters under which to measure recidivism such range from an offender

being taken back to prison due to commission of a new offence or technical violation, being arrested etc.

Studies in the past have indicated that putting offenders in prison plays a very insignificant role on the potentiality of the inmate to commit offence in future. The reason for this phenomenon is unclear. It is possible that institutionalization of offenders act as a place to train individuals for future criminal behavior. People who have committed less serious offences get an opportunity to learn tactics of committing more serious crimes. Inmates teach through expression of their past experiences (Bowen 2020).

A general agreement in the previous scholarly work has proposed three approaches in measuring recidivism; recidivism: re-arrest, re-conviction, and re-imprisonment (Holden, 2020). A study conducted in Correctional Centers in Ethiopia on Factors Contributing to Recidivism showed that a greater number 71 (68.3%) of the inmates had committed offences twice, 23 (22.1%) had committed offences thrice and 8 (7.7%) had committed offences four times. The rest 2 (1.9) had committed offences more than five times (Tegang , Abadi 2018) .

Individuals who are released from the rehabilitation institutions are faced with enormous challenges. Most of them remain uneducated, incompetent, with weak family ties and emotionally unstable. Most of them end up being captured and re-imprisoned within less than a year. More than 66% of the inmates released on parole are re-captured within a period of less than three years (Chikadzi, 2017).

### **2.2.2 Rehabilitation**

Rehabilitation denotes the social or the psychological outcomes brought about by the involvement of the individuals in the therapeutic processes which have an aim of cutting down the possibility of the offender getting involved in criminality in future (Ward, & Heffernan, 2017). In addition, the premise behind rehabilitation is that individuals have the capability to control their actions. Hence imprisoning individuals for a long period of time gives them a longer opportunity to change their actions during the time of incarceration.

## **2.3 Examining the impact of psychosocial support given to inmates to prevent recidivism**

USA has 48% of the prisoners who have mental health issues, depression and anxiety being the leading among these inmates (Barrenger, & Bond, 2021). In Canada 73%

of the prisoners have mental disorders; Taiwan has 11.3% of the prisoners having mental disorders anxiety and dissociative disorder being among the leading (Museve, Angira, & Aloka, 2020).

Individual prisoners experience challenges which include drug abuse, lack of housing, mental health issues, individual perceptions on falling back to negative peer influences, substance and drug use and reoffending. Institutional factors that affect the inmates in the rehabilitation institutions are poor communication between the inmates and the prison wardens, unavailability and ineffective community services, poor housing among the ex-inmates in addressing the above challenges Norwegian prisons employ Interprofessional collaboration for handling the complex psychosocial needs of prisoners Larsen, Hean, & Ødegård, (2022)

World over the prison departments have migrated from punitive rehabilitation adopting approaches that would make the inmates busy and hence address the negative thoughts and stress which lead to mental disorder among the inmates and promote meaningful livelihood among the inmates (Chatterjee, Chopra Chatterjee, & Bhattacharyya, 2020).

Rehabilitation in this respect involves instilling knowledge, skills and attitudes to the offenders to assist them to reform, as well as to handle the stressors which these inmates find themselves in so that they can be fit to resettle as well as to be re-integrated back to the community. This is done through Addressing mental health issues, Stress management, Psychological Counseling, Cognitive skills, and reintegration programs. The prison staff usually carries out Individual and group counseling in order to address psychological needs of the inmates (Gamman, & Caulfield, 2022). In most cases, the prison institutions employ group counseling which is more economical in handling a large number of inmates.

Wittenborn, Natamba, Rainey, Zlotnick, & Johnson, (2020) States that ex-inmate experiences different dimensions of social support both during and after prison life. Such include formal and informal support. Emory, Nepomnyaschy, Waller, Miller, & Haralampoudis, (2020) describe formal social support as the support granted by the institutions which include the local social service offices, hospitals, or even correctional agencies. While informal social support he says are the ones that come from naturally occurring relationships which may include the family, intimate partners, natural mentors and even neighbors. Studies on inmates released from prison have found that inmates greatly depend on social support from the members of their families; provision of shelter, financial and emotional support.

In a study on the Challenges experienced by the inmates after release in Malaysia. The study shows that most of the inmates are faced with similar problems which entail; failure to acquire employment opportunities, weak family ties, lack of accommodation, problems of drug and substance use which leads to mental problems lead to dependency Tharshini, Ibrahim, Mohamad and Zakaria, (2018).

Western, & Smith, (2018) observed that children are of great social support to their formerly incarcerated parents. Birch, (2022) in a study on assessment of parent children engagement post-release, study showed that negative support of ex inmates by their family members lead to stress, drug abuse, and re-offending among the prison ex inmates. Further Huang, Wu, Wu, Yang, Zheng, & Wu, (2020) in a study on Psychological resilience, self-acceptance, perceived social support and their associations with mental health of incarcerated offenders in China, observes that negative social support from the family members lead to deterioration of mental health although there are no studies that associate improvement of mental health with social support after imprisonment. Maintaining social support relationship with the inmates in the prison and after the completion of the prison sentence with family as well as the larger community has proven in lowering the likelihood of the inmates to commit offences after release from the prison Mowen, Boman IV, & Schweitzer, (2020) and in the contrast they stated that the poor or no social support has proven to have a high likelihood of incarceration.

Social support is necessary in reintegration of ex-inmates into society. This is especially important for the offenders who have served lengthy sentences in prison. Such people experience difficulties integrating themselves back to the community upon the release of Mowen et al (2020). Ally, (2022) conducted a study in Iringa Municipality, Tanzania on the psychosocial effects of ex-prisoners and the mitigating strategies as they integrate into the community. The study established that Lack of aftercare support for the ex-inmates was still prevalent, Inmates still had a challenge of Isolation from the other members of the community, Inmates further experienced housing problems, Lack of employment despite having undergone Vocational education in the prisons which led to lack of finances. Further the study established that the former inmates lacked social and psychological support which discouraged them from facing their society. Prison rehabilitation, which is concerned with the welfare of its inmates has role to prepare the community as well as the larger society on the aftercare programs for the inmate which encourages smooth re-integration of the inmates back to the society. Without which the inmates will continue facing isolation and hence are imprisoned again after commissioning a fresh offence.

The initiation of the prison reforms in Kenya in the year 2001 brought on board various partners and organizations so that it can diversify the rehabilitation programs among the offenders. The expected outcome was improvement of the mental wellbeing of the prisoners with reduced cases of mental disorders. Commission of the offences by some of the offenders is as result of push-pull in life. Individuals when faced with difficulties in life end up committing offences Elom, Abumchukwu, Ekwunife, & Ndukwe in a study on Sound Governance and Inclusive Education: A Case of Correctional Service Special School Abakaliki, Nigeria, (2020) pointed out that most of the offenders have myriad issues that lead to psychological disturbances among the inmates which include trauma as a result of imprisonment, physical and sexual abuses in the prison and even before the imprisonment, dysfunctional relationships, parental distress, low self-esteem and reduced self-efficacy, lack of job opportunities, stressors as a result of their jobs, dysfunctional families and many other stressors experienced by the prisoners. As a result such inmates may require psychological support which to some extent is found to be unhelpful to the inmates.

Kenemore, (2020) perceives individual counseling as one-on-one interaction between an inmate and a counselor which is deemed appropriate to the inmates with deep seated problems that require assistance, while a group counseling, He says involves an interaction of 2 or more people who are aware of each other as belonging to the group and have come together to achieve a mutually agreed goal. Rute, Ikenye, & Omondi, (2021) in a study on effects of Counseling on Recidivism of Prison Inmates in Nakuru prison, Kenya. The research findings revealed that counseling services have played a negligible role in enhancing inmates to address psychological problems.

Further in its conclusion the study found out that counseling plays an insignificant role in recidivism reduction among prisoners and that it does not help prisoners in overcoming psychosocial problems that may prompt criminal behavior among these inmates. Therefore, they recommended enhancement of counseling which they said has to be done for it to help the inmates minimize the levels of recidivism. Application of group counseling which is commonly used in prison institutions may not be one of the best in addressing problems of the inmates. Ako, Plugge, Mhlanga-Gunda, & Van Hout, (2020), says that most of the prison institutions employ which might be time consuming compared to individual counseling. Further, evaluation and follow-ups are not easy to implement after the life of the group has elapsed. In addition group counseling also lead to lack of Trust and confidentiality among the inmates. This study hopes to investigate these approaches of counseling play a role in preventing recidivism.

Cognitive approach of behavioral treatment of offenders is mostly used in handling sex offenders. The approach basically is used with a belief that the offenders have deficient moral reasoning. It focuses on changing the behavior pattern of the offenders which is related to sexual offending as well as deviant sexual behavior. The approach can only be used by experts with counseling training. In a study by Okoth et al, (2017) on Multi-Factorial Risks Factors and Recidivism of Sexual Offenders: The Case Of Correctional Institutions In Nairobi County, Kenya confirm that sexual offenders who abuse children are more likely to repeat a similar offence the main reason being inadequate practitioners’ skills and public stigma during the rehabilitation.

According to Omboto, (2022) the department of probation and aftercare services together with the Kenya prison

services experience challenges in holding awareness programs in order to teach the community members on how to support and reintegrate the offenders due to lack of resources as well as funds to do so. In such situations offenders find it difficult adjusting to the societal norms which are usually dynamic and hence find themselves engaging in new criminalities attempting to satisfy their needs and hence what follows is recidivism.

## 2.4 Conceptual framework

The aim of this study was to examine the effectiveness of psychosocial support given to inmates to prevent recidivism in selected Prisons in Nairobi County Kenya. The relationship between the study variables is shown in figure 1 below.

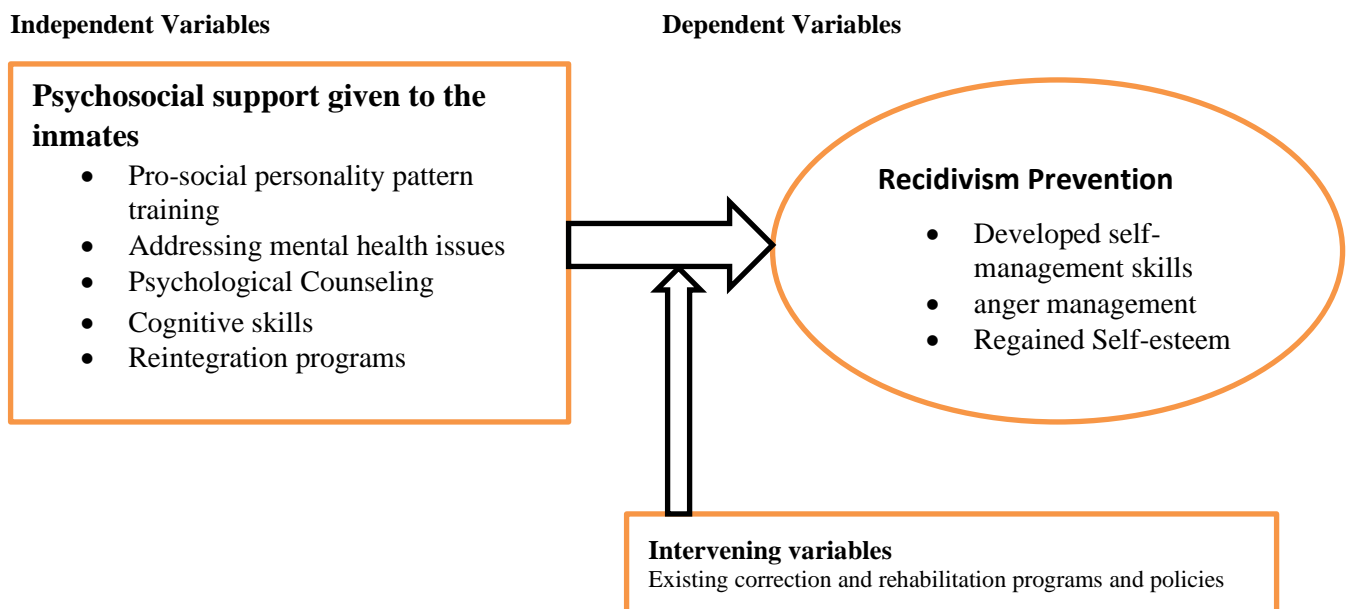


Figure 1

## 3. Methodology

This study employed mixed Methods of research. The researcher used convergent parallel research design in order to explore diverse perspectives and uncover the relationships between variables. This study adopted Pragmatic Worldview perspective. The researcher used this worldview since it allowed application of mixed methods studies in order to understand the various reasons that underline the commission of the offence even after going through the rehabilitation institutions. The study was conducted in six selected prisons in Nairobi City County which include Nairobi Remand prison, Nairobi Medium

prison, Nairobi west Prison, Jamhuri prison, Lang’ata women prison and Kamiti medium prison.

The criteria for selecting Inmates in these prisons was that they were re-offenders and better placed to explain why they committed the offence for a second time despite having gone through a rehabilitation previously. Such inmates must have been serving a sentence in a prison facility for not more than 10 years. Further such inmates were supposed to be able to independently provide information in the study and hence be of age of majority (18 years and above). The six prisons had a total of 1685 re-offenders who had reoffended as at 30th May 2023 KPS

(2023). It targeted the prison administration as the key informants in highlighting the key issues observed in the rehabilitation programs in the Kenyan prisons and the probation officers. The selected prisons were sampled through purposive sampling techniques, the prison Administration and other categories of individual were selected through purposive sampling techniques. These included Probation officers and the trustees within the prison institutions. They were selected purposefully to participate in the collection of information through the interview guide as well as focused group discussions.

The six prisons had a total of 1685 re-offenders. From these, 323 reoffenders were selected to participate in the study through simple random sampling techniques. In addition 36 trustees were selected purposefully to add to the inmates to participate in focus group discussions. In every prison 6 inmates who were the trustees and heads of the inmate's wards were selected to participate in the study. Further 3 prison officers who represented the views of the prison institutions were also selected and hence a total of 18 prison officers were selected. Lastly, 4 probation

officers were also selected to participate in the study that represented the views of community corrections facility.

## **4. Results and Discussion**

### **4.1 Questionnaires Return-Rate**

The questionnaire response rate of 90%, with 290 questionnaires that were returned out of the 323 questionnaires that were distributed. Focused Group Discussions the response rate was 36 leaders of the inmates which was 100%, Interview response rate was 18 for the prison officers and 4 for the probation officers which in both 100% as planned. This high response rate was as result of cooperation from the study's target audience who were very cooperative in the process. The 10% of questionnaires that were not returned may be attributed to the inmate's characteristics. When the study has a high return rate, it increases the trust that the data collected reflects the views of the majority. The results are presented in Table 1.



**Table 1: Return Rate**

Categories of respondents	Frequency	Percentage (%)	Response rate(Frequency)	Frequency of those who never responded	Percentage % of those who never responded	Percentage % of response
Reoffenders (Questionnaires)	323	100	290	33	10	90
Leaders of the inmates (Focused Group Discussions)	36	100	36	0	0	100
Interview(Prison Officers)	18	100	18	0	0	100
Interview (Probation Officers)	4	100	4	0	0	100

**4.2 Psychosocial support and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya**

There were twenty items responded to as indicated in Table 1 on Psychosocial support and recidivism prevention

among the prison inmates in selected prisons in Nairobi County, Kenya.

**Table 2: Statistics on psychosocial support and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya**

Statements(Psychosocial support)	SD	D	N	A	SA	Mean	Std Deviation
	% F	% F	% F	% F	% F		
<b>1.</b> On the whole, I am satisfied with myself.	19 (6.6%)	71 (24.5%)	41 (14.1%)	107 (36.9%)	52 (17.9%)	<b>3.35</b>	<b>1.21</b>
<b>2.</b> At times I think I am no good at all.	20 (6.9%)	98 (33.8%)	25 (8.6%)	101 (34.8%)	46 (15.9%)	<b>3.19</b>	<b>1.25</b>
<b>3.</b> I am able to do things as well as most other people.	24 (8.3%)	71 (24.5%)	34 (11.7%)	104 (35.9%)	57 (19.3%)	<b>3.34</b>	<b>1.26</b>
<b>4.</b> I feel I do not have much to be proud of.	20 (6.9%)	76 (26.2%)	46 (15.9%)	98 (33.8%)	50 (17.2%)	<b>3.28</b>	<b>1.22</b>
<b>5.</b> All in all, I am inclined to think that I am a failure.	26 (9.0%)	84 (29.0%)	38 (13.1%)	93 (32.1%)	49 (16.9%)	<b>3.19</b>	<b>1.27</b>
<b>6.</b> I can calm myself down when I am upset.	15 (5.2%)	83 (28.6%)	46 (15.9%)	94 (32.4%)	52 (17.9%)	<b>3.29</b>	<b>1.20</b>
<b>7.</b> I can tell when I am beginning to get angry	12 (4.1%)	64 (22.1%)	46 (15.9%)	112 (38.6%)	56 (19.3%)	<b>3.47</b>	<b>1.53</b>
<b>8.</b> I can usually tell when I am about to lose my temper.	13 (4.5%)	78 (26.9%)	56 (19.3%)	82 (28.3%)	61 (21.0%)	<b>3.34</b>	<b>1.18</b>
<b>9.</b> Before I let myself get really angry, I think about what will happen if I lose my temper	11 (3.8%)	65 (22.4%)	34 (11.7%)	110 (37.9%)	70 (24.1%)	<b>3.56</b>	<b>1.19</b>
<b>10.</b> When I feel myself getting angry, I try to tell myself to calm down	15 (5.2%)	61 (21.0%)	49 (16.9%)	101 (34.8%)	64 (22.1%)	<b>3.48</b>	<b>1.19</b>
<b>11.</b> I have good social support, which makes it easier for me	16 (5.5%)	66 (22.8%)	36 (12.4%)	109 (37.6%)	63 (21.7%)	<b>3.47</b>	<b>1.21</b>

<b>12.</b> I have those who support me to make self-management work	19 (6.6%)	65 (22.4%)	28 (9.7%)	104 (35.9%)	74 (25.5%)	<b>3.51</b>	<b>1.26</b>
<b>13.</b> I have received sufficient amount of information	6 (2.8%)	65 (22.4%)	45 (15.5%)	109 (37.6%)	63 (21.7%)	<b>3.53</b>	<b>1.14</b>
<b>14.</b> I have not found good daily routines	21 (7.2%)	79 (27.2%)	37 (12.8%)	93 (32.1%)	60 (20.7%)	<b>3.32</b>	<b>1.27</b>
<b>15.</b> I don't have concrete plans for my future self-management	18 (8.2%)	74 (25.5%)	26 (9.0%)	104 (35.9%)	68 (23.4%) <sup>f</sup>	<b>3.45</b>	<b>1.26</b>
<b>16.</b> The prison institution has prepared me psychologically to face the world	12 (4.1%)	67 (23.1%)	49 (16.9%)	106 (36.6%)	56 (19.3%)	<b>3.44</b>	<b>1.25</b>
<b>17.</b> I have had enough time and opportunity in the prison to reconcile with my children, family members and the community through the visits they make in prison	18 (6.2%)	72 (24.8%)	30 (10.3%)	103 (35.5%)	67 (23.1%)	<b>3.44</b>	<b>1.25</b>
<b>18.</b> I have had enough time and chance to reconcile with the victim/ complainant through the visits they make in prison	16 (5.5%)	66 (22.8%)	36 (12.4%)	113 (39.0%)	59 (20.3%)	<b>3.46</b>	<b>1.20</b>
<b>19.</b> The Officers who are in-charge of counseling and psychosocial support are competent in their work	10 (3.4%)	77 (26.6%)	52 (17.9%)	98 (33.8%)	53 (18.3%)	<b>3.37</b>	<b>1.16</b>
<b>20.</b> The prisons hold various fitness programs and mental health awareness programs which make us relieved of our worries.	15 (5.2%)	97 (33.4%)	45 (15.5%)	91 (31.4%)	42 (14.5%)	<b>3.17</b>	<b>1.18</b>
<b>Overall Composite Mean and Std deviation</b>						<b>3.38</b>	<b>1.23</b>

The results on psychosocial presented on table 2 starting with the first statement whereby, they were to respond on a likert scale of 1-5 on either agreeing or disagreeing on the statement derived from the objectives under study. The first statement overall, I am satisfied with myself had a mean of 3.35 and standard deviation of 1.21. According to the number of questionnaires given 290 respondents, 19(6.6%) strongly disagreed, 71(24.5%) disagreed,

41(14.1%) neutral, 107(36.9%) agreed while 52(17.9%) strongly agreed. These results show that 3.35 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates feel confident on themselves hence good performance of recidivism intervention programs. The Standard deviation of 1.21 is lower than the composite standard deviation of 1.23

indicating that there was converging opinion among the respondents.

The second statement about how the inmates feel about themselves, at times I think I am no good at all had a mean of 3.19 and standard deviation of 1.25. According to the number of questionnaires given 290 respondents, 20(6.9%) strongly disagreed, 98(33.8%) disagreed, 25(8.6%) neutral, 101(34.8%) agreed while 46(15.9%) strongly agreed. These results show that 3.19 is lower than the composite mean of 3.38. The implication of these results to the study is that the inmates feel that they are not worthy enough about themselves meaning the intervention programs have not helped them. The Standard deviation of 1.25 is higher than the composite standard deviation of 1.23 indicating that there was diverging opinion among the respondents on the information of the inmate's status of their confidence level and what they have gained from prison services. Data to show the contents of the inmates before and while in prison was scanty however as depicted by Andvig, Koffeld-Hamidane, Ausland, & Karlsson (2021), observed that when the inmates are emotionally vulnerable it may lead to heightened feelings of powerlessness and hence compromising the process of preparing inmates for release and hence weakening the inmates capability to cope hard with situations after release.

I am able to do things as well as most other people do have a mean of 3.34 and standard deviation of 1.26. According to the number of questionnaires given, 290 respondents, 24(8.6%) strongly disagreed, 71(24.5%) disagreed, 34(11.7%) neutral, 104(35.9%) agreed while 57(19.3%) strongly agreed. These results show that 3.44 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates are able to do things which are done by any other person in the community due to training and intervention programs conducted in the prison. The Standard deviation of 1.26 is higher than the composite standard deviation of 1.23 indicating that there were differing opinions about the issue raised.

I feel I do not have much to be proud of having a mean of 3.28 and standard deviation of 1.22. According to the number of questionnaires given, 290 respondents, 20(6.9%) strongly disagreed, 76(26.2%) disagreed, 46(15.9%) neutral, 98(33.9%) agreed while 50(17.2%) strongly agreed. These results show that 3.28 is lower than the composite mean of 3.38. The implication of these results to the study is that the inmates are not proud of what they do in the community hence making them feel as outcasts. The Standard deviation of 1.22 is higher or lower than the composite standard deviation of 1.23, indicating that there was some agreement amongst the respondents.

All in all, I am inclined to think that I am a failure and had a mean of 3.28 and a standard deviation of 1.22. According

to the number of questionnaires given 290 respondents, 26(9.0%) strongly disagreed, 84(29.0%) disagreed, 38(13.1%) neutral, 93(32.1%) agreed while 49(16.9%) strongly agreed. These results show that 3.19 is lower than the composite mean of 3.38. The implication of these results to the study is that the inmates are not proud of what they do in the community hence making them feel as outcasts. The Standard deviation of 1.27 is higher lower than the composite standard deviation of 1.23 indicating that there was some agreement amongst the respondents.

The statements on self Esteem of the Inmates while in prison had the following comments. I can calm myself down when I am upset had a mean of 3.29 and standard deviation of 1.20. According to the number of questionnaires given 290 respondents, 15(5.2%) strongly disagreed, 83(28.6%) disagreed, 46(15.9%) neutral, 94(32.4%) agreed while 52(17.9%) strongly agreed. These result show that 3.29 is lower than the composite mean of 3.38. The implication of these results to the study is that the inmates are not proud of what they do in the community hence making them feel as outcasts. The Standard deviation of 1.27 is higher than the composite standard deviation of 1.23 indicating that there was some disagreement amongst the respondents.

I can tell when I am beginning to get angry it had a mean of 3.47 and a standard deviation of 1.53. According to the number of questionnaires given 290 respondents, 12(4.1%) strongly disagreed, 64(22.1%) disagreed, 46(15.9%) neutral, 112(38.3%) agreed while 52(17.9%) strongly agreed. These results show that 3.29 is lower than the composite mean of 3.38. The implication of these results to the study is that the inmates are aware of their emotions. The Standard deviation of 1.53 is higher lower than the composite standard deviation of 1.23 indicating that there were some differing responses.

I can usually tell when I am about to lose my temper had a mean of 3.47 and standard deviation of 1.53. According to the number of questionnaires given 290 respondents, 13(4.5%) strongly disagreed, 78(26.9%) disagreed, 56(19.3%) neutral, 82(28.3%) agreed while 61(21.0%) strongly agreed. These results show that 3.47 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates are aware of their feelings. The Standard deviation of 1.18 is lower than the composite standard deviation of 1.23 indicating that there were some diverging opinions amongst the respondents.

The findings on anger management before I let myself get really angry, I think about what will happen if I lose my temper had a mean of 3.56 and standard deviation of 1.19. According to the number of questionnaires given 290 respondents, 11(3.8%) strongly disagreed, 65(22.4%) disagreed, 34(11.7%) neutral, 110(37.9%) agreed while 70(24.1%) strongly agreed. These results show that 3.56 is

higher than the composite mean of 3.38. The implication of these results to the study is that the inmates are able to control their emotions when they are angry. The Standard deviation of 1.19 is lower than the composite standard deviation of 1.23, indicating that there were some converging opinions.

The findings on anger management when I feel myself getting angry, I try to tell myself to calm down had a mean of 3.48 and standard deviation of 1.19. According to the number of questionnaires given 290 respondents, 15(5.2%) strongly disagreed, 61(21.0%) disagreed, 49(16.9%) neutral, 101(34.8%) agreed while 64(22.1%) strongly agreed. These results show that 3.48 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates can control their anger when they are angry. The Standard deviation of 1.19 is lower than the composite standard deviation of 1.23, indicating that there were some converging responses.

Therefore, regarding the study, the inmates after they are incarcerated there is a slight drop in their self-esteem. This is in agreement with Edgemon, & Clay-Warner, (2019) who observed that the inmates once incarcerated their self-esteem tends to drop. This was attributed to factors that include overcrowding in the prison facilities, punitive treatment in the prison institutions, and availability of work assignments that were proxy for inmate boredom. The distance between the inmates' home and the prison was also associated with depression. During the interview p15 stated that

*When I was released, I went home to find that my house had fallen, I had no one to go to and express my worries, I felt lonely, I needed somebody to talk to but unfortunately no one was available. The only people that I could talk to be my former acquaintances. They were the only people who gave me moral support. I had to run to them for solace. That's how they re-introduced me back to criminality and was re-arrested and brought back to prison. (P 15).*

Segregating former inmates does not only lead to reduced self-esteem of the inmates but rather it also leads to depression, and relapses to drug and substance use as well as other criminalities that include even suicide among the segregated individuals. The study proposes for reduced recidivism, embracing the former inmates and supporting them their smooth re-entry to the community.

Haney (2003) proposes that for the inmates to be rehabilitated and for them to maintain a healthy self-esteem the policy in the prison institutions are of paramount. Prison policies must put into consideration the following: Giving attention programs which are prisoner oriented that is making sure always programs implemented cater for the

needs and feelings of the inmates, The prison institutions should be made in a way to become a replica of the outside world. This reduces stress and urge of the inmates to break the walls behind bars and concentrate with the rehabilitation since they don't perceive it to be harming to them. Giving the inmates the opportunity to exercise their autonomy and taking personal initiative and becoming creative in addressing their problems. This gives the inmates an opportunity to get involved in solving their problems as opposed to getting instructions always from the prison officers. Encouraging a correctional environment where inmates get free environment as opposed to hyper-vigilance and pervasive distrust, a situation where inmates can establish their inner self and learn norms and interdependence. Give room for visitation of the inmates which gives the inmates a chance to interact with the outside world in order to address the problem of withdrawal and also facilitate reconciliation between the inmate and significant others. Provision of enough resources for rehabilitation of the inmates.

The findings on self-esteem management I have good social support, which makes it easier for me had a mean of 3.47 and standard deviation of 1.21. According to the number of questionnaires given, 290 respondents, 16(5.5%) strongly disagreed, 66(22.8%) disagreed, 36(12.4%) neutral, 109(37.6%) agreed while 63(21.7%) strongly agreed. These results show that 3.47 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates can control their self-esteem and live in harmony with the others in the community. The Standard deviation of 1.21 is lower than the composite standard deviation of 1.23 indicating that there was some agreement on how self-esteem can be controlled.

I have those who support me to make self-management work had a mean of 3.51 and standard deviation of 1.26. According to the number of questionnaires given 290 respondents, 19(6.6%) strongly disagreed, 65(22.4%) disagreed, 28(9.7%) neutral, 104(35.9%) agreed while 74(25.5%) strongly agreed. These results show that 3.51 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates helped by others to control their emotions comfortably. The Standard deviation of 1.26 is higher than the composite standard deviation of 1.23, indicating that there were some diverging opinions.

I have received enough information had a mean of 3.51 and standard deviation of 1.26. According to the number of questionnaires given, 290 respondents, 6(2.8%) strongly disagreed, 65(22.4%) disagreed, 45(15.5%) neutral, 109(37.6%) agreed while 63(21.7%) strongly agreed. These results show that 3.53 is higher than the composite mean of 3.38. The implication of these results to the study

is that the inmates are aware of the information they are required to know. The Standard deviation of 1.14 is lower than the composite standard deviation of 1.23 indicating that there was proper communication in prison machinery.

I have not found good daily routines with a mean of 3.32 and standard deviation of 1.27. According to the number of questionnaires given 290 respondents, 21(7.2%) strongly disagreed, 79(27.2%) disagreed, 37(12.8%) neutral, 93(32.1%) agreed while 60(20.7%) strongly agreed. These results show that 3.32 is lower than the composite mean of 3.38. The implication of these results to the study is that the inmates have no good daily routine activities like any other person in the community. The Standard deviation of 1.27 is higher than the composite standard deviation of 1.23 indicating that there were some diverging opinions amongst the respondents.

I don't have concrete plans for my future have a mean of 3.45 and standard deviation of 1.26. According to the number of questionnaires given 290 respondents, 18(8.2%) strongly disagreed, 74(25.5%) disagreed, 26(9.6%) neutral, 104(35.9%) agreed while 68(23.4%) strongly agreed. These results show that 3.45 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates don't have any plans for future. The Standard deviation of 1.26 is higher than the composite standard deviation of 1.23 indicating that there was some diverging opinions amongst the respondents. This means that there was an insignificant drop in the self-management of the inmates. Therefore, the programs implemented in the prison institution have led to an insignificant drop of the self-management of the inmates.

The findings on self-management had several reactions on each statement whereby the responses gave their own opinions. The prison institution has prepared me psychologically to face the world had a mean of 3.44 and standard deviation of 1.25. According to the number of questionnaires given 290 respondents, 12(4.1%) strongly disagreed, 67(23.1%) disagreed, 49(16.9%) neutral, 106(36.6%) agreed while 56(19.3%) strongly agreed. This result shows that 3.44 is higher than the composite means of 3.38. The implication of these results to the study is that the inmates are not prepared well to face the world. The Standard deviation of 1.25 is higher than the composite standard deviation of 1.23, indicating that there were some diverging opinions amongst the respondents. This means that there was an insignificant drop in the self-management of the inmates. Therefore the programs implemented in the prison institution have led to an insignificant drop of the self-management of the inmates

I have had enough time and opportunity in the prison to reconcile with my children, family members and the community through the visits they make in prison had a mean of 3.44 and standard deviation of 1.25. According to

the number of questionnaires given 290 respondents, 12(4.1%) strongly disagreed, 67(23.1%) disagreed, 49(16.9%) neutral, 106(36.6%) agreed while 56(19.3%) strongly agreed. These results show that 3.44 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates are not prepared well to face the world. The Standard deviation of 1.25 is higher than the composite standard deviation of 1.23 indicating that there was some diverging opinions amongst the respondents.

I have had enough time and chance to reconcile with the victim, complainant through the visits they made in prison had a mean of 3.46 and standard deviation of 1.20. According to the number of questionnaires given 290 respondents, 16(5.5%) strongly disagreed, 66(22.8%) disagreed, 36(12.4%) neutral, 113(39.6%) agreed while 59(20.3%) strongly agreed. These results show that 3.44 is higher than the composite mean of 3.38. The implication of these results to the study is that the inmates had a good chance to reconcile with the offended victims while in prison through their visits. The Standard deviation of 1.20 is lower than the composite standard deviation of 1.23, indicating that there were some converging opinions amongst the respondents.

As depicted by Montsho, (2021) reconciliation programs among the inmate and the community members lead to a reduction in the probability of recidivating of 6.0 to 8.7 percentage points.

Further McCold (2000) stated that "the RJ Theory acknowledges that crime causes injury to people and communities. It insists that justice should repair these injuries and that the parties should be permitted to participate in that process. It is important that offenders meet with the parties affected by the crime committed as a means of recognizing and admitting their faults and taking full responsibility for their act. In such a way an inmate will accept the faults committed and hence it is easy for an individual to learn to avoid committing an offence if they accept that they committed the offence than when they keep on denying commission of the offence.

During the interview with the inmates this is what one of the inmates said.

*Inakuaga ngumu sana kuongea na watu wa familia wakati unataka kuongea nao. Wakati wakija kutuona huwa tunaongea nao pale kwa kioo yenya hata huoni mwenye unaongea naye vizuri, hata akiongea huwezi kumusikia vizuri sababu pia kuna mfungwa mwenzako kando yako ata yeye anajaribu aongee kwa sauti ndiposa aweze kuelewana na mtu wake. Kwa ivo inakuwa ngumu san asana mkiwa wengi kwa kile chumba na kila mtu anataka kuongea na sauti ndiposa muweze kuwasiliana. Pia huwezi ongea mambo ya*

*ndani pale sababu mko wengi na pia askari anataka kusikia chenye mnazungumzia.* “It is usually very hard to communicate with the members of the family when you want to talk to them. When they come to visit us, we usually communicate through the window, and you can hardly see them through the glass window. Even when they talk or even when you talk there is no proper communication that can take place because that visiting room, we are usually many and everyone is shouting so that they can communicate and hence the whole place becomes noisy and hence we cannot communicate. Still, it is usually very hard to communicate private matters with your loved one since a prison officer is usually there to listen to whatever you are discussing. (P 21).”

Giving an inmate chance to express their remorse to their loved ones as well as the community members it's rehabilitation. The prison facilities need to come up with a structured way in which the inmates communicate with their loved ones and express themselves to their people.

According to Simiyu, (2022) observes that the rehabilitation programs in prison institutions are just done for the sake of it. This means that the prison institutions do not rehabilitate the offenders, giving special attention to whatever programs they put in place whether they yield results or not. A situation where the inmates are given a chance to talk to their loved ones and they really cannot communicate freely with their loved ones does not really bring significant change to the rehabilitation.

The inmates interviewed proposed that they be given free time to communicate with their loved ones during the visits and it should be done in a way that protects the privacy of the parties concerned, putting into consideration that the main aim of the visit should be to reintegrate the individuals with their family members.

The Officers who are in-charge of counseling and psychosocial support are competent in their work and had a mean of 3.37 and standard deviation of 1.20. According to the number of questionnaires given 290 respondents, 10(3.4%) strongly disagreed, 77(26.6%) disagreed, 52(17.9%) neutral, 98(33.8%) agreed while 53(18.3%) strongly agreed. These results show that 3.37 is lower than the composite mean of 3.38. The implication of these results to the study is that prison officers are competent on what they perform to the inmates. The Standard deviation of 1.20 is lower than the composite standard deviation of 1.23 indicating that there were some converging opinions amongst the respondents

It was significantly important to establish how the inmates felt about their relationship with the prison officers. The prison officers are expected to play a critical role in the rehabilitation and reintegration of the inmates back to the community. According to Morrison, & Maycock, (2021) observed that good relationship between the prison officers the better the rehabilitation of the offenders. One of the key principles of social case work requires that a social case worker develop a meaningful relationship between him/her and the clients. The main reason as to why a social worker has to develop a meaningful relationship between himself and the client is to foster behavior change of the client and to ensure that the client is more comfortable in the interactive process. The social worker develops a meaningful relationship between himself and the client by demonstrating his/her interest in the client's problem. The client should have a conviction that there is warmth and also the behavior of the social worker should be convincing.

Similarly, for the prison officers, the workers who are in the business of changing the behavior of the inmates have an obligation of establishing a long-lasting relationship between them and the inmates to be able to assist the inmates to change their behavior. Through that the prison officers can be able to apply models like cognitive behavior models where they are able to assist their clients in identifying patterns of irrational and self-destructive thoughts and behaviors that influence emotions (simmons university, 2021).

As posited by van Ginneken, & Palmen, (2023) on factors that are associated to the prison officers that may contribute to the inmates to get involved in criminality even if they are not directly connected to the prison officers. Such may include prison atmosphere, perceptions of deprivation, Mistreatment by staff and labeling. While harsh prison conditions apparently fail to deter future offending, there is slightly more support for the idea that positive experiences may have a rehabilitative effect (Auty & Liebling, (2020). Morelle, (2021) observed that most African prisons have failed to meet the minimum human rights expectation stating that reforms were required in the African penitery system. Prison officers tend to create an environment that is not friendly to the inmates and hence worsens the situation instead of helping the inmates. Most of the prison officers inflict fear among the inmates either verbally or by flogging the inmates. This leads to the inmates to just obeying the set rules in the prison not because they understand the importance of obeying the rules but rather, they obey to avoid being beaten by the prison officers or even being abused verbally.

During the focused group discussion with the leaders P20 had to say the following.

*“Our hearts are hurting and full of grudges and resentment because we are sometimes told that we are not humans, but bandits. Such remarks from the prison officers whom we expect to understand and console us makes me very bitter. We feel that no one wants us and especially some of us whom even the family members have disowned us, they don’t come to see us. We feel segregated. It is very disheartening even if we committed offences we need to be treated as humans.” (P 20).*

The statement by that inmate is supported by Bullock, & Bunce, (2020) who observed that the environment of the prison is characterized by lack of interest among correctional staff, lack of empathy and concern, and mixed – but often impersonal and sometimes antagonistic – relationships between prison staff and prisoners all which interfere with the ethos of the rehabilitation.

When prison officers use such language as above to the inmates it leads to stigmatization of the inmates and further it is made to lower the self-esteem of the inmates. Further the language widens the gap between the prison officer and the inmates and hence it becomes hard for the inmates to express their feelings to the prison officers. Such language

may also be seen to course the inmates into following a certain established way of behavior in the prison. Rehabilitation is supposed to be friendly. The therapists in rehabilitation are supposed to accept the inmates without any condition. Further the therapists should have a non-judgmental attitude towards their client. When the officers start by judging the inmate based on their past behavior, they push the inmates further away from them and hence interfere with the rehabilitation process.

The prisons hold various fitness programs and mental health awareness programs which make us relieved of our worries had a mean of 3.17 and standard deviation of 1.16. According to the number of questionnaires given 290 respondents, 15(5.2%) strongly disagreed, 97(33.4%) disagreed, 45(15.5%) neutral, 91(31.4%) agreed while 42(14.5%) strongly agreed. These results show that 3.44 is higher than the composite mean of 3.38. The implication of these results to the study is that prison officers have variety of programs which soothe mental health issues for the inmates. The Standard deviation of 1.16 is lower than the composite standard deviation of 1.23 indicating that there were some converging opinions amongst the respondents.

**Table 3: Correlation Psychosocial programs and Recidivism prevention among the prison inmates in selected prisons.**

Variable	Statistics	Recidivism prevention among the prison inmates in selected prisons
Psychosocial support	Pearson Correlation	.046
	Sig.(2-tailed)	0.000
	N	290

(n=290); \*\*Correlation is significant at 0.05 level (2-tailed)

The study found a weak positive overall correlation .046 which was statistically significant as (P-Value=0.000 < 0.05); implying that there is a significant relationship between Psychosocial support and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya. This concludes that there is significant relationship between psychosocial support and recidivism

prevention among the prison inmates in selected prisons in Nairobi County, Kenya



## 5. Conclusion and Recommendations

### 5.1 Conclusion

The researcher established the following: there was need to improve the psychosocial programs implemented to the inmates through safeguarding the self-esteem of the inmates, their anger management and self-management skills. Further the study established that there was need to improve the relationship between the prison officers and avoid labeling the inmates. The researcher also established that there was need to address the relationship between the family and the community members of the inmates in order to address recidivism and also to assist the inmates to reconcile with the complainant in order to assist in the healing process

### 5.2 Recommendations

The study makes the following recommendations

1. The Department of correctional services should combine the probation department and prison department so that inmates can be followed up from the prison to their homes and communities and rehabilitation can be continued even after an inmate has been released. The department of correctional services should also introduce parole and Halfway homes in our correctional services in every sub-county. This would give an opportunity for the parole officer to prepare the inmate to meet his family and community members as well as give the inmate an opportunity to reconcile with the inmate and have them receive him. This would assist in proper reintegration and follow up of the inmate to ensure they get reintegrated back to the community.
2. The government can Introduce a training program that would foster training of the prison officers on real time rehabilitation of inmates as opposed just a mere military training of officers aimed at inflicting fear to inmates but a training where all the prison officers would have a professional course added to military training that would be taught to the inmates to assist in making them self-reliant. In so doing we would reduce the gap experienced on the availability of skilled professionals to train the inmates.
3. The prison department to introduce individualized rehabilitation of inmates where each inmate's records and progress of rehabilitation are kept so that we address individual needs/risks of the offenders.
4. The government should add professionals like social workers and counselors in the prison

system so that each inmate has time to engage such professionals for therapy sessions aimed at addressing individual needs and aspirations of these inmates.

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