



Capacity Building Techniques and Recidivism Prevention among the Prison Inmates in Selected Prisons in Nairobi County, Kenya

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Abstract: Prisons were established with the purpose of rehabilitating and reintegrating offenders into the community. Despite going through prisons, a great number of offenders still commit the same crimes. The study aimed at assessing the influence of the capacity building techniques employed in rehabilitation of the inmates in prisons to address recidivism in Nairobi County Kenya. The study was guided by Reintegration theory and Risk need responsively model. A convergent parallel research design-Mixed method research approach was adopted. Six (6) prisons containing inmates imprisoned upto 10 years were selected purposively since the inmates were likely to go back to the community and were in the age of majority, further by use of simple random sampling, 323 re-offenders were sampled, 36 leaders of the inmates selected purposefully and 22 Key informants from prison administration and 4 probation officers selected purposively. The study used questionnaires, focus group and interview guide in data collection. Descriptive and inferential statistics were used to analyze quantitative data using SPSS version 25 and was presented by use of tables, Qualitative data was analyzed through thematic analysis and presented through verbatim. Study findings revealed that the Capacity building programs positively correlated at ($r=0.69$). In conclusion the study points out that rehabilitation needs to address specific risks/needs of the inmates by collaborating prison and probation departments to ensure inmates are helped undergo pre-entry assessment to prisons and are transitioned well to community upon release. A comparative study on the effectiveness of prison rehabilitation approaches and probation rehabilitation approaches needs to be conducted.

Keywords: Recidivism, Capacity Building, Offenders, Re-Offenders, Rehabilitation approaches

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1. Introduction

Recidivism has been defined differently by different authors. Generally, many of these authors agree that a recidivist is someone who has been imprisoned, rearrested after committing a fresh offence, prosecuted by a competent court of law and have been convicted for that offence and is serving a sentence for the same. 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). Many prison institutions employ capacity building as one of the approaches in addressing recidivism among the ex-inmates. This is done with an objective of helping the inmates acquire experience by training and providing them with job skills. Further it also inculcates knowledge and skills to offenders to avoid re-offending Khomsod, &

Nuanga-nun, (2021). When providing the skills to the inmates, the assumption is that the inmates commit offence due to lack of skills and knowledge and they cannot engage in institutionalized means to acquire means of livelihood. According to Mbatha, (2019); Some of the skills provided to the inmates in the prison institutions in Kenya include Farming, Livestock production, Honey production, Production of fish, floriculture, sericulture, Production of mushroom, woodwork, Textile production, upholstery, Welding, production of soaps, Hair dressing, cosmetology, Building and construction, painting, weaving and knitting, Making of pots and Brick production. The study aimed at understanding the reason as to why criminality is still prevalent to the ex-convicts even after going through the rehabilitation institutions where they have received empowerment programs.

The Nelson Mandela Rule 92 (1) Provides that, All appropriate means shall be used, including religious care in the countries where this is possible, education, vocational guidance and training, social casework, employment counseling, physical development and strengthening of moral character, in accordance with the individual needs of each prisoner, taking account of his or her social and criminal history, physical and mental capacities and aptitudes, personal temperament, the length of his or her sentence and prospects after release.

The study was guided by the following objective.

To assess the effects of the capacity building techniques used in rehabilitation of the inmates in preventing recidivism in selected Prisons in Nairobi County, Kenya

2. Literature Review

Scholars in the penal institutions have fronted a gap between the policies put in place and the capacity building programs in the prison systems and reintegrating offenders back to the community after rehabilitation. In India their penal institutions employ a Model Prison Manual for the Superintendence and Management of Prisons (Pande, 2001). This stipulates that, in addition to provision of vocational skills prisoners should be helped to enhance their drive towards work, acquire independence and spirit of teamwork as they work with the other inmates in restricted environments. This aims at developing self-esteem and self-confidence to adopt life which is respectable when they are released from prison (Ahmed, Wassan, & Lashari, 2022).

Mahajan, Lobo, & Howard, (2021) observed that inmates are occasionally trained in skills which include masonry, horticulture, making fly ash bricks and computer applications by NGO's and private institutions. However, when they complete these trainings there are no

opportunities to practice these newly acquired skills. Therefore, they end up forgetting these trades and hence they are not useful to them. Vineetha, & Raghavan (2018) further observed that the training offered to the prison institutions are of very little benefit to the prisoners after they are released from the prisons.

Many of the African prisons emphasize the restorative justice and learning. However, most of the modern prison services tend to give more emphasis on punishment Morelle, (2021). In Namibia inmates are rehabilitated through Vocational education and training programs. However, offenders experience rejection from the family and the community members. This isolation and stigmatization lead from society is also demonstrated through provision of jobs and acceptance by the family members. Due to rejection the inmates become aggressive and it is easier to commit crimes again and hence end up back to court and hence are pushed back to the prisons Fredericks, Mbukusa, & Tjibeba (2021).

Tapscott, (2002) in his study on the challenges to effective prison governance in South Africa observed that, when the inmates are placed in prisons are allocated a case officer who is expected to monitor the progress of the inmate until they are released from the rehabilitation institutions. However, the ratio of the case officers and the inmates are 1:50 and hence compromising the capability to monitor the inmates. He notes that the challenge of overcrowding in prisons in South Africa compromises the provision of services and gives pressure to the few staff available in the prison institutions.

Mbatha, (2019) observed that skills provision programs in the Kenyan prisons lacked a clear road map on their implementation, further Mbatha, (2019) observed that there is no evidence on the use of any of these strategies in the prison institutions in the implementation of learning in the prison institutions. As a result, prison officials must put a high priority on providing inmates with career skills training as well as relevant and remunerated work experience for them to find and retain jobs following their release. The offenders' social reintegration would be difficult if they do not acquire these skills. This study will establish whether the prison institutions employ any learning strategy and if use or lack of use of these strategies contributes to recidivism among the inmates.

2.1 Theoretical Review

A few people have come up with different approaches that can be employed to help in rehabilitating offenders and various research has adopted different underpinnings so that they may find a suitable answer to the challenges they experience. This study adopted the Cognitive-Behavioral Theory and Risks-Needs Responsivity model.

2.1.1 Risks-Needs-Responsivity model

2.1.1.1 Risks

According to Davis and Michael, (2013) risk has two propositions i.e. predicting and corresponding. They proposed that for one to know the correct intervention strategy, it is important to foretell the offenders' level of risk of re-offending. The extent to which the intervention strategies are to be employed have to match the level of risk identified (Fritzon, Miller, Bargh, Hollows, Osborne, & Howlett, 2021).

In predicting criminality, we need to identify the risk features which can be verified through empirical observation in order to connect them with successive offending. The risk factors are divided into two, static and dynamic risk factors.

The static risk factors are seen to be the historical markers that do not change, for example, the age which one committed the offence. The dynamic risk factors are the aspects in the offender which can be changed, for example, the employment or the antisocial attitudes. The two factors have predictive validity (Davis et al, (2013). In intervening on individuals with criminogenic behavior the therapists match the treatment services which are proportionate to the individual's risk levels of committing an offence again. (Simourd and Hoge, 2000)

2.1.1.2 Needs

The need principle proposes that in order to reduce commission of the offence, the rehabilitation approach must be tailored towards the criminogenic factors of the offender. Davis and Michael, (2013) recognized that while all the individuals have a certain level of risk, some of the risks are attributed to offending and others are not.

Therefore, in cognizant of the social learning theory that if certain social needs are met in an antisocial manner, we reinforce the criminality character and hence according to Andrews and Bonta (2002) such needs are criminogenic. Criminogenic risks stream from the risk factors which can be changed whereby changing the risk factor is equated by changing the risk of re-offending. Simourd et al, (2000).

In selecting the capacity building programs to be established to the inmates, these programs should be tailored to addressing the specific needs of the inmates. For example, an inmate may commit criminality due to lack of skills. Therefore, in providing the capacity building programs, the rehabilitation institutions will focus on provision of skills aimed at helping the inmate acquire job opportunity through the capacity building program given to such inmate.

2.1.2.3 Responsivity

These are considered to be the factors which affect or prevent individual's intervention to therapy/treatment. There are two factors which impede responsivity. These are internal and external factors. The internal factors include items like intellectual functioning of the individual, High or low self-esteem, and the level of motivation of the individual. External factors may include things that one has no direct control over e.g., therapist characteristics, relations during provision of therapy, environmental factors, and capability of the programs to bring change.

2.1.2 Cognitive-Behavioral Theory

Cognitive behavioral theory was coined from the work of Albert Ellis 1955, 1962; Ellis and Grieger R.M,1986, and Beck 1963, 1964, 1976. This theory was developed in reaction to his negative perception of psychoanalysis. The proponents 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 life events influence our feelings and actions as we respond to life events therefore facilitating or hindering the adaptation processes.

In this study, cognitive behavior theory is employed to address the thinking of an offender as a factor that led to recidivism. This is with the assumption that criminal thinking is a learnt behavior. Cognitive behavior theory gives emphasis on the systems of thought among the recidivists teaching them alternative thinking processes and hence controlling recidivism.

Therefore, cognitive behavior theory strives to build cognitive skills and structures biased or distorted system of thinking. Elements of cognitive behavior theory may include cognitive skills development, anger management, moral development and relapse prevention. In relation to capacity building this theory can be employed to help the inmates to change the way they think in regard to the world of work helping them to change their attitude in regard to how they perceive work and how they interpret the reasons why we work and even acquiring skills to help them improve their livelihood.

Conceptual framework

The aim of this study was to assess the effects of the capacity building techniques used in rehabilitation of the inmates in preventing recidivism in selected Prisons in Nairobi County Kenya. The relationship between the study variables is shown in Figure 1.

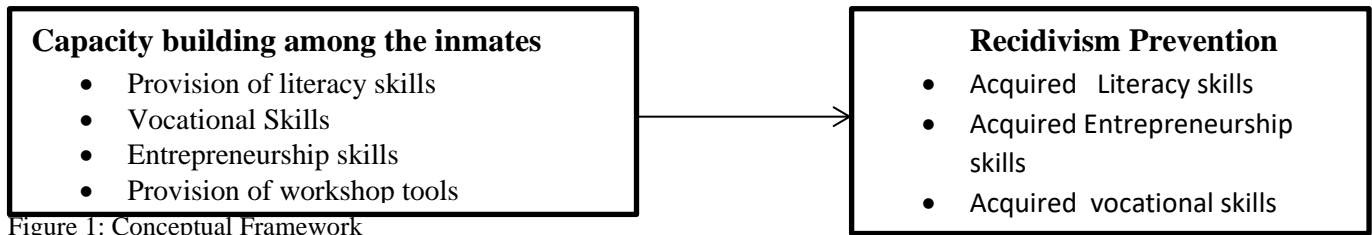


Figure 1: Conceptual Framework

3. Methodology

The researcher employed mixed Method of research approach where data is collected, analyzed interpreted by mixing both quantitative and qualitative data in a single study; the researcher used convergent parallel research design. This research design was employed by collecting both qualitative and quantitative data in a single study and analyzing it separately then comparing the outcome and drawing conclusion on as supported by (Menon, Ritskes-Hoitinga, Pound, & van Oort, 2021). This design allowed the researcher to explore diverse perspectives and uncover the relationships that exist in various study variables.

This study adopted Pragmatic Worldview. The researcher used this worldview since it allowed application of mixed methods studies in order to understand the various reasons that underlie the commission of the offence even after going through the rehabilitation institutions.

The study was conducted in six selected prisons in Nairobi County which include Nairobi Remand prison, Nairobi Medium prison, Nairobi west Prison, Jamhuri prison, Lang’ata women prison and Kamiti medium prison. These prisons were sampled through purposive sampling.

The researcher selected re-offenders to explain why they had committed an offence for a second time despite having gone through the rehabilitation institution before. These inmates were supposed to be serving a sentence in the prison facility which was not more than 10 years. Further such inmates should have been able to provide information independently 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). The inmates were selected through simple random sampling. The study also targeted the prison administration, the probation officers and trustees within the prison institutions as the key informants in highlighting the key issues observed in the rehabilitation programs in the

Kenyan prisons. These were sampled through purposive sampling. Data was collected by the use of questionnaires, interview guides and focus group discussions. Questionnaires were used to collect data from the inmates, Interview guides were used to collect data from the probation officers and the Prison officers while the focused group method was used to collect data from the Trustees. Descriptive and inferential statistics were used to analyze quantitative data using SPSS version 25 and was presented by use of tables, Qualitative data was analyzed through thematic analysis and presented through verbatim.

The six prisons had a total of 1685 re-offenders. The researcher employed Yamane formulae to calculate the number of re-offenders to participate in the study. After calculation 323 reoffenders were selected to participate in the study. In addition, 36 trustees were selected purposefully to add to the inmates to participate in focus group discussion. 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.4 probation officers were also selected to participate in the study that represented the views of community corrections.

4. Results and Discussion

4.2 Questionnaires Return-Rate

The response rate for the questionnaire was 90%, with 290 questionnaires being returned out of the 323 questionnaires that were distributed. This high response rate was as result of cooperation from the study’s target audience who were very cooperative in the process. Ten percent (10%) of questionnaires that were not returned may be attributed to the inmate’s characteristics. The results are presented in Table 1

Table 1: Return Rate for the Questionnaire

Questionnaire Categories	Frequency	Percentage (%)
Received questionnaires	290	90
Unreturned questionnaires	33	10
Total	323	100.0

The findings in Table 1 designates that the return rate was 90%. This supersedes 68% as the minimum response rate for conclusive survey findings (Holtom, Baruch, Aguinis & Ballinger, 2022). All the 18 prison officers, 4 probations officers and 36 leaders of the inmates involved in focus group responded to all the questions and discussion as per the objectives.

Among the programs which were offered in the prison institutions include Farming, Livestock production, Honey

production, Production of fish, floriculture, sericulture, Production of mushroom, woodwork, Textile production, upholstery, Welding, production of soaps, Hair dressing, cosmetology, Building and construction, painting, weaving and knitting, Making of pots and Brick production. The study strategies that were found to be prevalent in the prison of study were mat making, electrical installation, carpentry, tailoring dressing making, and upholstery. The researcher sought to establish whether the inmates had been enrolled in any job training programs.

Table 2: Descriptive Statistics on capacity building techniques and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya

Statements (Capacity building techniques)	SD % F	D % F	N % F	A % F	SA % F	Mean	Std Deviation
1. The knowledge will help me start my own business	16 (5.5%)	67 (23.1%)	29 (10.0%)	112 (38.6%)	66 (22.8%)	3.50	1.22
2. I feel I am capable of securing a job by the use of the skills and knowledge given in this prison	19 (6.9%)	71 (24.5%)	41 (14.1%)	99 (34.1%)	60 (20.7%)	3.38	1.24
3. The skills I have acquired in this prison will help me participate in the nation building.	14 (4.8%)	67 (23.1%)	50 (17.2%)	97 (33.4%)	62 (21.4%)	3.43	1.19
4. The skills I have gained in this prison will help me come out of criminality	11 (3.8%)	62 (21.4%)	32 (11.0%)	123 (42.4%)	62 (21.4%)	3.56	1.15
5. The skills have helped me to become self-reliance	17 (5.9%)	80 (27.6%)	41 (14.8%)	96 (33.1%)	56 (19.3%)	3.32	1.23
6. The skills I have gained in this prison will help me I improve my living standards	11 (3.8%)	67 (23.1%)	35 (12.1%)	106 (36.6%)	71 (24.5%)	3.55	1.19
7. The trainers in this institution are competent in inculcating the skills to the inmates	16 (5.5%)	59 (20.3%)	21 (7.2%)	127 (43.8%)	67 (19.3%)	3.59	1.20
8. The skills acquired would help me start my own business.	20 (6.9%)	69 (23.8%)	40 (13.8%)	105 (36.2%)	56 (19.3%)	3.37	1.23
Overall Composite Mean and Std deviation						3.46	1.22

The study results indicated that many acknowledged that they had enrolled for a vocational job training program which helped them acquire knowledge that will help me start own business had a mean of 3.50 and standard deviation of 1.22. According to the number of questionnaires given 290 respondents, 16(5.5%) strongly disagreed, 67(23.1%) disagreed, 29(10.0%) neutral, 112(38.6%) agreed while 66(23.8%) strongly agreed. These results show that 3.50 is higher than the composite mean of 3.46. The implication of these results is that the inmates are not proud of acquiring new knowledge which will help them in their new life after prison activities. The Standard deviation of 1.22 indicates that there was some agreement amongst the respondents.

The results disagree with Nwakoby, & Nweke, (2023) who observed that provision of entrepreneurial to the inmate's skill influenced their economic well-being positively.

The statement on I feel I can secure a job by the use of the skills and knowledge given in this prison had a mean of 3.38 and standard deviation of 1.24. According to the number of questionnaires given 290 respondents, 19(6.9%) strongly disagreed, 71(24.5%) disagreed, 41(14.1%) neutral, 99(34.1%) agreed while 60(20.7%) strongly agreed. These results show that 3.50 is higher than the composite mean of 3.46. The implication is that the skills learnt in prison have enabled the inmates to secure a job. The Standard deviation of 1.24 is higher than the composite standard deviation of 1.22 indicating that there was some agreement amongst the respondents.

These results are in disagreement with Adhikari, (2021) who observed that most inmates are involved in tasks that are not paid for like, cleaning, cooking, and other prison daily chores. Similarly, most of the inmates in this study performed tasks that include cooking, doing repair works for the uniforms for the inmates as well as those of the prison officers, polishing shoes for the prison officers, participating in farm work. Most of which was done for the smooth running of the prison activities but not done to assist the inmates with skills to use after they complete their prison sentence.

As established through the focus group discussions with the leaders of the inmate training opportunities in the industry department are so limited and in most cases for one to be admitted in these industries have had a prior experience in the field which he ventures. This therefore makes most inmates find themselves in the shamba, a course that is hated by most of the inmates.

From the year 1991 up to date skills programs among the inmates who are released have been dropping drastically 1991 to 1997 alone education programs dropped from 43%-35% vocational programs dropped from 31% to 27%, drug treatment programs dropped from 25%-10%. These decreases are steeper than they appeared due to increase the prison population. As a result, many inmates currently get released from prison institutions without educational, vocational, or treatment preparations that are designed to facilitate successful reintegration (Christy & Jeremy, 2001).

The statement on the skills I have acquired in this prison will help me participate in the nation building had a mean of 3.43 and standard deviation of 1.19. According to the number of questionnaires given 290 respondents, 14(4.8%) strongly disagreed, 67(23.1%) disagreed, 50(17.2%) neutral, 97(33.4%) agreed while 62(21.4%) strongly agreed. These results show that 3.50 is higher than the composite mean of 3.43. The implication of the results to the study is that the skills learnt in prison have enabled the inmates to participate in nation building activities. The Standard deviation of 1.19 is higher than the composite standard deviation of 1.22 indicating that there was some agreement amongst the respondents.

The results in the study disagree with Köllő, Boza, Ilyés, Kőműves, & Márk, (2023) who states that companies and government organizations that are supposed to give employment to ex-convicts tend to be few, they offer typically simple and short-lived jobs, mostly they hire from unemployment and employ people on casual basis, their equipment per worker ratio is lower. More former than future convicts are offered employment in public works programs, temporary work agencies, and project-based activities like construction. In brief, the composition of their employment shifts toward the "secondary segment" of the labor market.

According to Islam, (2021) the government regulations require individuals seeking for government jobs to produce a certificate of good conduct, This, leave out the ex-inmates from the civil service positions up to the time they will clean their criminal record such situations may last for years and yet the inmates want to survive. This means that they look for simple jobs or they go back to criminality even if they have training. This unwillingness to employ the ex-inmates becomes a contributing factor to recidivism as well as failure of the ex-inmates to use the skills learnt in the prison facilities.

The Nelson Mandela Rules Rule 88 (1) Provide that the treatment of prisoners has to take consideration of the life of the inmates after release. Further, there should be prison social workers charged with the duty of maintaining and improving all desirable relations of a prisoner with his or her family and with valuable social agencies. Steps should be taken to safeguard, to the maximum extent compatible with the law and the sentence, the rights relating to civil interests, social security rights and other social benefits of prisoners (McCall-Smith, 2016).

This is what P26 had to say during the interview:

Once an employer realizes that you were previously imprisoned, they change their attitude towards you even if you have not offended them. Lastly, I left prison I got a job with one of the companies in Nairobi. A neighbor was also employed in the same company and discussed with the management and through him they realized that I was once imprisoned. Once the administration of the company realized that I was once imprisoned they fired me immediately. I stayed for a long time without a job then this forced me to engage in (26). During the study it was established that inmates despite having the skills which they could use to assist them avoid reoffending certain factors which led them to commit offences further include poverty, continued stigmatization by other members of the society, Peer influence, drug and substance use, earning little amount of money that could not sustain their families among other sources.

P25 had the following to say:

Hawa watu wa jela huwa wananishangaza sana. Wanatumia pesa miingi tutulisha hapa jela na pia kutufundisha kazi na ukisha achiliwa hawafuatilii kujua kama bado unafanya ile kazi walikufunza, hata vifaa vya kuanzisha kazi a pesa ya kuanzisha kazi hawawezi wakakupea na wanataka ukitoka hapa usirudie makosa. These prison people they really surprise me. (They spent a lot of money feeding us and even training us

courses. Yet when they release you, they don't do a follow up to establish whether you are still practicing what they taught you. They cannot even give you tools to start business.) (P 25)

This statement agrees with Haney, (2003) who stated that there can be no important change that can be made in transitioning the inmates from the prison to the society until we change the way we treat ex-inmate when they are released to the society. As depicted by Relea Visser, Lattimore, Barrick, & Tueller, (2017) on important factors that must be considered when we are releasing inmates to the society. We must recognize that the ex-inmates face personal, social, and structural problems which they do not have the means and the required finances to overcome them. If we are to help the inmates to be reintegrated back to the community we must consider the nature and the quality of services we give to the ex-inmates, We must ensure that the ex-inmates acquire gainful employment and hence we must be able to address the challenge of stigma faced by the inmates which can be done by ensuring that we have Job training, employment counseling, and employment placement programs in our prison institutions. Involvement of the family and community of the ex-inmate in the counseling of the inmate in order to ensure they participate in the rehabilitation of the inmate and also take part in the re-integration of the inmate and finally the parole or probation must play a critical role in the re-integrating the inmates back to the community where they play a role in making the community and the family members actively participate in the rehabilitation and reintegration of the inmates back to the community.

The skills I have gained in this prison will help me come out of criminality had a mean of 3.56 and standard deviation of 1.15. According to the number of questionnaires given 290 respondents, 11(3.8%) strongly disagreed, 62(21.4%) disagreed, 32(11.0%) neutral, 123(42.4%) agreed while 62(21.4%) strongly agreed. These results show that 3.56 is higher than the composite mean of 3.43. The implication of the results to the study is that the skills learnt in prison have enabled the inmates to gain skills which will help them in future. The Standard deviation of 1.15 is higher than the composite standard deviation of 1.22 indicating that there were convergence opinions.

The findings of the study disagreed with Villman, (2021) who observed that many inmates frame stories of their ambition to desist from criminality, while their plans to desist from criminality are dependent on the circumstances and other people not the skills they have acquired. When the circumstances and the people depended on fail to give them the anticipated support, they revert to criminality.

The skills have helped me to become self-reliance had a mean of 3.32 and standard deviation of 1.23. According to the number of questionnaires given 290 respondents, 17(5.9%) strongly disagreed, 80(27.6%) disagreed, 41(14.8%) neutral, 96(33.1%) agreed while 56(21.4%) strongly agreed. These results show that 3.32 is lower than the composite mean of 3.43. The implication of the results to the study is that the skills have made the inmates to be self-reliance. The Standard deviation of 1.23 is higher than the composite standard deviation of 1.22 indicating that there was convergence. The results of the study agree with Sachitra, & Wijewardhana, (2020). Who observed that the prison rehabilitation helps the inmates acquire self-assurance for future career and further help the inmates address the feelings of aggression, frustrations and loneliness. The skills I have gained in this prison will help me improve my living standards had a mean of 3.55 and standard deviation of 1.19. According to the number of questionnaires given 290 respondents, 11(3.8%) strongly disagreed, 67(23.1%) disagreed, 35(12.1%) neutral, 106(36.6%) agreed while 71(24.5%) strongly agreed. This result shows that 3.55 is higher than the composite mean of 3.43. The implication of the results to the study is that the skills have helped the inmates improve their living standards. The Standard deviation of 1.19 is lower than the composite standard deviation of 1.22 indicating that there was convergence in opinions of the respondents.

The findings of the study were in disagreement with Sheppard, & Ricciardelli, (2020) who observed that the inmates after acquiring the skills in prison institutions get jobs that involve manual labor and with low paying wages, further the jobs the inmates get are non-gratifying and hence the inmates leave these jobs reverting back to criminality.

The trainers in this institution are competent in inculcating the skills to the inmates had a mean of 3.59 and standard deviation of 1.20. According to the number of questionnaires given 290 respondents, 16(5.5%) strongly disagreed, 59(20.3%) disagreed, 21(7.2%) neutral, 127(43.8%) agreed while 67(19.3%) strongly agreed. These results show that 3.59 is higher than the composite mean of 3.43. The implication of the results to the study is that the skills have helped the inmates sharpen their skills. The Standard deviation of 1.20 is lower than the composite standard deviation of 1.22 indicating that there was convergence in opinions of the respondents.

The results of the study agree with Morrison, & Maycock, (2021) who observed that good relationship between the prison officers the better the rehabilitation of the offenders. As posited by van Ginneken, & Palmen, (2023) on factors that are associated with 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 penitentiary system. Prison officers tend to create an environment that is not rehabilitation friendly to the inmates and hence worsening 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 obey 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 with 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 officer’s start by judging the inmate based on their past behavior, they push the inmates further away from them and hence interfering with the rehabilitation process

4.5.2 Inferential Statistics for capacity building techniques and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya

Correlation between capacity building techniques and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya was computed by means of Pearson’s correlational analyses and Table 3 shows the statistical outputs. The total scores were computed as a summation of the individual scores on each item by the respondents at 95% level of confidence. The correlation analysis results obtained are shown in Table 3.

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

Variable	Statistics	Recidivism prevention among the prison inmates in selected prisons
Capacity building techniques	Pearson Correlation	0.069**
	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 0.069 which was statistically significant as (P-Value=0.000 < 0.05); implying that there is a significant relationship between capacity building techniques and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya. This concludes that there is significant relationship between capacity building techniques and recidivism prevention among the prison inmates in selected prisons in Nairobi County, Kenya

5. Conclusion and Recommendations

5.1 Conclusion

The study established that most of the inmates who are in prison participate in programs not because the programs are helping them in any way rather, they are there just to kill time and complete their prison sentence. Further, it was also established that most of the inmates participate in prison programs in order to assist in the continuity of the prison activities and not to help the inmates in any way.

5.2 Recommendation

This study makes the following recommendations:

1. Inmates should be exposed to rehabilitation programs based on the assessed needs and risks and tailor the rehabilitation programs towards helping the inmates address these needs/risks as well as acquiring skills that can help them address their daily problems and secure employment opportunities when they leave prison institutions.
2. Before an inmate is admitted to train in a certain vocational skill, he/she must sensitize to understand why they are doing a certain course and whether it is marketable in the job market.
3. The government can create structures so that former inmates who have successfully undergone rehabilitation are not stigmatized in the job market. They should be allowed to get jobs based on their qualification as one way of helping them to reform and also reintegrate to the community.
4. The government can ensure such individual's records of criminality can be updated as they have reformed. This ensures that they are able to receive the benefits accrued from the society like any other person in the society.

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