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Assessment of the Influence of Prisons Service Training Programs on Inmate's Rehabilitation at Kisumu Maximum Prison: Kenya

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Abstract:

Rehabilitation is composed of a number of different types of interventions, which are employed in varying degrees to provide purposeful activity for prisoners. They are to challenge offending behavior, provide basic education to tackle illiteracy and innumeracy and equip prisoners with life and work skills. The Prison Service in Kenya is charged with the task of rehabilitating inmates as they serve their sentences within the confines of the prison homes. The Prison service mandate is to contain offenders in safe custody, rehabilitate and reform them, facilitate the administration of justice, and promote prisoners' opportunities for social reintegration. It is hoped that the information obtained through the study may help come up with prison service policies for inmates and create rehabilitation programs relevant to the needs of individual inmates. This study was based on Psychoanalytic Theory. The study adopted a descriptive research design. The research was carried out in Kisumu Maximum prison, Kisumu County. The study uses a sample size of 25 respondents. The study concludes that inmate's rehabilitation is multi-faceted and a product of many programs, such as vocational skills training, educational programs, socio-psychological programs, and spiritual and agricultural programs, among other roles, since prisons are places of rehabilitation. The study recommends what may be adopted to enhance proper rehabilitation measures for incarcerated inmates among the offender population in Kenya. The study also proposes to institute some recommendations that would be important to the prison department, other security agencies, intelligence operatives, and other researchers in the domain of international security.

Keywords: *Technical skills training, rehabilitation of inmates, prisons service training programs and Kisumu maximum prison*

1. Background to the Study

Rehabilitation comes from the Latin word rehabilitate, which means re-enabling or making fit again. In the context of prison, it means preparing prisoners to re-join society as useful and law-abiding members of the wider community. According to House of Commons article on the rehabilitation of prisoners (2005), rehabilitation is composed of a number of different types of interventions which are employed in varying degrees to provide purposeful activity for prisoners; they are to challenge offending behavior, provide basic education to tackle not only illiteracy but also innumeracy and to equip prisoners with life and work skills. The most common interventions are: firstly, to identify the offender's needs and classify the types of intervention required. It is also important to address the prisoner's educational deficits. There have to be programs that challenge the offender's behavior and provide treatment for substance misuse. Vocational training is provided to inculcate skills meant to increase prospects of employment upon completion of their sentence. For quite a while, a debate has raged on how to treat individuals held in prisons or correctional facilities in Kenya, the main question being, are the inmates only supposed to be punished, or is it possible to engage them in rehabilitation programs and other means to change them and make them law-abiding and self-reliant once released? (Kenya Prisons Services Strategic Plan, 2015)

In South Africa, the continent's largest economy, the country's Section 19 of the Correctional Services Act No. 111 of 1998 makes it a legal requirement for prison services to provide rehabilitation programs to all child prisoners who are the age at which they would be subject to compulsory education and other older children should be given access to the training programs. Section 41(2) of the same Act states that sentenced adults must undergo literacy training and have the right to participate in other available training programs. The offered programs are aimed at meeting the prison inmates' specific needs to ensure they have basic self-reliance skills upon release and, consequently, are fully rehabilitated.

Tanzania boasts that over 15,000 prisoners have for the past 25 years taken various trade tests. In addition, 52% of the convicted prisoners participate in agricultural training and 24% in industrial works. Unfortunately, these training programs exclude female prisoners, those convicted of life sentences, and those awaiting the execution of the death penalty. The prison authorities have a 20-year projection with several inmates training programs lined up for the complete

rehabilitation of the inmates if not prevention of re-offending and reduction in their criminal activities. According to the home affairs ministry, this aims to improve the country's security situation. (Kenya Prison Service, Strategic Plan 2007-2012).

In Kenya, the criminality trend experienced in prisons is appalling. According to the handbook on human rights in Kenya Prisons (2006) reports, a survey carried out in Kenya Prisons in 2005 indicates 29 and 24 percent recidivism rates, respectively, for males and females in 2004 (a 1 percent increase from 2003). The number of those convicted under the criminal justice system of Kenya has significantly increased owing to various socio-economic dynamics. In recent years, management at correctional facilities in Kenya has directed significant focus and resources in offender rehabilitation programs to help offenders adopt into law-abiding citizens and turn away from anti-social behavior (Omboto, 2013). The ultimate goal of sentencing and containment in prisons is not only to punish the offender and deter others but also to aid in rehabilitation, denunciation, protection of the community, or a combination of two or more of the stated points (Gelb & Hoel, 2008).

1.1. Statement of the Problem

The Prison Service in Kenya is charged with the task of rehabilitation of inmates as they serve their sentences within the confines of the prison homes. With such a responsibility, the department has come up with various programs whose objective is to equip the convicts with skills to ensure that they are self-dependent and not a burden or a nuisance to their significant others or other members of the community, and can make positive contributions to the development of the areas they live in (Kenya Prison Service Annual Publication, 2010). Whereas a lot of resources have been spent to engage prison inmates in various rehabilitation programs ranging from formal primary, secondary, counseling, skills training, and vocational courses (KHRC, 2006) during the time they are serving their sentences to ensure that they sustain themselves and their dependants. There is a need to assess whether such resources add any value to their lives upon release and, in addition, if it is of any worth to the taxpayer of this country and, further still, if the security of the entire citizenry is guaranteed. The Prison service mandates to contain offenders in safe custody, rehabilitate and reform them, facilitate the administration of justice, and promote prisoners' opportunities for social reintegration. This is done through vocational training and other rehabilitation programs in line with the offender's needs, which are administered by prison technical officers, prison Maalims and chaplains, psychologists, welfare officers, counselors, social workers, and medical personnel (Onyango, 2008).

Kenya prison service has continued to offer inmates rehabilitation programs and community services that would help them be reintegrated into society and actively participate in positive socio-economic engagements upon release. The skills gained enhance their chances of engaging in gainful life and minimize their chances of returning to criminal activities. According to Randall. G (2002), the major focus of Prison Rehabilitation Programs should be to increase the inmates' education or skill level and thus improve their chances of success in life once they are released from custody. It is against this background that the study tries to fill the information gap between the various rehabilitation programs offered to the inmates in Kenyan prisons to prepare them to lead a productive life upon release and the effect of the same on their rehabilitation once they complete their jail terms and go back to their communities.

1.2. Purpose of the Study

The purpose of the study is: To examine the influence of technical skills training on the rehabilitation of inmates at Kisumu maximum prison.

1.3. Significance of the Study

This would be a source of reference material for future studies to those who undertake research studies in a similar topic. It is hoped that the information obtained through the study may help come up with prison service policies for inmates and create rehabilitation programs relevant to the needs of individual inmates. The findings of this study will help to verify the validity and reliability of theories related to this study and help researchers to carry out further research. The recommendations will inform potential employees on the particular areas of competencies the ex-prisoners possess and make it easy for them to make the right choice if they choose to employ them. The community, too, has the opportunity through the study to understand the ex-inmates, accept them back, assist them to settle down, and even offer them support and jobs.

2. Literature Review

According to Kennedy (2009), training refers to the acquisition of knowledge, skills, and competencies as a result of teaching vocational or practical skills and knowledge that relate to specific useful competencies. Training forms the core of apprenticeship and provides the backbone of personal development in a career path. In addition to this, basic training is required for a trade, occupation, or profession to observe the labor market and recognize training needs to continue acquiring skills and knowledge. Areas of training are knowledge: training aimed at imparting knowledge to offenders, thus providing facts, information, and principle related to the knowledge area. Technical skills: the training here is aimed at teaching offenders physical acts or actions like operating machines and working with the computer. It is more like on-work training. Social skills: the training in this area is wider in a capacity involving a lot of aspects. Thus, social skills training aims to develop a person and teamwork.

Vocational skill training is paramount as one of the rehabilitation programs in offenders' reformation. Rule 71(3) of the United Nations Standard Minimum Rules for the treatment of prisoners states: "Sufficient work of a useful nature

shall be provided to keep prisoners actively employed for a normal working day (Miriti & Kimani, 2017). This strengthens the vocational training of offenders. The rules also warn against vocational training for the primary purpose of making a profit for the prison out of prisoner's labor. Okanga (2014) stated that despite a limited opportunity for vocational training for African prisoners, more of them are involved in this kind of rehabilitation programs more than in academic or literate training. This is possibly due to vocational training's close relationship to useful prison labor. According to Ward. T (2010), inmates are expected to be active and useful. Active employment is achieved when the inmates feel that they have made an impact on society. The nation offers a vocational skills training program in different and varying forms. In Kenya, for example, training is through carpentry, masonry, upholstery, metalwork, weaving, tailoring, dressmaking, and agriculture (KHRC, 2001). In Uganda, many prisoners are convicted to serve hard labor on farms, producing prison revenue (Okanga, 2014).

According to Eddy (2007), vocational training offers more opportunities in the prison settings to offenders as much of what is offered would depend upon the local prison programming and also the local population skills of life; for example, in Petersburg prison, inmates have the option to learn carpentry and a number of other vocations via 'live work' employment (plumbing, electricity, landscaping). In this regard, recidivism is greatly reduced as more inmates are reformed. In America study found that one million dollars spent on vocational training prevent about 600 crimes, thus making vocational skills training almost twice as cost-effective as crime controls policy (Miriti & Kimani, 2017).

Howell (2003) stated: "Those offered opportunity to acquire vocational training have the first glimmer of hope that they escape the cycles of poverty and violence that dominated their lives, and can awaken senses numbed and release the creativity that is both therapeutic and rehabilitative thus reforming them in the long run." Vocational skill training reduces inmates' risk of recidivism by teaching them marketable skills they can use to find and retain employment after getting released from prison. It further reduces institutional problem behaviors by replacing inmates' idle time with constructive work. The type of vocational training depends on inmates' interest, availability of teaching staff, and funding. In completion of these skills, prisoners may be connected with prospective employers through apprenticeship programs, including opportunities to work hours toward industry-recognized and credited certificates (Miriti & Kimani, 2017).

In Kenya, NGOs have helped some inmates with various tools and equipment they use in various vocational pieces of training. They also provide tool kits to prisoners upon release so that they may use them to start a new life outside prison upon release from prison (Omboto, 2013). This practice of tool provision is greatly encouraged by the prison authority with the hope that offenders will use them to start workshops. Kenyan prisoners are provided with an opportunity for useful employment through the option of serving their sentence in the economic development process of the country. This practice is managed by prison administration and highly uses vocational training for rehabilitation and eventual reformation rather than financial profit (UNSMR, 2015)

2.1. Psychoanalytic Theory

This study was based on Psychoanalytic Theory and Relapse Prevention Theory. Psychoanalytic Theory was important in this study because it fits in crimes that stem from irrational behavior. Most crimes emerge out of a conscious, rational thinking process, while Relapse prevention theory was relevant in providing a mechanism to assess the performances of community service programs (independent variables) on inmates' rehabilitation.

Psychoanalysis is a type of therapy that aims to release pent-up or repressed emotions and memories or to lead the client to catharsis, or healing (McLeod, 2014). This study recognizes the need for paying special attention to the prison hood, hence, is guided by Freudian Psychoanalytic Theory that explains factors contributing to a person's potentiality for criminality. This is because uncontrolled human instinct easily leads to anti-social behavior. Indeed, persons who successfully undergo human development stages become law-abiding citizens. In this regard, community services could assist the minds of prisoners by employing Psychoanalytic Theory to help them address fundamental issues such as reconciliation that greatly affect prisoners. Freudian Psychoanalytic Theory is a guiding principle in rehabilitating prisoners because of its rich human behavior constructs, namely: id, ego, and super-ego. For instance, id as an instant gratification easily leads individuals to act out of their own resentments regardless of whether the acts are wrong or right. A person deprived of parental love could plan for criminal acts to discharge instinctual tension. Perhaps the most impactful idea put forth by Freud was his model of the human mind. His model divides the mind into three layers, or regions:

- Conscious: This is where our current thoughts, feelings, and focus live.
- Preconscious (sometimes called the subconscious): This is the home of everything we can recall or retrieve from our memory.
- Unconscious: At the deepest level of our minds resides a repository of the processes that drive our behavior, including primitive and instinctual desires (McLeod, 2013).

3. Research Methodology

3.1. Research Design

The study adopted a descriptive research design. According to Omboto (2013), descriptive research studies are designed to obtain pertinent and precise information concerning the current status of phenomena and, whenever possible, to draw a valid general conclusion from the facts discovered. This is well within the realms of Mugenda & Mugenda's (2008) observation that surveys can be used to explain or explore the existing status of two or more variables at a given time. Similarly, perceive a descriptive survey design as one that provides an investigator with quantitative and qualitative

data. Quantitative data were considered while using measurable units like numbers, whereas qualitative data were used while working with continuous data. In the current study, both quantitative and qualitative data will be collected. Against this background, a descriptive survey will be more appropriate for the evaluation of the influence of prison community service on inmates' rehabilitation in Kenya.

3.2. Location of the Study

The research was carried out in Kisumu Maximum prison, Kisumu County: Kenya. The prison is chosen because of its location, which is easily accessible to the researcher, and the fact that the facility is the only largest of its kind in Western, Nyanza, and the South Rift Valley Regions.

3.3. Sample Size

Stocker (2010) points out that a sample is used to obtain representative information regarding a population. The study uses a sample size of 25 respondents.

4. Findings

4.1. Response Rate Analysis

The researcher established that questionnaires returned unanswered because the respondents were not available to participate in the research. The researcher proposed to gather data from 25 respondents using self-administered questionnaires, but he managed to collect data from 20 of them, which represents a response rate of 80%.

| | Respondents | Percentage |
|--|-------------|------------|
| Questionnaires distributed | 25 | 100 |
| Questionnaires returned answered | 20 | 80 |
| Questionnaires returned not fully answered | 5 | 20 |

Table 1: Response Rate Analysis
Source: Field Data (2022)

This data analysis was done using SPSS Version. Judgment about the study response rate was based on Babbie's (2007) observations that in a review of survey literature on Social Sciences, it was suggested that 70% and above of the response rate was considered adequate for data analysis and reporting.

4.2. Influence of Technical Skills Training on Inmates Rehabilitation

The study's first objective was to examine the influence of technical skills training on inmates' rehabilitation in Kisumu maximum prison. The data were analyzed and presented according to the study objective, as seen underneath. Respondents were requested to state the extent to which they agreed or disagreed with the statements concerning the availability of various training materials in the respective sections of the prison industry.

4.3. Extent to Which Technical Skills Training Influences Rehabilitation of Inmates

Table 2 depicts findings on technical skills training programs and the rehabilitation of inmates as viewed by respondents. 28% of the respondents felt that tailoring programs were sufficient. A similar percentage also felt that carpentry & Joinery programs were sufficient. 22% of the respondents stated that there were sufficient electrical & wiring programs, and the same percentage of respondents felt that there were sufficient masonry and Plumbing programs.

| Statement | Frequency | Percent |
|---|-----------|---------|
| There is sufficient masonry and Plumbing programs | 5 | 28 |
| There is sufficient carpentry & Joinery programs | 5 | 28 |
| There is sufficient electrical & Wiring programs | 4 | 22 |
| Tailoring programs are Sufficient | 4 | 22 |
| Total | 18 | 100 |

Table 2: Extent to Which Technical Skills Training Influences Rehabilitation of Inmates
Source: Field Data (2022)

During the interviews majority of the respondents had joined the carpentry training program, and an equally large population of the respondents had enrolled for masonry. The respondent stated that carpentry was easier to learn and, equally, it would be a faster source of income after they are discharged from the facility. Those who opted for masonry argued that since the country had embraced a devolved system of governance, most counties were lacking behind with regard to infrastructural development hence making masonry very employable.

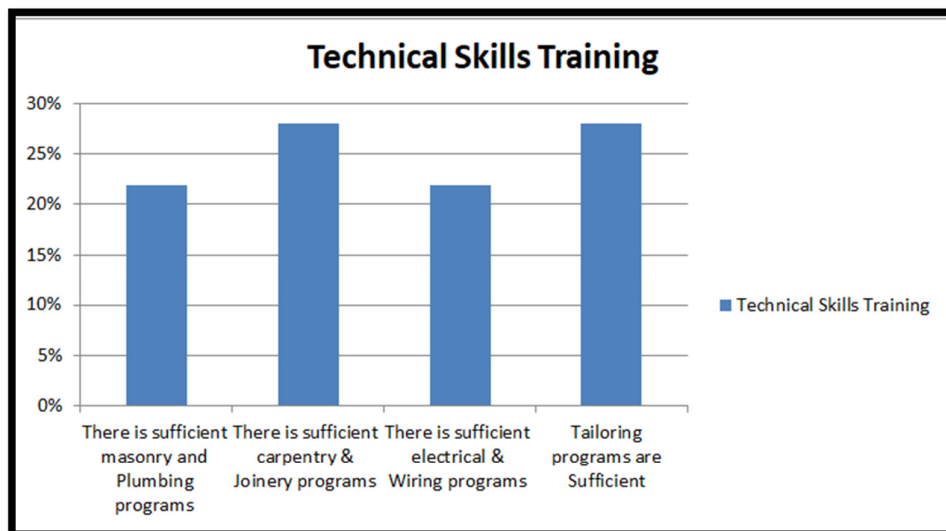


Figure 1: Extent to Which Technical Skills Training Influences Rehabilitation of Inmates
Source: Field Data (2022)

According to the study findings, technical skills training indeed have an influence on prisoners' rehabilitation. On average, most of the respondents agreed on the extent to which technical skills training influences their rehabilitation while serving their sentences inside the walls of the prison. Masonry and plumbing, carpentry and joinery, electrical and wiring, and finally, tailoring programs do have an impact on their way of life. Since many of the inmates finally acquire trade skills, they get reformed finally, reducing recidivism.

The findings concur with Howell (2003) in the literature review, who stated: "Those offered opportunity to acquire vocational training have the first glimmer of hope that they escape the cycles of poverty and violence that dominated their lives, and can awaken senses numbed and release the creativity that is both therapeutic and rehabilitative thus reforming them in the long run."

5. Conclusions

The study generally concludes that inmate's rehabilitation is multi-faceted and a product of many programs, such as vocational skills training, educational programs, socio-psychological programs, and spiritual and agricultural programs, among other roles, since prisons are places of rehabilitation.

Though Kenya has a perennial problem in maintaining offenders according to internationally recommended standards, rehabilitation contributes to the betterment of offenders through the above programs so that once released, the inmates can be self-reliant and provide support to their immediate dependents and therefore avoid re-offending and going back to prison.

6. Recommendations of the Study

Based on the findings and conclusions, the study recommends what may be adopted to enhance proper rehabilitation measures for incarcerated inmates among the offender population in Kenya. Above all, the results of the study reveal that some of the rehabilitation programs may not be pegged on United Nations Minimum Rules (Tokyo Rules) of 2015 or new legislation but by better approaches on how to correctly place rehabilitation programming, how the actual programming is done and thus improve on their safe integration back into the community.

The study also proposes to institute some recommendations that would be important to the prison department, other security agencies, intelligence operatives, and other researchers in the domain of international security.

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