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Influence of Remand Experiences on the Psychological Dispositions of Inmates in Selected Prisons within Kiambu County, Kenya

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Abstract:

The purpose of the study was to investigate the influence of the physical environment on the psychological dispositions of inmates in selected prisons within Kiambu County, Kenya. According to Fogel and Martin (2016), the psychological ramifications of stress associated with imprisonment are replicated in the same enhanced sentiments of hopelessness, loneliness, and anxiety that are experienced by offenders. According to Merrell and Walker (2018), the jail provides a clear and present hazard for worsening pre-existing mental diseases. In a jail, remand facilities are responsible for detaining a person for the shortest time that is practicable given the circumstances. The results could be significant to managing prison facilities holding pretrial inmates. This study may help prison institutions, police stations, probation stations, courts, prosecution, and other relevant stakeholders in the criminal justice system. This study might present some complementary strategies that may be used by therapists and counselors on inmates. This study may also offer some lasting solutions to challenges faced by prisoners in remand. The research used a descriptive research design to explore the phenomenon under consideration. The study was conducted in selected prisons within Kiambu County, Kenya. The population of the sample size was 315 respondents, which comprises 21.3% (0.213) of the whole population. According to the research, a sympathetic and supportive environment promotes prisoner relationships and healing characteristics like empathy, trust, and hope. Prisoners' physical, emotional, and spiritual needs are met by sympathetic warders, a stimulating environment where offenders have some personal control and greater responsibility for their health and well-being via increased independence, movement, and decision-making. The research also suggests that safe outdoor settings may be pleasant, helpful, and therapeutic diversionary activities. Good distractions may improve treatment and drug reduction in prisoners. Other important design components include personal space, particularly in open and suitable rooms, to avoid special and social congestion.

Keywords: Physical environment, influence of remands, psychological dispositions of inmates

1. Background to the Study

Incarceration produces misery and suffering that lasts for generations and extends beyond the prison walls. Short- and long-term psychological implications of incarceration can lead to emotional degeneration in the individual, with serious consequences for family systems, the community, and society as a whole (Wildman & Western, 2015). According to Murray and Farrington (2018), the cumulative effect of incarceration on an individual offender, even a nonviolent, low-risk offender, can lead to potentially recurrent criminal behavior. The imprisoned person may utilize crime in response to the ongoing psychological harm caused by incarceration as a maladaptive reaction to the long-term psychological harm caused by incarceration.

According to Fogel and Martin (2016), the psychological ramifications of stress associated with imprisonment are replicated in the same enhanced sentiments of hopelessness, loneliness, and anxiety that are experienced by offenders. According to Merrell and Walker (2018), the jail provides a clear and present hazard for worsening pre-existing mental diseases. In a jail, remand facilities are responsible for detaining a person for the shortest time that is practicable given the circumstances.

The rate of imprisonment in the United States of America is far greater than that of any other country in the world. For example, a study that was conducted in 2020 by the Bureau of Justice Statistics revealed that out of a total of 7,225,800 people who were involved in the criminal justice system, there were more than 1,613,740 people serving time in prisons, 760,400 people serving time in prisons, 819,308 people serving time on parole, and 4,203,967 people serving time in trials. In the United States, this was the actual situation (Bureau of Justice Statistics, 2021). According to the observations

made by Tonry (2020), inmates in the prisons and jails of the United States have historically been required to deal with a diverse range of one-of-a-kind circumstances, including a variety of expected occurrences and demands.

The Botswana Prisons Act is the piece of legislation that governs and regulates the nation's parole system in its entirety. Offenders are encouraged to make a greater effort to redeem themselves via the use of the parole system, which occurs both while they are incarcerated and after they are released back into society. After serving their time, many people convicted of a crime find it difficult to adapt to life in the outside world. This is particularly true for those who have been detained for a lengthy period of time. For this reason, each early release, for whatever reason, is required to include a strategy for a prisoner to transition smoothly from prison to community life.

With the adoption of the East Africa Jails Regulations in April 1902, the British East Africa protectorate brought the prison system to Kenya. The enactment of Chapters 90 and 92 to establish the Kenya Prisons bolstered the penal reforms at independence, and the Act (Cap 90) has subsequently been reviewed, the most recent being in 1977. The Borstal Act (CAP 92) has also been revised, with the most recent revision occurring in 1967. Since its start on April 1, 1911, the Kenya Prisons Service has developed gradually. The prison population was six thousand five hundred and fifty-nine (6,559) at the time of its commencement, with a staff of three hundred and nineteen (319). Both the staff and the prisoner population have gradually increased to date. In the Republic, there are 107 prison institutions, three Borstal institutions, and one adolescent correctional Training Centre, with a typical populace of 54,000 detainees, notwithstanding the way that it can now and again arrive at an excess of 80,000 detainees (Kenya Prisons Service, 2015). Remedial offices, for example, have three times the capacity of 3,200 people instead of about 1,000 prisoners (Kenya Prisons Service, 2015).

1.1. Statement of the Problem

Getting used to prison is often troublesome, and it can prompt the development of tricky reasoning and personal conduct standards that can proceed even after discharge. The mental outcomes of detainment fluctuate from one individual to another. However, few people were completely transformed during their imprisonment. In any event, detainment is something terrible with long-term ramifications for the people who take part in a position of hardship with exceptionally surprising examples and standards of life and work inside the institutional setting. Despite the fact that it was intended to punish and replenish public debt, the impacts of jail experience bring about long-term diseases and mental hindrances.

One of the Kenya Prisons Service's core functions is offender rehabilitation and reformation, which involves a variety of intervention mechanisms used at various levels to provide prisoners with meaningful work, challenge their offensive behavior, provide basic education to combat illiteracy, and equip them with health and work skills. However, Prisons within Kiambu County are facing challenges that threaten the expected output envisioned in its mandate, such as overcrowding, which has resulted in overstretched physical facilities, putting pressure on stores and services, resulting in unsanitary conditions, and prisoners are not classified properly; the service lacks enough counselors, psychiatrists, and psychologists who are well qualified to address the special cases that arise in prisons, inadequate financing for training and rehabilitation programs for inmates had resulted in many of them being inactive in jails, with some even leaving worse than when they arrived. Therefore, this study investigated the influence of remand experiences on the psychological dispositions of inmates in selected prisons within Kiambu County, Kenya.

1.2. Purpose of the Study

To investigate the influence of the physical environment on the psychological dispositions of inmates in selected prisons within Kiambu County, Kenya.

1.3. Research Hypotheses

The physical environment does not have any significant relationship with the psychological dispositions of inmates in selected prisons within Kiambu County, Kenya.

1.4. Significance of the Study

The results could be significant to the management of prison facilities holding pretrial inmates. This study may be of help to prison institutions, police stations, probation stations, courts, prosecution, and other relevant stakeholders in the criminal justice system. This study might present some complementary strategies that may be used by therapists and counselors on inmates. This study may also offer some lasting solutions to challenges faced by prisoners in remand.

The criminal justice system and penal institutions in Kenya have faced many challenges; high levels of repetition pose a major challenge to the major players in the sector (Wambugu, 2014; Otiato, 2014). This research may be important as part of many efforts to find the best way to reduce stress while awaiting trial on remand. It may also offer recommendations on the development of favorable strategies that therapists and counselors might use on persons in remand. Policymakers may also be enabled to come up with relevant policies through psychological interventions that might help to curb the problems in rehabilitating juvenile delinquents to realize a long-lasting and complete behavioral change amongst themselves. The concept that specific factors have a role in criminal conduct is the foundation of the rehabilitation model hypothesis proposed by Hudson (2002). According to Hudson (2002), the major objective of reform or rehabilitation is to reconcile the offender in the eyes of the public after a period of discipline, and the planning of the punishment should be done in such a way that this may happen.

2. Literature Review

Semenza and Grosholz (2019) performed research on the mental and physical health of inmates in prison, focusing on how the presence of co-occurring disorders promotes prisoner misbehavior. The findings of this study were published in Semenza and Grosholz (2019). The researchers employed negative binomial regression models and used data from a 2018 survey of inmates in state correctional facilities (N = 14,499) as their primary source of information in order to investigate the connection between co-occurring mental and physical illnesses and inappropriate behavior. Their primary source of information was the survey results. It has been shown that the possibility of convicts with mental and actual medical issues engaging in jail crimes is much higher than the likelihood that solid detainees would do so. This has been shown to be the case. Psychological maladjustments are not related to severe transgressions when physical and joint health difficulties are taken into account. The current research investigated the effect that certain aspects of the prisoners' physical surroundings have on the psychological make-up of those incarcerated in a number of different prisons located within Kiambu County, Kenya.

According to the findings of this study, the mental and physical health of previously imprisoned persons is demonstrated to be a significant barrier to the effective reintegration of these individuals into society after they have served their time in prison. The present research focused on the impact of the physical environment on the psychological dispositions of prisoners in selected prisons within Kiambu County, Kenya. The locations of these prisons were located in Kenya.

This issue was examined in Wallace and Wang's (2020) study, which was given the title "Impact of Prison Physical and Mental Health on Recurrence." In order to determine whether or not the conditions of life in prison, both physically and mentally, as well as the changes that occur in post-release life, are linked to recidivism, the researchers used hierarchical logistic and multinomial regression. In this method, experimental waves were placed within individuals, and the sample was taken from multiple regions. After the men's public release, visitors paid a visit to them in prison, where they discussed various things, one of which was their state of health. According to a number of research findings, having better physical health both while detained and after release is associated with an increased probability of committing another crime. This holds true both during incarceration and after release. The research also indicated that the lives of individuals who are incarcerated continue to have an influence after they are released from jail and are connected to their possibilities of relapse, which may lead to assaults on others who are a part of the prison system. This was found to be the case both before and after the individuals were incarcerated. The present research focused on the impact of the physical environment on the psychological dispositions of prisoners in selected prisons within Kiambu County, Kenya. The locations of these prisons were located in Kenya.

A focus group study was used by Nurses, Woodall, J. (2018) in order to analyze the impact that various environmental factors have on the mental health of incarcerated individuals. Focus groups were used in the study that was conducted to ensure that it was of the highest possible quality. The institution is a B-section (central security) unit which comprises 500 local jails responsible for housing male offenders who have been convicted of a crime. Additionally, there is a women's training unit (correctional unit) that houses 90 female inmates from England and Wales, including those who have been extradited from other countries. The number of people who may participate in any focus group is limited only by their own desire to do so. Inmates shared their stories of how mental illness and lack of work have contributed to their high levels of stress, rage, and frustration. The current study focused on the influence of the physical environment on the psychological dispositions of inmates in selected prisons within Kiambu County, Kenya.

2.1. Rehabilitation Model Hypothesis

The concept that specific factors have a role in criminal conduct is the foundation of the rehabilitation model hypothesis proposed by Hudson (2002). According to Hudson (2002), the major objective of reform or rehabilitation is to reconcile the offender in the eyes of the public after a period of discipline, and the planning of the punishment should be done in such a way that this may happen. This approach acknowledges the fact that people's choices often include disobeying the law. However, it does state that free will was not the only factor in the decision-making process for these particular choices. It is often believed that a person's human nature, mental development, and the social setting in which they were raised all play a significant role in determining whether or not they would conduct a criminal act. Since everyone is unique, how they express their wants and needs varies, and people's actions and decisions, including whether or not they breach the law, are influenced by their personal conflicts.

Individuals who have major criminal characteristics, such as a lack of affection and parental direction, rebellious peer pressure, societal prejudice, or rage, are more likely to be connected with criminal behavior than persons who do not experience or have these characteristics (Mushanga, 2016). The real transcript of this message has been the subject of efforts by proponents, who are attempting to make it accessible online. If, on the other hand, criminal conduct is caused by variables that are considered to be criminal risk factors, then re-offenses may be decreased if disciplinary action can modify these elements and how they effect the offenders. Rehabilitation may refer to any social or psychological intervention with the goal of lowering the offender's likelihood of engaging in criminal conduct in the future (Mushanga, 2016). Instead of punishing a criminal for his or her actions, correctional services may seek to bring the criminal into a typical perspective or mentality that might be gainful to the local area as opposed to the public in education or treatment. The premise of rehabilitation is that people are not born criminals and that the criminal can be restored to useful, self-sufficient life and society. Criminals can be restored to a useful, self-sufficient life and society (Zuckerman, 1991).

The idea is pertinent to the investigation since it outlines the process of assisting a person in their readaptation to society and restoring someone to a position or rank they formerly held. The methods that have been employed to promote

rehabilitation in prisons have likewise evolved through time. Initially, these methods included silence, isolation, hard work, and punishment; later, these methods were replaced with medically-based therapies such as medicines and psychosurgery. More recently, educational, vocational, and psychologically based programs, as well as specialized services for specific problems, have typically been put forward as means to reform prisoners during their sentence.

3. Research Methodology

3.1. Research Design

This research aimed to evaluate the impact of remand experiences on the psychological dispositions of inmates in selected Kenyan prisons within Kiambu County. The research used a descriptive research design to explore the phenomenon under consideration. According to Mugenda and Mugenda (2003), descriptive research design helps the researcher investigate and describe the present phenomena of interest.

The study was conducted in selected prisons within Kiambu County, Kenya. The County is located in the central part of Kenya and has several prisons where inmates are kept awaiting trial for different offences. The specific prisons selected were Thika Main Prison, located in Thika Town, Thika West Sub-County within Kiambu County, Kenya, and Ruiru Prison, which is based in Ruiru Sub-County within Kiambu County, Kenya.

3.2. Target Population

A population is described by Mugenda and Mugenda (2003) as the total number of subjects to be studied that possesses similar traits. The target population of the study was selected prisons within Kiambu County, Kenya which included; Thika Main Prison and Ruiru Prison. The study targeted a total of 1480 inmates, of whom 980 were from Thika Main Prison and 500 from Ruiru Prison. Consequently, the study also targeted two paralegal wardens based in Thika main prison and one attached to Ruiru prison.

Table 1 shows how the population was distributed.

Prison	Population
Thika Main Prison	980
Ruiru Prison	500
Total	1480

Table 1: Distribution of the Target Population

Source: Thika Prison Report (2022)

Ruiru Prison Report (2022)

3.3. Sampling Size Determination

According to Kombo and Tromp (2006), a sampling design depicts how the subjects are chosen for examination by thoroughly describing such subjects being investigated and how a certain number is representative of the total population determined. Therefore, on the basis of this assertion, a sample of the study was determined by applying a proportionate stratified and simple random sampling method.

Since the sample consists of large numbers from two different locations, a formula that determines a proportionate factor in determining the representable sample size in every category of the population was used, which is recommended by Taro Yamane in the year 1967 and that makes an assumption of 5% marginal error.

$$n = N / 1 + N(e)^2 = 1480 / 1 + 1480(0.05)^2 = 315$$

Therefore, the population of the sample size was 315 respondents, which comprises 21.3% (0.213) of the whole population. The description of the sample size is given in table 2.

Prison	Population	Factor	Sample Size
Thika Main Prison	980	0.213	209
Ruiru Prison	500	0.213	106
Total	1480	0.213	315

Table 2: Distribution of the Sample Size

4. Findings

4.1. Response Rate

The response rate was based on a total number of 315 questionnaires administered to the respondents who were drawn from Thika main prison and Ruiru prison. The following is the presentation of the response rate in table 3.

Category	Frequency	Percentage
Questionnaires returned	305	96.8
Questionnaires not returned	10	3.2
Total	315	100

Table 3: Response Rate
Source: Survey Data (2022)

The results, as presented in table 3, show that the study achieved a response rate of 96.8% because, from a total number of 315 questionnaires, 305 questionnaires were returned completely filled.

4.2. Physical Environment

This section presents results on the opinions of respondents regarding the influence of the physical environment on the psychological dispositions of inmates in selected prisons within Kiambu County, Kenya. The descriptive statistics findings are presented in table 4.

Statement	Mean	Standard Deviations
Overcrowding in prisons has caused stress for both inmates and staff.	4.51	0.487
Overcrowding has caused physical and mental issues	4.57	0.428
Prison overcrowding has resulted in deplorable conditions	4.01	0.907
Toilets and latrines, as well as showers, are plentiful, clean, and in good condition	4.50	0.496
The waste removal system is efficient and capable of preventing the spread of infectious diseases	3.84	1.159
Inmates have easy access to safe drinking water and solid waste disposal facilities.	4.09	0.907

Table 4: Physical Environment

The results, as presented in table 4, indicate that the respondents strongly agreed to the statements that; overcrowding has caused physical and mental issues ($M=4.57$, $SD=0.428$), overcrowding in prisons has caused stress in both inmates and staff ($M=4.51$, $SD=0.487$) and those toilets and latrine, as well as showers, are plentiful, clean, and in good condition ($M=4.50$, $SD=0.496$). The findings are in line with the study conducted by Semenza and Grosholz (2019), which investigated the mental and physical health of inmates in prison: how co-occurring conditions influence inmate misconduct and discovered that those in jail with mental and actual medical conditions are bound to take part in jail offences than solid detainees.

The respondents agreed that inmates had easy access to safe drinking water and solid waste disposal facilities ($M=4.09$, $SD=0.907$), prison overcrowding has resulted in deplorable conditions ($M=4.01$, $SD=0.907$), and that the waste removal system is efficient and capable of preventing the spread of infectious diseases ($M=3.84$, $SD=1.159$).

"Increased crime levels have led to overcrowding in prison facilities. The congestion in the prison cells/wards is not conducive for remands and inmates. There is a need to improve the infrastructure, bedding, and hygiene. Prison life affects prisoners both physically and mentally, and changes in life after release are linked to people going back to prison. Overcrowding also affects the physical and mental health of prisoners as it results in increased physical contact, lack of sleep, lack of privacy, and poor hygiene practices.

Some get ill and get worse in overcrowded jails where there is not enough food or cleaning, and in some cases, they cannot get outside or exercise. All of these things make it more likely that they will get diseases that are hard to treat." (Prison Wardens and Counselors)

The results concur with a study by Pkala-Wojciechowska, Kacprzak, and Rasmus (2021) which considered the problems in health conditions, both mentally and physically, of previous prisoners. According to the findings of this study, the mental and physical health of former prisoners is a significant barrier to their resettlement and reintegration into society.

5. Conclusions

The study concluded that inmate connections and values like empathy, trust, and hope, all of which are known to be crucial to healing, are promoted in a compassionate and supportive setting. In a compassionate environment, prison warders acknowledge, respect, and attend to inmates' physical, emotional, and spiritual needs. A stimulating atmosphere in which offenders have some personal control and more responsibility for their own health and well-being via enhanced independence, freedom of mobility, and the ability to make decisions.

6. Recommendations of the Study

The study also recommends that the outdoor areas that properly handle security concerns of a safe environment can be peaceful, beneficial, and therapeutic diversionary activities. Positive distractions can make inmates more responsive to therapy and allow for drug reduction. Also, the availability of some personal space, especially in an open and adequate room, to prevent special and social congestion is another crucial design element.

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