

ANALYSIS OF PRISONS REHABILITATION PROGRAMS ON BEHAVIOUR REFORMATION OF OFFENDERS IN KENYA: A CASE STUDY OF KISUMU MAIN PRISON.

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ABSTRACT

The purpose of this study was to analyse prison rehabilitation programs on behavior reformation of offenders in Kisumu Main Prison, Kisumu County, Kenya. This study employed descriptive research design. A sample of 343 participants was selected from a population of 2400 individuals. Purposive sampling was done in order to select serving prisoners who are engaged in rehabilitation programs on behavior reformation of offenders. The study utilized questionnaires and interview schedule for data collection. The study found that educational training programs had high significant contribution of rehabilitation programs on behavior reformation of offenders whereas socio-psychological training programs had the least contribution on behavior reformation of offenders. This contributions results from, adequate education facilities and material used to facilitate reformation of offenders as well as tailoring of the programs to enable reformation of offenders; adequate and well trained staff for reformation of offenders greatly enhance behavior reformation of offenders. The research recommends emphasis on vocational skills training programs, educational training programs and religious programs to enhance behavior reformation of offenders. It is anticipated that the findings of the current study will provide necessary information useful to the policy makers, prison officers and other stakeholders to enhance behavior reformation of offenders in rehabilitation centres in Kenya.

Keywords: *Rehabilitation Programs; Behavior Reformation; Offenders, Prison*

1.0 INTRODUCTION

1.1 Prison Rehabilitation Programs

Rehabilitation is the aspiration and probability of programs to restore the individual to a prior state. Theoretically rehabilitation is a special program that focuses on need of an offender to reunite with society after completion or release from the prison. In definition rehabilitation refers to efforts geared towards enabling an individual to effectively readapt to society and assume practices which are consistent with societal rule and regulation (Debbie, 2012) the goal of rehabilitation is to reshape the individual and prepare them to enter into the society with a different state of mind and start a new life after their sentence. In modern penology the real purpose of sending criminals to prison is to reform them from dishonest into honest and law abiding citizen by inculcating in them distaste for crime and criminality (Wormith, 2007). Ideas of rehabilitation were first embodied in USA in the penitentiaries, built during the Jacksonian era of the late 19th century; reformers hoped that felons would be 'kept in solitude, reflecting penitently on their sins in order that they might cleanse and transform themselves'(Lipsey,2007)

In Kenya, prison service was inherited from colonial regime through transforming it from detention camps which were ruthless to institutions of prisons. Kenya prior to colonial rules had no prisons (KHRC, 2009) punishment was the aim of imprisonment and offenders were treated more like non-human beings. Kenya being a member of united nation recognizes the United Nations standards minimum rules for non-custodial measures (Tokyo Rules) of 2015. These upholds the tenet that all prisoners be treated with respect due to their inherent dignity and values as human beings and advocated for the viability of non-custodial sentences as an alternative to incarceration. Rehabilitation in Kenya is an ambitious one with programs such as vocational skills training, educational programs, socio-psychological programs, spiritual religious programs, and agricultural programs among others. Though Kenya has a perennial problem in maintenance of offenders according to international recommended standards, rehabilitation is contributing to betterment of offenders through various programs by only optimal and efficiency rehabilitation programs. Kenya was able to achieve complete reformation among her prisoners in various prisons in the country. UNSMR (as cited in Okanga, 2014).

1.2 Behavior Reformation of offenders

Behavior reformation of offenders is effort that seek to bring a positive change in the attitude of the offenders so as to fully rehabilitate him as a law-abiding member of the community or society upon release from the prison.(La Vigne,2006). According to Roman (2007)Behavior reformation of offender focuses greater attention on humanly treatment of prisoners inside the penal institutions with suggestion that instead of prisoners being allowed to idle in prisons, they ought to be taught educated and trained so as to adjust themselves to normal life in the prison during their time of incarceration or upon release.

In Kenya rehabilitation of offenders is an ambitious one which is aimed at imparting knowledge through provision of skills or trade thus leadingto reformation of offenders from law breakers to law-abiding citizens.(Okanga, 2014). Kisumu Main Prison isin Kenya, Kisumu County, and Kisumu west sub-county.it is located about 1km from Kisumu-Busia highway in an area called Korando. The institution is a closed prison which is highly manned with 24hrs CCTV surveillance. It was built during the colonial era and opened its doors in 1950s being the largest main prison in the entire former Nyanza Province shortly after it was officially opened it received the first bunch of prisoners and have continued to do so day by day. It is

classified as a main or principal prison by Kenya Prison Service that hosts adult male offenders only who are 18years and above and no minor can be admitted in the institution. It is headed by a gazetted officer of a rank of Assistant Commissioner of Prisons(ACP).

The current officer in charge is ACP A. Onyango. (Republic of Kenya, 2014). The institution holds two types of offenders:convicted and unconvinced prisoners. Convicted prisoners serves different jail terms ranging from one day to life imprisonment. Unconvinced prisoners are in prison waiting for the determination of their various pending court cases in different court in the county and neighboring counties. They are in two categories: Capital remands (those with capital offences such as robbery or murder cases) and ordinary remands (those with petty offences such as stealing).The institution has an approximate population of about 2000 prisoners and 400 prison officers in different levels. In line with KPS mission to rehabilitate offenders in humane, safe condition that facilitate responsive administration of justice and reformation the institution engage prisoners in various rehabilitation programs that facilitate reformation (Laws of Kenya as cited in prison Act, 2015). The purpose of the study was to analyse prison rehabilitation programs on behavior reformation of offenders in Kisumu Main Prison, Kisumu County, Kenya

2.0 LITERATURE REVIEW

2.1 Theoretical Review

The study was guided by two theories: rehabilitation theory and theory of reformation. These two theories focuses greater attention on humanly treatment of prisoners in prisons, suggesting that instead of prisoners being allowed to idle in jail, they should be properly taught, educated and trained so as to adjust themselves to normal life in the community after their release from penal institutions. Rehabilitation and reformation theories view that a person should be helped to readopt to society or restore to a former position or state and that all prisons should be transformed into residences where physical and intellectual training should be given in order to improve the characters of offenders. These two theories are founded on the belief that one cannot inflict a severe punishment of imprisonment and expect the offender to reform and be able to re-integrate into society upon his or her release (Cassia, 2002).

2.1.1 Rehabilitation theory

Rehabilitation theory states that the objective of the incarceration is to reform criminals, the idea behind this theory is that no one is born a criminal this is a product of the social, economic and environmental conditions it is believed that if the offenders are nurtured through imparting them with appropriate skills and training they have well in the community, rehabilitation theory is proved to be successive in cases of all categories of prisoners with a goal to prevent future crime in giving offenders the ability to succeed within the confines of law (Harris, 2006).

2.1.2 Reformation Theory

According to this theory, the objective of imprisonment should be the reform of the offender, through the methods of individualization. It is based on the humanistic principle that even if an offender commits a crime, he does not cease to be a human being. He may have committed a crime under circumstances which might never occur again. Therefore an effort should be made to reform him during the period of his incarceration through provision of education and teaching some art or industry during the period of his imprisonment so that he may be able to start his life again after his release from prison. The major thrust of this theory is complete reformation of inmates in penal institutions so that they are transformed into law-abiding citizens (Mamie, 2006)

2.2 Empirical Literature Review

2.2.1 Vocational programs on reformation of offenders

According to Kennedy (2009) training refers to acquisition of knowledge, skills and competencies as result of teaching of vocational or practical skill and knowledge that relate to specific useful competencies. Training forms the core of apprenticeship and provides the backbone of personal development in career path. In addition to this basic training is required for a trade, occupation or professional, observes of labor market, recognize training need to continue acquiring skills and knowledge (Freisxas, 2006). Areas of training are knowledge; training aimed at imparting knowledge to offender thus providing facts, information and principle related to the knowledge area. Technical skills; the training here is aimed at teaching offenders the physical acts or actions like operating machines, working with computer. It is more like on work training. Social skills; the training in this area is wider in capacity involving a lot of aspects. Thus social skills training aims at the development of a person and team work.

Vocational skill training is paramount as one of rehabilitation program in offenders' reformation. Rule 71(3) of the United Nations Standard Minimum Rules for the Treatment of Prisoners states that "sufficient work of a useful nature shall be provided to keep prisoners actively employed for a normal working day (UNSMR, 2015). This strengthens the vocational training on offenders. The rules also warn against vocational training for primary purpose of making a profit for the prison out of prisoner's labor. Okanga (2014) stated that despite 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 close relationship to useful prison labor. According to UNSMR inmates are expected to be active and useful. Active employment is achieved when the inmates feel that they have made an impact within the society. Nations offer vocational skills training programs in different and varying forms. In Kenya, for example training is through carpentry, masonry, upholstery, metalwork, weaving, tailoring and dressmaking as well as agriculture (KHRC, 2009) in Uganda, many prisoners are convicted to serve hard labor in farms, which produces revenue for prisons (Okanga, 2014).

According to Eddy (2007) vocational training offers more opportunities in the prison settings to offenders as much of what is offered will depend upon the local prison programming and also the local population skills of life, example in Petersburg prison, inmates have 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 one million dollars spent on vocational training prevent about 600 crimes thus making vocational skills training almost twice as cost effectively as crime controls policy (Glaze, 2008). Howell (2003) stated that "those offered opportunity to acquire vocational training have first glimmer of hope that they escape the cycles of poverty and violence that dominated their lives" it can awaken senses numbed and release 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 retains employment following release from prison, further reduces institutional problem behaviors by replacing inmates idle time with constructive work (Welch, 2007). 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 this includes opportunities to work hours toward industry-recognized and credited certificates.(David, 2007). In Kenya, NGOs have helped some inmates with various tools and equipment that they use in various vocational trainings, they also provides tool kits to prisoners upon release

so as they may use them to start new life outside prison (Omboto, 2013). This practice of tool provision is greatly encouraged by prison authority with hope that offenders will use them to start workshops. Kenyan prisoners are provided with opportunity for useful employment through the option of serving their sentence in 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 rule 72(2)2015)

2.2.2 Educational programs on reformation of offenders

Many offenders throughout the globe are under educated group, mainly because majorities maintain less than 5th grade proficiency in reading and writing due to them coming from backgrounds full of poverty, with few skills for handling every day task, and little or no experience in a trade or career. Hence many require significant remedial help in advancing their education (BOP 2010). According to Cullen (2013) education program in prison is fundamental component of rehabilitation mostly offered in juvenile confinement facilities in America prison, education “behind bars” present an opportunity for the offenders to prepare for success upon release.

In July 2013 department of education announced the second chance Pell pilot program to test new models to allow incarcerated American prisoners to receive federal Pell grant and pursue the post-secondary education with a goal of helping them get jobs, support their families and turn their live around thus reforming them in long run (BOP,2010). Education is available in many Ethiopian prisons, but many prisoners complained that access to higher education is not available. Bura farm prison lacked basic education infrastructure despite it being cited as a model prison. The country have emphasized on education programs as a rehabilitation measure among its ever high prison population. In recent report 45% of those attended GED program. In Ethiopian prisoners did not find their way back in prison compare to 55% of those who did not attend GED program finding their way back in prison within 3-4 month upon release, thus Ethiopia is succeeding in using educational as rehabilitation measures to its offenders (Gendereau, 2001). Kenyan prisoners participate in education classes as one of rehabilitation program. Prisoners are provided with literate classes and primary-secondary level classes recognized by the ministry of education. Funding is mostly done by NGOs and tertiary institutions (Omboto, 2013) Kamiti and Naivasha maximum prison are role model prisons with recent extension to Kisumu main prison in provision of both formal and adult education (Okanga, 2014)

2.2.3 Socio-psychological Programs on reformation of offenders

Different program work for different types of offenders for example providing employment opportunities has been shown to work in reducing recidivism, but only for people who were more than 26 years old (Webster,2009) multi-system therapy (MST) and multidimensional treatment of foster care programs “appear promising in the treatment of severely aggressive adolescents with chronic juvenile justice histories” with reported decrease in arrest rates of 25 to 75 percent lower than control groups over one-year to four-year follow up periods, according to evaluation studies (Connor et al.,2006), the research is supportive of functional family therapy as well. Scott Haggler has received much attention for producing a model that not only “works” to reduce recidivism, but also is a continuously evaluation and has been successfully replicated in other areas. The main goal of MST is to assist parents in dealing with their child’s behavior problems. Example of these problems include poor school performance and hanging around with deviant peers. The program serves youth both in social service and youth justice system (Mackenzie, 2006) MST is usually administered in natural settings, such as prisons, schools or in a society. The duration of the

treatment is four months, including 50 hours of prison time with a counselor. In addition to 50 contact hours, counselors are on call for emergency service (Howell, 2003). Beyond programs that attempt to furnish inmates with the skills to live productively in community, socio-psychological programs attempt to change underlying programs causing, or implicated in an offenders criminality. Most common intervention are drug abuse programs mainly because many offenders almost half of who enter in the prison reported to have used drug in the month before their arrest (McGuire, 2002). Pg 508) promotions of drug offenders in United states and federal prison in USA have risen to 6 per cent (Johnson, 2010). In this regard many are participating in drug treatment programs thus. Increasing from 4.4 percent to 32.7 percent Doob (as cited in Cromwell, 2010)

Therapeutic communities programs are used by institutions in housing drug addicted inmates in separate unit. In 2004, Canada federal government began offering funding to state prisons for its RSAT programs, which provided drug treatment in separate units in prisons (reducing offenders drug use) thus correctional institutions frequently provides individuals and group counseling aimed at making offenders forfeit their criminal ways of life, over the years various treatment modalities have been in use. These programs have increased appeal in large part due to growing support and its effectiveness, in cognitive-behavioral treatment. This program target criminal's attitude and ways of thinking that foster illegal behavioral (Butterfield, 2001). Multi-dimensional treatment foster care (MTFC) is a rehabilitation program which puts delinquent youths into modified foster home inside the prison, either by themselves or with one another foster parents are trained and use behavioral parenting techniques prior to taking a youth home from prison Eddy et al (as cited in Okanga, 2014) during the youths stay, foster parent engage in daily phone calls with the case manager and attend group meetings once a week that are run by a case manager (Greenwood, 2006) youth are treated by an individual therapist while another therapist works with the natural parents. there are no group session and youth are discouraged from associating with delinquent peers Eddy et al (as cited in Okanga, 2014) program delivery is coordinated and overseen by a case manager,

Studies have been done comparing MTFC with treatment in a group home through random assignment and concluded that MTFC is effective in reducing subsequent arrest (Greenwood, 2006) for example, Eddy et al. (2007) compared the violent recidivism of 42 male youth who were randomly assigned to group care (GC) with 37 male youth who were randomly assigned into MTFC between 1991 and 1995. Group care consisted of home with six to 25 offenders staying together. Despite wide variation between the homes, most youth were termed serious and chronic offenders who fell into the top one percent of local juvenile offenders in terms of total arrest in the past 3 years (Eddy et al, 2007). Findings indicated that those MTFC participants had significantly fewer criminal referrals for violence than youth who are in Group Care (GC) (21 percent versus 38 percent) (Chamberlain, 2011). Social integration is a rehabilitative program that is designed to acquaint the inmate with his society, authority, family life ideas and with phase of social order, of which on release, he will again become an integral part, all available community facilities are used to help in this work, from lectures and discussions to cooperative programs within the prison (Welch, 2009). Participants is on voluntary basis, but is encouraged, since it provides the prison administration with its best opportunity for offender personal counselling (BOP, 2010)

According to Robert (2006) functional family therapy is rehabilitation program designed to treat middle class family with delinquent and pre-delinquent youth, the program in recent times includes poor, multi-ethnic with very serious problems such as conduct disorder, adolescent drug abuse violence. FFT is conducted by family therapist in clinical settings, which is a standard procedure for most family therapy.

The intervention involves strong cognitive or attribution component which integrate into systematic skills training, parenting skills and conflict management skills FFT have demonstrated reduction of recidivism condition.(Greenwood et al, 2001(as cited in lipsey and Cullen, 2007) with less serious offenders, reduction ranged from 50-75% and with very severe cases a 35% reduction in re-offending rate.

Cognitive behavioral therapy (CBT) as a rehabilitative program is an approach that is used on its own or as part of another intervention. It uses exercises and instructions that are designed to alter the unpleasant thinking patterns exhibited by many offenders. For instant, a focus dominance in interpersonal relationship, feelings of entitlement, self- justification, displacement of blame and unrealistic expectations about consequences behavior (Walters 1990; Lipsey and Cullen, 2007). CBT helps individuals become aware of the existence of those dysfunctional thinking patterns, or “automatic negative thoughts, attitudes expectations and benefits and understand how these negative thinking patterns contributes to unhealthy feelings and behavior (Wolfe. 2007). CBT focuses on one of the most robust correlate of crime, anti- social attitudes however prison staff can be trained to conduct CBT in a relatively short period of time (Hubbard, 2007).

CBT helps offenders challenge their thinking pattern and beliefs and replace “errors”in thinking emphasizing more realistic and effective thoughts, thus decreasing emotional distress and self-defeating behaviors (Hubbard, 2007).CBT together with moral recognition therapy helps felons overcome anti-social personality disorder, greatly decreases the risk of offenders re-offending. (Clear, 2009)

2.2.4 Religious programs on reformation of offenders

Rule 66 of the UNSMR states that prisoners so far as practicable, they shall be allowed to satisfy the need of their religious life by attending the services provided in every person and having in their possession the books of religious observance and instructions. This guarantees every prisoner right to religion. Religious leaders provides a crucial role in spiritual nourishment and moral development of prisoners as well as providing outgoing guidance support (UNSMR, 2015)

According to journal for the scientific study of religion (2005) the practice of religion significantly reduces the chance of prisoners to engage in verbal or physical altercations and increases the likelihood of reform that after completion of a prison sentence. Randal (2002) said” my goals are the same as those of prisons authorities to make better human beings. The only different is that their means are discipline, security and iron bars, mine are spiritual ministration that operates with the mind and heart’. According to Haeren (2010) prisoners are engaged in religious practice in their rehabilitation so as to; gain direction and meaning in one life, improves one concept of self, promote personal behavioral change, gain protection from God, meet other volunteers and obtaining prison resources thus culcating the culture of well-being thus reforming in the long run. Spiritual organizations and ministries are wide spread across Kenya as they are elsewhere across Africa. They are often more seen in prisons and have a greater access to non-faith based providers because they do provide greatly needed contact with the outside world including a wide range of services and support which comes with various religious intentions. Their acceptance by prison administration indicate greater faith in rehabilitation as they are measured through religious conversion rather than through dealing with the many other risk factors associated with offending (Okanga, 2014)

2.2.5 Agricultural training program on reformation of offenders

According to Penner (2013) (1) agricultural programs are prolific in world in rehabilitation of offenders. In San Diego's Richard J. Donovan correctional facilities offenders are taught basic skills of farming in prison farm in a new farm rehabilitation meals (farm) program, a fresh inmate upon entry into prison is taught sustainable agricultural practices and if approved by prison authorities they put the produce on an inmate. Community gardening, compost manure making and water wise gardening. This equips prisoners with basic knowledge of farming which they use to earn a living upon release from these prison farms. It keeps them busy and reduces idle time otherwise used in offending (Austin, 2012). According to Reeve (2013) horticultural therapy programs are paramount in rehabilitation of convicts. After closure of many federal prison programs, Horticultural programs involving greenhouse programs, small plot gardening and therapeutic garden design evolved. Most of these programs are mainly based in Kingston penitentiary (spiritual gardens 2006) and in British Columbia (penner, 2013). These program focused on teaching inmates plant identification ,landscape design method, how to use garden tools, how to care for plants and recognize signs of healthy garden, responsibility appropriate behavior for interacting with others and problem solving (2013). According to reeve (2013) prison farms have greatly shaped behaviors of prisoners who worked on these farms.

It has greatly enhanced prisoners' categorization with aim of employing them in agricultural programs which suits them individually. Randall (2002) pointed out that by recognizing that many inmates will join the society at some point after expiration of their sentence in prisons, it is prudent for them to acquire agricultural skills which equip them with social and employability skills that makes them reform and become productive member of society. This agricultural program emphasize on rehabilitation and reformation of offenders to make them reliable and productive in society because the program are designed for making them whole rather than just for punishment (jiler,2006). Furst (2006) states that "studies have shown the psychological benefits of animal interaction including the mutual affection and non-judgmental relationship that can be fostered and the relaxing and reassuring effects that animals can have on a person; the contact with animals can also lead to improvement in social interaction including accountability, communication and responsiveness this shapes the mind of the offenders making them regain locus of control of their characters. Animals glooming training in agricultural farms provides the inmates with a kind of affection they need making them re-evaluate their self wholly and rehabilitates their conduct (Furst, 2006)

3.0 METHODOLOGY

3.1 Research design

This study was guided by descriptive research design, according to Mugenda and Mugenda (2008) descriptive research entails collecting information with an objective of describing of a phenomenon. This study adopted a case study design which is a form of descriptive research since this allowed the researcher to carry out study without affecting the flow of work. This was preferred because it would concern with answering questions such as how, much, what, which (cooper and Schindler, 2011). A research design guides researcher in planning and implementing the study in a way most likely to achieve the intended goal (burns and grove; stommel and wills 2001). Descriptive survey design in this study enabled the researcher to find out facts without manipulation of data, analyse and interpret the relationship between the independent and dependent variables concerned in the study.

3.2 Location of study and Target population

The study was conducted in Kenya, Kisumu County, and Kisumu west sub-county at Kisumu Main prison. Target population refers to entire group of individual, event or object having a common characteristic or attributes (Mugenda and Mugenda 2008). Target population consisted of 2400 individuals these are prison officers in the three levels of administration and serving prisoners all who participates in rehabilitation programs(Kenya prison service (2015)

3.3 Sampling procedure and techniques

Sampling technique is the process of selecting a number of individual or objects from a population such that the selected group contains elements representative of the characteristics found in the entire group (Orotho, 2002). A sample of 343 participants was selected from a population of 2400 individuals. Purposive sampling was done in order to select serving prisoners who are engaged in rehabilitation programs on behavior reformation of offenders. Purposive sampling techniques allow researcher use cases that have required information with respect to objective of the study (Saunders, 2009).

3.4 Research instruments

Data collection was from two main sources: primary and secondary sources. Primary data was collected by use of questionnaires and interviews. Secondary data included relevant documents and other relevant researches as well as relevant reports the study used both qualitative and quantitative techniques.

3.5 Data analysis techniques and procedures

Qualitative and quantitative data were analyzed using descriptive statistics in Statistical Package for Social Sciences (SPSS) software. Descriptive statistics including measures of central tendency and dispersion were calculated to profile individual respondents and the study variables.

4.0 RESULTS AND DISCUSION

4.1 Response Rate

Table 1: Questionnaires return rate

	Sample Size	Responses	Response Rate (%)
Prisoners	278	223	80.2%
Prison Officers	65	54	83.1%
Total	343	277	80.8%

Source: (Researcher, 2016)

The study targeted two hundred and seventy eight (278) prisoners where 223 of them filled and returned their questionnaire forms with the remaining 55 giving no response. This translated to a response rate of 80% Fifty four (54) prison officers out of a sample of 65 also responded giving a response rate for this category as 83.1% as shown in Table 1. The response rate for both categories was considered adequate for this study as Edward et al (2002) stipulates that, a response rate of 80% and above is excellent for any study with that of 60% - 80% being sufficient.

4.2 Demographic Information

Demographic information was based on the age of the prisoners, education level, religion as well as the number of years of sentence the prisoners had served at Kisumu main prison. For the prison officers, sex, age, education, religion and duration the respondent has served as a prison officer.

4.2.1 Age of the respondents

Table 2: Distribution of Respondents' by their age bracket

Age	Prisoners'		Prison officers'	
	Frequency	%	Frequency	%
18-29 Years	94	42.2	21	38.9
30-40 Years	89	39.9	26	48.1
40-50 Years	31	13.9	7	13.0
50-60 Years	6	2.7	0	0
60-70 Years	2	0.9	0	0
70-Above	1	0.4	0	0
Total	223	100	54	100

Source: (Researcher, 2016)

With regard to the prisoners' age, Table 2 shows that 42.2% were aged between 18 and 29 years while 39.9% were 30 to 40 years old. This implies that majority of the offenders in Kisumu main prison aged 18 to 40 years. This is termed as the youthful age of venturing into different activities with most people transiting to new responsibilities with new demands and new peer pressure. It is out of these demands and pressures that some of the youthful people are caught up in offenses. Similarly, most (48.1%) of the prison officers were between 30 – 40 years with 38.9% being between 20 and 30 years. Only 13% were 40 years and above. This implies that majority of prison officers in Kisumu Main Prison are at least 30 years of age. Unlike the offenders, prison officers have gone through ranks of education and police services and thus expectation is that majority of them are at least 30 years.

4.2.2 Sex of the Respondents

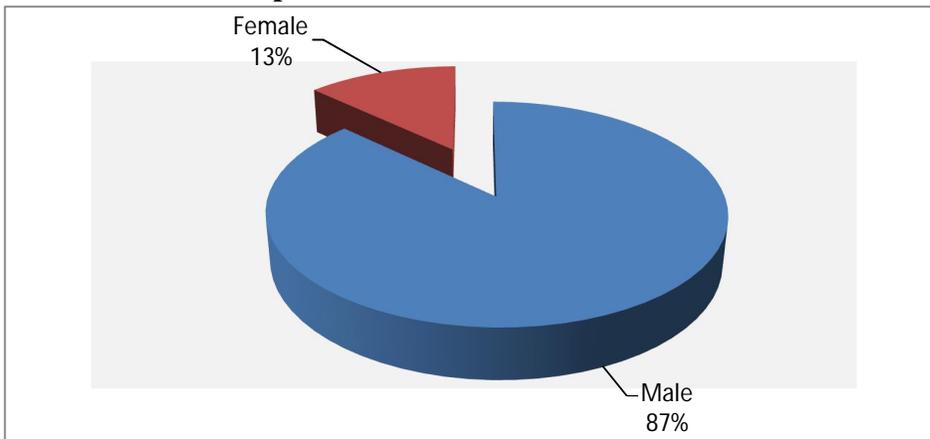


Figure 1: Distribution of Prison officers by their sex
Source (Researcher, 2016)

As indicated in Figure 1, majority (87%) of the respondents were male with the remaining 13% being female. The reason for this highly skewed sex difference could be the stereotyping of careers where police services are labelled as men jobs. Most Kenyan especially the youthful who are at the stake of choosing their career lines may conceive that women are not be up to the tasks of police services and thus they opt for other careers.

4.2.3 Education level of the respondents

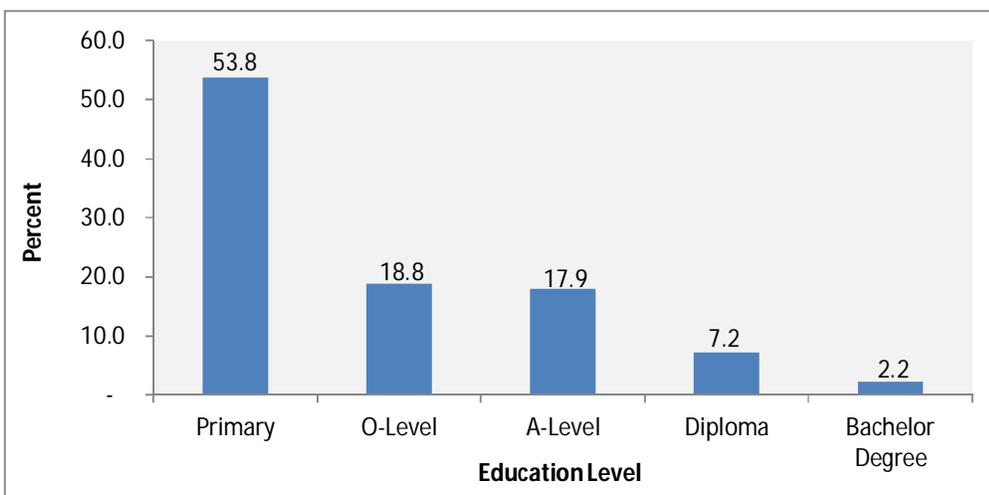


Figure 2: Distribution of prisoners by their level of education
Source: (Researcher, 2016)

On the education level of the prisoners, most of them (53.8%) had only acquired primary education while 18.8% had O-level education. Only 2.2% had a bachelor's degree. This implies offenders in Kisumu main prison are mostly lowly educated people with no tertiary education. It is possible that most prisoners end up in jails either because they did not get an opportunity to learn or failed to capture those opportunities at the right time. It is out of the life demands that some of them end up absorbed in unscrupulous means of meeting their livelihood.

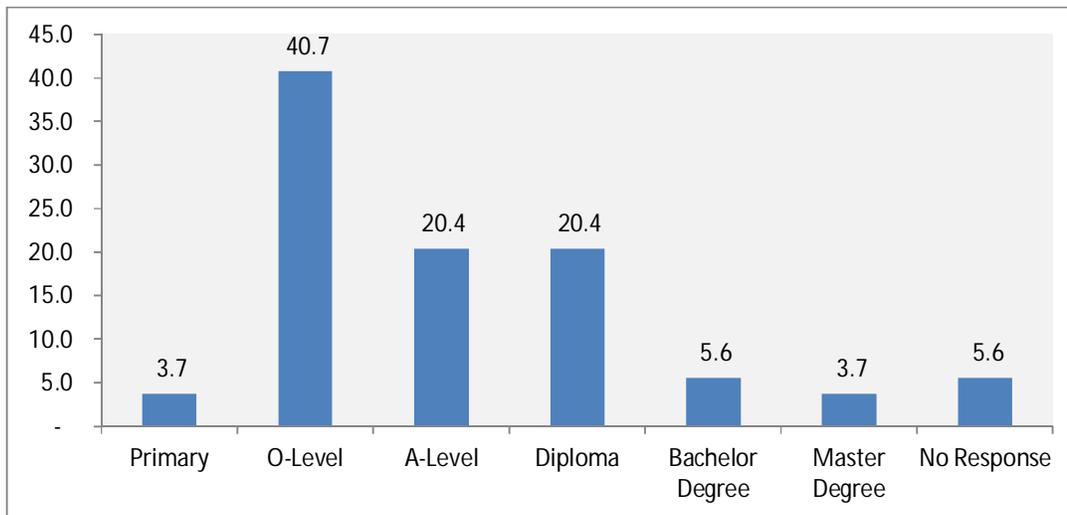


Figure 3: Distribution of Prison officers by their level of education

Source: (Researcher, 2016)

Those prison officers with o-level education were 40.7% while 20.4% had A-level. Those with Master degree were only 3.7%. As indicated in Figure 3, majority of prison officers in Kisumu Main Prison have at least an A-level education. These results indicate that, while entrance into the prion services may not demand high academic qualifications, most officers have opted to enhance their professions by pursuing further educations. This could as well assist them in ascending through the ranks of promotions.

4.2.4 Religion of the respondents

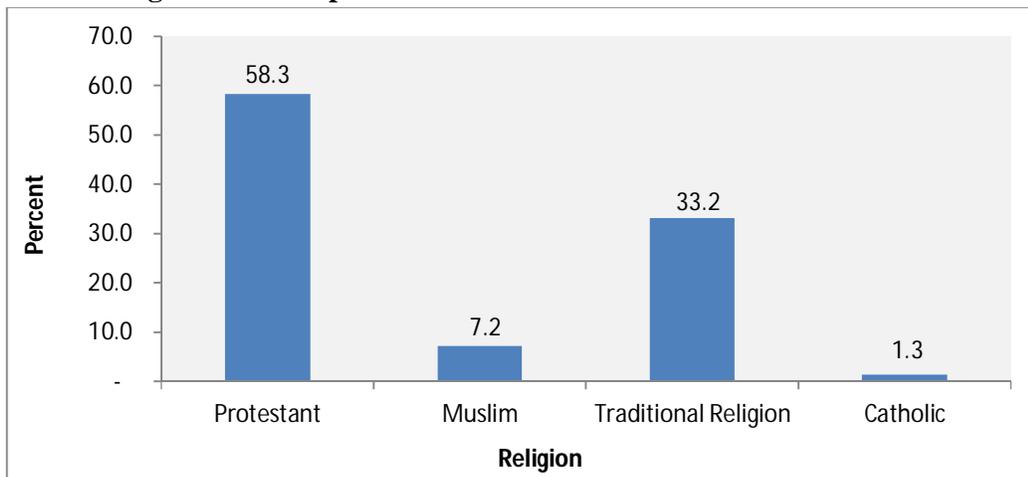


Figure 4: Distribution of prisoners by their religion

Source: (Researcher, 2016)

The religion of the prisoners was established where it was observed that most of them (58.3%) were protestants with 33.2% alleging to be in traditional religions. Muslims were only 7.2% implying that offenders are indeed religious people. This shows that Christians are the majority followed by the traditional believers. Notable is the significant number of the traditional believers which emphasizes on the role of

religion in behaviour modification. Majority of the traditionalists may have caught on the wrong side of law because they don't believe in the teachings of Bibles/Quran.

Haeren (2010) asserted that prisoners are engaged in religious practice in their rehabilitation so as to; gain direction and meaning in one life, improves one concept of self, promote personal behavioral change, gain protection from God, meet other volunteers and obtaining prison resources thus inculcating the culture of well-being thus reforming in the long run.

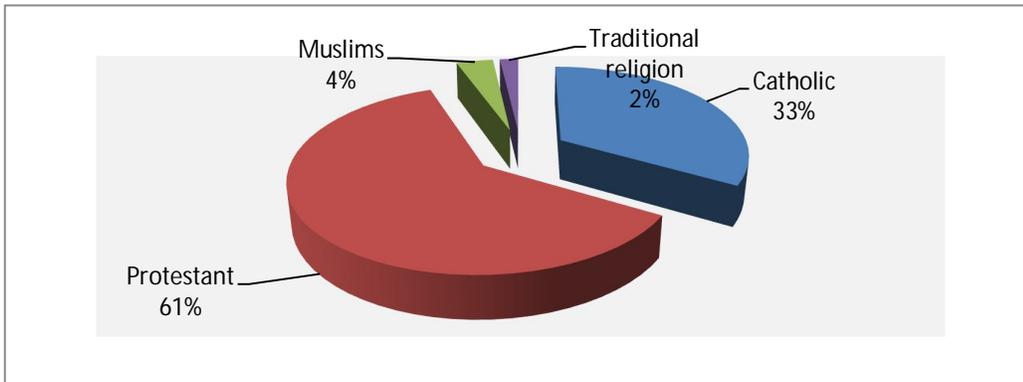


Figure 5: Distribution of prison officers by their religion

Source: (Researcher, 2016)

Majority of prison officers (61%) were Protestants with 33% being Catholics and 4% Muslims. Figure 5 displays the same information. This distribution, unlike that of the prisoner, depicts more of expectations with vast majority being Christians and minority being traditional believers.

4.2.5 Duration the Respondents' has served as a Prison officer

Table 3: Duration the Respondents' has served as a Prison officer

Period	Frequency	Percent
1-5 Years	9	16.7
5-10 Years	29	53.7
10-15 Years	10	18.5
15-20 Years	4	7.4
20-Above Years	2	3.7
Total	54	100.0

Source: (Researcher, 2016)

This study established that majority (53.7%) of the prison officers had served as prison officers for 5 – 10 years with 18.5% have served for 10 – 15 years. This indicates that most prison officers have served for long enough and would be in a position to address the research questions, which demanded for full comprehension of the prison operations including rehabilitation programmes offered within the prisons.

4.2.7 Role in rehabilitation of offenders

Table 3: Whether the officer has a role in rehabilitation of offenders

	Frequency	Percent
Yes	37	68.5
No	4	7.4
No Response	13	24.1
Total	54	100.0

Source: (Researcher, 2016)

Majority (68.5%) of officers said they have a role in rehabilitation of offenders with 7.4% saying they don't have any role. It is expected that every police officers should take roles in rehabilitation of prisoners since rehabilitation is greatly utilized in tandem with various rehabilitative programs, Mark (2009) pointed out that "rehabilitation programs are effective in reducing recidivism among prison convicts since they are mostly focused on treating the criminal causing behaviors by eliminating completely factors or circumstances that drive them to commit criminal acts.

4.2.8 Years of Sentence Served in Kisumu Prison

Table 4: Years of Sentence Served in Kisumu Prison (offenders)

Years served in Kisumu Prison	Frequency	Percent
1-10 Years	198	88.8
10-20 Years	21	9.4
20-30 Years	3	1.3
30-40 Years	1	0.4
Total	223	100

Source: (Researcher, 2016)

The researcher also examined the number of years the prisoners had served in Kisumu main prison. It was revealed that majority of them (88.8%) had served at the prison for 1 to 10 years while 9.4% had served for 10 to 20 years. This was necessary since for the prisoners to have a sound understanding on the prison rehabilitation programs and behavior reformation, they need to have had substantial experience in the prison. The findings indicate that the prisoners had had adequate experience understand the issues in the research questions.

4.2.9 General rehabilitation situation at Kisumu Main Prison

Table 6: General rehabilitation situation at Kisumu Main Prison

Statement	Strongly disagree	Disagree	Undecided	Agree	Strongly agree	Mean	Standard Deviation
There are highly trained personnel to conduct rehabilitation programs in Kisumu main prison.	-	11.1	61.1	1.9	25.9	3.4	1.0
Unpleasant working conditions among prison officers hinder behavior reformation of offenders in Kisumu main prison.	3.7	13.0	1.9	53.7	27.8	3.9	1.1
Malpractice and other unethical behaviors by prison officers hinder behavior reformation of offenders in Kisumu main prison.	5.6	14.8	7.4	50.0	22.2	3.7	1.1
Facilities and equipments are sufficient in Kisumu main prison to facilitate behavior reformation of offenders.	13.0	37.0	5.6	29.6	14.8	3.0	1.3
Average						3.5	1.1

Source: (Researcher, 2016)

Prisoners highly agreed that unpleasant working conditions among prison officers hinder behavior reformation of offenders in Kisumu main prison (mean = 3.9 and standard deviation of 1.1) and that malpractice and other unethical behaviors by prison officers hinder behavior reformation of offenders in Kisumu main prison (mean = 3.7 and standard deviation of 1.1). The results in this study are consistent with a survey conducted in 2001 by research organization in California called urban institute, it tracked down 400 former prisoners after their release of those who had been found to participate in rehabilitation programs while in prison, 18% returned to prison within 13months, of those who did not participate in prison rehabilitation programs, 33% returned back to prison earlier in 6months time (McGuire, 2001) these research emphases the fact that rehabilitation programs to offender does reduces the rate of recidivism.

4.3 Vocational Skills Training Programs and behavior Reformation of offenders

To examine the relationship between vocational skills training programs and behavior reformation, the prisoners were presented with three (3) statements to rate on a 5 point likert. On this scale, 1 represented an extreme disagreement on the statements with 5 points indicating a strongly agreement. Mean and standard deviation were then used to interpret the data. The higher the mean, the stronger the particular statement was an indication of the contribution to behavior reformation and vice-versa. Standard deviation, on the other hand, was used to measure the dispersal from the mean, of the particular statements and thus the level of unanimity in the responses. As indicated on the table, the lower the standard deviation the higher the degree of unanimity of the responses in determining the contribution and thus the stronger the statement and vice-versa.

Table 7: Vocational Skills Training Programs and Behaviour Reformation

Statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Mean	SDv
Vocational training skills programs offered to offenders will facilitate behaviour reformation	2.7	0.9	2.7	21.2	72.5	4.6	0.8
Vocational skills will help me to reform and help reintegrate well with community when released	5.9	9.9	2.7	27.9	53.6	4.1	1.2
Vocational skills will help in reducing reoffending after release and making individual self-reliance	20.3	29.3	4.1	19.8	26.6	3.0	1.5
Average						3.9	1.2

Source: (Researcher, 2016)

From the findings, facilitation of behaviour reformation by vocational training skills programs offered to offenders was found to be the most positive contribution with a mean of 4.6 and a standard deviation of 0.8. Another significant contribution observed was improved ability to reform and help reintegrate well with community when released (mean = 4.1; standard deviation = 1.2). On average the overall rating for the contribution stood at a mean of 3.9 with a standard deviation of 1.2. This implies that vocational skills training programs affect behavior reformation among offenders to a great extent.

Table 8: Prison officers' opinion on general status of vocational skills training programs

Statement	Strongly disagree	disagree	Undecided	Agree	Strongly agree	Mean	Standard Deviation
There are well structured vocational skills training programs which facilitate behaviour reformation of offenders.	-	18.5	1.9	53.7	25.9	3.9	1.0
Vocational skills training offered contributes in proper re-integration of offenders back to the society after release.	3.7	-	1.9	53.7	40.7	4.3	0.8
Offering vocational skills training to offenders reduces reoffending after release from prison.	3.7	11.1	3.7	53.7	27.8	3.9	1.0
Average						4.0	1.0

Source: (Researcher, 2016)

Prison officers highly agreed that vocational skills training offered contributes in proper re-integration of offenders back to the society after release (mean = 4.3 and standard deviation = 0.8). There are also well structured vocational skills training programs which facilitate behavior reformation of offenders and that offering vocational skills training to offenders reduces reoffending after release from prison as supported by mean of 3.9 and standard deviation of 1.0. The results are consistent with assertions by UNSMR (2015) that vocational skill training is paramount as one of rehabilitation program in offenders' reformation. Rule 71(3) of the United Nations Standard Minimum Rules for the Treatment of Prisoners states that "sufficient work of a useful nature shall be provided to keep prisoners actively employed for a normal working day. This strengthens the vocational training on offenders. Inmates are expected to be active and useful. Active employment is achieved when the inmates feel that they have made an impact within the society. Eddy (2007) affirms the findings by arguing that, vocational training offers more opportunities in the prison settings to offenders as much of what is offered will depend upon the local prison programming and also the local population skills of life, example in Petersburg prison, inmates have 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.

4.4 Educational Training Programs and behavior reformation of offenders

To assess how educational training programs contribute to behavior reformation of offenders in Kisumu main prison, the prisoners were also presented with three statements to rate on a 5-likert scale.

Table 9: Educational Training Programs and Behavior Reformation

Statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Mean	SDv
The educational programs offered to offenders in Kisumu main prison facilitate their behaviour reformation	4.5	2.2	3.1	33.2	57.0	4.4	1.0
Prison education programs in Kisumu main prison have well trained personnel to facilitate training for behavior reformation of offenders	7.2	4.0	4.5	39.9	44.4	4.1	1.1
The prison education facilities and material used in Kisumu main prison are enough and adequate to facilitate reformation of offenders	6.7	1.8	4.0	30.9	56.5	4.3	1.1
Average						4.2	1.1

Source: (Researcher, 2016)

It was noted that educational programs offered to offenders in Kisumu main prison greatly facilitate their behaviour reformation as indicated by the highest mean of 4.4 with the least standard deviation of 1.0. Findings also indicated that in the programs, the education facilities and material used are enough and adequate to facilitate reformation of offenders (mean = 4.3; standard deviation = 1.1). On average, the overall mean rating was 4.2 with a standard deviation of 1.1. This implies that the contribution of educational training programs to behavior reformation of offenders in Kisumu main prison is quite great.

BOP (2011) states that only few prisoners participates in education program 5% only, it emphasize that if these programs are to be made available and more accessible to all inmates and provides a stronger incentives for participation, the result would be astonishing, not only would it benefit the transgressors themselves but it would allow room for more dangerous criminals to reform and stop crimes at their sources instead of merely confining the violence for the time being.

Table 105: Prison officers’ opinion on the status of Educational Training Programs and Behavior Reformation

Statement	Strongly disagree	Disagree	Undecided	Agree	Strongly agree	Mean	Standard Deviation
Education programs offered are well structured to facilitate behavior reformation of offenders.	-	11.1	3.7	59.3	25.9	4.0	0.9
Education programs have qualified personnel to facilitate provision of training and behavior reformation of offenders.	1.9	14.8	3.7	59.3	20.4	3.8	1.0
The facilities, materials and equipment used in provision of education programs are enough to facilitate behavior reformation of offenders.	11.1	44.4	7.4	29.6	7.4	2.8	1.2
Average						3.5	1.0

Source: (Researcher, 2016)

Table 10 indicates the prison officers’ opinion on the status of Educational Training Programs and Behavior Reformation. According to the study, education programs offered are greatly well structured to facilitate behaviour reformation of offenders (mean of 4.0 and standard deviation of 0.9). In addition, the programs have qualified personnel to facilitate provision of training and behaviour reformation of offenders (mean = 3.8 and standard deviation = 1.0). Officers, nonetheless, gave a low rating on the adequacy of facilities, materials and equipment used in provision of education programs to facilitate behaviour reformation of offenders (mean = 2.8 and standard deviation = 1.2).

4.5 Socio-Psychological Programs and Behavior Reformation

To determine how access to socio-psychological training programs contributes on behavior reformation of offenders in Kisumu main prison, the prisoners rated four (4) statements on a 5 point Likert.

Table 11: Prisoners views on the adequacy of socio-psychological programs

Statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Mean	SDv
Social reintegration programs facilitate behavior reformation of offenders	4.0	1.3	3.1	29.6	61.9	4.4	0.9
Cognitive behavior therapy helps offenders in Kisumu on behavior reformation	82.5	16.6	-	0.4	0.4	1.2	0.5
Guidance and counseling program in Kisumu helps in behavior reformation of offenders	91.6	7.4	0.9	-	-	1.1	0.3
Acquiring of Interpersonal skills while in prison facilitate behavior reformation of offenders	12.2	12.2	6.8	27.9	41.0	3.7	1.4
Average						2.6	0.8

Source: (Researcher, 2016)

Findings indicated that social reintegration programs facilitate behavior reformation of offenders to a large extent as reflected by the highest mean of 4.4 with a standard deviation of 0.9. The contribution of acquisition of interpersonal skills while in prison on behavior reformation of offenders is also significant as indicated by the mean of 3.7 with a standard deviation of 1.4. Nevertheless, cognitive behavior therapy and guidance and counselling programs have insignificant contribution on behavior reformation of offenders as indicated by the low mean of 1.2 and 1.1 respectively.

Table 12: Prison Officers views on the adequacy of socio-psychological programs

Statement	Strongly disagree	Disagree	Undecided	Agree	Strongly agree	Mean	Standard Deviation
Cognitive behavior therapy facilitates reformation of offenders.	-	7.4	7.4	61.1	24.1	4.0	0.8
Social re-integration aids behavior reformation of offenders.	1.9	-	3.7	72.2	22.2	4.1	0.6
Interpersonal skills training help in reformation of offenders.	-	11.1	1.9	63.0	24.1	4.0	0.8
Psychologically counseling and guidance helps in reformation of offenders.	3.7	1.9	-	50.0	44.4	4.3	0.9
Average						4.1	0.8

Source: (Researcher, 2016)

Officers were of strong views that, psychologically counselling and guidance helps in reformation of offenders (mean = 4.3 and standard deviation of 0.9) and that interpersonal skills training help in reformation of offenders (mean = 4.1 and standard deviation = 0.6). In addition cognitive behavior therapy facilitates reformation of offenders (mean of 4.0 and standard deviation of 0.8). The overall mean was 4.1 while the average standard deviation = 0.8) as presented in Table 12.

4.6 Religious program and behavior reformation of offenders

Three statements were rated on a scale of 5 point Likert to examine how religious program contributes to behavior reformation of offenders in Kisumu main prison.

Table 13: Prisoners views on adequacy of religious program and behaviour reformation

Statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Mean	SDv
Offering of religious programs will facilitate in behaviour reformation of offenders in Kisumu	90.1	9.9	-	-	-	1.1	0.3
Presence of chaplaincy personnel who offer religious assistance when required promote behaviour reformation of offenders	0.9	2.3	4.6	32.6	59.6	4.5	0.8
Chaplaincy programs to offenders promotes in behavior reformation of offenders in Kisumu prisons	1.8	1.4	3.2	30.3	63.3	4.5	0.8
Average						3.4	0.6

Source: (Researcher, 2016)

From the findings, the major positive contribution of religious programs on behavior reformation is linked to the presence of chaplaincy as indicated by the highest mean of 4.5 with a low standard deviation of 0.8. In this regard, two aspects were conspicuous. That is, the presence of chaplaincy personnel to offer religious assistance (mean = 4.5; standard deviation = 0.8) as well as chaplaincy programs (mean = 4.5; standard deviation = 0.8) is very critical in promoting behavior reformation among offenders.

Table 14: Prison officers' views on adequacy of religious program and behaviour reformation

Statement	Strongly disagree	disagree	Undecided	Agree	Strongly agree	Mean	Standard Deviation
Offering religious program helps in behavior reformation of offenders.	-	3.7	-	46.3	50.0	4.4	0.7
Presence of Religious leaders who offers required religious guidance helps in behavior reformations of offenders.	-	1.9	1.9	53.7	42.6	4.4	0.6
Provision of religious, theological, prayers and religious studies helps in behavior reformation of offenders.	-	1.9	1.9	53.7	42.6	4.4	0.6
Average						4.4	0.6

Source: (Researcher, 2016)

Prison officers critically observed that, offering religious program helps in behavior reformation of offenders; presence of Religious leaders who offers required religious guidance helps in behavior reformations of offenders; and provision of religious, theological, prayers and religious studies helps in behavior reformation of offenders. All observations had mean of 4.4 with a standard deviation of 0.7, 0.6 and 0.6 respectively. Table 14 presents the same information. According to journal for the scientific study of religion (2005) the practice of religion significantly reduces the chance of prisoners to engage in verbal or physical altercations and increases the likelihood of reform that after completion of a prison sentence. Randal (2002) said” my goals are the same as those of prisons authorities to make better human beings.

4.7 Agricultural training programs and behavior reformation of offenders

To ascertain how agricultural training programs contribute on behavior reformation of offenders in Kisumu main prison, three (3) statements were rated on a 5 point Likert.

Table 15: Agricultural Training Programs and Behavior Reformation

Statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Mean	SDv
Agricultural programs in Kisumu are tailored to enable reformation of offenders	6.3	13.0	7.2	29.8	43.8	3.9	1.3
Prison based agricultural training and programs have adequate and well trained staff for reformation of offenders	7.7	24.4	11.0	26.3	30.6	3.5	1.3
Prison agricultural training facilities are enough and adequate to enable offenders acquire required skills to aid reformation	19.1	27.8	6.7	20.6	25.8	3.1	1.5
Average						3.5	1.4

Source: (Researcher, 2016)

Findings indicated that the highest contribution is due to tailoring of the programs to enable reformation of offenders as indicated by the highest mean of 3.9 with a low deviation of 1.3. Another substantial positive contribution is from the adequate and well trained staff for reformation of offenders as indicated by the mean of 3.5 with a deviation of 1.3 too.

Table 166: Prison officers view on adequacy of agricultural training programs

Statement	Strongly disagree	Disagree	Undecided	Agree	Strongly agree	Mean	Standard Deviation
Presence of agricultural training programs helps in reformation of offenders.	7.4	5.6	3.7	63.0	20.4	3.8	1.0
Presence of trained personnel in agricultural programs impact knowledge on offender thus aiding in reformation.	5.6	5.6	5.6	55.6	27.8	3.9	1.0
Nursery management, crop rotation and proper storage method of produce impact required knowledge that aid in reformation of offender.	7.4	7.4	3.7	55.6	25.9	3.9	1.1
Average						3.9	1.1

Source: (Researcher, 2016)

As given in Table 16, presence of agricultural training programs helps in reformation of offenders (mean = 3.8 and standard deviation of 1.0). In addition, presence of trained personnel in agricultural programs impact knowledge on offender thus aiding in reformation as well as nursery management, crop rotation and proper storage method of produce impact required knowledge that aid in reformation of offender (mean of 3.9 and standard deviation of 1.1).

5.0 CONCLUSION AND RECOMMENDATION

The study found that educational training programs had high significant contribution of rehabilitation programs on behavior reformation of offenders whereas socio-psychological training programs had the least contribution on behavior reformation of offenders. This contributions results from, adequate education facilities and material used to facilitate reformation of offenders as well as tailoring of the programs to enable reformation of offenders. Also, adequate and well trained staff greatly enhances behavior reformation of offenders. The research recommends emphasis on vocational skills training programs, educational training programs and religious programs to enhance behavior reformation of offenders. Religious leaders play a crucial role in spiritual nourishment and moral development of prisoners as well as providing outgoing guidance support.

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