

Persona-social Rehabilitation Counselling and Social Reintegration Readiness among Near-Discharged Inmates in Correctional Centres in Kogi State, Nigeria

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Abstract

This study adopted ex-post facto research design to examine the influence of persona-social rehabilitation counselling on social reintegration readiness among near discharged inmates in Correctional Centres in Kogi State, Nigeria. Three hypotheses were formulated to guide the study. The selection was carried out using census sampling technique. A questionnaire titled Persona-Social Rehabilitation Counselling and Social Re-integration Readiness Scale (PSRCSRRS) was the instrument used for data collection. The instrument was subjected to face validity by experts in Measurement and Evaluation. The reliability estimate of the instrument was established through Cronbach Alpha and the reliability coefficients ranged from 0.77 and 0.88. Simple regression analysis was adopted to test the hypotheses at .05 level of significance. The result of the analysis revealed that health, social, and recreational rehabilitation contributed some percentages in explaining the variances in social reintegration readiness among near discharged inmates in Correctional Centres in Kogi State. Based on the findings of the study, it was recommended, among others, that that health of the inmates should be given utmost priority in order to maximize their fitness as well as keep them mentally, psychologically and socially fit for the responsibilities that will help their re-integration in the society.

Keywords: rehabilitation, counselling, re-integration, inmates, correctional

Introduction

Social reintegration is the support given to offenders during their re-entry into society following incarceration. In recent years, the post-release, community-based component of these interventions has been variously referred to as “aftercare”, “transitional care” “re-entry” or “re-entry support”, “reintegration,” or “resettlement.” The social reintegration of ex-convicts is the support provided to them before, during and after their release. The preparation of prisoners for a return to society is something that should be envisaged and worked towards from the very beginning of a term of incarceration.

The vision and mission of the Nigerian Correctional Centre is to establish an excellent penal practice that seeks to bring about lasting change in values, attitude and behaviour of offenders, thereby facilitating suitable reformation, rehabilitation and eventually, effective social reintegration into the society. Section 2(4) of the Nigerian Prison Act (1972) is to endeavour to identify the reason for antisocial behaviour of the offenders; and to train, rehabilitate and reform them to be good and useful citizens. It is in everyone's interests that inmates return to the community with skills and attitudes that will enable them to stay out of correctional centre in the future. Inmates are part of the society; the vast majority will eventually be released from correctional centre. It is therefore of benefit to the broader community, and in the interest of public safety, that they are able to play a positive role in society. Thus, if they leave correctional centre with greater problems, and without the knowledge and skills to cope, there will inevitably be consequences for themselves, their families and communities. The inmates are trained to acquire the skills, techniques, competencies that will help them to re-integrate very well into the society rather than continue in their usual way of life after serving a time in the correctional centre.

Correctional centre is often a unique opportunity to address their infrequently met needs; and if these needs are not met, it can in fact leave them less integrated into society and more likely to reoffend. Programmes addressing prisoners' substance misuse, mental or emotional-behavioural disorders, or education and skills gaps, may all remove key drivers of persistent criminal activity. Reintegration is also facilitated by assisting prisoners to maintain positive relationships with family and friends outside, perform the civic duty of voting, and prepare for release through gradual re-entry programmes (Royle, 2018).

Effective rehabilitation programmes in correctional centres could assist inmates acquire suitable skills, promote prospective development as well as attitudinal and behavioural changes. Hence, prison rehabilitation counselling programmes are considered helpful provisions offered to inmates to ensure and promote their physical, mental-health, psychological, social, vocational and economic potentials (Asokhia & Agbonluae, 2016).

For any meaningful rehabilitation to take place in a correctional centre, the rehabilitation services must first be based upon adequate provisions, which should be accessible to the inmates (Igbinovia, 2020). There are a number of prison rehabilitation programmes for inmates which provide specific skills crucial for preparing inmates for better living on release from the correctional centre. The main objectives of the prisons service, which is the reformation and rehabilitation of inmates can be actualized through programmes such as: social case and group work/intervention, recreational activities, educational

programmes and skills acquisition programmes. As a consequence, inmates that were exposed to rehabilitation counselling services during confinement are likely to gain skills that could provide employment and entrepreneurial opportunities upon their release thereby integrating appropriately. In this study, the researcher's focus is on recreational rehabilitation counselling programmes, health rehabilitation counselling programmes and social rehabilitation counselling programmes.

Handerson (2021) carried out a study on sanitary conditions and inmates' knowledge and attitude towards hygiene practices in a maximum-security prison in Oyo State, Southwest Nigeria. The study assessed the living and sanitary conditions and hygiene practices of inmates in a maximum-security prison in Nigeria. The study was descriptive, cross-sectional in design and elicited information on knowledge, attitude and hygiene practice of consented prison inmates. The questionnaire response was 94.8% and was identified through a multistage sampling technique and inmates were stratified by detention status with the minimum sample allocated by the proportional to size method. Systematic sampling was used for serial recruitment without replacement. The data collection tool was a validated, semi-structured, interviewer-administered questionnaire. Knowledge and attitudes were measured on a 24- and 55-point scales and rated as poor (≤ 11) and good (> 11); negative (≤ 33) and positive (> 33), respectively. Summary data were presented by descriptive, Chi-square and logistic regression at $P < 0.05$. Inmates mean age was 31.6 ± 8.2 years and mostly, males (98.3%) with 47.2% and 50.8% respectively married and completed secondary education. The major illnesses were malaria, ringworm and diarrhoea. In addition, sanitary knowledge was a significant predictor of attitude towards hygiene practices (OR: 0.52, 95% CI: 0.298-0.905). The good knowledge and positive attitudes of inmates contrast poor sanitary conditions, perhaps due to poor sanitation and hygiene infrastructure and overcrowding conditions.

The purpose of social rehabilitation is to assist in restoring ex-convicts and gain independence to the maximum extent possible. The independence in this context include the capacity to function in the following areas: communication (conveying and receiving information by using skills such as anger management, assertiveness, ability to concentrate, language, memory, numeracy, social awareness, social skills, speech production and development, and using communications technology); domestic activities (cleaning, laundry, meal preparation and associated shopping activities); financial management (ability to budget and manage income versus expenses and to make payments); health care (the ability to self-medicate); hygiene care (the ability to keep self and home clean and hygienic); mobility (ability to move freely and easily); motivation

(initiative and self-confidence to undertake tasks without supervision or another's prodding); safety management (ability to make judgements about own safety and therefore to be left alone and to respond to an emergency, also personal and physical safety in the home in the absence of modifications); and sexuality (intimacy and relationship issues, sexual functioning and psychological needs compared with pre-injury/illness state).

Abrifor (2020) study assessed the effect of societal level factors on recidivism among inmates in selected prisons in South-Western, Nigeria. This study adopted the descriptive and explorative research designs. Data was gathered using questionnaire survey and Key Informant Interview and was analyzed through quantitative and qualitative methods of triangulation. The sample size for this study was three hundred (300) inmates which comprises of inmates' from Ilesa, Ondo and Ado Prisons. Selected Key Informants were selected purposively based on their relevant position and daily contact with inmates. The questionnaire survey was used to generate quantitative data while, the Key Informant Interview was used to obtain the qualitative data. The proportionate sampling technique was adopted and 45% proportionate was used in the selection of inmates from each prisons. The study revealed that societal level factors played greater roles in increasing the prevalent rate of recidivism among inmates in Nigerian Prisons.

Ugwu's (2020) paper discusses the role of recreational counselling in the reformation and rehabilitation of prisoners in Nigeria. Prison experiences have positive values which are meant to influence those offenders who passed through them. However, the cases in Nigeria have evidences of those who came out of the prisons worse and more morally depraved as if the prisons are places where evils are taught and learnt.

Zulum (2019) carried out an appraisal of inmates' recreational facilities in Kaduna and Zaria prisons. To achieve this, sample size of 145 inmates and 37 staff was selected through simple random sampling by the use of prison register. Quantitative and qualitative data were collected through the use of questionnaire and interview methods respectively. Also the analysis of data was through the combination of quantitative and qualitative analysis. The result of the data analysis showed that the respondents varied in socio-demographic characteristic such as age, sex, marital status, educational qualification, religion, among others. Furthermore, the results showed that many of the inmates said that there is recreational facilities such as carpentry work, electrical work, shoe making, among others, though some opined that despite the existing scheme it was only meant for convicts, while awaiting trial inmates were excluded from benefiting from such schemes. The study also found that: provision for recreational services is still neglected and not international

best practices compliant; the incarceration condition of the inmates with respect to accommodation, feeding and medication does not meet the United Nation's standard minimum rules for the treatment of prisoners; prison inmates of these prisons prefer one recreational services to the other. The most preferred recreational service is recreational activity - football. Despite the aforementioned problems, the prison still has been able to play the recreational role at a small measure.

Based on these findings, it was recommended, among others, that deliberate efforts should be made by the Federal Government and prison service providers to reform the Nigerian prisons and make it international best practice compliant. There is also the need to introduce more recreational services, facilities and reformative programmes such as training inmates on Information and Communication Technology (ICT) and giving adequate awareness programmes so as to rehabilitate prison inmates and stop recidivism.

Prompted by these findings, the current researcher sought to ascertain the influence of persona-social rehabilitation counselling on social reintegration readiness among near-discharged inmates in Correctional centres in Kogi State, Nigeria.

Research questions

The following research questions were generated to guide this study:

1. To what extent does health rehabilitation counselling programmes influence social re-integration among inmates in Kogi State?
2. What is the influence of social rehabilitation counselling programmes on social re-integration among inmates in Kogi State?
3. How does recreational rehabilitation counselling programmes influence social re-integration among inmates in Kogi State?

Hypotheses

The following hypotheses were formulated to guide the study:

Ho1: There is no significant influence of health rehabilitation counselling programmes on social re-integration among inmates in Kogi State.

Ho2: There is no significant influence of social rehabilitation counselling programmes on social re-integration among inmates in Kogi State.

Ho3: There is no significant influence of recreational rehabilitation counselling programmes on social re-integration among inmates in Kogi State.

Methodology

The study adopts the ex-post facto research design. It examined the influence of persona-social rehabilitation counselling on social reintegration readiness among near discharged inmates in Correctional centres in Kogi State, Nigeria. The population for this study consists of 728 inmates who are serving their last days in correctional centres in Kogi State. The census sampling technique was used for this study. A sample size for this study was made up of 728 inmates that are serving their last days in the centre which represents 100% of the population. A total of six correctional centres in Kogi State were used, namely Federal prisons, Ankpa; Federal prisons, Dekina; Federal prisons, Idah; Federal prisons, Kabba; Federal prisons, Koton-Karfe; and Federal prisons, Okene. Inmates who were serving their last month jail terms in Kogi State constituted the population of the study.

A questionnaire titled “Persona-Social Rehabilitation Counselling and Social Reintegration Readiness Scale (PSRCSRRS)” was used for data collection. The instrument was validated by three Measurement and Evaluation experts in the Faculty of Educational Foundation Studies, University of Calabar, Calabar. Cronbach Alpha Reliability technique was used for estimating the degree of consistency of the sub scales and the coefficients ranging from 0.77 and 0.88 were obtained; the instrument was adjudged as reliable. The instrument was divided into three sections, Sections A, B and Section C. Section A was designed with items to elicit information on the demographics of the respondents which include gender, age, and facility section. Section B was designed to elicit information on the independent variable. The independent variable is made up of three sub-variables each of which six (6) items were used in measuring; this implies eighteen (18) items in this section. Section C contained items for the dependent variable which was made up of 10 items. The items in Section B and C of the instrument were structured using modified Likert scale of strongly agree (SA), agree (A), disagree (D) and strongly disagree (SD). Data collected were analyzed using Simple regression analysis.

Presentation of results

Ho1: There is no significant influence of health rehabilitation counselling programmes on social re-integration among inmates in Kogi State.

The independent variable in the hypothesis is health rehabilitation while the dependent variable is social reintegration readiness, both measured continuously. To test this hypothesis, the researcher first determined the strength of the relationship between the variables of the study.

Table 1: Simple regression analysis of the influence of health rehabilitation on social reintegration readiness among near discharged inmates

Source of variation	Sum of squares	Df	Mean Square	F	Sig.	Adj R ²
Regression	1077.473	1	1077.473	83.317	.000 ^b	.103
Residual	9272.438	717	12.932			
Total	10349.911	718				

R= .323^a, Std Error =3.59615, t= 9.128, β =.323

The results in table 1 showed that R= .323 which implies that there is a positive relationship between the variables. That is, the higher the health rehabilitation, the higher the readiness for social reintegration. More so, the result produced an Adj R² =.103 which implies that the variation in social reintegration readiness among the inmates can be explained using 10.3% contribution of their health rehabilitation. More so, to ascertain the significance of the hypothesis, the analysis of variance result was assessed, and the result further showed that F=83.317, p=.000. Since p(.000) is less than .05, this implies that the hypothesis that stated that there is no significant contribution of health rehabilitation on social reintegration readiness among inmates is rejected and the alternate hypothesis is upheld.

Ho2: There is no significant influence of social rehabilitation counselling programmes on social re-integration among inmates in Kogi State.

The independent variable in the hypothesis is social rehabilitation while the dependent variable is social reintegration readiness, both measured continuously. To test this hypothesis, the researcher first determined the strength of the relationship between the variables of the study.

Table 2: Simple regression analysis of the influence of social rehabilitation on social reintegration readiness among near discharged inmates

Source of variation	Sum of squares	Df	Mean Square	F	Sig.	Adj R ²
Regression	4310.661	1	4310.661	511.776	.000 ^b	.416
Residual	6039.250	717	8.423			
Total	10349.911	718				

R= .645^a, Std Error =2.90223, t= 22.622, β =.645

The result in table 2 showed that $R = .645^a$ which implies that there is a strong positive relationship between the variables. That is, the higher the social rehabilitation, the higher the readiness for social reintegration. More so, the result produced an $Adj R^2 = .416$ which implies that the variation in social reintegration readiness among the inmates can be explained using 41.6% contribution of their social rehabilitation. More so, to ascertain the significance of the hypothesis, the analysis of variance result was assessed, and the result further showed that $F = 511.776$, $p = .000$. Since $p(.000)$ is less than $.05$, this implies that the hypothesis that stated that there is no significant contribution of social rehabilitation on social reintegration readiness among inmates is rejected and the alternate hypothesis is upheld.

Ho3: There is no significant influence of recreational rehabilitation counselling programmes on social re-integration among inmates in Kogi State.

The independent variable in the hypothesis is recreational rehabilitation while the dependent variable is social reintegration readiness, both measured continuously. To test this hypothesis, the researcher first determined the strength of the relationship between the variables of the study.

Table 3: Simple regression analysis of the influence of recreational rehabilitation on social reintegration readiness among near discharged inmates

Source of variation	Sum of squares	Df	Mean Square	F	Sig.	Adj R ²
Regression	5034.186	1	5034.186	679.025	.000 ^b	.486
Residual	5315.725	717	7.414			
Total	10349.911	718				

$R = .697^a$, Std Error = 2.72284, $t = 26.058$, $\beta = .697$

The result in table 3 showed that $R = .697^a$ which implies that there is a strong positive relationship between the variables. That is, the higher the recreational rehabilitation, the higher the readiness for social reintegration. More so, the result produced an $Adj. R^2 = .486$ which implies that the variation in social reintegration readiness among the inmates can be explained using 48.6% contribution of their recreational rehabilitation. More so, to ascertain the significance of the hypothesis, the analysis of variance result was assessed, and the result further showed that $F = 679.025$, $p = .000$. Since $p(.000)$ is less than $.05$, this

implies that the hypothesis that stated that there is no significant contribution of recreational rehabilitation on social reintegration readiness among inmates is rejected and the alternate hypothesis is upheld.

Discussion of findings

The results of this study in relation to the three research questions and hypotheses are discussed as follows:

In table 1, findings showed that health rehabilitation contributes significantly to social reintegration readiness of the inmates. This is because, the greatest challenge that most inmates have is poor health care. Where these services are provided, there is every tendency that they are strong and well looking. What will have reduced their self-worth is taken away and they may relate with others appropriately and join groups that will not make them feel discriminated. This finding aligns with that of Mahmoud and Kilani (2019) who carried out a study to evaluate the level of health-related fitness of the inmates in the reform and rehabilitation centres in Jordan and to differentiate between them according to the time span spent in the prison. Results showed that there were statistical differences between the categories in this study in some tests. In conclusion, inmates should undergo physical programmes to prevent them from contacting non-communicable diseases due to hypokinetic and sedentary life.

In table 2, results indicated that social rehabilitation contributes significantly to social reintegration readiness of the inmates. This is because, when inmates are allowed to participate in different games like football, join social clubs and other activities that allow them to utilize their social prowess, there is that likelihood that they will integrate socially and in a fast manner without hindrances. This finding corroborate with that of Kelechi (2019) whose study was anchored on two theoretical premises: the rehabilitation and the ecological theories. The rehabilitation theory was adopted to drive home the correctional philosophy of the modern prison system which emphasizes treatment of offenders rather than punishment. Ecological theory brings out the significant influence of environmental factors on individual's behaviour. Implicit in the ecological theory is the idea that reintegration of discharged prisoners may become nearly impossible if the environment does not provide support systems to cushion the effects of post incarceration challenges. The finding also aligns with that of Bangle (2020) who carried out a study aimed at evaluating the various internal and external factors which influence the correction of inmate in Aguata and Onitsha prisons. The findings of the study revealed that the internal factors influencing the correction of inmates include: staff briefing inmates on any matter

that affects them (effective communication), inmates using the goodwill of prison officials to meet some of their pressing needs outside the prison walls, prison environment being kept very clean and hygienic, inmates being fed and clothed properly, and attitude of prison officials towards inmates. Moreso, lack of social, health and vocational rehabilitation programmes influence the corrections of inmates. The external factors include: cordial relationship between the prisons and their host communities, the activities of faith-based organizations and non-governmental organizations and prompt releases of finance from the government. Also, the findings indicate that corrupt practices among prison officials, insufficient prison cells, lack of functional correctional facilities, power struggle between prison staff, poor communication between prison staff and inmates, inequitable distribution of resources meant for prison inmates and poor working attitude of some of the prison staff were some of the constraints to the correctional functions of the prisons.

The result in table 3 shows that recreational rehabilitation contributes significantly to social reintegration readiness of the inmates. This could be because since recreational rehabilitation affords the individual the opportunity to have time for himself, think about his life, discuss with other people and observe nature that is fully packed with morals; when inmates are allowed this type of opportunity, there is that tendency that they learn from one another by the little things that they do. This finding of the study is in line with that of Odutola and Alegbeleye (2019) whose study was undertaken to determine the influence of information literacy skills, recreational facilities availability and environmental factors on information resources use of prison inmates in North-Central, Nigeria. The result revealed that environmental factors ($r = .610$, $p < 0.01$) and information literacy skills ($r = .818$, $P < 0.01$) positively correlated with information resources use by prison inmates. There was a significant joint contribution of the independent variables (environmental factors and information literacy skills) to the prediction of information resources use by prison inmates. This finding further suggested that the two factors combined accounted for 51% ($Adj.R^2 = .051$) variance in the prediction of information resources used and finally, the two predictor factors (information literacy skills and environmental factors) are potent predictors of information resources used by prison inmates. The most potent factor was environmental factors ($\beta = .225$, $t = 5.026$, $P < 0.05$) in the North-Central, Nigeria.

Similarly, the findings of the study corroborated that of Ugwu (2020) whose study discusses the role of recreational activities in the reformation and rehabilitation of prisoners in Nigeria. This finding of the study reveals, among others, that many factors militate against the achievements of the objectives which inform the establishment of

prisons. Such factors include insufficient funds, scarce professional staff, lack of adequate infrastructural facilities, the slow judicial process and its consequent awaiting trial syndrome, little or no welfare provisions for inmates like poor feeding, inadequate recreation, compromised health care services and weak drives for entrepreneurial and literacy exposure to prisoners. Unfortunately, stigmatization is common with post-prison life for a great number as the society still sees them as criminals.

Conclusion

Based on the findings of the study, it was concluded that health, social, and recreational rehabilitation when taken individually and collectively, contributed some percentages in explaining the variances in social reintegration readiness. Thus, rehabilitation is necessary for social reintegration of the inmates in Nigeria.

Recommendations

Based on the findings and conclusion of the study, the following recommendations were made:

- Health of the inmates should be given premium in order to maximize their fitness as well as keep them mentally, psychologically and socially fit for the responsibilities that will help their integration in the society.
- The social environment of the inmates should be stimulating, friendly and full of warmth in order for them to acquire social skills that will get them work in harmony with others even as they leave the correctional centre.

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