THE CATHOLIC UNIVERSITY OF EASTERN AFRICA
FACULTY OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF SOCIAL SCIENCES AND DEVELOPMENT STUDIES

REHABILITATION PROGRAMMES AND RECIDIVISM BY CRIMINAL OFFENDERS IN NAKURU MAIN PRISON, KENYA

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A Thesis Submitted to the Faculty of Arts and Social Sciences in Partial Fulfillment of the Requirement for the award of Master of Arts Degree in Project Planning and Management (MPM) at the Catholic University of Eastern Africa.

NAIROBI, KENYA
SEPTEMBER, 2023

DECLARATION

This thesis is my original work. It has not been presented in any other university or institution of higher learning for any academic credit. All work sourced from other scholars and sources have been duly cited and acknowledged in this document.

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DEDICATION

This work is specially dedicated to Faith Wanjiku, my confidant, my best friend and the best gift from God. To my dear mum for prayers, encouragement and support. Mum, your wise counsel has been of immeasurable value. To my nephew Muriuki Felix, for his amazing passion and thirst for education and for his desire to pursue greatness.

ACKNOWLEDGEMENT

I humbly acknowledge the immense support of my supervisor, Rev. Fr. Dr. Peter Mbaro and Dr. Mary Mutisya for your kindness, patience, conscientious guidance, and love throughout the period of writing the proposal to the completion of the thesis. The critique and meticulous attention to detail contributed greatly to the success of the study.

Special recognition to the National Council for Science, Technology, and Innovation (NACOSTI) and the Kenya Prisons Service, Dr. Chrisantus Makokha of Kenya Prisons headquarters for processing the authorization letter within a reasonable time. Mr. Paul Kauku of Legal Resources Foundation for sharing so many insights on how to conduct the research in prisons and no doubt you made this work easier than expected. The goodwill from the Nakuru Main prison, and with special gratitude to the officer in charge of Nakuru Main prison, ACP Mohamed, and his deputy SSP Boit B.K. the officer in charge of documentation CIP Edward Kerido. Similarly, I am thankful to all my friends who kept me on my toes to complete this work, colleagues from whom I sought consultations in relation to this study especially CPL Hillary Cheruiyot in charge of the prison's paralegal office, Constables Mwangi and Oyugi, your immense help and support is immeasurable. Madam Grace Abukuse, officer in charge, Nakuru probation and aftercare services for your kindness through the period I consulted on areas in the study, please remain eternally blessed.

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ACRONYMS / ABBREVIATIONS

DCS	Department of Correctional Services
FDGS	Focused Group Discussions
KPS	Kenya Prisons Service
SDG	Sustainable Development Goals
UNODC	United Nations Office of Drugs and Crime
UNSMR	United Nations Standard Minimum Rules

ABSTRACT

This study sought to examine rehabilitation programs and recidivism by criminal offenders in Nakuru main prison, Kenya. The specific objectives were to: assess individual socio-demographic factors contributing to criminal relapse of offenders, to identify the types of rehabilitation programs available in Nakuru Main Prison, to assess the correctional factors resulting to offender relapse and to assess community level factors influencing recidivism. Social learning and routine activities theories guided the study. A Cross sectional study was conducted which took a random sample of a target population of recidivist both prisoners and those on trial. Respondents were given questionnaires, interviewed, and engaged to take part in focus group discussions to gather primary data. Secondary data was collected from the prison's records at the documentation office to understand the number of persons with previous incarceration history. Thematic analysis was used to assess qualitative data while SPSS was used for quantitative analysis. To present the facts, tables, graphs, charts, and text were employed. The sample size was 106, with 10 prison officers serving as key informants and 96 repeat offenders with prior criminal records. Prison officers were subjected to a stratified random sampling procedure. Findings revealed that Pretrial detainees are not engaged through the programs yet they recommit other offences once discharged while on trial. The study concluded that holistic approach in addressing recidivism be employed by the prisons and recommended a multi-stakeholder approach in revisiting the available programs, seek review to address both restorative and rehabilitative processes.

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CHAPTER ONE

INTRODUCTION

Introduction

The chapter gives the background of the study, the problem statement and the study objectives, assumptions, justifications, significance, limitations, conceptual framework and the operational definitional of variables.

1.1 Study Background

Recidivism refers to the tendency of an individual to relapse into criminal behavior after having previously been involved in criminal activities, served a sentence and undergone rehabilitation or punishment. It represents a repeat offense or a return to criminal behaviors by someone who has a history of prior criminal conduct. Recidivism rates are indicators of the effectiveness of rehabilitation programs, correctional interventions and overall criminal justice system in preventing individuals from reengaging in criminal activities.

The prisons system was introduced in Kenya by the British East Africa protectorate with the enactment of East Africa Prisons Regulations in April 1902. At independence, the reforms in the penal system were strengthened with the enactment of chapters 90 and 92 to establish the Kenya Prisons Act (Cap 90) and the Borstal Act (cap 92). Kenya prisons service, established in 1911 has progressed to a department comprising of 118 institutions, of which 115 are meant to contain adult offenders while 3 are meant to contain youthful offenders. The current prisons population stands at 54,000, of whom 48% are pretrial detainees. When the prison department was established in 1911, there were only three hundred and nineteen wardens who supervised not more than seven thousand inmates. The staff establishment has since grown to over 22,000 comprising of uniformed officers and auxiliary staff. Be that as it may,

today they have expanded to thousands because of populace increment, joblessness and expanded rates of wrongdoing.

Kenya Prisons Service is a Department under the Ministry of Interior and Coordination of National Government. It's mandated under the prisons Act Cap 90 to facilitate rehabilitation, reforms as well as to contain the prisoners in a humane and safe condition. The prisons are also mandated to facilitate responsive administration of justice, rehabilitation, social reintegration, and community protection. It contributes to public safety and security by ensuring there is safe custody of all persons who are lawfully committed to prison facilities, as well as facilitating the rehabilitation of custodial sentenced offenders for community reintegration.

Offenders' rehabilitation is supported under the basic principles of the United Nations Standard Minimum rules (Mandela rules) rule 4(1&2) which states that the purpose of a sentence is to protect the society against crime and to reduce recidivism, which can be achieved if the reintegration of prisoners into the society upon release can lead to a law abiding and self-supporting life. To this end, UNSMR directs that the prisons must offer rehabilitative programs in line with individuals treatment needs.

Sustainable Development Goal 16 aims to promote inclusive and peaceful societies and ensure everyone has access to justice. Creating inclusive institutions to protect society is one government contribution to achieving this goal, besides rehabilitating those in correctional facilities. Systems are thwarted by the high number of pretrial detainees who are within the system after reoffending. While unemployment may contribute to crime, Goal 8 aims to encourage sustained economic growth, productive employment, and decent work. Social reintegration is more difficult for criminals with low levels of education. (UNODC, 2017).

Statistics on crime reports are not helpful in dealing with recidivism as they do not explain why the crimes were committed. However, the statistical reports indicate that there is a problem of recidivism and there is a desire to find out why this is happening rather than stopping criminal activity. The recidivism rate among certain groups of offenders is still very high. Although global statistics are not available, data from individual countries confirm that the recidivism rate is high, sometimes exceeding 70 percent. Many offenders, even after serving repeated sentences, are unable to desist from the crime and reintegrate into the community. A prison sentence is not suitable for solving the perpetrator's social integration problems. (UNODC, 2018).

The rehabilitation of offenders is supported under the basic principles of Rule 4 (1 and 2) of the UNSMR (Mandela Rules), which states that the aim of punishment is to protect society from crime, reduce recidivism and promote the rehabilitation to support offenders. This goal can be achieved if the reintegration of prisoners into society after their release can lead to a law-abiding and self-sufficient life. To achieve this, the UNSMR mandates prisons to provide rehabilitation programs that meet their needs.

Recidivism is the continuation of criminal behavior and can result in a variety of outcomes, including re-arrest, re-sentencing, and re-imprisonment. Rehabilitation describes the process of helping inmates grow and change, achieve maximum levels of independence, and allow them to distance themselves from the environmental factors that originally motivated them to commit a crime. Reduced crime rates improve living standards of communities through developments. According to a 2019 report by the U.S. Sentencing Commission on prisoner recidivism, 64% of prisoners convicted of violent crimes were arrested again within eight years, compared to about 40% of those convicted of nonviolent crimes. Almost 45% of ex-prisoners were arrested within a year of their release; 16% were first arrested in the second

year, 8% in the third year, 11% in the fourth to sixth years, and 4% in the seventh to ninth years (Clarke, 2019).

Alpher and Durose (2018) examined recidivism patterns of ex-prisoners over a nine-year follow-up period and found that an estimated 68% of released prisoners were arrested within three years, 79% within six years, and 83% within nine years. 44% of released prisoners were arrested in the first year after their release, 24% were arrested in year 9.

Rwanda and Tanzania have 36 percent recidivism rates, Zambia 33 percent, while Uganda ranks fourth among the lowest in the world among African countries with a 32 percent recidivism rate (Stahler et al., 2013) (Stahler et al., 2013), Kenya's rate is 47 percent. Rehabilitation and reintegration remain difficult to achieve due to overburdening. According to World population brief data, 2021, the number of prison inmates continues to rise. China at 1.7M, India at 478,600. In Africa Ethiopia recorded 110,000 as at March 2020, Uganda had 65,000 as at August 2020, South Africa recorded 147,922, Tanzania’s prison population was at 35,803, while Rwanda had 76,099. The world prisons brief data, indicated an increase in the number of prisoners in Kenya, to 52979, against a capacity of 30,000, bringing to 176.6% occupancy level. 42.7% of the number are pre-trial detainees, distributed across 134 establishments (World prisons data, 2022).

Repeat offenders are likely to be arrested, prosecuted, and re-incarcerated, which increases the expense to the government and threatens public safety. Additionally, it makes the issue of the exponential rise in both prison spending and inmate populations worse. Not to mention the other incidental and societal costs associated with incarceration, such as medical expenses, lost wages and other welfare benefits, social isolation, and family support.

British East Africa Protectorate established the jail system in Kenya. Chapters 90 and 92, which created the Kenya Prisons Act (Cap 90) and the Borstal Act (Cap 92) enacted at the

time of independence. Strengthening the improvements made to the criminal justice system. Established in 1911, the Kenya Prisons Service (KPS) has grown into a department with 118 institutions, 115 of which are designed to house adult criminals and 3 of which are designed to house juvenile offenders. There are currently 54,000 people incarcerated, of whom 48% are awaiting trial. There were only 319 wardens supervising no more than 7,000 prisoners in 1911, when the prison department was first founded. Over 22,000 people now make up the staff establishment, which includes uniformed officers and support personnel. Be that as it may, today they have expanded to thousands because of populace increment, joblessness and expanded rates of wrongdoing.

Kenya Prisons Service (KPS) is an entity of the Ministry of Interior and National Government Coordination. The Prisons Act, Cap. 90, makes it mandatory to assist and reform inmates. In addition to many other tasks, KPS holds criminals in a friendly and secure environment to support effective administration of justice, rehabilitation, social reintegration, and community safety. By maintaining the secure custody of all those who are legally committed to prison facilities and aiding the rehabilitation of those serving a correctional term for community reintegration, it helps to promote public safety and security.

1.2 Statement of the Problem

Criminal recidivism poses an extraordinary threat to the country, communities and people. A solid and secure community is a basic fabric of any society. This cyclical development of offenders, from prisons to community and back to detention centers, has led to the recognition that current forms of recovery and re-entry pose a problem.

Institutionally, prisons are viewed as avenues to learn about crime, belying claims that discipline, certainty, and seriousness can reduce recidivism. In a sense it can increase the chances and risk of criminal tendencies for the inmates and generally cut them off and from

their social connection where they are stigmatized because of their untapped status as former offenders.

The repeat offenders contribute to the colossal growth in the number of prisons, the distribution of resources, and the increase in crime. The resources utilized tending to extra wrongdoings committed by repeat offenders, from arrest and prosecution to assisting with recovery and reintegration into society would otherwise be profitably used to address personal, supportive, and community issues that lead to re-incarceration.

Rehabilitation programs are basically focused on treating the criminal's behavior by means of getting rid of the factors or instances that force them to reoffend. According to the 2020 economic Survey, the daily average number of unconvinced prisoners rose by 7.1 percent from 21,994 in 2018 to 23,552 in 2019.

According to the world prisons brief, 2022, Kenya prisons administration recorded a total of 52979, (176.6%) in March, against its actual capacity of 30,000 inmates. 42.7% were pretrial detainees, which overcrowds the prisons facilities, yet limited resources. Nakuru prison recorded a population of 1680 against its capacity of 500 inmates with majority of young men being repeat offenders. (Nakuru prisons unlock figure, 2022) This prompts the need to study the impacts of the rehabilitation programs and recidivism among criminal offenders in Nakuru Main prison.

1.3 Research Objectives

The study aims to assess Prison's rehabilitation programs and recidivism by criminal offenders in Nakuru Main Prison.

1.3.1 Specific Objectives

i. To assess individual socio-demographic factors contributing to criminal relapse of offenders in Nakuru Main Prison

ii. To identify the types of rehabilitation programs available in Nakuru Main Prison

iii. To assess the correctional factors resulting to offender relapse in Nakuru Main Prison.

iv. To assess community level factors influencing recidivism in Nakuru Main Prison

1.3.2 Research Questions

i) To what extent does individual social-demographic factors contribute to recidivism by criminal offenders in Nakuru Main Prison?

ii) What types of rehabilitation programs are available in Nakuru Main Prison?

iii) How does correctional factors result to recidivism by criminal offenders in Nakuru Main Prison?

iv) To what extent does community level factors influence recidivism in Nakuru Main Prison?

1.4 Research Assumptions

This study assumes that rehabilitation programs provided within prisons have a direct influence on recidivism. It further assumes that the social learning theory and routine theory will elucidate specific aspects, such as the special demographic characteristics of offenders, correctional and community factors and their contributions to recidivism. The involvement of prisons authorities is anticipated to facilitate inmates participations in interviews and questionnaires, ensuring a secure and supportive environment. Additionally, prison authorities were expected to provide information about inmates with prior criminal records.

1.5 Justification of the Study

Recidivism, the relapse into criminal behavior by individuals previously convicted and incarcerated, poses significant challenges to both the criminal justice system and society at large. Addressing recidivism is not only crucial for individual rehabilitation but also for enhancing public safety and reducing the burden on correctional facilities. This study seeks to

explore the intricate relationship between rehabilitation programs and recidivism among criminal offenders, with the aim of shedding light on the effectiveness of interventions designed to break the cycle of criminal behavior

Social economically, Recidivism imposes substantial economic, social, and human costs on societies. Repeated involvement in criminal activities not only perpetuates the cycle of crime but also strains law enforcement agencies, judicial systems, and correctional facilities. Additionally, it hinders the reintegration of individuals into society, contributing to unemployment, strained family relationships, and increased dependency on public services. Investigating the impact of rehabilitation programs on recidivism can offer insights into how to mitigate these consequences.

In optimizing the rehabilitation efforts, Rehabilitation programs are designed to equip inmates with the necessary skills, education, and support to reintegrate into society as law-abiding citizens. However, the effectiveness of these programs remains a subject of debate. By rigorously examining the connection between participation in rehabilitation programs and subsequent criminal behavior, this study aims to contribute to the development of evidence-based interventions that truly promote lasting change.

Tailored approaches for the offenders: Criminal offenders are a diverse group with varying backgrounds, needs, and motivations. Understanding how the social learning theory and routine theory intersect with the social demographic characteristics of offenders can provide valuable insights into the factors that drive recidivism. Such insights are essential for tailoring rehabilitation programs to address the unique needs of different offender profiles, thereby increasing the chances of successful reintegration and reducing the likelihood of reoffending.

Advanced theory and practice: By incorporating established psychological and sociological theories, this study seeks to deepen our understanding of the underlying mechanisms that

contribute to recidivism. The social learning theory and routine theory offer frameworks for analyzing how individual behavior is influenced by learned behaviors and daily routines. By applying these theories to the context of rehabilitation and recidivism, this study aims to advance both theoretical knowledge and practical strategies for crime prevention.

Collaboration: The involvement of prison authorities is essential for the success of this study. Their cooperation in facilitating inmate participation, ensuring a safe environment for data collection, and providing access to relevant information is integral to generating accurate and comprehensive insights into the effectiveness of rehabilitation programs. This collaborative approach enhances the credibility and relevance of the study's findings.

This study’s justification lies in its potential to contribute to the ongoing discourse on recidivism and rehabilitation. By examining the impact of rehabilitation programs on recidivism through the lens of established theories and involving key stakeholders, this research aims to inform policy decisions, improve rehabilitation strategies, and ultimately contribute to the creation of safer communities and a more effective criminal justice system.

1.6 Significance of the Study

Prison admission and discharge boards will benefit while engaging inmates in rehabilitative programs which will add value to their lives after prisons, based on age and level of education in a manner that addresses the inmates needs after discharge. Civil society organizations working with communities will enhance programming strategies that speak to the needs of the community as well as stakeholders engaged through the rehabilitative process. Tracking recidivism rates of program participants may serve as an indicator in program performance and support in needs assessment.

Stakeholders and the society with interest on administering justice will enjoy safety and integration for a peaceful coexistence with ex-convicts, benefit from skills derived through

the prisons rehabilitation programs and enhanced economic growth where the rate of crime is minimal. The ex-convicts will utilize the skills received for their economic growth and development within their family setups and the society they live in.

1.7 Scope and Delimitation of the Study

This study focuses on investigating the relationship between rehabilitation programs and recidivism among criminal offenders. Specifically, the study examined various types of rehabilitation programs offered within correctional facilities and analyzed recidivism rates among a specific group of criminal offenders who have participated in rehabilitation programs. Recidivism is the re-engagement in criminal activities resulting in re-arrest, re-conviction, or re-incarceration. The study applied the social learning theory, labeling theory and routine theory to elucidate how these frameworks relate to recidivism among offenders participating in rehabilitation programs.

An analysis of the social demographic characteristics of offenders, such as age, gender, ethnicity, educational background, and criminal history, was conducted to identify potential correlations with recidivism.

The study is delimited in its geographical location since its only conducted in the main prison which hosts male offenders. This limited the generalizability of findings to a broader context and concentrated on recidivists with previous imprisonment history thus excluding others from the analysis. While acknowledging the influence of external factors on recidivism, such as societal reintegration challenges and economic conditions, the study primarily examined the direct impact of rehabilitation programs.

The study focused on recidivism rates within a defined time frame post-release, potentially limiting the understanding of longer-term effects of rehabilitation. Due to the scale of the

study, the analysis of individual cases were limited and the findings based on aggregated data.

The study offered valuable insights into the connection between rehabilitation programs and recidivism among criminal offenders. By setting specific boundaries and exclusions, the research provided a focused, relevant, and actionable findings that contributed to the understanding of effective strategies to address recidivism within Nakuru Main prison.

1.8. Limitation of the Study

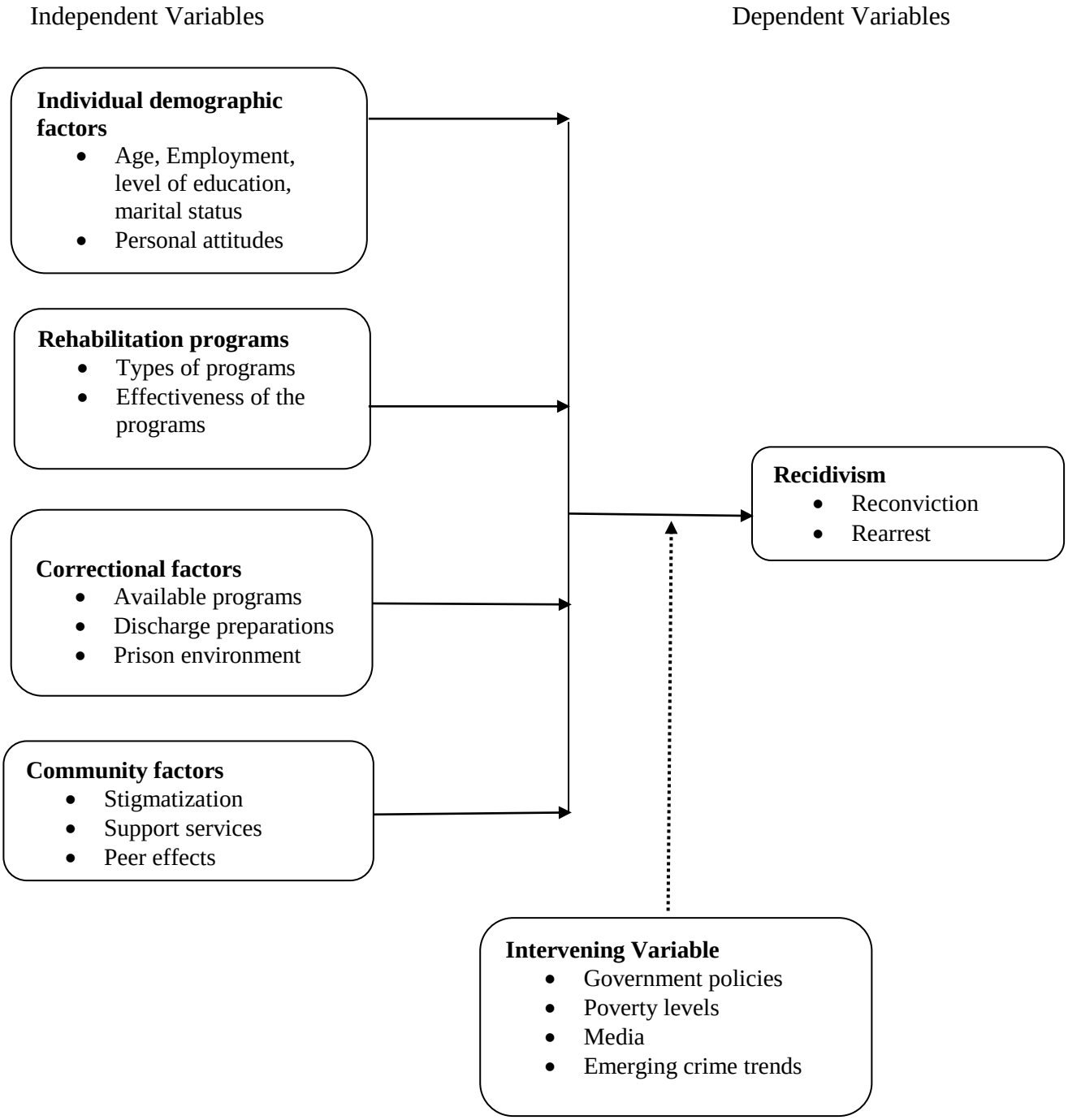
Constraints such as risk of sample selection which would bias the primary data collected and the literacy levels of the target respondents were experienced. To mitigate this the researcher invested some time to create a trusting environment, use of participatory and mixed methods to avoid bias and share the results with the authority. The risk that the target respondents would be discharged before data collection which was mitigated by ensuring that the respondents' information was captured early enough before their dates with the courts. Security issues were also a concern but the researcher ensured that the prisons authority was aware of the date and timing of the data collection which enabled prior arrangements by the prisons authority to offer security and also to support in controlling the respondents which eased the data collection.

1.9 Conceptual Framework

Defiant behaviors start with the society labeling individuals which makes them internalize the negative labels. As time goes these individuals who are labeled as criminals tend to recommit offences to conform to the label. They suffer injustices in instances where they are to seek for gainful employment. They are profiled, stigmatized, and discriminated upon which later leads them to recidivate. The independent variables aim to educate or discourage offenders into criminal activity. The effectiveness of rehabilitative programs, and how they address the

needs of offenders leading to behavior change, the prisons environment and the prisoner's preparedness for discharge determines how well they will be received in the community. The individual demographic factors such as the levels of income, age, employment, attitudes and behaviors determine how easy it will be for them to interact with crime peers leading to reoffending.

Figure 1: Conceptual Framework



1.10 Operational Definition of Variables

Rehabilitation: This is the process of reintegrating into society a person who has previously been convicted or imprisoned for criminal activity. Rehabilitation serves to combat habitual crimes. While incarcerated, programs aimed at addressing the causes of criminal behavior are offered. They equip inmates with the skills and tool necessary to reintegrate into the society successfully after release.

Incarceration: the detention of a person, often in a correctional facility often used in connection with criminal sentences handed down by a court.

Recidivism: It refers to a person's relapse into criminal behavior, often after receiving sanctions or been intervened for a previous crime

Rehabilitation Programmes: are interventions to improve skills and functioning for correction, resettlement so that offender can reintegrate into society after his release from prison. Rehabilitation programs in prisons aim to address the factors contributing to criminal behavior and support offenders in their efforts to reintegrate into society as law-abiding citizens. They can be implemented in prisons to address various aspects of inmates' lives and contribute to reducing recidivism rates. The effectiveness of these programs depends on factors such as program design, implementation quality, and individual offender needs. For example education programs, substance abuse treatment,

employment readiness programs like job skills training, arts and creative expression programs, life skills programs

Reintegration: This is support provided to inmates while in prison to prepare for transition into the community and to live a law standing lives in the group after discharge from prison.

Socio demographic factors: are characteristics of offenders. This includes age at which they've been released, gender, marital status and the family to which they will go to.

CHAPTER TWO

LITERATURE REVIEW

2.1. Critical Review of Relevant Theories

This chapter presents theories related to the study as well as related reviewed literature contextualized globally, regionally and nationally to the local level. The context was guided by the study objectives.

2.1.1 Social Learning Theory

The classic work of Bandura (1969), the originator of the stimulus control principles, has been associated with social learning theory. Social learning theory suggests that peer influence plays a major role to understand the evolution of crime. Conway and McCord, 2002; Mills and Faith, (2002).

Utilizing the Social Learning Theory in the context of rehabilitation programs and recidivism involves applying its principles to design interventions that promote positive behavior change among criminal offenders. The Social Learning Theory, proposed by Albert Bandura, emphasizes the role of observation, imitation, reinforcement, and self-efficacy in shaping human behavior.

In order to model a positive behavior, this theory proposes incorporating role models and mentors who have successfully reintegrated into society after serving sentences. Offenders can observe and learn from these individuals, fostering a belief that change is possible. Providing practical skills development programs that teach offenders new abilities and competencies, enhancing their employability and self-esteem. Use techniques such as demonstration, practice, and reinforcement to facilitate learning.

Address distorted thinking patterns and attitudes that contribute to criminal behavior. Cognitive-behavioral interventions help offenders recognize their thoughts, emotions, and

actions, promoting healthier decision-making. By implementing a reward system that acknowledges and reinforces positive behaviors. This could include privileges, recognition, or small incentives for participating in and completing rehabilitation activities.

Group therapy sessions where offenders can openly share their experiences and challenges and use of other group dynamics can foster a sense of community, empathy, and collective learning.

By involving family members and social support networks in the rehabilitation process, offenders can get reinforcement, encouragement, and accountability. This will help identify potential triggers for relapse and develop strategies to avoid criminal behavious. Extending support beyond incarceration to ensure a successful transition back into the community and including access to support services, employment assistance. Social Learning Theory suggests that behavior is influenced by observation, imitation, reinforcement, and self-belief. By incorporating these principles into rehabilitation programs, you can create an environment conducive to positive behavior change, thereby reducing recidivism rates among criminal offenders.

Social learning theorists have focused heavily on the internal and cognitive aspects, attitudes, beliefs, thinking style which were covered by Bandura (1969) in order to understand criminal behavior and develop an explanatory model.

In terms of a continuous two-person interaction, between cognitive, behavioral and environment influences, social learning theory explains behavior. Learning theories, in particular social learning theory, presume that crime is a function of each individual's socialization. (Arkers et al, 1979)

In this study, a reduction of negative modelling between inmates and maximizing positive models may prove necessary to achieve better programming outcomes. A study by Bandura (1973), demonstrated the ability of imitation to acquire aggressive behavior, has confirmed

that it is possible. (Hugh et al. 2010) states that there is evidence that imitations of behavior will persist over time, and in particular people generalize their original modelling situation across a variety of situations. Prison rehabilitation programmes thus contribute to offenders being able to reverse the behavior they've become accustomed to.

Learning happens by interacting with other people who have a positive attitude towards crime. This theory could explain the recidivist behavior of criminals. Though this theory explains more of human behaviour, other factors like criminal intentions are not well envisioned and due to the shortcomings, the Routine Activities, labeling theories are used as well.

2.1.2 Routine Activities Theory

Incorporating the Routine Activities Theory into rehabilitation programs and strategies for reducing recidivism involves understanding how individuals' daily routines and activities can contribute to criminal behavior. The Routine Activities Theory, proposed by Lawrence Cohen and Marcus Felson, suggests that the convergence of a motivated offender, a suitable target, and a lack of capable guardianship leads to criminal events. Focusing on disrupting the daily routines and patterns that contribute to criminal behavior, introducing structured activities, such as education, vocational training, and job assignments and replacing idle time that might have been used for criminal acts would reduce revidivism.

Making it difficult for offenders to engage in criminal activities by altering the environment. Implement security measures and supervision that increase the risk and decrease the reward of criminal behavior, Strengthening the presence of positive role models, mentors, counselors, and peers who act as capable guardians for offenders would as well lead to reduced criminal behaviors through providing guidance, support, and accountability and thus reducing the opportunities for criminal activities.

Recognize the role of peers in influencing criminal behavior and promoting positive peer interactions within rehabilitation settings, where individuals encourage each other to pursue pro-social activities and aspirations. By focusing on building positive social connections, both within the rehabilitation program and in the community, recidivists will reduce the motivation to engage in criminal activities.

Incorporating the Routine Activities Theory into rehabilitation programs acknowledges the influence of daily routines on criminal behaviour. By modifying routines, enhancing guardianship, and addressing vulnerabilities, you can create an environment that minimizes opportunities for criminal activities and encourages positive behaviour change. This approach can contribute to reducing recidivism rates among individuals participating in rehabilitation programs.

The theory makes a specialty of crime opportunities on the basis that even if a motivated perpetrator is present, no crime can take vicinity except the possibility is there (Cohen & Felson, 1979). A lack of shape permits extra time for deviant conduct, the presence of peers makes deviance easier and greater worthwhile, and the shortage of an authority discern reduces social control (Cohen, 2007).

This theory explains why and how young people are at increased risk of becoming involved in and becoming victims of crime. A person's demographics influence their daily activities and thus predict the risk of harm. Men are most likely to be victims due to their activities which takes them away from the safety of their homes. When these youth are out at night, they are more likely to encounter delinquents, engage frequently into high-risk situations and areas. (Kennedy and Ford, (1990)).: (Lauritsen, Sampson, Laub, 1991). As such they are at much higher risk of victimization due to their routine activities and lifestyle.

2.1.3 Labeling Theory

The labeling theory is a sociological perspective that focuses on how societal labels or designations placed on people can have a big impact on their actions and sense of self. According to this hypothesis, even if a label wasn't initially an accurate portrayal of a person's genuine attributes, once that identity or position is assigned to them, they may start to internalize it and behave accordingly.

The following ideas form the foundation of this theory: 1) Primary deviance refers to the first instances of rule-breaking that result in a person being classified as a deviant. People might only have committed a little mistake and not yet consider themselves as deviants.2) Secondary deviance, develops when people who have been stigmatized as abnormal internalize the label and start to regard themselves as such.

As a result, individuals can keep acting out because they believe they have nothing to lose by adhering to the demands of the label. Stigmatization, a derogatory social term that has an impact on a person's identity and social relationships, can result in prejudice, marginalization, and a number of other detrimental effects for the stigmatized person. A self-fulfilling prophecy is a theory that contends that when someone is given a name, they may live up to the expectations that go along with it. A person may begin acting in ways that are consistent with their label, such as if they are called a troublemaker, simply because they feel that is what is expected of them.

The role of social control systems like the criminal justice system is also criticized by this theory. It implies that by putting people in situations where they are more likely to associate with other labeled people and take on deviant roles, these mechanisms may actually intensify deviant conduct. It questions the conventional understanding of crime and deviance by putting more emphasis on how societal responses to particular behaviors help deviant identities evolve.

The labeling hypothesis emphasizes the significance of social perception, societal responses, and the influence of labels on people's behavior. The concept of labeling emphasizes the significance of social perception, societal responses, and the influence of labels on how people behave and view themselves. It has been applied to examine a variety of deviant behavior-related issues, such as crime, mental illness, and more. Although it includes flaws and restrictions, like any theory, it is still an important viewpoint for comprehending how society's labels affect people and their conduct.

2.2. Review of Empirical Studies

2.2.1 Individual Social- demographic Factors and Recidivism

Studying offender characteristics helps predict the level of threat a person poses or the likelihood of recidivism. Characteristics include age, marital status, unemployment, level of education, peers, and personal attitudes, among others. Offenders with greater family support in returning to the community have better chances of finding work.

In Chile, Fernández A.B. (2021) assessed offenders on recidivism, and noted that youthful offenders with prior convictions are likely to relapse after months of discharge. Age remains utmost in understanding recidivism, this varies according to prisoner’s characteristic. Offenders characteristics affects recidivism differently and that the prisons segregate offenders according to their characteristics increasing the likelihood of reoffending. Family ties hypothesis may be a contributing factor to reoffending when discharged inmates lack spousal support.

In Chicago, Steffens Meier, Allan, Harer, and Streifel (2014) conducted a study of age differences in differentiating trait impressions and found that older inmates are less likely to relapse compared to younger inmates and are also less likely to relapse. The association

between age and crime is reasonably robust, although there are some differences in the distribution of crime by crime, by crime stage, and by crime type.

Tittle and Grasmick (2010), in their research on crime and delinquency, found that the tendency toward delinquency or delinquency appears to be an inverse pattern. Crime or delinquency increases throughout the teenage years, reaching its maximum in late adolescence or early maturity, and then gradually decreasing after that time. A significant number of ex-prisoners have lower or lower levels of education than never-prisoners (Abrams & Lea, 2016) and are therefore disadvantaged in the labor market. Ex-offenders are not only disadvantaged due to a lack of education, but also face structural discrimination in the workplace, as regulations (public and private) require applicants to undergo criminal screening.

Stansfield (2020) while examining changes in family conflict and violence after release from prison noted that increased contact with family members during incarceration as well as post release support can decrease family conflict which might lead to recidivism. Providing inmates with chances to gain helps after release, thereby contributing to overall public safety.

Simiyu (2017), in his study on the factors contributing to juvenile recidivism revealed that most juveniles had low education levels attributed to other social economic factors, religion, lack of spiritual guidance which resulted to recidivism. Due to these factors, most of the reconvicted juveniles had recommitted different offences due to peer pressure. The duration of rearrests increases with the level of education, low income levels and also the type of offence committed is attributed with their levels of education. Simiyu (2017) only investigated the levels of education and failed to look into other social demographic factors which may lead to recidivism.

In their study on effects of custodial sentences on recidivism, Nyariki et al. (2019) and while examining on the educational attainment of offenders, he noted that most re-offenders are less educated. In his study, he found that crime increases as the level of education falls. An examination of the educational level of recidivists shows that a lack of basic education forces recidivists to do menial jobs and, due to limited income, leads them to engage in criminal activities. He further noted that most recidivists are unable to secure employment after their first conviction. Individuals' weakness influences reoffending. Bitterness, inability to withstand peer pressure, drug abuse and lack knowledge Omboto, J.O (2019).

2.2.2 Rehabilitation Programs and Recidivism

According to recent prison reintegration programs in Sri Lanka, Vilani Shachitra and Neranji Wijewardhana (2020) found that prison reintegration programs reduce recidivism, address inmate integration issues, and promote employability after release. I discovered that it was established for the purpose of the vision of Sri Lanka prisons is to reintegrate inmates into good citizens through rehabilitation. The aim is to contribute to the construction of a more civilized society by properly rehabilitating prisoners and transforming them into law-abiding humanitarians. The aim of rehabilitation is to improve the ability of inmates to reintegrate into society (Performance Report, 2017).

Bullock et al. (2020), in his arguments on the place of rehabilitation in prisons of England and Wales, found that inmates struggle to find support for post-release internships and practical programs that focus on transferable skills. This included inmates participating in a rehabilitation program and excluded those who had already participated in the process and had re-offended.

The study depicts the prisoners' struggle to seek support to real programs that speak to work placements and transferable skills after discharge. This targeted prisoner participating in the rehabilitation programs and omitting those who already engaged the process and reoffended.

In addition, Mullan et al. (2018) investigated the experiences of offenders who participated in a soft skills treatment component delivered within a highly secure personality disorder treatment service. This study found that group treatment of clients, shared learning experiences, and conflicts experienced by participants facilitated the effectiveness of social skills treatment, and that they effectively met client needs and benefited from improvement.

Prisons in Tanzania are essentially challenged by the level of technology employed by the prison administration, which affects the implementation of vocational training projects for inmates, which are part of their duties as a security institution. These programs and projects form the core of inmate treatment programs at various prison facilities in Tanzania.

In his study, Msoroka, (2018) concluded that the prison education as a rehabilitative program is not adequately practiced in the Tanzanians as the policy and practice does not meet the needs of prisoners. He therefore recommended improving prison education as a rehabilitation program and especially integrating it into the prisons, considering the whole life of the convicts, starting with the approved conditions, classifications and the general treatment of the prisoners by the prison administration.

In Uganda, inmate illiteracy hampers the implementation of inmate vocational training programs as the training is linked to the regular outside prison education system. Even after prison inmates are released, it is crucial to provide adult education. (Veale, Worthen & McKay, 2017).

Jackson & Gordy (2018) in their study on vocational trainings found out that the vocational training as a rehabilitative initiative can reduce the inmates risks of relapse.

Mutui (2017) analyzed the challenges faced by Kenyan prisoners during rehabilitation and collected data from a number of prisoners. However, he did not address the effectiveness of

the rehabilitative programs offered in prisons in responding to criminals reoffending once released from prisons.

A study on the effectiveness of rehabilitation programs at Kamiti Youth and Training Center conducted by Otukho (2017) found that there was no defined curriculum that would enable effective rehabilitation of youth placed in the facility. In his study he found that there was a lack of sufficient resources. Vocational programs and formal education were not offered in the institution due to a lack of modern equipment, so it was recommended to conduct other studies in other institutions.

Kithaka (2018) examined the effectiveness of juvenile delinquency rehabilitation programs in Kabete and Kirigiti rehabilitation schools, established the existing rehabilitation programs, the role of the family in the rehabilitation process, staff training and competence, discharge and follow-up, and the benefits of rehabilitation programs. She concluded that there was a need to introduce rehabilitation programs that responded to the emerging problems in society.

2.2.3 Correctional Factors and Recidivism

Hausam J (2020) researched on prisons misconducts and recidivism in Germany and noted that incorporating prisons measures in addressing recidivism may assist in treatment planning and decision making. According to the United States Sentencing Commission, (2020), Offenders serving shorter are likely to reoffend as compared to those serving longer sentences.

JL. Doleac, (2020) in her study from the Unites States of America noted that peers influence future criminal behavior. While staying together in prison or in other program can increase recidivism, there is need to improve non-crime options that need interventions from within the correctional facilities. This can be through supporting clients find the needs for assistance,

provide a variety of services aimed at supporting convicts find alternatives once released from prisons in order to support them avoid criminal activities.

Baffour (2020) examined the factors contributing to inmate recidivism in Ghana and found that prisoners serving a first sentence for an offense such as traffic violations were for a more serious offense such as fraud, cell phone theft or Arrested again on drug charges. Those who stole cellphones either repeated the same offense and were charged with burglary, fraud or mugging.

Simasiku (2018) examined the social factors contributing to recidivism in Mukobeko maximum correctional facility and found out that there were social factors which contributes to recidivism. The obstacles to the reintegration of prisoners into society are the reason for the increasing influx of prisoners into prisons due to the high rate of recidivism among offenders. Due to the use of outdated tools and equipment found in Mukobeko Maximum Prison, the prisoners did not have sufficient marketable and professional skills. His study also found that there is a lack of qualified staff to adequately train inmates before they are released from prison. Consequently, a lack of qualifications can lead released prisoners to revert to criminal activities. While reviewing the vocational training offered in the facility, he noted that it was important to gather information about the prisoners' post release.

In Zimbabwe, Musevenzi (2018) examined the impact of the covert social networks in prisons, which encourage corruption and allow criminals to reproduce against the prison agenda. Prison conditions in Zimbabwe are characterized by overcrowding, lack of food and other basic amenities, which in turn weakens the prison inmates' rehabilitation function. This condition contributes to the emergence of male and female dichotomies around perceived social networks.

According to Irungu (2019), prisons lack post-release plans due to the lack of post-release crime reduction policies and programs. In his study, he found that 75% of those released from prison were likely to commit other crimes and 50% had a higher chance of returning to prison. However, most people who are sent back into society return to prison at worrying rates because of dysfunctional reintegration systems. Analyzing juvenile correctional and training rehabilitation centers aimed at establishing the effectiveness of rehabilitation programs at the Kamiti Rehabilitation Center, Otukho (2018) found that the lack of sufficient resources in the correctional facilities, lack of modern training equipment and insufficient professional staff are barriers to effective rehabilitation.

2.2.4 Community Factors and Recidivism

Released prisoners are normally labelled as criminal which stigmatizes them. This labelling of ex-convicts by the community may cause reoffending for many of the inmates for fear of being labeled criminals. If someone has been imprisoned for theft, they are always considered a thief. This forces them to respond to being labeled as criminals, creating fertile ground for renewed criminal activity. In addition, the criminals labeled as criminals are stigmatized because of their criminal record in all government, civic and community engagements. Individuals, families, neighborhoods, communities and other stakeholders have negative attitudes towards these released prisoners and are considered dangerous.

An environment with a less negative peer influence reduces recidivism while positive social interaction with supportive family and friends reduces negativity and creates a conducive environment for ex-convicts to heal. The effectiveness of prison rehabilitation programs depends on the types of interaction prisons facilitate. Social interactions within neighborhoods and prisons are important determinants of criminal behavior. Billings, S B. (2020).

Coupland (2020) reviewed the protective factors and their association with treatment changes and community recidivism in Colombia and found that positive change is significantly associated with a reduction in violent and community recidivism. Pegu (2021) identified risks associated with youthful offenders in India and noted that the environment in which these offenders came from determines their behaviors post release. Stigma and labeling of offenders are demeaning and, in the process, the labeled ex-offenders feel devalued and are looked down by the rest in the society which facilitates recommitting of offences.

The environmental factors have a role in determining and influencing the lives of youth after prisons. Where some are born of supportive families, others struggle to enable them to meet their daily needs while others opt to reoffend in order to meet these needs. Pegu (2021) also noted that the environment in which one is raised contributes to participation in criminal activities. The neighborhoods individuals are exposed to influence many important long-term outcomes, including income, education, marriage, fertility, and even involvement in crime. (Sviatschi et al., 2019).

Gama, Chipeta, Phiri, and Chawinga (2020) in Malawi found that the risk of re-incarceration is higher when inmates fail to re-enter the community due to inadequate rehabilitation. Similarly, Meseret (2018) reports a lack of rehabilitation equipment as well as skilled rehabilitation officers to develop appropriate interventions for inmates. Adjorlolo and Chan (2019) noted that there are no assessments in Ghana to assess offenders' risk of recidivism and the optimal type of treatment, and to assess the adequacy of treatment programs after release. It is therefore not surprising that in Lesotho, Ngozwana (2017) reports that inmates are released without community reintegration plans.

Communities share a common sense of place in any area, such as a village. Communities possess social ties that are essential to their identification, exercise, and place in social

institutions such as their home. In the context of offender reentry, the community is best viewed as those individuals who, through their normal interactions with the offender, have the greatest potential influence on, or are most affected by, the offender's behavior. This segment looks at the impact of community, faith, pro-criminal associates, and neighborhood context on recidivism. Oruta, EM. (2019).

Societal responses to incarceration and a variety of factors inside and outside prison facilities are responsible for the rise in recidivism. People's attitude towards prisoners and even those who are freed is discriminatory; They are labeled and stigmatized in society, which makes their (re)integration into society more difficult. Families can encourage inmate reform through examining the link between family risk, resilience factors and recidivism. Muthuri (2020) found that when families are at peace, inmates are likely to be advised to live in harmony with the family heritage and by the decision less Do harm. Be law-abiding. Aspects of the inmate's tolerance of criminal behavior are a way of reintegrating the prisoner into society.

In Kenya, when the only breadwinner, a man, is sentenced to prison, his children are not getting a proper education, and the government is spending millions of dollars on housing for inmates inside prisons. The use of appropriate learning strategies provides opportunities for increased participation in formal vocational education, broadens the academic horizons of inmates, and provides a second opportunity to learn the skills and competencies necessary for reintegration. This is essential for the proper implementation of vocational education in prisons, and failure to do so would render government initiatives and commitments to education as a rehabilitation strategy for prisoners in vain, resulting in lower enrollment rates, dropouts, prison overcrowding, and increased spending.

2.3 Chapter Summary and Research Gaps

Previous studies failed to exhaustively analyze the effectiveness of rehabilitative programs, the inmate's perception towards changes in behaviors and attitudes and how they may lead to recidivism in their scope. There are insufficient studies investigating correctional, individual and community factors leading to criminal reoffending in one study.

Simiyu, (2017), investigated on education levels among juveniles leading to recidivism, Kitaria (2014) did a study on social economic factors leading to recidivism among other researchers whose studies concentrated on one variable.

Stansfield (2020) examined changes in family conflict and violence after release from prison. Simiyu (2017), studied the factors contributing to juvenile recidivism revealed that most juveniles had low education levels attributed to other social economic factors, religion, lack of spiritual guidance which resulted to recidivism. This study is not only examining the family but the community and the external environment leading to recidivism

The study is holistically analyzing the internal and external environments that can lead to recidivism. Simiyu (2017) only investigated the levels of education and failed to look into other social demographic factors which may lead to recidivism.

Vilani Shachitra and Neranji Wijewardhana, 2020, noted that the prison-based rehabilitation programs were established with the aim of reducing criminal recidivism, addressing challenges in inmates' social integration, and promoting their employability after release.

A study conducted by Otukho (2017), which determined the effectiveness of rehabilitation programs at the Kamiti Youth and Training Center, found that there was no defined curriculum to enable effective rehabilitation of the youth housed at the facility. In his study he found that there was a lack of sufficient resources for the education of young people. Most

professional training programs and formal education were not offered at the institution due to a lack of modern facilities, so other courses at other institutions were recommended.

Simasiku (2018) examined the social factors contributing to recidivism in Mukobeko maximum correctional facility and found out that there were social factors which contributes to recidivism. he obstacles to the reintegration of prisoners into society are the reason for the increasing influx of prisoners into prisons due to the high rate of recidivism among offenders. Due to the use of outdated tools and equipment found in prison, prisoners did not have sufficient marketable and professional skills

According to Irungu (2019), prisons lack after release plans since there are no policies and programs to curb crimes after release. In his study, he found that 75% of those released from prison were likely to commit other crimes and 50% had a higher chance of returning to prison. However, most people who are sent back into society return to prison at an alarming rate because of dysfunctional reintegration systems.

Lack of sufficient knowledge on criminal recidivism and that which informs future programming for prisons and stakeholders with intentions to supporting criminal reforms is guiding this study.

CHAPTER THREE

RESEARCH DESIGN METHODOLOGY

3.1 Research Design

According to Kombo and Tromp (2016) research design is the exercise of data collection and analysis to combine with research objectives. This is the conceptual purpose under which research is conducted, providing a blueprint for data collection, measurement and analysis.

This study is based on a cross-sectional survey design using mixed methods of data collection and analysis. Cross-sectional research results are based on the views and behavior of selected individuals. This allows researchers to study participants only once, avoiding the need to track all participants for future studies (Rubin & Babbie, 2008).

3.2 Site Description,

Nakuru main prison is located -0.2633692547481404 latitude and 36.05493455853551 longitude, in London ward, Nakuru town west constituency Nakuru county.

3.2.1 Study Population

The prison contains offenders in a human way both pretrial detainees and prisoners who are admitted from different court systems. Its headed by an Assistant Commissioner of Prisons, a deputy and other high ranks officers manning different departments within the correctional facility. Different departments are allocated daily duties which are aimed at supporting the inmates through various prisons programs and supporting them access other services with the overall goal aimed at containing the offenders in humane conditions. Nakuru Main prison hosts over 1500 inmates, both pretrial and convicted.

3.2.2 Target Population

The study targeted one hundred and six (106) respondents, ninety-six (96) recidivists both prisoners and pretrial detainees and ten (10) officers from the documentation offices, welfare, industry and paralegal office as the key informants of the study.

3.3 Sample and Sampling Techniques

According to Kombo and Tromp (2016), sampling refers to the procedure or process of selecting a large number of individuals from a population such that the selected group contains items representative of traits found in the group as a whole. The sample results represent the results for the entire target group. Therefore, to improve generalization of results, it is important to have a study sample that is truly representative of the entire study population in terms of size and sample selection.

Random sampling was performed on each subgroup to create the study sample. However, it is worth noting that the study included only those inmates who had a criminal record and had participated in rehabilitation programs prior to being re-incarcerated.

The Nakuru Main Prison records were used to identify and classify the pre-trial detainees and prisoners. A stratified random sampling technique was applied to prison officials to create a homogeneous subset of prison officials who had served over five years in the documentation, social services, industry, and paralegal departments due to their extensive experience in prison rehabilitation.

The study was conducted in Nakuru main prison. Respondents were selected randomly from a segment of detainees with previous criminal record. The sample size was determined according to Cochran (1977)

$S=Z^2 *P(1-p)/M^2$

Where

S= Sample size

Z= Z-Score (confidence level)

P= population proportion (50%) = 0.5

M =Margin of error = 5% = 0.05 – (Small amount that is allowed in case of miscalculation or change of circumstances)

Confidence level - if 95% then we use 1.960 score (probability that the value of a parameter falls within a specified range of values)

Z=1.96, P=0.5, M=0.05

$S= (1.96)^2x0.5(1-0.5)/(0.05)^2$ S=3.8416x0.25/0.0025

S=384.16

Adjusting to the total population of Nakuru Main prison based on the lockup figure in August was 1680 prisoners. Out of the number, 128 inmates consented to participate in the study and had had previous criminal records. A sample was therefore selected from the 128 recidivists.

S=384.16/1+((384.16-1/128)) =3.0

S=384.16/1+3= 384.16/4

S=96.04

S=96

Table 1: Distribution by age of the number of re-offenders in Nakuru Main prison

Category	20-25 years	26-30 years	31-35 years	36-40 years	**Totals**
Convicted	13	20	10	8	**51**
Pretrial detainee	9	23	8	5	**45**
Prison officers(Key informants)	-	1	4	5	**10**
Totals	**22**	**43**	**18**	**13**	**106**

Source: Researcher (2022)

Table 2: Sample Matrix

Category	Population	Sample size	Sampling Technique
Convicted prisoners	75	51	stratified random sampling
Pretrial detainees	63	45	stratified random sampling
Prison officers (Key informants)	28	10	stratified random sampling
Total	**166**	**106**	

Source: Researcher (2022)

3.4 Methods and Instruments of Data Collection

The study used a questionnaire containing both open and closed questions. The Key Informant Interview (KII) guide was used as a guide for prison officers participating in the study, while focused group discussion guide steered the engagement with inmates during discussions.

3.4.1 Questionnaires

Questionnaires contained different aspects concerning the subject of study. This was used as the main instrument of collecting quantitative data. The questionnaires were administered to recidivists using a face to face approach. They were pre-coded to facilitate the process of data entry into SPSS which was used for analysis. The questionnaires were preferred because they are easy to manage, less expensive than other data tools, and timely to deploy. There were two sections; Section A focused on the demographics of the respondents, while Section B included questions about study objectives.

3.4.2 Key Informant Interviews

Key informant's interviews collected qualitative data from the respondents, which was used to supplement the qualitative data collected from the questionnaires. In this study, 10 key

informants selected from the documentation, prisons welfare, industry and paralegals were interviewed based on their experience and knowledge of recidivism.

The main strengths of interviewing key informants are that they provide an expert perspective, they allow the researcher to gain contextual understanding of the respondents, they have access to information that is not publicly available and have personal experiences of the recidivists.

While the views of many individuals, including minority and silent majority views, are reflected, the main weakness is that the relationship with the informant can influence the information obtained, people's impressions and prejudices, information that can be difficult to quantify. The key informants were selected using the purposive sampling technique.

3.4.3 Focus Group Discussions

Five (5) FDGs were conducted to collect information from the inmates. This is a form of qualitative research that selects inmates based on their age and asks them questions about their opinions and beliefs about recidivism. This served to collect qualitative data to complement the quantitative data from the questionnaires. The FDGs consisted of 8 to 12 members and a safe space was created to allow free discussion, protection and safety. A focus group discussion is a useful way to gauge response from respondents. It provides immediate suggestions for improving a concept and provides information about the current status of the respective situation.

3.5 Reliability and Validity

Validity

This applies to the degree to which experimental test results provide a clear description of what will happen and why (Jupp, 2017). Assessing the ultimate reliability of experimental results can be achieved by discussing estimate validity, interpretation validity, and generalization validity (Jupp, 2017). Measurement accuracy is the question of whether a research tool, such as a survey, tests what it is supposed to do. Explanatory reliability means questioning whether the theories and assumptions derived from the research are correct for the specific topics. The feasibility of generalization involves determining whether the conclusions drawn from a particular study can be applied to other individuals by collecting a representative sample from the community identified in the survey. The researchers submitted the tools to the supervisor to determine which concepts the tools measure and whether the items would represent the phenomenon of the study. In addition, a pilot study was conducted at Nakuru Main Prison to test the data collection tools. This included the selection of five percent of the sample, the administration of questionnaire and the survey. The researcher reviewed the questionnaire for completeness and clarity.

Reliability

This is the extent to which measuring devices provide consistent results (Jupp, 2017). The test-retest method was used to assess reliability, with the researcher expecting to get the same response when measuring a little more than once with an instrument (Maxfield & Babbie, 2015). Data was collected from the 96 respondents using questionnaires and interviews for the 10 key informants. To ensure data reliability from the questionnaires, focused group discussions and interviews, triangulation was administered, which created room for relationship between the data sources and a comparative analysis conducted in such a way

that the commonalities between the sources are identified as results and conclusions. The researcher used this technique to give the same respondents data collection tools after a week to determine the consistency of the answers given.

3.6 Data Analysis Procedures

According to Kombo and Tromp (2016), data analysis refers to examining what has already been collected and drawing conclusions and inferences. The aim is to uncover underlying structures and extract important variables, identify anomalies and test assumptions. During the analysis process, the researcher identified relationships or discrepancies that support or conflict with the original objectives. Analysis helps us understand data, draw conclusions, and make decisions. Qualitative data was analyzed thematically while quantitative data were described numerically. Data was presented in tables and charts.

3.7 Ethical Considerations of the Study

The researcher considered the ethics standards of such studies when carrying out this study. The researcher tried to avoid copying and fraud, but also took advantage of the trust and privileges that she acquired in order to carry out this study. This was accomplished by ensuring that the names of respondents, key informants and focus group panelists, and the number and location of prisoners were not disclosed during the study.

In addition, informed consent form that was presented to respondents after they had been informed that their best interests were being protected. Finally, permission to conduct the study was obtained prison's headquarters, License from NACOSTI, and the Nakuru Main prison officer in charge received a signal to support throughout the study from the prison's headquarters. Interactive sessions were organized in prison in order to share information on the study findings. This will inform the welfare and the prisons department make informed decisions while selecting teams for the prisons discharge boards and who should include the

probations and aftercare services considering their roles in the inquiry reports and assessment reports done throughout the trial process. The prisons industry and welfare departments would make informed decisions while admitting inmates and engaging them to various programs in future.

The researcher assessed the potential risks and benefits of the study and minimized the possible risks by avoiding words that may do harm to the respondents. The benefits of the study outweighed the potential risks. Extra precautions were taken to ensure well-being of inmates, fair treatment to bias and conflict of interest.

CHAPTER FOUR

DATA PRESENTATION AND INTERPRETATION OF FINDINGS

4.1 Demographic Characteristics

These are issues that would affect respondents' ability to successfully re-enter the community after release.

4.2 Presentation of Data Analysis

Data gathered was presented in tables and graphs. The qualitative data is thematically expressed and analyzed in statements based on the findings while the quantitative data is presented using frequency and percentage tables and graphs. Rehabilitation Programs and Recidivism, Correctional Factors and Recidivism, Community Factors and Recidivism and the respective variables

4.2.1 Individual Social- demographic Factors and Recidivism

4.2.1.1: Age of Respondents

43(44.8%) of the respondents aged between 26 to 30 years had reoffended more than twice and had been accused of committing a serious offence during the second time of their period in custody, followed by youth of between 20-25 years at 22 (22.9%), 18(18.8%) of the respondents were aged between 31 and 35 years, while 13(13.5%) were aged between 36 and 40 years. The number, based on the interviews conducted may be attributed to the social economic issues of offenders while mingling in the normal life within the areas of residence. The nexus between the age of respondents and recidivism is attributable to the life goals that each of the age groups would like to achieve and if this fails, the levels of frustrations, the urge to compete to achieve them may lead to their criminal behaviors. Individuals above the ages of 36 years are likely to rethink of settling in life in terms of having families, concentrate

on family social bonds and support for their children unlike young adults still struggling to make ends meet to enable them settle with their families.

Table 3: Age of respondents

The table represents respondents age brackets and helps in analyzing whether a persons age can lead to recidivism

	Frequency	Percentage
20-25 years	22	22.9
26-30 years	43	44.8
31-35 years	18	18.8
36-40 years	13	13.5
Total	96	100.0

Source: Researcher (2022)

4.2.1.2: Respondents Marital Status

37 (38.5 %) of the respondent were not married, 26(27.1%) married, 22(22.9%) were separated while 11(11.5%) divorced. This confirms the behaviors of respondents whose actions may not be for the benefits of their families but which is attributed by other factors, for instance the social groupings, the labeling at the community levels and peer pressure. Divorced respondents confirmed that they recommitted offences in order to run away from the phycological labels and non-commitments, frustrations and search for comfort and peace. The separated committed offences in a revenge mission, married indicated that they did this in response to the urgent needs of their families while the single respondents needed resources to resettle or startups in life

Table 4: Respondents marital status

The table represents respondent's marital status which will guide in analyzing whether a person's status can lead to recidivism.

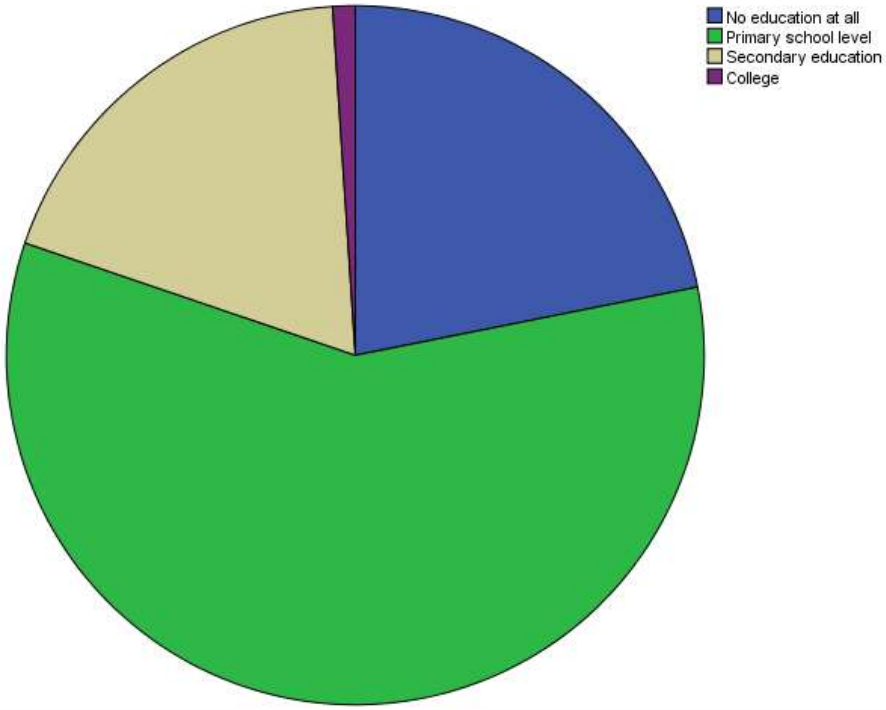
	Frequency	Percentage
Single	37	38.5
Married	26	27.1
Divorced	11	11.5
Separated	22	22.9
Total	96	100.0

Source: Researcher (2022)

4.2.1.3: Respondents Level of Education

Respondents regroup themselves based on their levels of understanding and how they can communicate to each other. 46(58.3%) of the respondents had received education to primary school levels, 25(21.9%) had no education at all, 18(18.8%) to secondary education while 6(1%) are educated up to a tertiary level. Other than securing own business, the other means of livelihood to them would be to sustain themselves illegally. The nexus between education levels and recidivism clears that majority of respondents gained up to primary level education majority being below class six. This makes it difficult for them to secure gainful employments ending up with casual jobs in which they may be employed by others and living below poverty lines and in which they are not able to sustain.

Figure 2: Respondents Level of Education



Source: researcher (2022)

4.2.1.4 Respondents employment history

51(53.1%) were not employed while 35(36.5%) were employed before arrest.10 (10.4%) were self-employed with small scale businesses. Majority of those employed worked as casual laborers, farmhand workers, domestic work, sales persons, while the unemployed ones were not in any gainful legal means of income.

Table 5: Percentage Distribution of Respondents based on Employment History

The presentation will assist the researcher in identifying whether a person's employment history can lead to recidivism

	Frequency	Percentage
Yes	35	36.5
No	51	53.1
Total	86	89.6
Others	10	10.4
Total	96	100.0

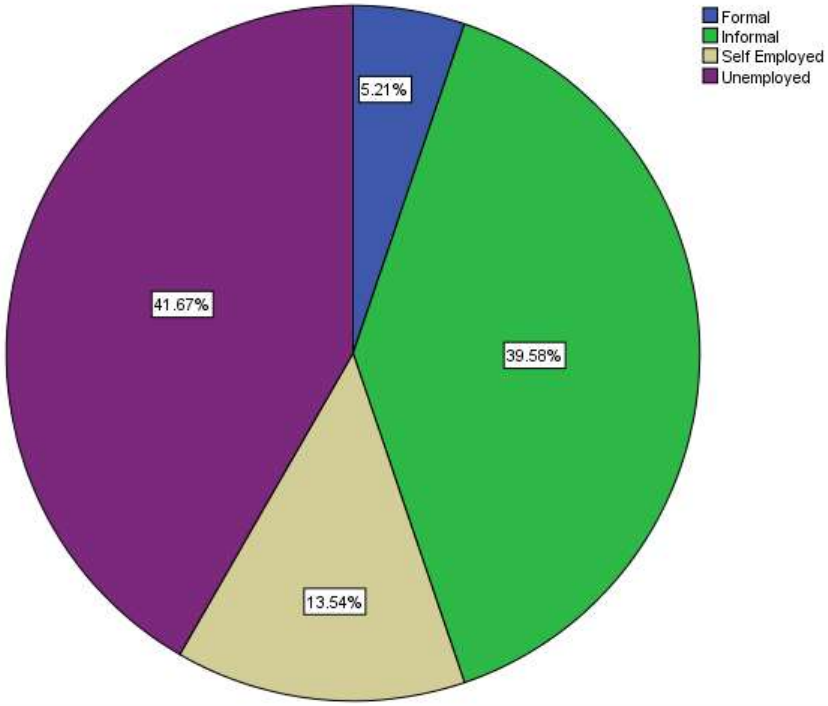
Source: researcher (2022)

4.2.1.5 Respondents means of livelihood other than employment

41 (41.7%) of the respondents are unemployed,35 (39.6%) are in an informal means of employment, 15(13.5%) are self-employed, while10 (5.2%) are formally employed. The respondents who were self-employed were engaged in areas of *boda bodas*, hawking, who may not have a stable livelihood while the majority are unemployed. The recidivism rate is highest among the unemployed because it is difficult for them to earn a living legally in this way resulting to crime and even worse still recommitting serious offences.

Figure 3: Percentage distribution of respondents based on other means of livelihood other than employment

The researcher was finding out the other means of livelihood that the respondents relied on to enable identify whether lack of a gainful employment can lead to recidivism



Source: Researcher, 2022

4.2.1.6 Respondents offences committed during the first arrest

46(47.9%) of the respondents were accused of stealing, 14(14.6%) were accused of assault related offences, 12(12.5%) committed robbery related offences, 10(10.4%) obtained other people's moneys by false pretenses while others were misdemeanors ranging between 1 to 3 respondents. Respondents who engaged in stealing offences as first-time offenders had no means of livelihood and opted to look for the easiest ways to gain, most of who resides in the informal urban informal settlements. From the rural areas, respondent accused of stealing had stolen farm produces, like food items and could site instances where their families had no

food on the table. Some of the respondents who lived in the informal settlements could speak of instances where they are forced to cause some chaos and as people disperse, find a way to steal their goods, especially in public gatherings. Some assault cases were caused to address some anger issues either to their family members or friends as some cited instances where they could cause some violence as a means of anger management.

Table 6: Percentage distribution of respondents based on offence committed during the first arrest

	Frequency	Percent
Assault	14	14.6
Attempted defilement	2	2.1
Breaking	1	1.0
Drunk and Disorderly	2	2.1
Grievous Harm	1	1.0
Indecent Act	1	1.0
Indecent Assault	1	1.0
Obtaining	10	10.4
Rape	1	1.0
Robbery	12	12.5
Stealing	46	47.9
Stealing by servant	3	3.1
Stealing farm produce	1	1.0
Trespass	1	1.0
Total	96	100.0

Source: Researcher (2022)

4.2.1.7 Respondents offences committed during the second arrest

Respondents confirmed having committed serious offences during their second arrest. Some of those who had been accused of stealing were arrested of having committed robbery with violence at 28(29.2 %,) stealing at 16(16.7 %,) robbery at 12(12.5 %.) Serious offences like defilements and grievous harm were also committed during their second arrest at7 (7.3 %.) Preparation to commit a felony, murder charges, obtaining money at 6(6.3%), assault at 5(5.2%) rape at 2(2.1%) and obtaining by false pretenses at 1(1%). The second arrests attracted a more serious offence and in which offender spend much more time in custody as compared to misdemeanors. Respondents expressed interests in spending some time in custody as compared to being released due to the "harsh" as they termed it, conditions outside prison, including labeling and rejection by the families and the communities, lack of gainful employments to sustain self and lack of resources to set up own businesses. Respondents who had interacted with the rehabilitative programs during their first time in custody expressed their non-commitment to engage in the same due to lack of start up after discharge and also the competitiveness in the job market. They could cite alternatives based on personal interest as well as participatory engagement during admission that could make respondents choose what best suited them.

Table 7: Percentage distribution of respondents based on offence committed during the Second arrest

	Frequency	Percent
Assault	5	5.2
Defilement	7	7.3
Grievous harm	7	7.3
Murder	6	6.3
Obtaining by false pretenses	6	6.3
Obtaining money	1	1.0
Preparation	6	6.3
Rape	2	2.1
Robbery	12	12.5
Robbery with Violence	28	29.2
Stealing	16	16.7
Total	96	100.0

Source: Researcher (2022)

4.2.1.8 Respondents period taken before second arrest

39(40.6%) spent more than one year and in less than three years were rearrested, some other 27(28.1%) spent more than three years and less than five years before rearrests, 18(18.8%) spent more than 5 years while8(8.3%) had more that 3 months and less than one year,4(4.2%) had spent less than 3 months before rearrests. The period in which one interacts with the outside world would determine the nature of offence recommitted and the magnitude. Majority of the respondents who had spent more than 3 years had recommitted a serious

offence as compared to other misdemeanors. This can as well be attributed by the area of residence, the peers and the community and family perceptions.

Table 8: Percentage distribution of respondents based on period taken before the second arrest

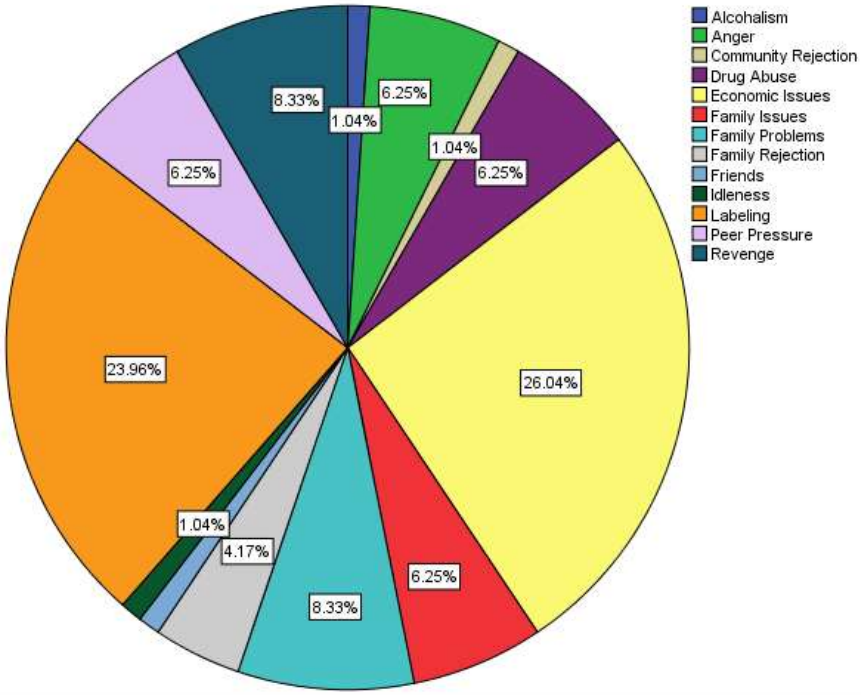
	Frequency	Percent
less than 3 months	4	4.2
More than 3 months and less than a year	8	8.3
More than a year and less than 3 years	39	40.6
More than 3 years and less than 5 years	27	28.1
More than 5 years	18	18.8
Total	96	100.0

Source: Researcher (2022)

4.2.1.9 Respondents reasons for reoffending

26.04% alleged that economic hardships drove them to recommitting the offences for the second and third times, 24% alleged that community labeling led to their recommitting the offences, Revenge for the complainants at 8.3%, anger, drug abuses, family issues peer pressure among others led the respondents to recommitting the said offences.

Figure 4: Graphical representation of respondents' reasons for re-offending

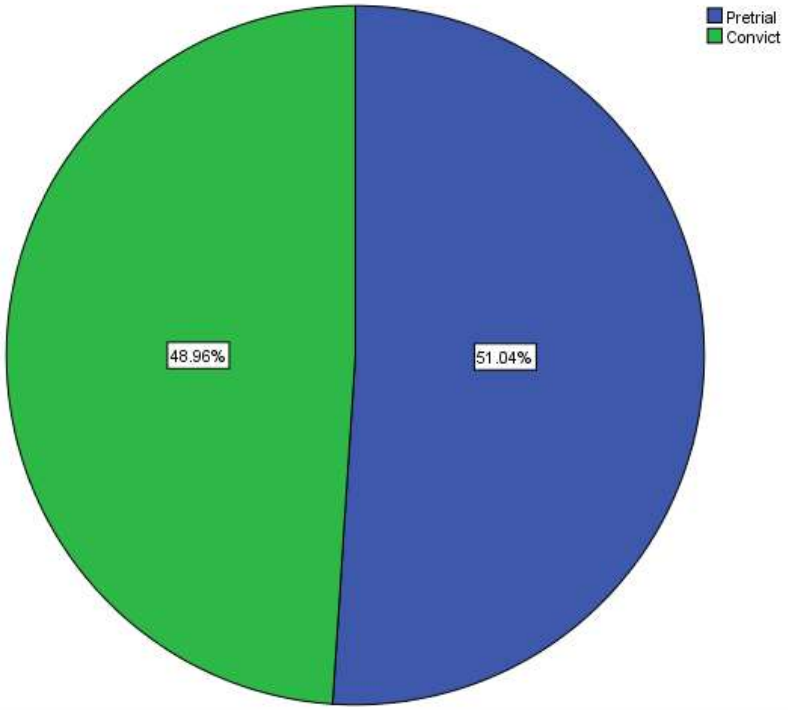


Source: Researcher (2022)

4.2.1.10: Representation of respondents

50(51.04%) of the respondents were pre-trial detainees while 46(48.96%) were convicted prisoners. The number of accused persons was higher compared to prisoners who consented to participate in the research. The beneficiaries of the rehabilitation programs are prisoners while little or no attention on rehabilitation is given to the pretrial detainees as most of them may be on transit back home either through other alternatives like cash bails and bonds, withdrawal of cases or other alternatives to incarcerations. The number of recidivists at the pretrial stage were alarming as some recommit offences after discharge through cash bails and bonds.

Figure 5: Graphical Representation of Respondents

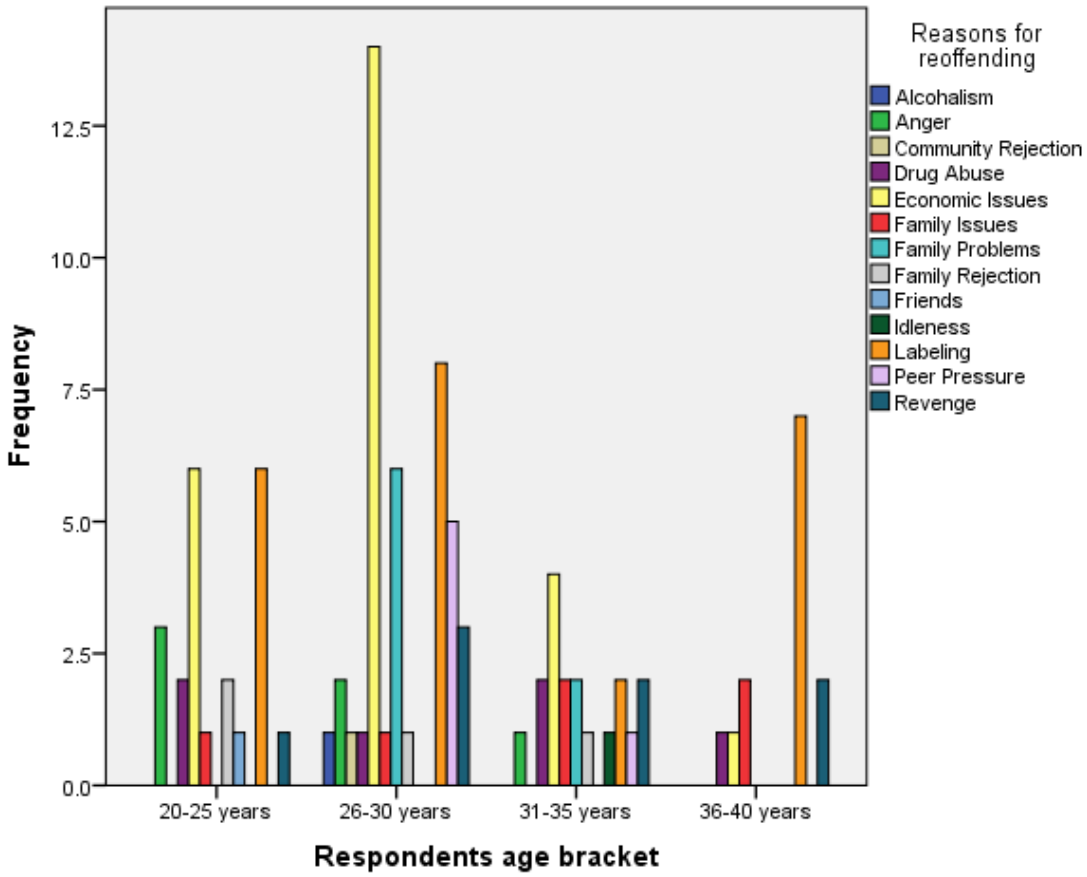


Source: Researcher (2022)

4.2.1.11 Comparison of respondents age and reasons for reoffending

Respondents between the ages of 26 and 30 years decried reoffending sue to the harsh economic issues. Its noted that the majority in this age group were jobless and hence the hit from the economy. The age group after assessment did not have a family of their own and therefore committing offences meant nothing to them. The feeling of hopelessness was real as most respondents had no plans to change even after attending the available rehabilitative programs. Most of not all felt that the programs can only be affected if there is better rehabilitative programs from within the prisons and after life in custody. In the prisons setting, the pretrial detainees have so much time to mingle with the peers inside prisons unlike the convicted one since they are engaged in other programs and duties. The number is attributed to the fact that, most pretrial detainees had much time outside unlike the convicted inmates who were out participating in different engagements

Figure 6: Comparison between the age of respondents and the reasons for reoffending

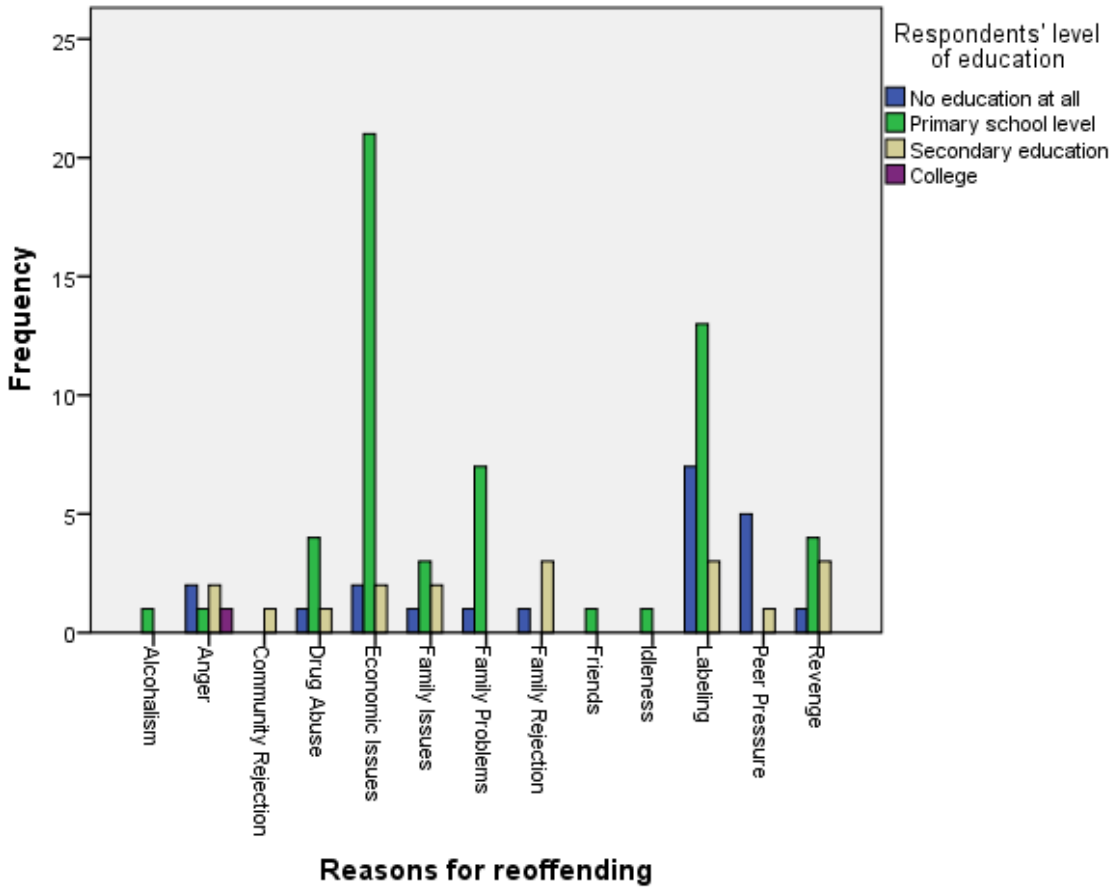


Source: Researcher (2022)

4.2.1.12 Comparison of respondent's education levels and reasons for reoffending

21(25%) of the primary school leavers and were the hardest hit by economic related reasons to recidivism, followed by 16% labelling, family related problems, desire to revenge against their accusers, besides peer pressure, anger and drug abuse. Labeling was also cited as a reason to offend besides peer pressure for respondents who has acquired primary level education and those with no education at all. Anger was quoted as a reason for reoffending by respondents with tertiary level of education and the respondents cited having committed assault related cases and obtaining someone's' money by false pretenses besides stealing by servant, an offence committed by virtual of being someone's employees.

Figure 7: Comparison of respondents Level of education and the reasons for reoffending



Source: Researcher (2022)

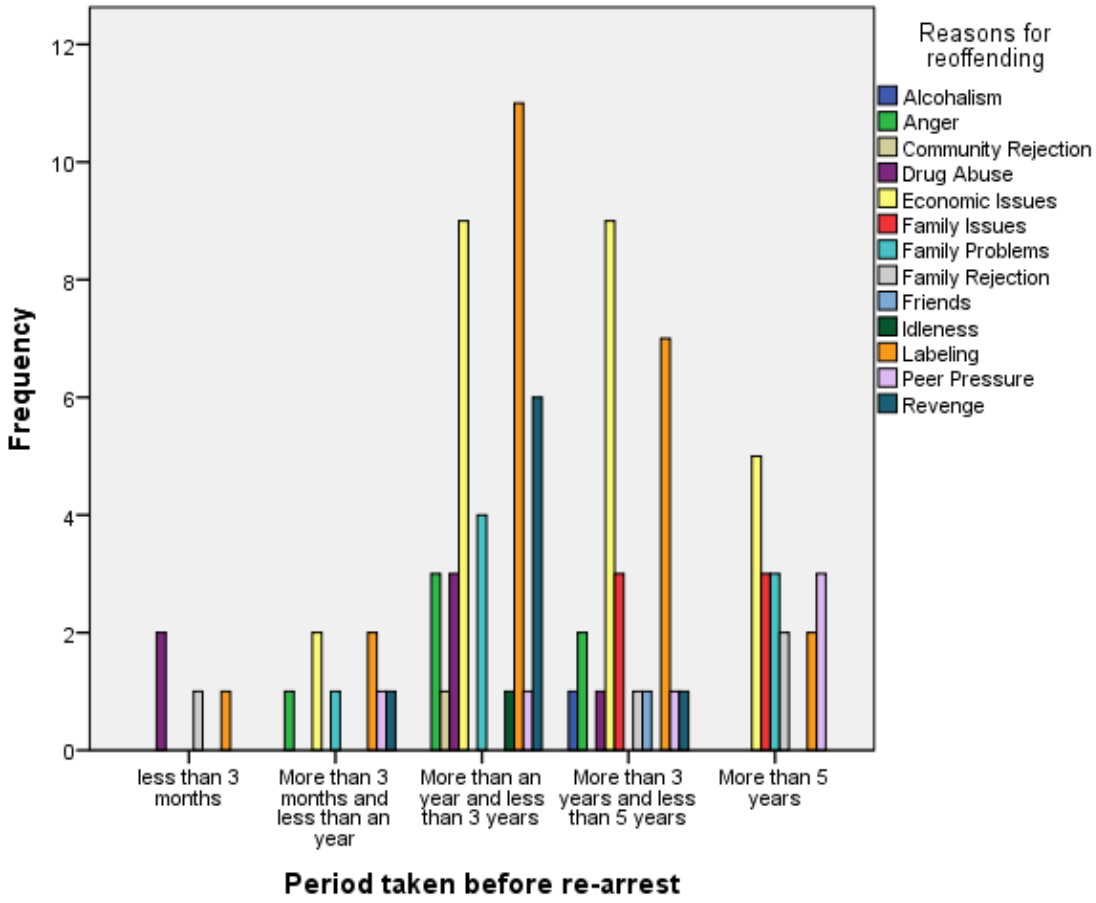
4.2.1.13 Comparison of respondent's reasons for reoffending and time taken before re-arrest

In less than 3 months, respondents had committed offences due to drug related issues, family rejection and labeling while in more than 3 months and less than a year, respondents had committed offences due to labeling, peer pressure, economic issues, drug abuses and anger. 25% due to labelling, 25% due to economic related issues and 12.5 due to family related problems and revenge, 16.7% had recommitted offences due to peer pressure, in less than 3 years and more than a year, 27.8% had recommitted offences due to economic related issues,

25% due to labelling and 12.5 % due to peer pressure. In more than 3 years and less than 5 years, 16.7% had recommitted offences due to peer pressure, 12.5 due to labeling,12.5 due to economic and family related issues. Economic related issues, family rejection and other related issues, labeling, revenge were cited as other common reasons to recidivism.

Social stigma and discrimination due to lack of sustainable livelihoods accompanied by family problems and rejection contributes to recidivism as well as labelling an individual can lead low self-esteem and a feeling of being unworthy. The respondents felt vulnerable to accessing the available opportunities to sustain themselves after discharge. The demand by the employers to have a certificate of good conduct as a requirement in compliance with the available resource's distances them from the reality of securing gainful opportunities. The communities and peers fail to associate with them due to fear, and would be forced to seek solace from other offenders, a situation that encourages them to engage in criminal behavior and thus relapse.

Figure 8: Comparison between period taken before re-arrest and the reasons for reoffending



Source: Researcher (2022)

4.2.2 Rehabilitation Programs and Recidivism

4.2.2.1 Satisfaction on Rehabilitative Programs

61(63.5%) of the respondents are not satisfied with the rehabilitation programs offered in prison, 22(22.9%) were neutral and couldn't have a clear response while 13(13.5%) are satisfied with the available programs. Previous studies in Sri Lanka in 2020 had established that rehabilitation programs can reduce the levels of recidivism after discharge.

While this assumption may be true and where respondents disagreed on the satisfaction of the programs offered, this study noted that respondents had some other workable alternatives which, if well explored would benefit them. This is in line with the performance report of 2017 which noted that rehabilitation can encourage an inmate's ability to successfully reintegrate into the society Msoroka, (2018) in his study concluded that education not be adequate to support rehabilitation processes. Majority of the respondents had the primary level education. This means that respondents may not use their education levels to choose of their satisfaction with the program, but the system could come up with ideas to support the respondents despite their levels of education.

Respondents quoted different reasons for recidivism as opposed to studies conducted earlier in Uganda where illiteracy levels and vocational trainings were cited. Institutional problems and policies hinder pretrial detainees not to engage through the rehabilitative programs.

Table 9: Representation of Respondent's Satisfaction with the Rehabilitative Programs

	Frequency	Percent
Disagree	61	63.5
Neutral	22	22.9
Agree	13	13.5
Total	96	100.0

Source: researcher 2022.

4.2.2.2 Respondents Participation in the available programs

Respondents are aware of all the available programs but unfortunately only the prisoners are allowed to participate. 63(65.6%) of the respondents disagreed that all prisoners in custody are allowed to participate in the available programs. This is because, pretrial detainees may leave custody due to various reasons such as bails and bonds or other alternative means awaiting trial.28(29.2%) had no comments and were not aware on who should participate and who shouldn't while 5(5.2%) agreed the participation of the available prison's rehabilitative programs. The respondents cited awareness of the said programs because of their previous engagements through the process.

Table 10: Respondents participation in the available rehabilitative programs

	Frequency	Percent
Disagree	63	65.6
Neutral	28	29.2
Agree	5	5.2
Total	96	100.0

Source: Researcher (2022)

4.2.2.3 Behaviour changes and rehabilitative programs

Respondents at 34(35.4%) disagreed that the programs offered leads to behaviour changes while 33(34.4%) were neutral, 29(30.2%) agreed that the programs offered are meant to support inmates change their behaviors. This, as cited by the respondent was that there are many other underlying issues that may not be tackled through the rehabilitative programs. Some of such issues were social, economic and environmental that could be tacked holistically.

Table 11: Respondent's Behavior Changes and Rehabilitative Programs

	Frequency	Percent
Disagree	34	35.4
Neutral	33	34.4
Agree	29	30.2
Total	96	100.0

Source: researcher (2022)

4.2.2.4 Adequacy and efficiency of rehabilitative programs

Respondents disagreed on the efficiency of the programs offered in the facility at 52(54.2%) either because they have not gotten enough skills before release or they lack support and proper reintegration, 29(30.2%) are neutral and have no comments on the said programs, either because they are not engaged as pretrial detainees or are not interested in participation. 10(10.4%) agreed with the efficiency, but then felt that they were not prepared before discharge on how they can use the skills gained in custody.

Table 12: Representation of responses on adequacy and efficiency of the rehabilitative programs

	Frequency	Percent
strongly disagree	5	5.2
disagree	52	54.2
neutral	29	30.2
agree	10	10.4
Total	96	100.0

Source: Researcher, 2022

4.2.2.5 Relevance of the skills acquired through the rehabilitative programs

53(55.2%) disagreed, 22(22.9%) strongly disagreed that the skills offered through the rehabilitative programs are relevant., 11(11.5%) agreed while 10(10.4%) were neutral and wouldn't want to comment on the programs the 11.5% who agreed on the importance of engaging themselves with the available rehabilitative programs and are aware that once taken seriously the skills can support them after discharge. The 55.2% who disagreed noted that even though respondents are taken through the programs, there lacks adequate ways of supporting them handle the outside world post release.

Table 13: Representation of responses on relevance of the skills acquired through the rehabilitative programs

	Frequency	Percent
strongly disagree	22	22.9
disagree	53	55.2
neutral	10	10.4
agree	11	11.5
Total	96	100.0

Source: Researcher (2022)

4.2.2.6 Suitability of skills acquired in the current job market

Respondents at 50(52.1%) disagreed, 31(32.3%) had no comments to make since they had not interacted with the rehabilitative programs before, 10(10.4 %) agreed while 5(5.2%) strongly disagreed. There is a linear relationship between the rehabilitative programs offered in prisons and the skills acquired. This means that if the rehabilitative programs do not meet the required skills, then the programs may not be efficient. While spending time in the prisons may lead to other issues, the programs ought to respond to the needs of the current market need in which the offenders take advantage of while incarcerated in order to use the relevant skills once released from the detention facilities.

Table 14: Representation of responses whether skills acquired suits the current job market

	Frequency	Percent
strongly disagree	5	5.2
disagree	50	52.1
neutral	31	32.3
agree	10	10.4
Total	96	100.0

Source: Researcher (2022)

4.2.2.7 Adequacy of skills acquired towards inmate's support

The rehabilitative programs according to the prisons are meant to support the inmates change their behaviors after custody and hence the skills gained should add value to their lives after discharge, However, some of the respondents had no idea on their existence either because they recommit offences while still undergoing trial or they are not interested in participation. Respondents feel that the skills seem irrelevant as most citizens are not interested in the products made through the skills for instance, carpentry, unless one has ready market, they need more other skills to complement what is offered, business skills, saving and lending among others.

Table 15: Representation of responses whether skills acquired are adequate to support inmates

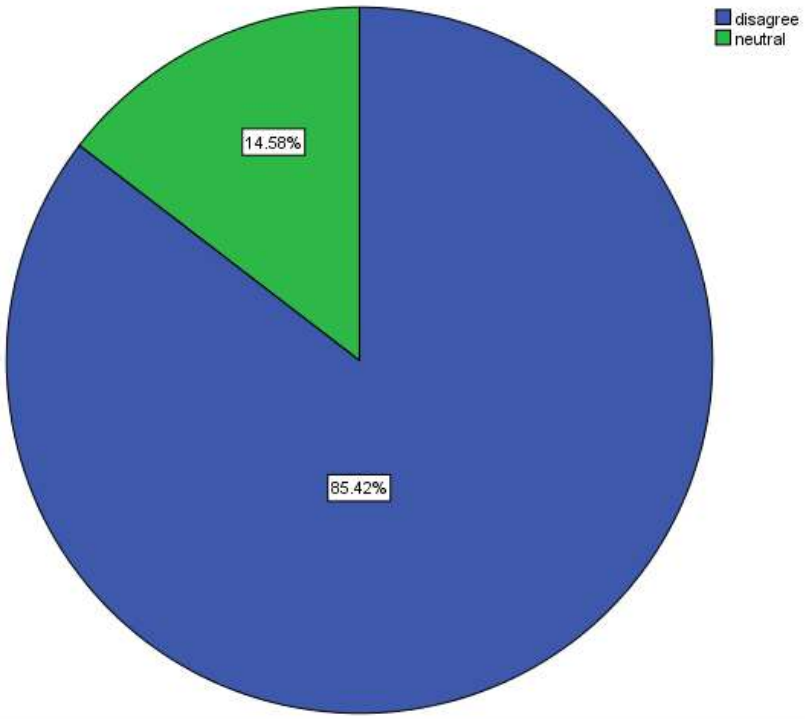
	Frequency	Percent
Disagree	35	36.5
Neutral	39	40.6
Agree	22	22.9
Total	96	100.0

Source: Researcher (2022)

4.2.2.8 Inmate's decision on the rehabilitative programs to engage in

Respondents at 84 (85.42%) felt that the inmates are not allowed to decide on the programs that they would need to engage in while12 (14.58%) had nothing to comment about the decisions they are supposed to make. Respondent felt that in most instances, the selections are done to inmates serving longer sentences and not everyone is involved.

Figure 9: Representation of responses on whether inmates are allowed to decide on the rehabilitative programs to engage in



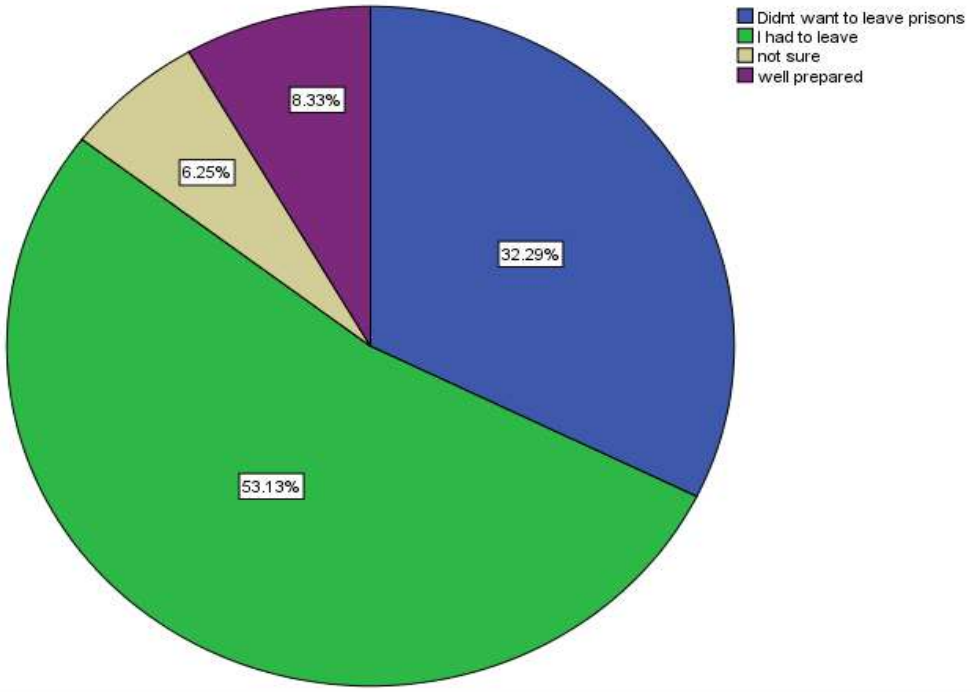
Source: researcher (2022)

4.2.3 Correctional Factors and Recidivism

4.2.3.1 Respondent's preparedness before leaving prison

53.13% of the respondents had to leave prisons since their time had lapsed despite the fact they felt not fully prepared. 32.9% didn't want to leave since they had nowhere to go and cited the hostile environment back home, 8.33% were prepared while 6.25% were not sure to leave or not. The respondents who were not willing to leave cited some unresolved issues at home and within their neighborhoods

Figure 10: Respondents preparation before leaving prisons

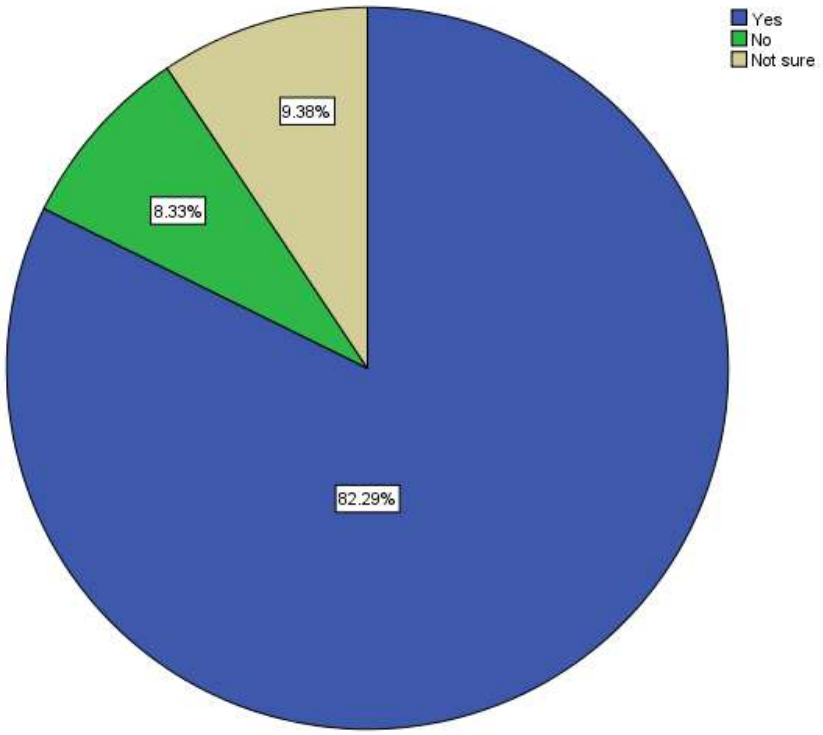


Source: researcher (2022)

4.2.3.2 Respondents opinion on overcrowding

82.29% are aware of the overcrowded prison facility while 8, 33% were not. According to respondents and who ought not to be in the correctional facilities. While they are well cognizant of the overcrowding. Majority of the respondents still wishes to remain there due to reasons well known to them.

Figure 11: Graphical Representation of Respondents and Opinions on Overcrowding



Source: Researcher (2022)

4.2.3.3. Relationship with other inmates

89(92.7%) are in good relationship with other prisoners and hence finds comfort while in custody while 7(7.3%) were not. This indicates how easy it is to learn from one another as most respondents feel that they are safe while in company of other inmates. It may also be a reason why after discharge the respondents recommit a serious offence than the previous one to enable them get back to their peers in custody.

Table 16: Representation of Respondent's Relationship with Other Inmates

	Frequency	Percent
Good	89	92.7
Poor	7	7.3
Total	96	100.0

Source: Research (2022)

4.2.3.4 Types of rehabilitative programs available in prison

Respondents are aware of the rehabilitative programs in prisons and cited carpentry at 45(46.9%). Masonry at 26(27.10%) and 25(26%) farming. These programs among others like education, guidance and counseling would add value if properly introduced to inmates. Respondents cited the need to allow them participate in choosing what programs would work for them unlike the situation where the system decides for them

Table 17: Representation of types of rehabilitative programs

	Frequency	Percent
Carpentry	45	46.9
Masonry	26	27.1
Farming	25	26.0
Total	96	100.0

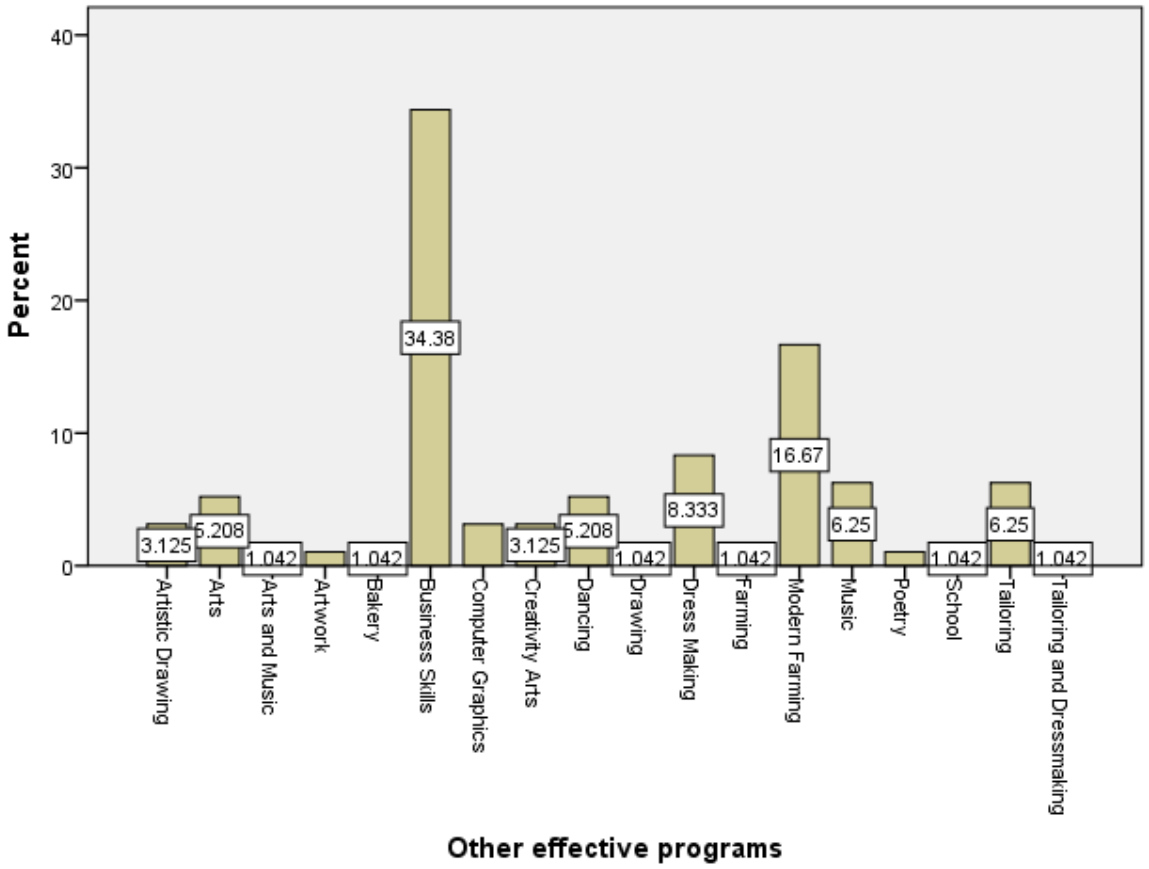
Source: Researcher (2022)

4.2.3.5 Other effective programs to support rehabilitation

While appreciating the available rehabilitative programs in prison, respondents felt that there is need to engage in other alternatives but effective rehabilitative programs. 16.67% of the respondents would like to be engaged in skills to understand modern farming as a rehabilitative method to support them back home after custody. At 34.38% of the respondents

felt that business skills, both orally and practical in maintaining business records and good customer relations would add value in their rehabilitative processes. Other programs like creative arts, dancing, dress makings and music were cited as offenders' rehabilitative programs.

Figure 12: Representation of Other Effective Programs to Support Rehabilitation

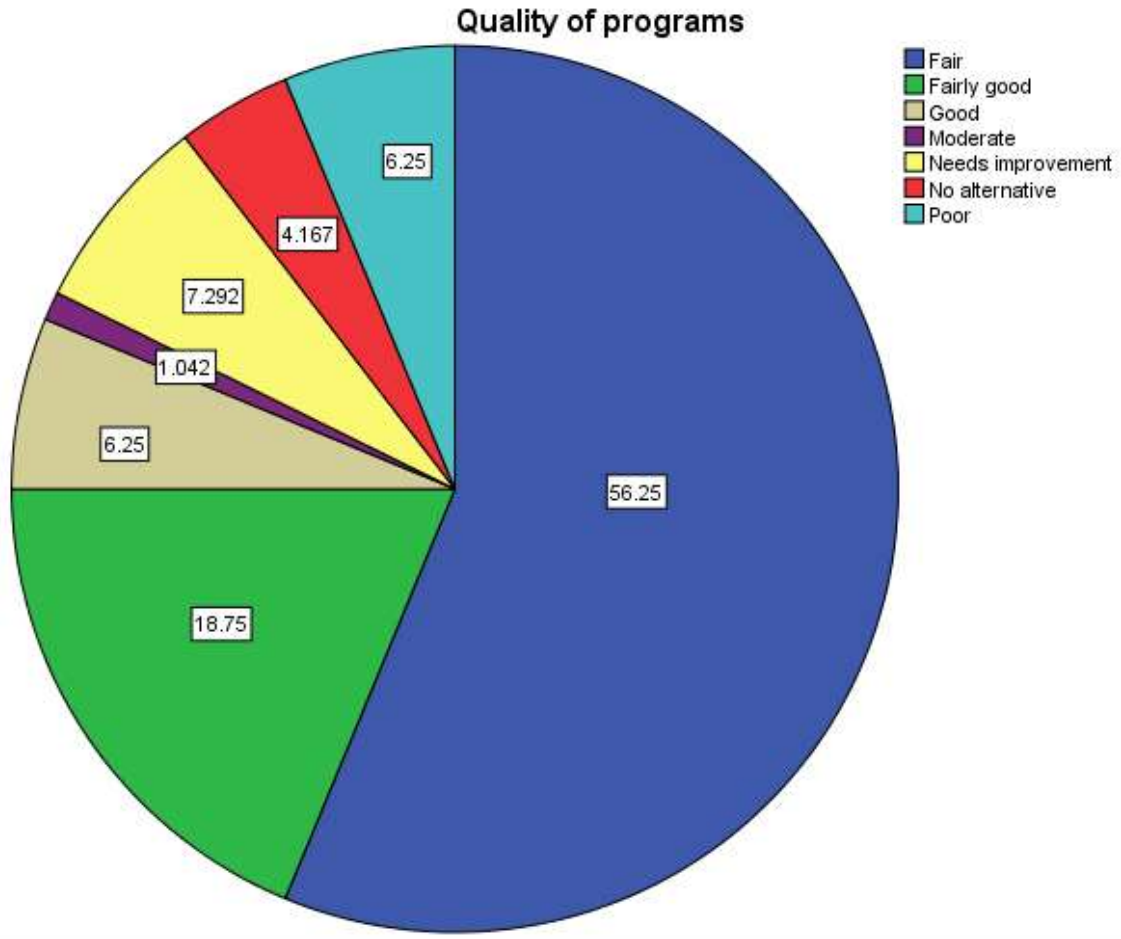


Source: Researcher (2022)

4.2.3.6 Quality of programs offered in prison

Respondents felt that the programs offered are fairly good because they keep them engaged at 18.75%, fairly good. Some 56.25% felt that the programs are fair, while at 7.292% felt that the quality needs some improvement.6.25% felt that the quality is good while 6.25 cited poor quality

Figure 13: Representation on quality of programs offered in prison



Source: Researcher (2022)

4.2.4 Community Factors and Recidivism

4.2.4.1 Community perception on respondents after discharge

92(95.8%) of respondents felt that there are negative perceptions from the community, either because there is a feeling that they are not fully rehabilitated or they still have some unfinished businesses, while at 4(4.2%) feel that the community has no issues concerning them. This indicates that there is need to engage the community throughout the processes of rehabilitating offenders especially through the community they came from. The engagement would as well support the healing processes of those offended and their families while creating awareness of acceptance after punishment to avoid recidivism.

Table 18: Community Perception on Respondents after Discharge

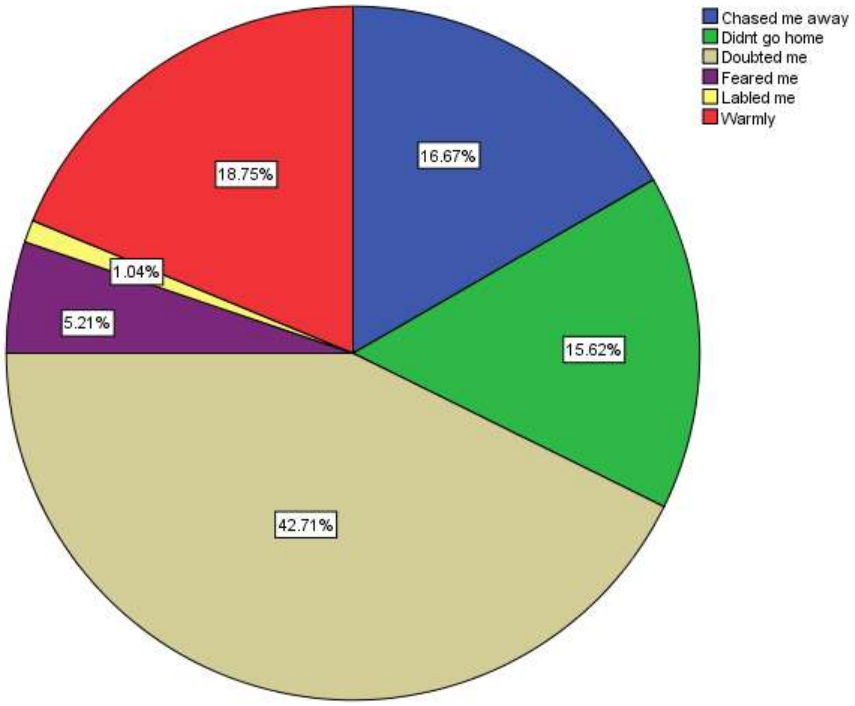
	Frequency	Percent
Negative	92	95.8
Positive	4	4.2
Total	96	100.0

Source: Researcher (2022)

4.2.4.2 Family perception on respondents after discharge

There is still doubts about ex-convicts by the family members at 41.71%. While 18.75% welcomed them warmly, some 16.67% chased them from home, 5.21% feared them and 15.62% of the respondents didn't get back home. Fear of stigma and labeling and a feeling that they committed offences in which their family members were not willing to forgive, fear and labeling were quoted as perceptions

Figure 14: Graphical Representation on Family Perception on Respondents after Discharge



Source: Researcher (2022)

4.2.4.3 Peers perception on respondents after discharge

Peers still welcome discharged persons warmly according to 48(50%) of the respondents while 28(29.2%) feared them. 11(11.5 %) lost some of their friends after discharge. There are still doubts at 9(9.4%) even after imprisonment.

Table 19: Peers Perception on Respondents after Discharge

	Frequency	Percent
Doubted me	9	9.4
Feared me	28	29.2
Lost Friends	11	11.5
Warmly	48	50.0
Total	96	100.0

Source: Researcher, 2022

4.2.4.4 Perception on respondents after discharge

Negative perceptions on discharged inmates could be a reason that makes them recommit offences after discharge according to 94(97.9%) of the respondents. There are a percentage of those who still label them and due to the rejection feel the need to recommit even more serious offences so that they can get back to prisons.

Table 20: Neighbors Perception on Respondents after Discharge

	Frequency	**Percent**
Negative	94	97.9
Positive	2	2.1
Total	96	100.0

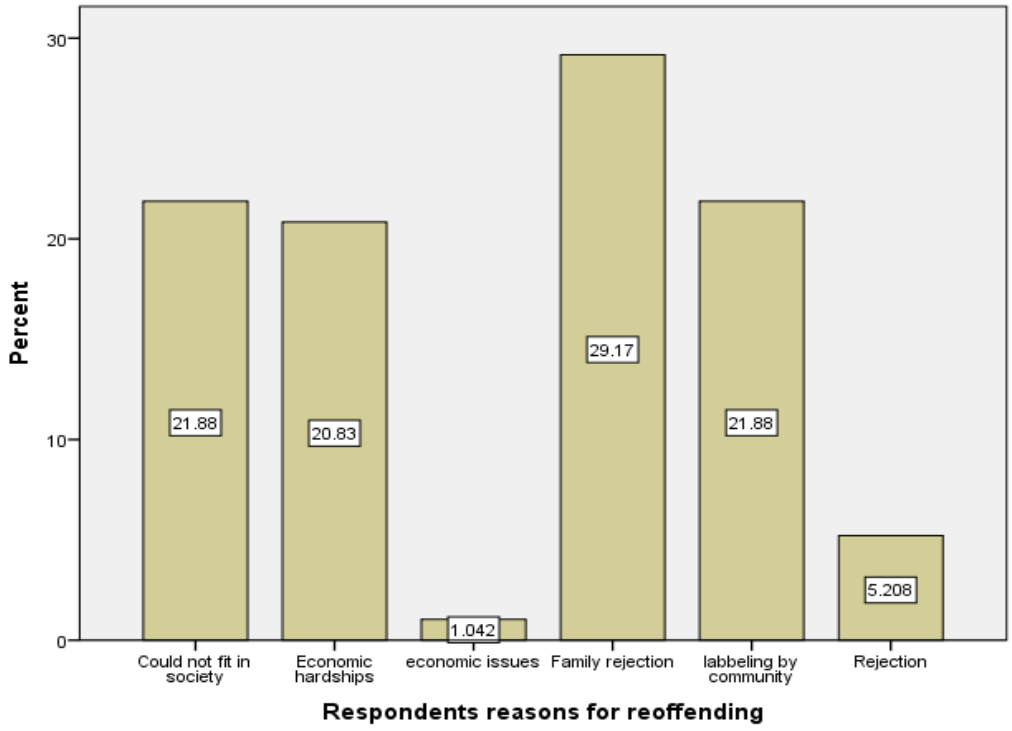
Source: Researcher (2022)

4.2.4.5 Reasons for reoffending

Respondents at, 29.17% were rejected buy their families and felt that the families ought to be the first point of contact as they plan to make ends meet after custody, 21.88% felt that they couldn't fit in the society and the community around labeled them, either because they

couldn’t afford to meet the needs of their loved ones and for self and therefore cowardly recommitted the offences as a run away from the hardships, 20.83% felt that economic hardships drove them to committing offences, he rejection drove them away as some quoted that they couldn’t even get a space to kick start their lives again. Their weakness couldn’t help them resists the offences they recommitted as they needed a speedy way of supporting themselves.

Figure 15: Graphical representation on the reasons for reoffending



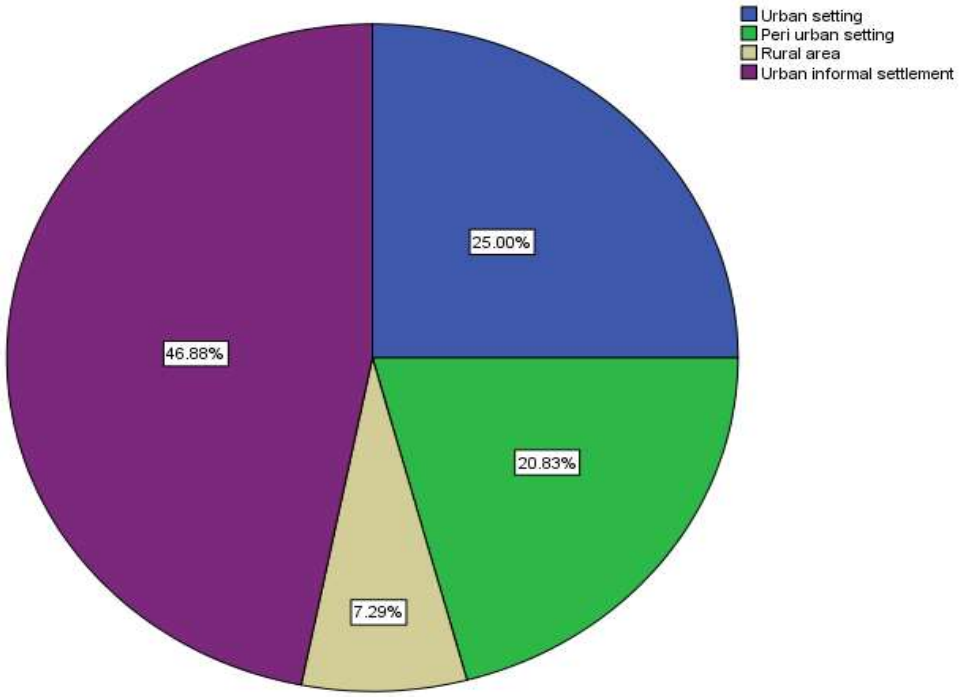
Source: Researcher (2022)

4.2.4.6 Area of residence before arrest

46.88% lives within the urban informal settlements, 25% in urban settings while 20.83% lives in peri urban areas. 7.29% of the respondents lives in rural areas. The connectedness of the places of residence and the common crimes within certain areas, coupled with the lifestyles and perceptions may lead to crime. The populations struggle for available resources may lead

to some less privileged citizen's engagements in illegal dealings as they struggle to make ends meet.

Figure 16: Graphical Representation of Respondents' Residential Areas before Arrest



Source: Researcher (2022)

4.2.4.7 The period stayed in the residential areas before arrest

61 respondents at (63.5%) have lived in the area where they were arrested from for less than a year and 33(34.4%) in less than 5 years 2(2.1%) had lived there for more than 5 years. This depicts the behaviors of accused persons who tend to relocate once crime has been committed in their previous area of residence. It's also clear, according to the respondents that the neighbor's negative perceptions demoralize them and therefore lack reasons to remain in the same areas post imprisonment.

Table 21: Table Representing the Period Stayed in the Residential Areas before Arrest

	Frequency	Percent
less than a year	61	63.5
less than 5 years	33	34.4
more than 5 years	2	2.1
Total	96	100.0

Source: Researcher (2022)

4.2.4.7 Common crimes in the area of residents before arrests

Stealing and mugging were the common offences committed in areas where the respondent's hails from while 67(69.8%) and 18(18.8%) respectively. There were some sexual offences, child abuse and robbery at 2(2.1%). Obtaining and use of drugs and substances abuses were at 1(1%) Most respondents live within the urban informal settlements, peri urban and urban settlements which is densely populated, hence high rates of crime.

Table 22: Table Representing the Common Crimes in the Respondents' Areas of Residents before Arrests

	Frequency	Percent
Child abuse	2	2.1
Drug Abuse	3	3.1
Drug and substance abuse	1	1.0
Mugging	18	18.8
Obtaining	1	1.0
Robbery	2	2.1
Sexual offences	2	2.1
Stealing	67	69.8
Total	96	100.0

Source: Researcher (2022)

4.2.4.8 Respondents friend's previous conviction history

69 respondents at71.9% cited a previous arrest of their friends. This, according to the respondents was due to peer influence and an urge to commit a serious offence as compared to the misdemeanor previously committed. In contrast, 27(28.1%) of respondents' friends have no history of previous arrests

Table 23: Table Representing Respondents' Friends' Previous Conviction History

	Frequency	Percent
Yes	69	71.9
No	27	28.1
Total	96	100.0

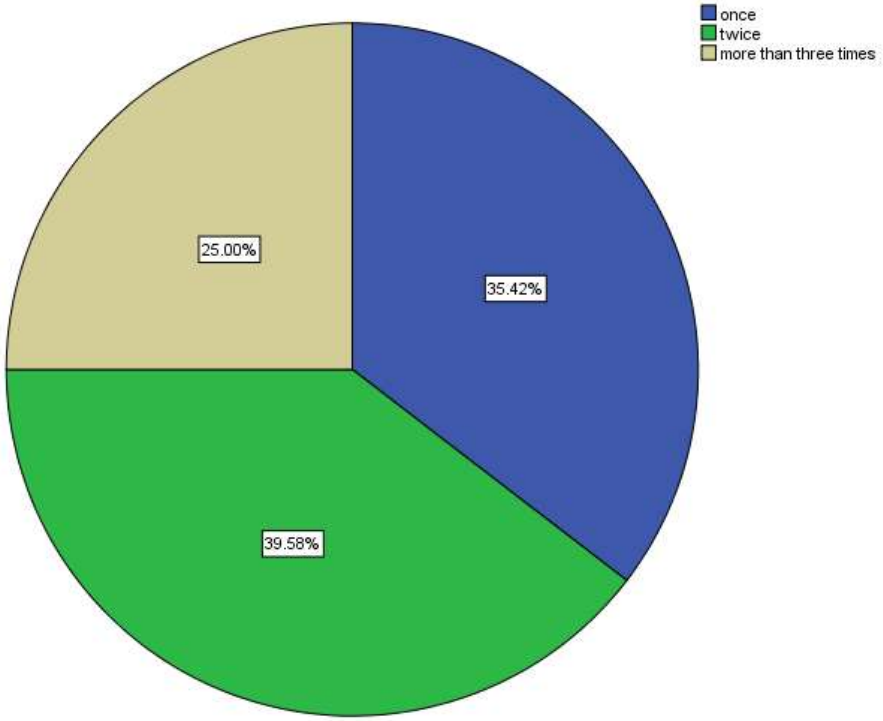
Source: Researcher (2022)

4.2.4.9 The number of times respondents' friends had been arrested

39.58% of respondent's friends had been convicted twice, 35.42% once and 25% of their friends had more than three times

There seems to be a connection between the friends one engaged with and the offence they commit as some quoted of their friend's presence in custody and other are supporting them to secure other alternatives like cash bails to leave prisons.

Figure 17 : Graphical representation of the number of times respondents' friends had been arrested

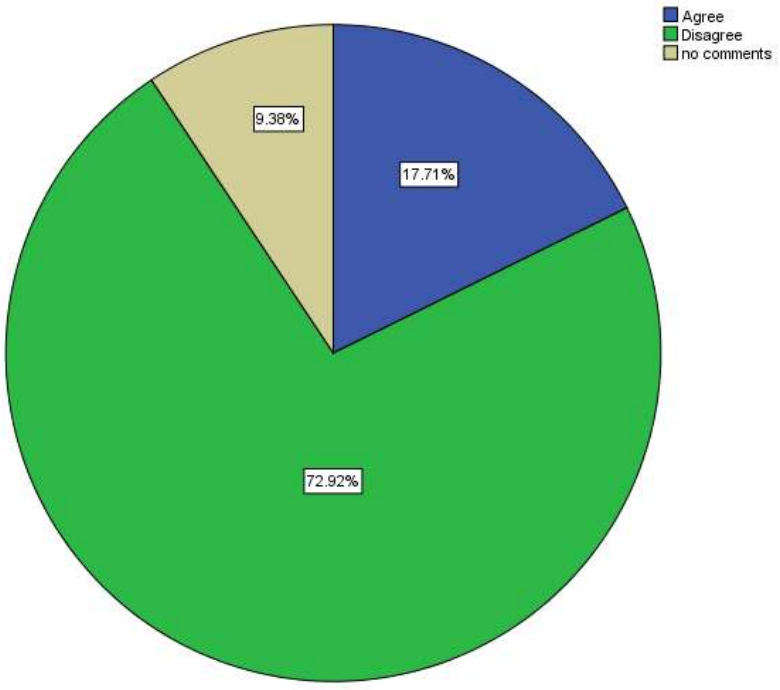


Source: Researcher (2022)

4.2.4.10 Whether the skills gotten through the rehabilitative programs improve the living standards after discharge

72.92% of the respondents disagreed that the skills offered and which are meant to be rehabilitative to improve their living standards after discharge while 17.71% agreed, 9.38% had no comments to make in regards to the programs. Some of the respondents quoted that they are not able to explore opportunities to utilize the skills after discharge since they couldn't secure any jobs or either they couldn't access certificates of good conduct which is a requirement before securing an employment. Respondents who disagreed cited lack of equipment to support them after discharge, lack of support system both from within and without, unresponsive society who doesn't believe in rehabilitative programs and peer influences. Despite a number of disagreements, 17.71% who agreed noted that the skills are beneficial only if the beneficiaries change attitudes towards them

Figure 18: A representation of respondent's perspective on the skills gotten through the rehabilitative programs in improving the living standards after discharge



Source, researcher (2022)

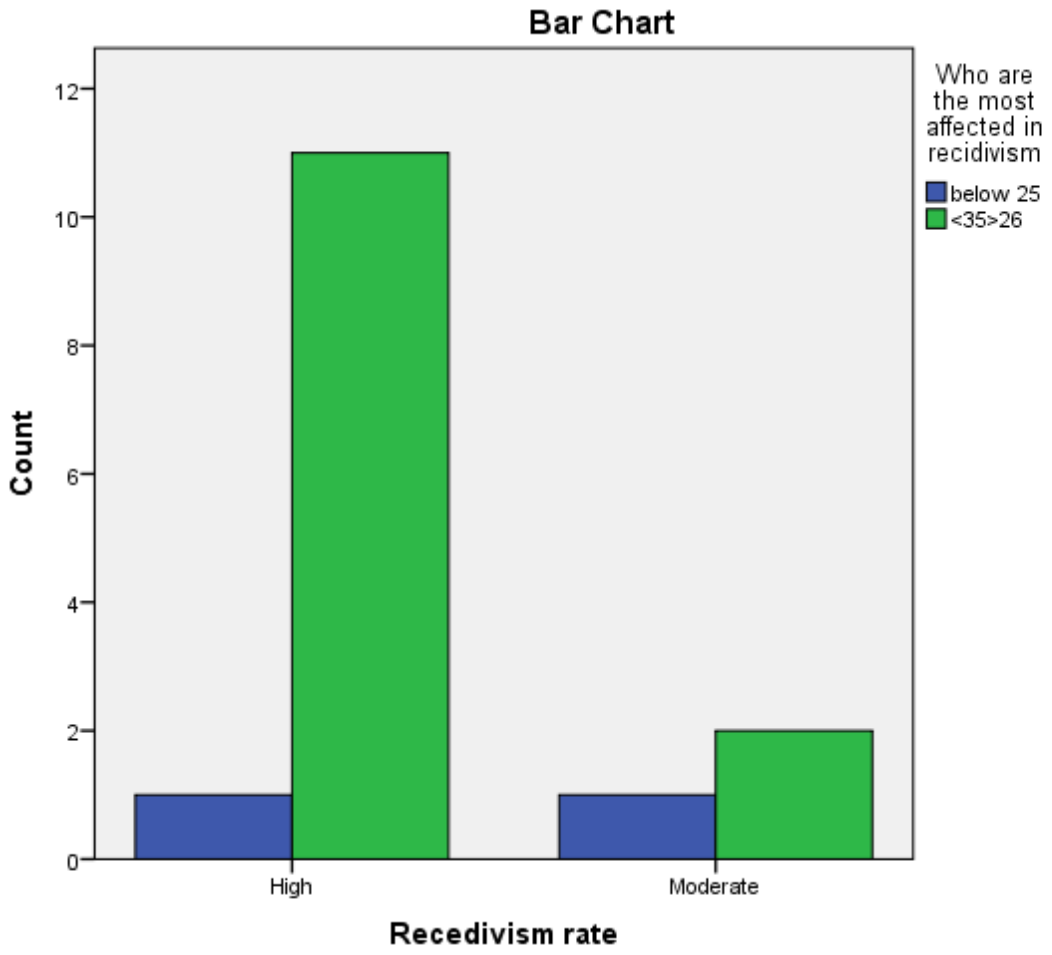
4.2.4.11 Key informants' recommendations against Recidivism

Key informants in the study recommended rehabilitation and noted that the correctional facility together with other stakeholders are able rehabilitate the offenders since its their mandate. However, there are some other hidden issues like family support, social support and economic empowerment which should go hand in hand with what the prison is able to offer and calls for concerted efforts towards rehabilitation,

4.2.4.12: Representation on the age bracket of the most affected in recidivism

Key informants confirmed that the recidivism rate is high on a certain age group of between 26 years and 35 years. There are the youthful inmates who are able to use their energies positively, are either struggling to make ends meet in the society and therefore the need to revisit the rehabilitative programs in a view of suiting the current needs of the society

Figure 19: Graphical representation on the age bracket of the most affected in recidivism



Source: Researcher (2022)

4.2.4.13: The relationship between the rehabilitation programs, the most affected and recidivism rates

Key informants noted that there are some relationships between the ages of respondents who are youthful and the rate of recidivism, the capacity of offender rehabilitation in prisons programs should therefore suit the needs of these age groups and therefore key informants feel that the support can be gained through holistic multisectoral and multi stakeholder support in addressing the issues recidivism among criminal offenders

Table 24: Correlations

Correlations

		Recidivism rate	Who are the most affected in recidivism	Capacity to offender rehabilitation in prisons
Recidivism rate	Pearson Correlation	1	-.294	-.134
	Sig. (2-tailed)		.287	.635
	N	15	15	15
Who are the most affected in recidivism	Pearson Correlation	-.294	1	-.681**
	Sig. (2-tailed)	.287		.005
	N	15	15	15
Capacity to offender rehabilitation in prisons	Pearson Correlation	-.134	-.681**	1
	Sig. (2-tailed)	.635	.005	
	N	15	15	15

**. Correlation is significant at the 0.01 level (2-tailed).

4.3. Findings and Discussions of the Study

Youthful and productive people are more likely to commit crime and relapse after release. This is in confirmation with a study conducted in Chile assessing young offenders on recidivism. Family conflicts and violence after release and also the UNODC report that indicated a majority of prisoners with low education levels and lacks basic skills to support them. Drug abuse and pressure were also quoted as reasons to recidivism in previous studies. However, this study noted that there are many reasons that may lead to recidivism after discharge, even after undergoing through the rehabilitative programs. The number of young offenders in custody are unable to fit in the society after discharge for various reasons for instance, rejection by the family member and the society, inability to support themselves and their young families as they quoted of separation, others divorce while others are still single and trying to make ends meet. This study confirms that age may be a driving factor even though there are many struggles to achieve life goals with harsh economic struggles, labeling by community members, and life struggles.

Previous studies found out that education could resolve the rate of recidivism among criminal offenders and also engaging inmates through different rehabilitative programs and social reintegration. This study however has noted that without stakeholder engagements and multi sectoral approach in rehabilitation, programs alone will leave some gaps unaddressed. The illiteracy levels as quoted in previous study from Uganda may as well hinder implementation of vocational trainings, however, this study noted that, despite the majority having low levels of education, there are other engagements that can be applied to support address the issues of rehabilitative programs

A previous study had noted that community members and family should be invited to support in the rehabilitative process. With as much as this finding is important, there is need to ensure that family engagements and proper mechanisms from the prisons discharge boards and

family revisits through remote parenting is of value addition in offender acceptance back to the society. There needs to be prior arrangements towards community and family preparation awaiting an offender back at home. The multi stakeholder approach in encouraging remote parenting, strengthened discharge boards and family and community preparation and reunification would address rejection awaiting the actual prisoner discharge.

Previous studies quoted peer pressure as inmates stay together for long and tend to copy from each other, others quoted social factors and inadequate marketing skills and tools to support them post release. In Kenya previous studies had noted that prison lack release plans due to lack of policies and therefore the inmates are let go after their period lapses in prison therefore exposing them to chances of returning back to the prison.

The community labelling and stigma leads them to look for more ways to recommitting the various offences they do after release. This study however found out that the family as a fundamental unit is society plays a great role in prisoners' acceptance after discharge. Their commitments towards supporting them get back on their feet other than labeling and rejecting them would be of help. Community labeling and family rejection and demand to settle may lead to offenders looking for acceptance in the wrong and misleading ways. This study found out that the environment in which an offender comes from determines their behaviors post release.

The environment in which an offender is released into determines the behavior of such offender afterwards. This study has noted that once an offender has been released and is rejected, some tend to relocate and get new peers where they are even more prone to committing more and serious offences after release due to either finding means to start a new life.

Stigma and labeling of offenders are demeaning and, in the process, the labeled ex-offenders feel devalued and are looked down by the rest in the society which facilitates recommitting of offences. The environmental factors have a role in determining and influencing the lives of youth after prisons. Where some are born of supportive families, others struggle daily. Harsh economic times makes this even harder and difficult to cope.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Summary

The chapter is a summary of the findings based on the specific objectives, conclusions and recommendations

5.1.1. Individual Social- demographic Factors and Recidivism

Youthful offenders are prone to repeating the various offences they committed after discharge, either because of the varying factors of labeling, rejection, non-commitment to change and the current trends in crime. Life goals that one would wish to achieve at a certain age demoralizes the young, majority of whom are living below poverty line and ends up committing offences as an excuse to securing easy life.

Most youthful inmates are unemployed, have recommitted a serious offence compared to what they were accused of during the first arrest, and majority are not educated beyond primary schools, Majority claimed that economic hardships are the reason for their rearrests and were unable to cope with the hard-economic times either because they are unable to secure gainful employments for lack of good conducts, lack of adequate skills that would enable them to secure employment.

After discharge, these people are seen as a bother to the families and the society, they are labeled, rejected, and finds solace in peers who are either in crime, or are making ends meet in indecent ways. The study looked onto the social demographic contributors to recidivism and found out that majority of the recidivist are young, living below poverty line, had no means of livelihood and are not educated to a level of gaining enough skills to sustain themselves.

There is a nexus between the age of an individual and recidivism which is attributable to the life goals that each of the age groups would like to achieve and if this fails, the levels of frustrations, the urge to compete to achieve them may lead to their criminal behaviors. Individuals above the ages of 36 years are likely to rethink of settling in life in terms of having families, concentrate on family social bonds and support for their children unlike young adults still struggling to settle with their families.

The offender's level of education has an interlink between how well they accept to be rehabilitated and the extent to which they recommit the serious offences after discharge. Most respondents with the lowest level of education felt that the harsh economic issues resonated to their recidivism behaviour. The same respondent felt that the rehabilitative programs were not to their favor as they are not able to secure gainful employments after discharge.

5.1.2. Rehabilitation Programs and Recidivism

The skills acquired in prisons programs are significant in rehabilitating offenders. This may only benefit offenders who are willing to respond to the call by the prisons authority to join and participate. Respondents felt that the choice of the program to join in during rehabilitative process should be made by the inmates as opposed to the existing trend. There ought to be some more programs in which the inmates may choose from. The need to socially reintegrate and empower economically the first-time offenders is key in ensuring that they do not lapse after discharge. The study found that thorough pre-sentencing investigations are necessary to elucidate the causes of re-sentencing and enable the desired rehabilitation and reintegration processes.

The bond and bail regime of pretrial detainees should be considered and stakeholder engagements in their rehabilitative journey prioritized. Alternatives rehabilitation programs should be considered based on the reasons for reoffending. Correction facilities should rehabilitate to address the needs of each inmates on needs basis. Prisons need to reconsider

the decisions to have convicted persons only benefit to the rehabilitative programs, instead ought to reconsider the capital pretrial detainees who are more prone to reoffending after discharge.

5.1.3. Correctional Factors and Recidivism

Correctional facilities consider only the convicted prisoners in their rehabilitative programs. There is dire need to reconsider serious pretrial criminal offenders, even though they might be discharged through other alternative means before conviction. The study noticed that some of the pretrial detainees are also prone to recommitting other offences even before they are convicted for the initial offence in which they were bailed off. Multi stakeholder engagement and through holistic multi sectoral approaches need to be incorporated in the prisons discharge board plans to ensure that the approaches used through the rehabilitative process not only supports the long term serves but also the serious pre-trial offenders. The need to engage the probation and after ser services through the process is of value addition due to their ability to conduct holistic individual enquiry reports and which might be of help throughout the rehabilitative process and may also determine the prisoner's behavior in custody. Correctional facilities should tailor make the rehabilitative programs to suite the needs of the offenders and support them depending on the reasons for their reoffending.

5.1.4. Community Factors and Recidivism

A follow-up agency should be formed to check on those discharged from prisons. The study established the need to award petty and first-time offenders a community-based service with supervision from the probation and aftercare services together with the national government administrative officers. Classification of inmates is equally important and engagement of the community through sensitization to shun discrimination and labeling of the already rehabilitated inmates. Before release, effective social reintegration and economic empowerment should be ensured. Since the study found that most offenders are unemployed,

live in urban informal settlements and have attained primary education, improving literacy skills and increasing employment opportunities can reduce crime rates.

State and non-state actors need to complement each other and allocate resources to support ex-convicts post imprisonment. Foe effective reintegration, ex-prisoners should continue the resettlement post release. Community sensitization during the discharge preparation aimed at resettlement in the community. Continuous community supervision through the probation and aftercare services and ensure that the community has no doubts and fear once an ex prisoner is released. This should not only happen to serious crime offenders but to all recidivists since most respondents had been reconvicted with a serious offence compared to the first offence they had been accused of during the first arrest. A multi stakeholder approach should be employed to conduct massive community sensitization aimed at reduction of social stigma, discrimination and labeling of ex-prisoners few months before discharge.

5.2. Theoretical Implications of the Study

The study is consistent with theory, particularly social learning theory, as it posits that crime is a function of individual socialization and how people were influenced by their experiences with family members, peers, and other socialization actors. Routine activity theory focuses on opportunities for crime on the premise that even if the act is motivated, no crime will occur unless the opportunity is available. The theory explains that young people are at increased risk of being involved in crime and becoming a victim. The routine activity theory also emphasizes that the lack of competent guardians also motivates offenders to commit new offences. Competent guardians are individuals or groups who are effective in preventing and deterring crime. This has been evident in the study findings as most recidivist return to crime due to rejection and lack of enough support.

The study also addresses labeling theory, which suggests that criminal justice interventions reinforce offensive behavior and occur when an individual's offensive behavior increases after inclusion in the criminal justice system.

5.3. Implication of the Study findings to the Programme pursued by the Researcher

The study is an eye opener on programs involving persons of all ages and personalities. The study encourages stakeholder engagements and use of holistic approaches towards addressing different issues affecting different age groups and persons with different personalities. Development partners engagements would address the gaps identified towards the challenging rehabilitative process.

5.4 Conclusions

From this study, one of the most important facts learned about recidivism in Kenya is that extra-punishment factors which are socio-economic, individual, and community based in nature largely influence re-offending in convicts. In the socio-economic category, poverty as a factor is the major cause of recidivism. It is characterized by lack of employment or capital to start business from which the ex-convicts can earn a living through their own sweat. This lack forces this category of ex-convicts to eke out a living through crime. The individual factors responsible for recidivism are weaknesses inherent in an individual offender, which influences reoffending. These factors established in a few convicts include bitterness and drive for revenge, inability to withstand peer pressure, drug and alcohol abuse, and ignorance or lack of knowledge. The community-based factors are social stigma and discrimination, and labeling of ex-convicts despite punishment received for their first crimes which largely hinder their resettlement in the community. However, the study also established that there are intra-punishment factors which influence re-conviction. These are ineffective punishments that would not control recidivism. Punishment theorists posit that for a punishment to be effective

it must be severe, swift and certain. The offenders must also have known the punishment prescribed for the crimes before committing them. Based on these premises, this study established that at times punishments awarded to the convicts may not prevent reoffending because they are ineffective. The study also established that imprisonment, though the most widely applied form of punishment is ineffective against recidivism due to inherent weaknesses associated to it.

5.5. Recommendations –Action/ Policy Change and by who or which agencies?

The study recommended that:

1) Rehabilitative programs should be market driven and that which responds to the need of the inmates who should benefit through the restorative and rehabilitative processes. Majority of the recidivist emanates from low income areas, are poverty stricken and are more prone to negative peer influence as they strive to make ends meet. Options based on new business ventures, that which attracts customers, programs that responds to the current market demands should be explored by the Kenya prisons as they rehabilitate offenders in a humane way, for instance bricks making, new technologies in which youthful offenders can venture in and which are responsive to the current market demands.

2) Offenders should be prioritized through the probation and aftercare services. This will address issues like labelling, stigmatization and rejection. Prisons discharge boards, should plan the reintegration back to the community at least six months before an inmate is released. The early preparations should also include family-based conferencing targeting the family members in readiness to accepting the prisoners back to the community. The probation and aftercare services, should provide an environmental adjustments report, in consultation with the community members, the area chief, the

church and the family where the offender came from to ensure that all issues are resolved before discharge.

3) The prisons lack a database of recidivist and therefore the need to ascertain the number of reoffenders is significant and the records would not only indicate the names and the numbers but also the reasons for reoffending. Discharge boards need to be strengthened to ensure that they offer holistic support needed to rehabilitate prisoners after custody. The need to prepare the prisoners few months before discharge would add value to prisoners to avoid instances of labeling and family and societal rejection. The family preparations, community sensitization on the needs to accept prisoners after serving sentences is equally important as this would address the issues of rejection and peer pressure.

4) Enhanced reformation and rehabilitation of convicts by either using other alternatives to incarceration, alternative punishments, classification of first-time offenders and the recidivists and drawing some appropriate reforms to support in correcting the prisoners with some recidivist history

5) The national crime research Centre should embark on providing data to various criminal justice agencies on the emerging trends and the rate in which recidivism is happening in the country. This should be categorized by gender to assess the rate in which the criminal recidivist recommits what offences and also ensure there is information on reoffenders.

6) Respondents had received punishments during convictions. Majority whom are from low income areas and were petty offenders in their first convictions are unemployed and quoted harsh economic times as the reasons for reoffending. This calls for a relook into the sentencing guidelines and the nature of offences committed, the type of punishment to be employed. Stakeholders like the probation and aftercare services should be engaged throughout the trial process and advice through their enquiry reports on the possible

punishments to be given to the petty offenders and recidivists, who might be risky to recommitting even serious offences after rearrests. First time petty offenders should not be exposed to imprisonment but rather should be punished through other alternatives to imprisonment for offenders whose punishment term is less than three years.

7) Correctional institutions should allow offenders to select after guidance the skills they need to use after discharge and if they must engage in the existing programs, then, the discharge boards should assess the environment in which the prisoners would go to after serving their sentences. The government should ensure that there are qualified professionals to deal with rehabilitation of different offenders, for instance, sexual offenders, capital offenders and petty offenders. Advice on pardoning should be guided by correctional institution recommendations on inmate behavior and character after conviction. Therefore, this recommends avoiding rushed releases at all costs. The opinion of key informants is that laws and amnesties nullify prisoner reform by shortening deadlines and abruptly ending reform and rehabilitation programs.

5.6. Areas of Further Study

Multi stakeholder approach should be employed to thoroughly research on non-documentation of repeat offenders and the reasons for reoffending. Forensic documentation of convicts' criminal history should be done through appropriate measures by correction facilities.

The supervisory mandate of discharged convicts is not well defined. There is need to further research on the conduct of non-supervised discharged inmates in the community. Pre-trial detainees on the other hand are not supported through the rehabilitative programs. The study noted that some of the pre-trial detainees after release on cash bails are prone to repeating

some offences and even serious ones. The need to engage them through some rehabilitation as they await discharge on bails or through other alternatives to incarceration needs probing.

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APPENDICES

Appendix I: Consent Form

RESEACHER'S STATEMENT

I, ……(Researcher) have explained to the respondent the purpose of the study and the reasons for collecting this data using a clear and easy to understand language. I have assured him of the confidentiality of the information he shares and that the data collected is only meant for purposes of this study

.

Name of interviewer: …….

Signature……Date……

RESPONDENT/S

The purpose of this study has been explained to me.

I……. of …….

Agree to take part in this study as a respondent / Key informant.

I am also allowed to ask any question about this study and a commitment to respond appropriately has been made by the researcher.

I hereby consent voluntarily to participate.

Name of respondent……Signature……...Date……...

in the presence of:

Name of Officer offering security……..……

Rank……...Department……...

Signature……. Date…….

Appendix II: Questionnaire for Inmates

Dear respondents

My name is Lydia Muriuki, a MA student at the Catholic University of Eastern Africa, studying Project Planning and Management. I am collecting information on prisons rehabilitation programs and recidivism by criminal offenders. The information that you share will be used for the purpose of this research and not for any malicious reason. I humbly request you to complete this questionnaire honestly and objectively.

SECTION 1: REHABILITATION PROGRAMS

(Please tick where appropriate) **1-strongly disagree, 2-disagree, 3-Neutral, 4-agree 5-Strongly agree**

	Strongly disagree	Disagree	neutral	agree	Strongly agree
Rate	1	2	3	4	5
I understand the types of rehabilitation program in the prison					
I have participated in the rehabilitation programs available					
The available programs can allow me change behaviours					
Inadequate facilities have led to inefficient rehabilitation which resulted to my reconviction.					
I was able to use the skills acquired in the rehabilitation programs offered before previous release from prison					
The available programs are competitive in the current job market					
The prison authority understands all the programs and have adequate skills to engage the prisoners					
I was allowed to decide on the					

rehabilitative program to engage in while in prison					

Section 2: CORRECTIONAL FACTORS AND RECIDIVISM

1. Have you ever been incarcerated before?
    a. Yes
    b. No
2. How prepared were you for discharge before leaving the prisons after your previous incarceration?
    a. Well prepared
    b. Not sure
    c. I had to leave
    d. Did not want to leave prisons
3. In your own opinion, do you think the prisons facility is overcrowded?
    a. Yes
    b. No
    c. Not sure
4. What is your relationship with the inmates while in prison?
    a. Good
    b. Poor
    c. Not sure
5. Do you have time to engage in rehabilitative programs while in prison?
    a. Yes
    b. Not at all
    c. Not sure
6. What types of rehabilitative programs do you see effective for you?
    a. Carpentry
    b. Masonry
    c. Farming
    d. Others (explain)
7. Were you exposed to any training rehabilitation program while in prison?
    a. Yes
    b. No
8. Were you aware of any training courses being offered in the prison?

a. Yes
b. No

8. b. If yes name course you are aware of.....

9. Did you find these courses useful to you?

10. In your opinion what is the quality of the training facilities in the prison?

Section 3: INDIVIDUAL SOCIO-DEMOGRAPHIC FACTORS AND RECIDIVISM

11. please tick your age bracket
    a. 20-25 years
    b. 26-30 years
    c. 31-35 years
    d. 36-40 years
12. Were you employed before arrest?
    a. Yes
    b. No
    c. Others(explain)
13. What's your marital status
    a. Single
    b. Married
    c. Divorced
    d. Separated
    others
14. What's your level of education?
    a. Primary school
    b. Secondary school
    c. College
    d. University
15. What crime were you accused of in the first arrest?

16. What crime were you accused of in the second arrest?

17. How long did you stay after being released before you were rearrested and convicted?

18. How did you feel after arrest?

19. What drove you to recommit the offence

Section 4: COMMUNITY FACTORS AND RECIDIVISM

20. How were you received by the community after the first discharge?

21. Explain the kind of reception after discharge by:
    a. Your family

    b. The community

    c. Your peers

22. How long did you stay after being released before you were rearrested and convicted?
    a. Less than one year
    b. 1-2 years
    c. 3-5 years
    d. More than 5

23. What were the reasons for reoffending?
    a.
    b.
    c.
    d.
    e.

24. Where is your home?.....

25. How long have you stayed in this place (place of residence)?.....

26. Would you say that crime is common in your neighborhood?

27. Has any of your friends been arrested?.....If yes how many of these friends have been arrested?.....

28. How many times have your friends been arrested since the first arrest?

    a. Once
    b. Twice
    c. More than twice

29. How often do you socialize with these friends?
    a. Always
    b. Occasionally
    c. Others (specify)

30. Do you think any of these friends ever influenced you to commit crime?
    Yes
    No

31. Do you live in the same neighborhood with your friends?

32. The following information relates to the impact of rehabilitation programmes on your life as a prisoner while in Prison and after release. Using the scale provided rate them accordingly.
    Indicate a key like Strongly disagree if 1or 5

	Strongly disagree	Disagree	Neutral	agree	Strongly agree
Rate	1	2	3	4	5
I have since gained skills which are helpful in improving my living standards					
Allowing my family members to come visit me and share with me once in a while has led to my good reception back in the community after jail					
I have changed my attitude towards rehabilitative programs offered in prison					
Rehabilitative programs offered in prison are marketable and I am sure I can secure myself a job or be self-reliant after discharge.					

Appendix III: Key Informant Interview Guide

Good morning. My name is Lydia Muriuki, a MA student at the Catholic University of Eastern Africa, studying Project Planning and Management. Am collecting information on prisons rehabilitation programs and recidivism by criminal offenders. You have been randomly selected to participate and I believe that the information that you share will enrich my study. Allow me to take 20 minutes of your time so that we can engage each other is this discussion. Your answers will remain strictly confidential and will only be used for purposes of this research. I seek for your consent so that we can continue with the interview.

Yes

No

Signature……. date…….

1. How long have you worked in this prison?..... and in which department are you working in currently?.....

2. How do you rate recidivism in prison?

3. Who are the most affected in your own opinion?

4. What rehabilitation programs are offered in this prison

5. Do you think the prison has skilled trainers to support offenders through the rehabilitative programs?

6. What correctional programs /activities do the prisons offer to support prisoners

7. Do you think the rehabilitative programs offered respond to the needs of the offenders? If yes, do they respond to the current job market?.....please give your opinion

8. What's your experience working with offenders who have recommitted various offences after discharge from prisons

9. In your opinion, do you think the prisons prepare well offenders before discharge? How?

10. What would you recommend inorder to reduce recidivism in prisons?

Appendix IV: Permits – NACOSTI

REPUBLIC OF KENYA

NATIONAL COMMISSION FOR SCIENCE,TECHNOLOGY & INNOVATION

Ref No: 963724

Date of Issue: 26/July/2022

RESEARCH LICENSE



This is to Certify that Mr.. Lydia Nyawira Mwioki of Catholic University of Eastern Africa, has been licensed to conduct research in Nakuru on the topic: REHABILITATION PROGRAMMES AND RECIDIVISM BY CRIMINAL OFFENDERS IN NAKURU MAIN PRISON, KENYA for the period ending : 26/July/2023.

License No: NACOSTI/P/22/18975

963724

Applicant Identification Number

Director General
NATIONAL COMMISSION FOR SCIENCE,TECHNOLOGY & INNOVATION

Verification QR Code

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Appendix V – CUEA Authorization

THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

Faculty of Arts and Social Sciences

Department of Social Sciences and Development Studies

7th July 2022

The Director
National Commission for Science, Technology and Innovation
Box 30623 - 00100
NAIROBI - KENYA

RE: LYDIA NYAWIRA MURIUKI **REG. NO. 1033692**

I am writing to introduce to you **Lydia Nyawira Muriuki** who is a finalist student pursuing Masters of Arts in Project Planning and Management Degree at The Catholic University of Eastern Africa, Nairobi – Kenya, and to request you to assist her to accomplish her academic research requirements.

Lydia has completed all course work requirements for this programme. However, every student in the programme is required to conduct research and write a report/thesis submitted during the final years of studies.

Accordingly, Lydia's research topic has been approved. She will conduct research on the following topic:

"Rehabilitation Programmes and Recidivism by Criminal Offenders in Nakuru Main Prison, Kenya"

Thanking you in advance for any assistance given to Lydia.

Sincerely yours,

Catholic University of Eastern Africa
Head of Department
Social Sciences

Rev. Dr. Paul Norvy VC
Head, Department of Social Sciences and Development Studies

Appendix VI – Prisons Authorization

MINISTRY OF INTERIOR AND CO-ORDINATION OF NATIONAL GOVERNMENT
STATE DEPARTMENT OF CORRECTIONAL SERVICES
KENYA PRISONS SERVICE

Telegrams: "COMPRISONS", Nairobi
Telephone: +254-20-2722900-6
Fax: +254-2-2714716
Email: commissioner.prisons@gmail.com
When replying please quote
Ref No. PRIS 1/122/VOL XVIII/42

PRISONS HEADQUARTER
P.O. BOX 30175-00100
NAIROBI

Date: 28 July 2022

THE OFFICER IN-CHARGE
RECEIVED
01 AUG 2022
NAKURU MAIN PRISON
Sign

Lydia N. Muriuki
P.O. Box 47714 - 00100
NAIROBI

RE: AUTHORISATION TO CONDUCT ACADEMIC RESEARCH.

We acknowledge receipt of your letter requesting approval to conduct an academic research titled *"Rehabilitation programs and recidivism by criminal offenders"*

It is noted that the research will assist the Prisons Department in improving our rehabilitation program.

This is to inform you that your request has been approved. You are therefore allowed to access Nakuru main prison for your research running from 28 July 2022 to 5th August 2022. The data collected must be used for academic purposes only.

You are expected to adhere to Prison rules and regulations during your research period. The laid down Ministry of Health Covid-19 protocols must be strictly adhered to during the research period. You are also required to provide the Prisons Headquarter with a copy of your research findings at the end of your research.

By a copy of this letter, the Officer in Charge Nakuru Main Prison is requested to accord you the necessary assistance during your research period.

Duncan O. Ogore

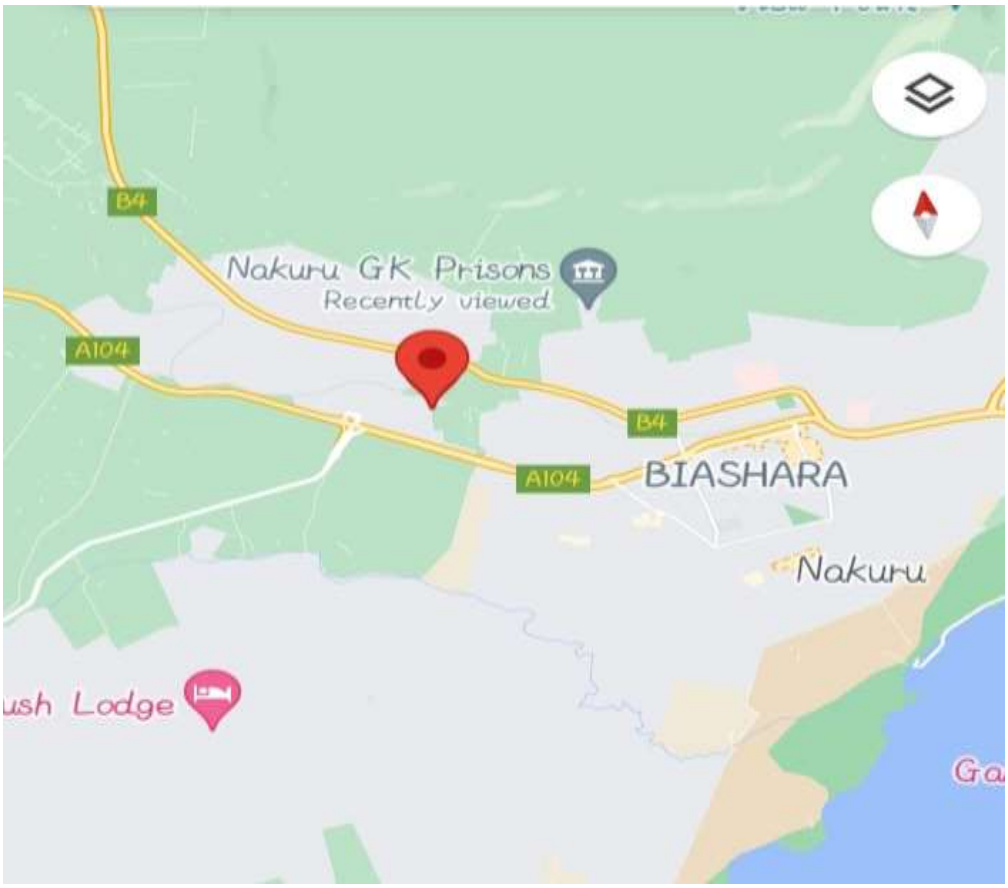
D. O. OGORE, OGW ndc(K) SACGP
FOR: COMMISSIONER GENERAL OF PRISONS

Cc.
Officer in Charge
Nakuru Main Prison

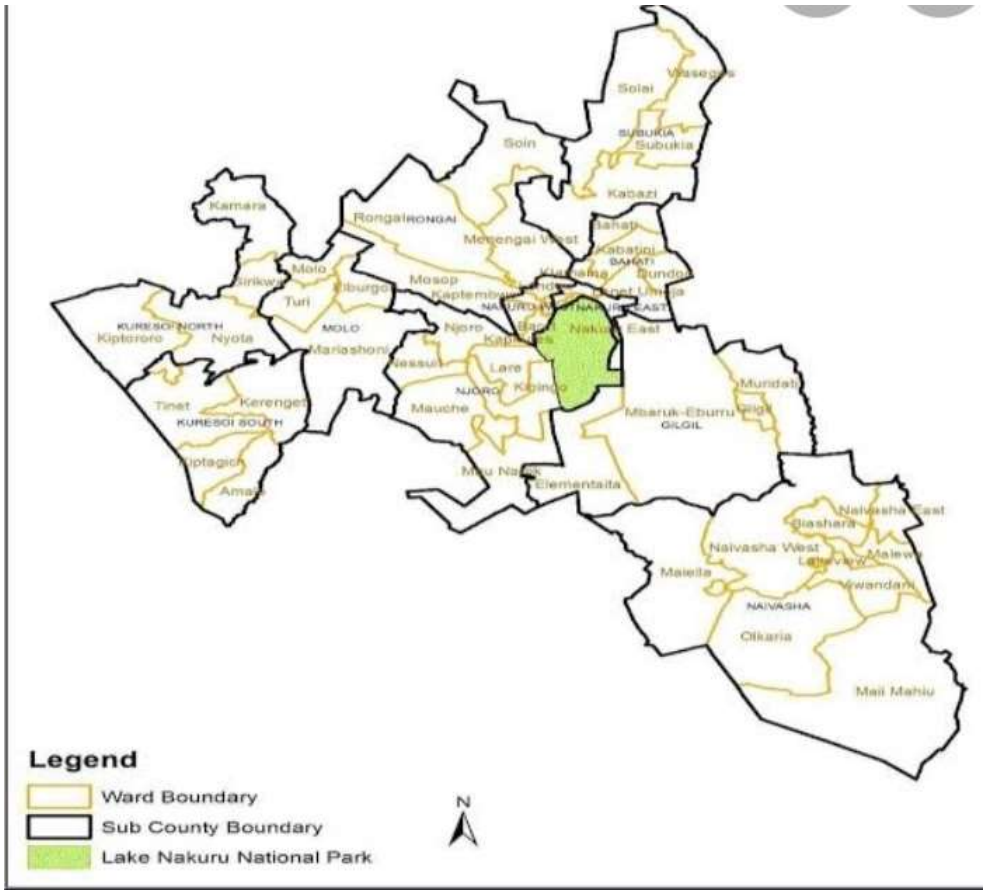
Appendix VII: Activity Plan Budget

Date	**Item**	**Unit costs (Kshs)**	**Frequency**	**Total costs(Kshs**
7th July	Request for authority from NACOSTI	5000	1	5000.00
8th July	Visits the prisons headquarters	1000	1	1000.00
11th	Visit Nakuru prison for sampling	500.00	1	500.00
July-August	Conduct a pilot study to test the data collection tools	600.00	1	600.00
August 2022	Data collection	500.00	4	2,000.00
December -March 2023	Reporting and submitting final document	1000.00	1	1000.00
March 2023	Printing the final document and bidding	3000.00	1	3000.00
April 2023	Submitting the final document to the faculty for defense preparations	3000.00		3000.00
	Miscellaneous costs	5000.00	1	5000.00
	Total costs			**15,100.00**

Appendix VIII: Map Showing the Location of Nakuru Main Prison



NAKURU COUNTY MAP



Source: Nakuru CIDP,2017

Appendix IX: Plan of Action

Activity	**Timeline(July - August)**			
Seeking authority from, NACOSTI Prisons HQ, Nakuru prison	July 2022			
Sampling		20th July -22th July		
Pilot study		23rd - 25th July		
Actual Data collection			August	
Data analysis and interpretation				Sept-December
Reporting and finalizing the document				January-July 2023

Appendix x: Plagiarism Report

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