

Effect of Counselling on Recidivism of Prison Inmates in Nakuru Government Prison, Kenya.

Authors:

Rute Morara Julius¹; Ndung'u Ikenye²; Alice Omondi³.

^{1,2,3} Department of Counselling psychology: St. Paul's university.

Main author email: jrutee36@gmail.com

ABSTRACT:

This study evaluated the effect of counselling on the recidivism of prison inmates in Nakuru Government prison. This study was guided by the Social Control Theory. The study population was 100 recidivists from Nakuru prison. The Census method was used to reach the study population. A questionnaire was used as the data collection tool. The pilot study was conducted for the purpose of testing the tools' reliability before they were adopted for the actual research. Quantitative data was analysed using Statistical Package for Social Sciences (SPSS), and the qualitative data were analysed using thematic analysis. Since this is sensitive research, the ethical considerations for such studies were observed throughout the study. The study findings revealed that counselling played a minimal role in enabling prisoners to overcome psychological challenges. The study concluded that counselling does not play a more significant role in reducing recidivism among inmates. Counselling does not help prisoners overcome psychosocial challenges that may trigger criminal behaviour. Enhancement of counselling should be done for it to be helpful to prisoners by reducing recidivism. The study concluded that enhancement of counselling and spiritual rehabilitations should be done.

Key terms: Counselling, recidivism, prison and prison inmates.

How to cite this article in APA

Rute, J.M., Ikenye, N. & Omondi, A. (2021). Effect of Counselling on Recidivism of Prison Inmates in Nakuru Government Prison, Kenya. *Editon Cons. J. Psychol. Guid. Couns.* 3(1), 217-228.

<https://doi.org/10.51317/ecjpgc.v3i1.267>

INTRODUCTION

The increasing recidivism rates in many countries are the principal worry of many jails (James, 2015). Recidivism is very costly because it involves the cost of previous interventions and the price of failure. For instance, in England, the total cost of all crime in 1999-2000 was about 60 billion pounds. This indicates that crime cost is not equal to the calculations of the damage caused by the offender but is an ongoing process until the prisoner is released (Weisburdet al., 2016). Recidivism can be managed and controlled through successful and meaningful programmes and reintegrating wrongdoers into society (James, 2015). Different projects uphold detainees to assist them with adapting exclusively to their daily exercises in the jail and assist them in adjusting outside within the community when they are released (Lowenkamp et al., 2010). In any case, statistics have demonstrated that 75 per cent of ex-wrongdoers are rearrested in less than three years (Miller, 2020).

Recidivism is one of the essential ideas in the criminal justice system in the world. The rising recidivism rate has been a sobering reality around the world. According to the National Institute of Justice's 2014 re-arrest and drug abuse monitoring report, nearly two-thirds of adults and adolescents, more than half arrested in the United States, tested positive for at least one illicit drug. They committed the crimes while under the influence of drugs. To fund their costly drug habit, the majority of them turned to criminality. According to the International Centre for Jail Studies, approximately 11 million individuals were detained in prison custody worldwide as of August 2016 (Walmsley, 2016). According to Aday et al. (2014), 5 per cent of the world's population is incarcerated. Ex-convicts have been exposed to the criminal justice system by being re-arrested, re-convicted, or re-incarcerated repeatedly, implying that the treatments and support systems they receive in and out of jail are inadequate or non-existent. People have had

difficulties transitioning from incarceration in correctional facilities to freedom on the streets since establishing prisons (Travis et al., 2011). Hundreds of criminals who have been imprisoned for a long time are released and returns to prison every year. The idea of recidivism refers to convicts returning to the criminal justice system after their release, whether for technical violations or new offences (Duwe, 2010).

According to LeBel et al. (2018), 67 per cent of male offenders released from prison in England and Wales were apprehended within two years of their release in 2002. Similarly, 64 per cent of female inmates released in England and Wales reoffended within two years. For a variety of reasons, prison populations are out of reach. Not only are more criminals being sent to prison for minor offences, but they are also being sent to prison for violating their release conditions. Detention is used infrequently, as Baroness Corston emphasized in her study, and potential public approaches must be addressed (Corston, 2007). In England, a large number of prisoners (42,721) who were released from custody or issued the order of the court order between January and March 2000 were charged "within three months, 43 per cent within a year, 55 per cent within two years, 68 per cent within five years, and 74 per cent within nine years" (Ministry of Justice in England, 2011).

In Africa, the expanding rate pattern of imprisonment is steady and similar to all other world places. In Ghana, for example, there has been a 38 per cent increment of detainees in four years, and in Cameroon, there has been a 26 per cent in over five years Wambugu (2014). The most remarkable example in Africa is a reduction of 36 per cent in Rwanda in more than three and a half years, essentially given a diminishment in the number of individuals for the uncertainty of looking into the massacre of 1994 (Wamley, 2019). According to Wambugu (2014), other countries such as South Africa's recidivism rate is at 73 per cent, Tanzania

35 per cent, Zambia 33 per cent, while Uganda has a recidivism rate of 32 per cent and is currently the least in Africa.

In the Kenyan setting, the recidivism rate is 47 per cent (Kenya Prison Service, 2020). This can be traced from the reception of British methodology and the presentation of the term probation, where wrongdoers were permitted to remain in-network under the oversight of post-trial supervisors. The prison was to help ease blockage in courts, as a guilty party is offered an opportunity to change rather than discipline and was required to proceed with familial obligation and this limited program presentation of wrongdoers from bad-to-the-bone crooks.

Recidivism has affected Kenya's prisons by making them operate and offer their services with a lot of strain while serving prisoners. They were constructed to accommodate around 35000 prisoners with a personnel ratio of 1 officer to 3 prisoners. Still, because of the high crime rate and recidivism, they hold more than 50000 prisoners, translating to more than 50 % high (Kenya prisons service, 2015). The congestion in Kenyan prisons compromises security arrangements because the prison officers cannot manage to supervise all the prisoners efficiently. This sometimes leads to inmates' plans to escape from jail after assessing security lapses (Kenya Security Management, 2018). Glaze et al. (2014) suggests that about 67 per cent of prisoners who have been released relapse into criminal activities and faces arrest within three years for committing new crimes. Durose et al. (2014) suggest that 40 per cent will be re-arrested in less than five years of their freedom of achieving the same or similar crime. For instance, the Kenya prison's recording system has identified a category of prisoners connected with recidivism (being imprisoned several times). It refers to them as jailbirds (Prisons Staff Training College, 2015).

A recent case of recidivism in Nakuru prison during the outbreak of Coronavirus pandemic in 2019 (COVID-19), whereby 500 inmates were released either by reducing fines and bails as other sentences were reduced by the court downwards to decongest the prison. Still, after three months, a similar number had returned to the prison (Nakuru prisons documentation office's record during the months of May-December, 2020). Despite most research researching recidivism, some gaps need to be re-looked, especially identifying risk factors that can help control recidivism. Therefore, more analyses are required to examine prisoner's psychosocial rehabilitation programs in prison upon entry and exit of a prisoner preparation (Anstiss, 2011). It is against this background that Kenyan prisons have put in place psychosocial support rehabilitation programmes to impact recidivism in all jails in the country. Still, the recidivism rate is at 47 per cent. Therefore, this study evaluated the impact of psychosocial support programmes in prison setups towards recidivism in Nakuru prison.

LITERATURE REVIEW

Social Control Theory

Hirchi (1969) developed this Theory of Social Control, which operates on the premise that there are no natural limits on elementary human needs and desires. Human beings are born free and only break the law under particular pressure or forced circumstances. This means that crime and deviance are only expected to occur when social and personal controls are in some way adequate. Furthermore, he states that social bonding elements such as belief, attachment, commitment, and involvement bound people from breaking the laws. This means that people misbehave when they have a poor relationship in devotion to generally accepted social bonds. Brown and Esbensen (2010) criticized this theory by highlighting that Hirchi (1969) only studied how deviants are attached. But the research agreed with this theory's focus on conformists who do not violate the laws and avoids those who break

the rules. According to the research's view, this theory is a clear definition of what happens in prisons today. It is assumed that prisoners committed to religion are less prone to recidivism than their counterparts who are not. They also have a low level of recidivism than their counterparts.

Empirical review

Marzano, Hawton, Rivlin, Smith, Piper & Fazel (2016) conducted a study on guidance and counselling on inmate transformation, found that guidance and counselling are vital to transforming prison inmates. Sikasa's (2015) surveyed the Langata prison to determine the effect of guidance and counselling programs on prisoners, and their findings revealed that guidance and counselling plays a significant role in shaping most of the prisoners in Langata prison. Horgan and Braddock (2010) conducted a study on the effect of counselling on prisoners. Their study found out that the backbone to effective counselling in prisons was competent and counsellors who have most of the qualities of a counsellor, as they will help in rehabilitating the inmates in prisons. Bagnall et al. (2015), who in their study sought to investigate the peer education and peer support effectiveness and cost-effectiveness in prisons and found out that peer education and support was the integral part of inmate rehabilitation with a spill over in reducing recidivism. Muluk, Umam & Milla (2020) conducted a study on the effect of psychological intervention on recidivism, and their findings revealed that potential benefits of psychological intervention are very present in an Indonesian prison, and the uptake of these sessions was reasonably high with most of the inmates taking the services for their excellent.

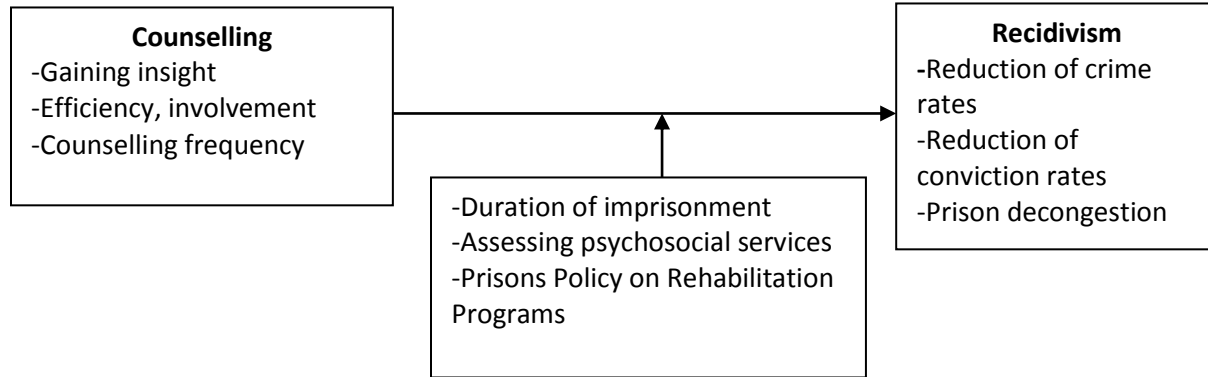
As Pritchard (2007) points out, peer counselling is a well-documented notion of therapy. It is founded on the idea that most people seek out their peers for support when encountering challenges, disappointments, anxieties, and

general problems. This is especially true for the criminals convicted undergoing stigmatization, psychological distress, and recidivism due to conviction and imprisonment. New convicts face mental stress and worry due to their new surroundings, which can best be addressed through counselling.

Eseadi et al. (2020), in their study on the effect of counselling on recidivism, revealed that counselling reduces recidivism cases in Nigerian Prisons, and according to supervisors that's also the case in Nakuru prison. Northcutt Bohmert and Duwe (2012), who in his study found out that most of the inmates that attend counselling sessions in prisons are very unlikely to be re-arrested as most of them change their behaviours for the best. Garland et al. (2009), who in their findings, found out that the prisons are overwhelmed with so much work that they cannot attend to prisoners in individual capacities and that prisons themselves are to serve to correct the inmates, not the prison staff. Perkins & Oser (2014), in their study, found out that counselling in prisons is a taxing job where counsellors do not anticipate them, hence making counselling sessions scanty in prisons.

Sun (2013) asserts that inmates require counselling to improve their well-being, relieve stress, resolve issues, and help them avoid recidivism. As a result, the primary goal of in-custody counselling is to assist the offender in evaluating their underlying beliefs, values, and attitudes, as well as their motivations and life choices. In Asia, America, and Europe, according to Kolind (2010), inmate counselling and other inmate rehabilitation services are rapidly reforming offenders, as opposed to a focus on offender punishment (Moon & Maxwell, 2004). Furthermore, peer counselling in a prison setting effectively boosts the number of offenders capable of assisting their colleagues abstaining from criminal behaviour.

Conceptual Framework



Independent variable

Intervening Variable

Dependent variable

Methodology

The study used a descriptive research design. The research collected data from the recidivists in Nakuru prison, which represented the total population. Descriptive surveys were generally the best techniques while collecting study information to display the relationship and describe the sector as it existed. A descriptive research design was chosen since it provides in-depth information about a phenomenon under study.

This study targeted 100 recidivist prisoners from Nakuru Prison whose lists were availed by the Nakuru prison records (2020) (especially from admission registers that record prisoners' particulars). The Nakuru prison was considered appropriate by the research since it has a very high rate of recidivism. The Census method gathered information from the 100male recidivists and 40 male and female supervisors in Nakuru prison. The procedure was considered appropriate since the target population was small and manageable. The research used both closed and open-ended questions as the data collection tool.

The pilot study was done to guarantee that the instruments were free from errors. Also, the pre-test was

significant as it empowered researchers to evaluate the instrument's clarity and understand the information assortment procedures and organizations of the device and to have a premise of the refining and to look into the questionnaire to be utilized in the study (Mugenda & Mugenda, 2009). The research tested the instrument's reliability with research instruments by piloting a survey with 10 per cent of the total questionnaires at the Naivasha Maximum prison. The validity, according to Mugenda and Mugenda (2009), refers to whether or not the surveys measure what they claim to measure. Content validity is most often assessed depending on the expertise or people familiar with the construct being measured. In this study, the content validity was achieved through the following ways; the research conducted an exclusive literature review to extract the related items. After this, the research supervisors helped to check on the content of the instruments, the experts in the field of study also looked at the questionnaires and gave their views. The estimation of reliability was founded on Cronbach alpha with sound qualities range. Cronbach's alpha with an average coefficient of 0 to 1 was utilized to survey the internal consistency. The Cronbach alpha formula values for all the variables higher than 0.7 indicate that the instrument is

reliable Tavakol, M., & Dennick, R. (2011). To analyse the data, the study used both qualitative and quantitative methods. Statistics including percentages, frequencies, and mean scores were collected as quantitative data. Thematic analysis was used to examine qualitative data. Statistical Package for Social Sciences (SPSS) version 25 was used to analyse the data. The descriptive method was employed to analyse the data.

RESULTS AND FINDINGS

The researcher issued 40 questionnaires to the supervisors. Out of this, 31 were successfully answered and returned. The researcher further administered 100 questionnaires to the prisoners, and the response rate was 100 per cent. According to Mugenda and Mugenda (2003), a response rate of 50 per cent and above is satisfactory, and a rate of 70 per cent and above is good. According to Mugenda and Mugenda (2003), this study met the criteria for being considered excellent for analysis.

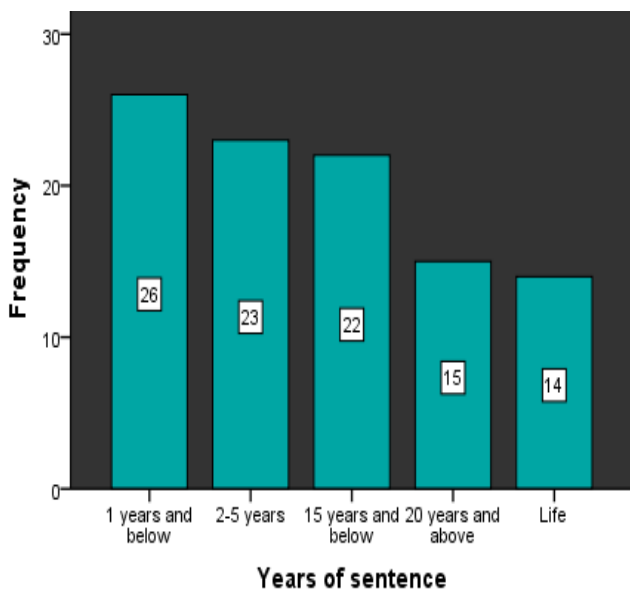


Figure 1 Years of Sentence for Prisoners

Figure 1 shows that 26 participants who participated were incarcerated for the 1-year ad below, 23 participants were detained between 2-5 years, 22 participants were arrested for 15 years, and down, 15 participants were incarcerated for 20 years, and above, and 14 participants were serving a life sentence. The finding shows that prisoners who participated in the study had experienced recidivism; this was significant because it led to reliable information.

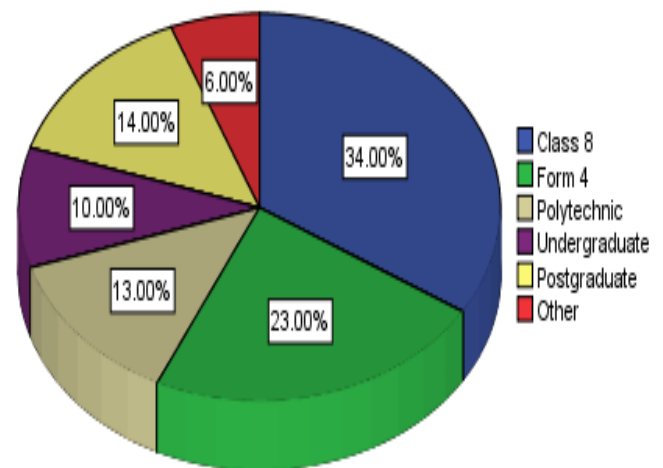


Figure 2 Highest Level of Academic Study

Figure 2 shows that class 8 education was the highest level of education for 34 per cent of the study participants, form 4 education for 23 per cent, polytechnic education for 13 per cent, undergraduate education for 10 %, and postgraduate education for 14 per cent. Class 8 schooling was the highest degree of education for the majority of the participants. This was essential in this study because it demonstrated that the respondents were able to read, comprehend, and respond to the questionnaires correctly.

Table 1: Effect of Counselling on Recidivism of Prison Inmates

Description	SD	D	NC	A	SA	Missing	Mean	Std Dev
Guidance and counselling has helped prisoners overcome psychosocial challenges that may trigger criminal behaviour	42 (42%)	10 (10%)	10 (10%)	24 (24%)	14 (14%)	-	2.58	1.558
The guidance and counselling programs have helped prisoners to be a reasonable person	21 (21%)	36 (36%)	10 (10%)	23 (23%)	10 (10%)	-	2.65	1.313
The counsellors are competent and patient, thus assist in the reduction in rearrests	16 (16%)	17 (17%)	27 (27%)	29 (29%)	9 (9%)	2 (2%)	2.98	1.227
There are peer counselling services in the organization	21 (21%)	14 (14%)	19 (19%)	28 (28%)	16 (16%)	2 (2%)	3.04	1.399

Source: Research Data (2021)

Inmates were asked to indicate their agreement on the influence of counselling on recidivism of prison inmates. From table 1, the majority of 42 per cent of participants strongly disagreed when asked whether guidance and counselling have helped prisoners overcome psychosocial challenges that may trigger criminal behaviour, 10 per cent of participants disagreed, 10 per cent participants did not comment, 24 per cent participants agreed, and 14 per cent participants strongly agreed. The mean for this was 2.58 with a standard deviation of 1.558. These findings contradicted Marzano et al. (2016), whose study found that guidance and counselling are crucial to transforming prison inmates. On whether guidance and counselling programs have helped prisoners to be reasonable people, 21 per cent participants strongly disagreed, majority of 36 per cent participants disagreed, 10 (10 %) participants gave no comment, 23 per cent participants agreed, and 10 per cent participants strongly agreed. The mean for this was 2.65 with a standard deviation of 1.313. The study's findings

were concurrent with Sikasa's (2015) discovery, which found that guidance and counselling programs have a way of shaping most of the prisoners in Langata prison.

Concerning whether counsellors are competent and patient, thus assist in reduction in rearrests, 16 per cent participants strongly disagreed, 17 per cent participants disagreed, 27 per cent participants gave no comment, majority of 29 per cent participants agreed, 9 per cent participants strongly agreed. In comparison, 2 per cent of participants did not answer. The mean for this was 2.98 with a standard deviation of 1.227. The current study findings affirm Horgan and Braddock (2010), who in their study found out that the backbone to effective counselling in prisons was competent and counsellors who have most of the qualities of a counsellor, as they will help in rehabilitating the inmates in prisons.

Furthermore, when asked whether there are peer counselling services in the organization, 21 per cent of participants strongly disagreed, 14 % of participants disagreed, 19 per cent of participants gave no comment, majority of 28 per cent of participants agreed, 16 per cent of participants strongly agreed. In comparison, 2 per cent of participants did not answer. The mean for this was 3.04 with a standard deviation of 1.399. The findings of the study were consistent with the results of Bagnall et al. (2015). They, in their research, sought to investigate the effectiveness and cost-effectiveness of peer education and peer support in prisons and found out that peer education and support was an integral part of inmate rehabilitation with a spillover in reducing recidivism.

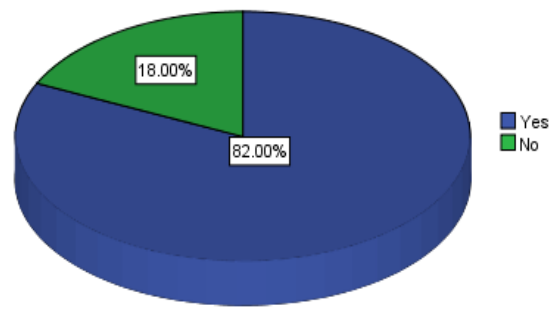


Figure 3: Counselling Sessions

The study went further to ask the inmates whether they had undergone any counselling sessions. From figure 3, 82 per cent of the inmates that participated in the survey indicated a yes, while 18 per cent of the participants indicated a no. The findings of this study corroborated the findings of Muluk et al. (2020), who in their research found out that potential benefits of psychological intervention are very present in an Indonesian prison, and the uptake of these sessions was reasonably high with most of the inmates taking the services for their excellent.

Table 2: Supervisors' Perception on the Influence of Counselling on Recidivism of Prison Inmates

Description	SD	D	NC	A	SA	Mean	Std Dev
Counselling has led to reduced cases of re-imprisonment	2 (6.5%)	1 (3.2%)	2 (6.5%)	17 (54.8%)	9 (29%)	3.97	1.048
The majority of the inmates attend counselling seasons.	-	4 (12.9%)	3 (9.7%)	20 (64.5%)	4 (12.9%)	3.77	0.845
The prison counsellors have time to attend to prisoners one on one to listen to their problems individually.	1 (3.2%)	-	2 (6.5%)	19 (61.3%)	9 (29%)	4.13	0.806
Counselling is frequently conducted in the prison	1 (3.2%)	-	1 (3.2%)	20 (64.5%)	9 (29%)	4.16	0.776

Source: Research Data (2021)

Table 2 shows that 2 (6.5 %) participants strongly disagreed that counselling has led to reduced cases of re-imprisonment, 1 (3.2 %) respondents disagreed, 2 (6.5 %) participants did not comment, 17 (54.8 %) participants agreed, and 9 (29 %) participants strongly agreed. The mean for this was 3.97 with a standard deviation of 1.048. The findings of this study echoed Eseadi et al. (2020), who argued that counselling reduces recidivism cases in Nigerian Prisons, and according to the supervisor's responses, that is also the case in Nakuru prison. Concerning whether the majority of the inmates attend counselling sessions, thus assist in reduction in rearrests, 4 (12.9 %) participants disagreed, 3 (9.7 %) participants gave no comment, majority of 20 (64.5 %) participants agreed, and 4 (12.9 %) participants strongly agreed. The mean for this was 3.77 with a standard deviation of 0.845. Thus, there was a consistency of the research findings with the results of Northcutt et al. (2012), who in his research found out that most of the inmates that attend counselling sessions in prisons are very unlikely to be re-arrested as most of them change their behaviours for the best.

On whether the prison counsellors have time to attend to prisoners one on one to listen to their problems individually, 1 (3.2 %) respondents strongly disagreed, 2 (6.5 %) participants did not comment, 19 (61.3 %) participants agreed, and 9 (29 %) participants strongly agreed. The mean for this was 4.13 with a standard deviation of 0.806. The findings of this study challenged the findings of Garland et al. (2009). He in their results found out that the prisons are overwhelmed with so much work that they cannot attend to prisoners in individual capacities and that prisons themselves are to serve to correct the inmates, not the prison staff.

Furthermore, when asked whether counselling is frequently conducted in prison, 1 (3.2 %) respondents strongly disagreed, 1 (3.2 %) respondents did not comment, majority of 20 (64.5 %) participants agreed, and 9 (29 %)

participants strongly agreed. The mean for this was 4.16 with a standard deviation of 0.776. The findings of the current study contrast the results of Perkins, E. B., & Oser, C. B. (2014), who, in their study, found out that counselling in prisons is a taxing job where counsellors do not anticipate them, hence making counselling sessions scanty in prisons.

It was noted that the majority of the inmates that participated in the study strongly disagreed when asked whether guidance and counselling have helped prisoners overcome psychosocial challenges that may trigger criminal behaviour. Whether guidance and counselling programs have helped prisoners be reasonable persons, most participants disagreed. The majority of inmates agreed that counsellors are competent and patient, and there are peer counselling services in the organization. Also, the majority of the inmates were found to have undergone counselling sessions. Furthermore, the majority of supervisors strongly disagreed that counselling has led to reduced cases of re-imprisonment. The majority of supervisors who participated in the study agreed that most inmates attend counselling sessions, thus reducing rearrests. Most supervisors also agreed that prison counsellors have time to listen to prisoners to list their problems individually. Lastly, when asked whether counselling is frequently conducted in prison, the majority of supervisors agreed.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions: According to the study's findings, it was concluded that; counselling doesn't influence recidivism of prison inmates in the Nakuru Government prison. This is because guidance and counselling were seen not to have helped prisoners overcome psychosocial challenges that may trigger criminal behaviour. Neither has such programs helped the prisoners be reasonable persons. However, counsellors were seen to be competent, patient, and have time to attend to prisoners one-on-one to listen to their

problems individually. Peer counselling services were dispensed in the organization. Moreover, counselling is frequently conducted but does not reduce cases of re-imprisonment.

Recommendations: From the study findings, counselling and spiritual rehabilitations are offered. The issue is that it

does not help prisoners overcome psychosocial challenges that may trigger criminal behaviour. Enhancement of counselling and spiritual rehabilitations should be done. A study should be conducted on challenges in the implementation of rehabilitation programs in prisons in Kenya.

REFERENCES

- Aday, R. H., Krabill, J. J., & Deaton-Owens, D. (2014). Religion in the lives of older women serving life in prison. *Journal of Women & Aging*, 26(3), 238-256.
- Anstiss. (2011). *Prisoner Reentry Initiatives: Review of the Literature and Reentry in Utah*. Salt Lake City, UT: Utah Criminal Justice Center, University of Utah.
- Perkins, E. B., & Oser, C. B. (2014). Job frustration in substance abuse counselors working with offenders in prisons versus community settings. *International journal of offender therapy and comparative criminology*, 58(6), 718-734.
- Bagnall, A. M., South, J., Hulme, C., Woodall, J., Vinall-Collier, K., Raine, G., & Wright, N. M. (2015). A systematic review of the effectiveness and cost-effectiveness of peer education and peer support in prisons. *BMC Public Health*, 15(1), 1-30.
- Brown, E., & Esbensen, F., (2010). *Criminology: Explaining crime and its context*. Routledge.
- Corston, (2007). *Criminal Behaviour*. State University.
- Durose, M. R., Cooper, A. D., and Snyder, H. N. (2014). *Recidivism of Prisoners Released in 30 States in 2005: Patterns from 2005 to 2010*. Washington, DC: Bureau of Justice Statistics, 28. <http://www.bjs.gov/content/pub>.
- Duwe, G. (2010). *The Angola prison seminary: Effects of Faith-Based Ministry on Identity Transformation, Resistance, and Rehabilitation*. Routledge.
- Eseadi, C., Ezurike, C. A., Obidoa, M. A., & Ossai, O. V. (2020). Effect of rational emotive behaviour therapy on reoffending thoughts of Nigerian prison inmates. *Journal of the Nigerian Council of Educational Psychologists*, 11(1).
- Garland, B. E., McCarty, W. P., & Zhao, R. (2009). Job satisfaction and organizational commitment in prisons: Examining psychological staff, teachers, and unit management staff. *Criminal Justice and Behaviour*, 36(2), 163-183.
- Hirchi T, (1969). *Causes of Delinquency*. Berkeley, CA: University of California Press.
- Horgan, J., & Braddock, K. (2010). Rehabilitating the terrorists? Challenges in assessing the effectiveness of de-radicalization programs. *Terrorism and political violence*, 22(2), 267-291.
- James, N. (2015). *Aftercare packages for decreasing recidivism amongst juvenile and younger grownup offenders: A meta-analytic review*. *Clinical Psychology Review*, 33, 263-274.
- Kenya Prisons Service. (2015). *Kenya Prisons Service Strategic Plan*. Prisons Headquarters, Government Press, Nairobi.

- Glaze, L. E., & Maruschak, L. M. (2014). *Parents in prison and their minor children*. Washington, DC: Bureau of Justice Statistics
- Kenya Security Management, (2018). *State of Recidivism*. The revolving door of America's prisons.
- Kolind (2010). *Four Thousand Life Times: A Study of Time Served and Parole Outcomes*. Davis, NCCD.
- LeBel, T., Burnett, R., Maruna, S., and Bushway, S. (2018). *Recidivism and the propensity to forgo parole release*. *Justice Quarterly*, 29(4), 596-618.
- Lowenkamp, C. T., Makarios, M. D., Latessa, E. J., Lemke, R., & Smith, P. (2010). Community corrections facilities for juvenile offenders in Ohio: An examination of treatment integrity and recidivism. *Criminal Justice and Behaviour*, 37(6), 695-708.
- Marzano, L., Hawton, K., Rivlin, A., Smith, E. N., Piper, M., & Fazel, S. (2016). Prevention of suicidal behaviour in prisons. *Crisis*.
- Miller, H. A. (2020). A dynamic evaluation of culprit threat, needs, and strengths in a pattern of trendy offenders. *Behavioural Sciences and the Law*, 24, 767-782
- Ministry of Justice in England, (2011). *Ministry of Justice in England*. Vienna united nation's office.
- Tavakol, M., & Dennick, R. (2011). Making sense of Cronbach's alpha. *International Journal of Medical Education*: 53–55.
- Moon, B., & Maxwell, S. (2004). Assessing the Correctional Orientation of Corrections Officers in South Korea. *International Journal of Offender Therapy and Comparative Criminology*, 48, 729-743.
- Mugenda, O., & Mugenda. A. (2009). *Research Methods: Quantitative and Qualitative Approaches*. Nairobi: Acts Press.
- Muluk, H., Umam, A. N., & Milla, M. N. (2020). Insights from a deradicalization program in Indonesian prisons: The potential benefits of psychological intervention before the ideological discussion. *Asian Journal of Social Psychology*, 23(1), 42-53.
- Northcutt-Bohmert, M., & Duwe, G. (2012). Minnesota's Affordable Homes Program: Evaluating the effects of a prison work program on recidivism, employment, and cost avoidance. *Criminal Justice Policy Review*, 23(3), 327-351.
- Pritchard, N. (2007). Terrorism and counter-terrorism in Nigeria: Theoretical paradigms and lessons for public policy. *Canadian Social Science*, 9(3), 96-103.
- Sikasa, M. N. (2015). *Factors Influencing Recidivism among Convicted Prisoners: A Case of Langata Women Prison in Nairobi County, Kenya* (Doctoral dissertation, University of Nairobi).
- Sun, K. (2013). *Correctional Counselling: A Cognitive Growth Perspective*, (2ndEd). Oxford University Press.
- Travis, J., Solomon, L., & Waul, M. (2011). The reasoning and rehabilitation program: Assessing short and long-term outcomes among male Swedish prisoners. *Journal of Offender Rehabilitation*, 40, 85–103. https://doi.org/10.1300/J076v40n01_05
- Walmsley, (2016). *Practical Procedures to Steerage and Counselling*. Nairobi: Shrend publishers.
- Wambugu, P. (2014). The first-time adult-onset offender: Findings from a community corrections cohort. *International Journal of Offender Therapy and Comparative Criminology*, 55(6), 949-981.

Doi: [10.51317/ecjpgc.v2i1.267](https://doi.org/10.51317/ecjpgc.v2i1.267)

Volume: 03 Issue: 01 | Sep-2021 |

Received: 10.09.2021; Accepted 16.09.2021; Published: 30.09.2021 at www.editonpublishing.org

Rute, J.M. et al., Editon Cons. J. Psychol. Guid. Couns. *Double –Blind Peer Reviewed Journal*

ISSN: 2664-0112

Wamley, W. (2019). A critique and certified protection of correctional quackery. *Journal of Contemporary Criminal Justice*, 28(1), 96–112.

Weisburd, D., Farrington, D. P., & Gill, C. (Eds.). (2016). *What Works in Crime Prevention and Rehabilitation: Lessons from Systematic Reviews*. Springer.