

**IMPACT OF PRISON REHABILITATION PROGRAMMES
ON SELF SUSTAINABILITY OF EX-CONVICTS: A CASE OF
THIKA SUB-COUNTY, KENYA**

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DECLARATION

This Research Project report is my original work and has not been presented for any examination in any other institution.

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DEDICATION

This report is dedicated to my wife Faith my children Kyalo and Mbesa my parents Muasya and Kivesa for their invaluable love and support, prayers, encouragement and desire to see me excel in my academic pursuits.

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ABBREVIATIONS AND ACRONYMS

ACRWC	African Charter on the Rights and Welfare of the Child.
CJS	Criminal Justice System.
CSC	Correctional Service Canada.
CRC	Convention on the Rights of the Child.
KHRC	Kenya Human Rights Commission.
KPS	Kenya Prison Service.
MOHA	Ministry of Home Affairs.
NGO	Non Governmental Organization.
PRI	Penal Reform International.
SPSS	Statistical Package for Social Sciences.
TRA	Theory of Reasoned Action.

ABSTRACT

Kenya prison service main objective is to rehabilitate offenders who have been sentenced to serve various lengths of sentences in the penal institutions. In order to achieve this objective, they engage the inmates in various rehabilitation programmes aimed at equipping them with adequate skills to become self reliant, useful to the community and avoid reoffending once through with their jail terms. The purpose of this study was to explore the impact these rehabilitation programmes have on the inmates self sustainability once they exit these prison facilities. The study was carried out in Thika sub-county in Kiambu County. The study had five objectives which include: to investigate the extent to which formal education programmes offered in Prison impact on the self sustainability of the ex-convicts, to assess how vocational training offered in Prison impact on self sustainability of the ex-convicts, to explore the extent to which the attitude of the prison inmates towards the programmes offered in prison impact on the self sustainability of the ex-convicts, to assess how the prison environment impacts on the self sustainability of the ex-convicts and establish the extent to which the aftercare support impacts on the self sustainability of the prison ex-convicts. In order to understand the prison rehabilitation process and programmes offered to the inmates, the study looked into literature related to the same and looked at studies carried out at global level, Africa and Kenyan situation and analysed critiqued the same in search of insight for full understanding of the topic. The conceptual framework had taken into account the five independent variables and explained how they relate with the dependant variable. The study was targeting 320 ex convicts from which it drew a sample of 175 of both gender using simple random sampling. Descriptive Survey design was used for the study and data collection instrument used was questionnaire which was administered by research assistants who helped the respondents fill the same. The data was analysed with the help of statistical package for social sciences (SPSS) version 21.0 and presented using, frequencies and percentages. The study found out that, 73.6% of the prison ex-convicts had undertaken vocational education programme in prison. In addition, 76.6% of them felt that formal education had no impact on their self-sustainability. A small percent of the 15.7% of the ex-convicts felt that vocational training had an impact on their self-sustainability. The study found out that 98.6% of the ex-convicts had received life skill training. Though the skills could be useful to the inmates, 85.6% of the ex-convicts felt the training had no impact on self-sustenance in their current situation. The study established that 78.4% of the ex-convicts had no freedom to choose a course of their own. The study revealed that, 79.5% of the respondents rated the prison conditions as poor and only 12.5% saw the conditions as good. It also established that 73% of the ex-convicts who are self-employed felt that their jobs where not a result of the training they underwent in prison. However, 52.3% of those ex-convicts who were in formal employment attribute their employment as a result of the training they undertook in prison. The study also found that 92.6% of the ex-convict had not received any kind of assistance since release from prison. All the ex-convicts cited lack of capital and lack of tools and materials as the biggest challenges facing them.

The study recommended that the government should improve on the rehabilitation programmes offered and come up with modern, relevant, need based and market oriented courses, provide tools and startup capital to enable the ex-convicts carry out their trade after release from prison. In addition, it recommends that ex-convicts should be allowed to select courses of their choice which are within their ability.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

For quite a while, debate has raged on how to treat individuals held in prisons or correctional facilities in Kenya the main question being, are the inmates only supposed to be punished or is it possible to engage them in rehabilitation programmes and other means to change them and make them law abiding and self reliant once released. (Kenya Prisons Services Strategic Plan -2005/2009 – Government Prison Publication). At the very least, can the rehabilitation programmes administered to the prisoners prevent their return to a life of crime and eventually to prison?

Kenya prison service has continued to offer inmates rehabilitation programmes and vocational education and training that would help them be reintegrated into the society and actively participate in positive socio-economic engagements upon release. The skills gained enhance their chances of engaging in gainful employment and minimize their chances of returning to criminal activities. According to Ross and Richard (2009) the major focus of the Prison rehabilitation Programme should be to increase the inmates' education or skills level and thus improve their chances of success in life once they are released from the custody.

Provision of any form of training or education be it primary, secondary or vocational training is extremely important as majority of convicts will someday exit prison and return to their community as they will be better placed and equipped for all the challenges they might face. The main question however remains, how effective and relevant are these training programmes in rehabilitating and preparing the inmates to face the challenges upon exit from prison and make them self reliant, and useful to the society and consequently reduce their likelihood of reoffending. Is there life after prison and not only just an unproductive life but one that the ex-convict is able to enjoy and support self through gainful employment as a result of having gone through rehabilitative prison life?

In Britain and Wales, rehabilitation programmes for prisoners have become an integral part of prison life (Glaze and Palla, 2004). They serve as a control mechanism and some are normally contracted out to organizations such as the Staff College, universities and private training schools. The programmes range from literacy programmes; Post graduates studies ranging in age from 15 to over 65 years main focus being social and life skills.

Despite the effort however, the number of those re-offending and going back to prison is significantly high.

In Canada, all federal correctional and institutions offer rehabilitation programmes which range from Adult Basic Education (Grades 1 to 10), secondary Education (Grades 11 to 12). Vocational college and university level programmes (Correctional Source of Canada) (2008) – Basic facts about corrections in Canada 2008 Edition Ottawa). The objectives of these programmes offered by the Canadian Correctional Services to the serving inmates aim at, providing them with provincially accredited or certified programmes which meet their identified educational and training needs to help them reintegrate into the community as law-abiding citizen.

The programmes also aim at providing appropriate library services similar to those in the community while meeting the needs of the correctional environment.

Besides, there is also the element of facilitating continuity in educational programming when offenders are transferred between institutions or are released to the community.

Most importantly to help in rehabilitation of offenders as lack of training makes them more susceptible to crime and recidivism. Correctional training thus reduce the possibility of post release re-offending and raise the chances of ex-prisoners obtaining employment and becoming self-reliant and law abiding citizens (Chappell, Cathryn, 2004).

A study carried out in Canada in Ontario correctional facility on the effectiveness of the rehabilitation programmes to inmates indicated that they help inmates avoid committing crimes, thereby, lowering recidivism (Steurer, Smith and Tracy, 2008). The study showed that there was 13% reduction in re-arrests, 21% reduction in reconvictions and 29% reduction in reincarcerations for or trained ex-inmates. To achieve significant level of effectiveness, however, the training programmes offered must meet the unique needs of the inmate students.

Majority of prisoners throughout the world come from the most disenfranchised sectors of the community where they often have a low level of educational attainment and access. This is particularly more pronounced in many African countries. As a matter of fact, prison based rehabilitation programmes are quite limited in most African countries and they are only available to a small percentage of the sentenced. This has serious consequences as some of the inmates leave these facilities worse than they joined them the main reason being, either they choose to be trained if the training opportunity is availed or they simply ignore it or the opportunity is not availed at all. According to Warren Jenifer, (2003) this could be the only hope of the inmate to gain skills which can transform his life after incarceration.

In South Africa the continent's largest economy, the country's Section 19 of the Correctional Services Act No. 111 of 1998 makes it a legal requirement for prison services to provide rehabilitation programmes to all child prisoners who are the age at which they would be subject to compulsory education and other older children should be given access to the training programmes. Section 41(2) of the same Act states that, sentenced adults must undergo literacy training and also have a right to participate in other available training programmes.

The offered programmes are aimed at meeting the prison inmates' specific needs to ensure that they have basic skills for self-reliance upon release and consequently, fully rehabilitated.

However, according to a study carried out, the provision of these services to prisoners' falls short of the projected objectives. The study showed that, only 5% of the prison population was involved in adult basic education and 7% in vocational training program. (Victim of Crime survey, 2007-SS Release S. Africa)

In this country, where skills development is a national priority, the department of labour provided R 13 million for occupational skills training, providing 9% to the prison populations during the year 2003. Part of those funds were given for prisoners' training who were assessed and issued with qualification Certificates by sector Educational Training Authority (DCS 2004:32-33). No proper evaluation so far has been carried out to establish the impact of the training on the inmates; however, the rate of recidivism still remains relatively high at 40%.

In Tanzania, prison inmates serving long term sentences may receive vocational training at a prison training college. The country boasts that over 15,000 prisoners have for the past 25 years taken various trade tests. In addition, 52% of the convicted prisoners participate in agricultural training and 24% in industrial works. Unfortunately though, these training programmes exclude female prisoners, those convicted of life sentences and those awaiting the execution of death penalty. The prison authorities have a 20 year projection with several inmates training programmes lined up aimed at full rehabilitation of the inmates, if not, prevention of re-offending and reduction in their criminal activities. This according to the home affairs ministry is aimed at improving on the country's security situation. (Kenya Prison Service, Strategic Plan 2007-2012)

Recent studies, however, paint a not too good picture of the escalation of crime and high rate of recidivism. The 20 year training projections could however be a panacea to this problem.

The Kenya Prison Service has as a key objective to offer rehabilitation programmes to all those prison inmates serving short and long term sentences with an aim of ensuring that they are fully rehabilitated, reintegrated back into their families and societies at large. The offered training aims at ensuring that the inmates once released can be self reliant and provide support to their immediate dependants, they can be able to continue with training to become more skilled and those in secondary school complete their education and even attain the highest level of education of upto the university. Besides, the ex-inmates can avoid re-offending and going back to prison and get absorbed into the job market and reduce stigmatization by the community living around them.

Training of prison inmates in the modern society is crucial to achieving full rehabilitation and reintegration of the inmates into the society, studies carried out so far are yet to prove whether this key objective has been achieved world over. In Kenya, the prison department as a service is well funded and all the inmates who go through it are subjected to various rehabilitation programmes with their vision being: “A correctional Service of excellence in Africa and beyond” and mission statement which purposes, “To contain offenders in humane safe conditions in order to facilitate responsive administration of justice, rehabilitation, social reintegration and community protection”, but whether they have succeeded in preparing them for post prison life and experience, it is yet to be established.(KHRC Report-2006)

Against this background thus, there is need to keenly investigate and interrogate the rehabilitation programmes offered and find out whether they really meet the needs and expectations of the prison inmates in securing their full rehabilitation and in essence sustaining themselves in life. With the widespread concern of escalation in insecurity, prison congestion and recidivism, studies conducted in this field so far have not provided enough data to prove and determine beyond doubt the effectiveness of the training programmes offered to the prison inmates, (KHRC Report, 2008).

1.2. Statement of the Problem

The Prison service in Kenya is charged with the task of rehabilitation of inmates as they serve their sentences within the confines of the prison homes. With such a responsibility, the department has come up with various programmes whose objective is to equip the convicts with skills to ensure that they are self dependant and not a burden or a nuisance to their significant others or other members of the community and can make positive contributions to the development of the areas they live in. Despite these efforts however, a research on “life after incarceration” conducted by Penal Reform International in the year 2009 indicated that, cases of repeat offenders and individuals who cannot generate any livelihoods upon release are quite common within the communities (Kenya Prison Service Annual Publication-2010).

Whereas a lot of resources have been spent to engage prison inmates on various rehabilitation programmes ranging from formal primary, secondary, counselling, skills training and vocational courses (KHRC Report, 2001) during the time they are serving their sentences aimed at ensuring that they sustain themselves and their dependants, there is need to assess whether such add any value to their lives upon release and in addition, if it is of any worth to the tax payer of this country and further still, the security of the entire citizenry, is guaranteed.

This therefore leads to the pertinent question as to whether these programmes have any significant impact on the way these ex-convicts support themselves and their dependants when they exit prison and in the long run assist in nation building besides preventing them from recidivism. Do they in any way directly or indirectly contribute to the self sustainability of inmates once released back into the community?

The inmates’ attitude towards this programmes or the environment under which they serve their sentence, do they in any way shape the inmates direction upon release to secure independence as he goes about his daily routine of earning daily bread for self or his

significant others. It is against this background that the study tried to fill the information gap between the various rehabilitation programmes offered to the inmates in prison to prepare them lead a productive live upon release vis a vis the impact the same have if any on their livelihoods once they complete their jail terms and go back to their communities.

1.3 Purpose of the study

The purpose of this study was to assess the impact of prison rehabilitation programmes on the self sustainability of ex-convicts, in Thika sub-county.

1.4 Objectives of the Study

The study aimed at achieving the following objectives:-

1. To investigate the extent to which formal education programmes offered in Prison impact on the self sustainability of the ex-convicts in Kenya.
2. To assess how the Vocational training offered in Prison impact on the self sustainability of the ex-convicts in Kenya.
3. To explore the extent to which the attitude of the inmates towards the programmes offered in prison impact on the self-sustainability of ex-convicts in Kenya.
4. To assess how the prison environment impacts on self sustainability of ex convicts in Kenya.
5. To establish the extent to which the aftercare support impacts on ex-convicts self sustainability in Kenya.

1.5 Research Questions

The study aimed at answering the following questions:-

1. To what extent do the formal education programmes offered in prison impact on the self sustainability of ex- convicts in Kenya?
2. How does vocational training offered in prison impact on the self sustainability of the prison ex-convicts in Kenya?
3. To what extend does inmates' attitude towards programmes offered in prison impact on the self sustainability of ex-convicts?

4. To what extent does the prison environment impact on the self sustainability of ex-convicts?
5. To what extend does the aftercare support impact on the self sustainability of ex-convicts?

1.6 Significance of the Study

The prison service core mandate is to rehabilitate those sentenced to serve in their institutions and offer programmes projected to prepare them to competently handle life upon release and be useful not only to self and others but also to the state by contributing in nation building. It is hoped that the information obtained through the study may help in coming up with an education policy for convicts and also create rehabilitation programmes relevant to the needs of individual convicts.

The already existing programmes it is hoped may be looked afresh and the necessary remedial measures taken to make them more beneficial to the prison convicts. The findings it is also hoped can inform potential employees on the particular areas of competencies the ex-prisoners posses and make it easy for them to make the right choice if they choose to employ them. The community has the opportunity through the study to understand the ex-inmates, accept them back and assist them settle down and even offer them support and jobs.

1.7 Delimitation of the study

This study was undertaken within Thika sub-county in Kiambu County. It targeted the people who have served their sentences both male and females at Thika main prison which is located in Thika town. Thika sub-county lies to the southern part of the city of Nairobi and acts as a host to quite a significant number of ex-convicts who take refuge from the city of Nairobi when they find the going too tough. Though there are two other prison facilities within Kiambu County i.e. Kiambu and Ruiru, it still has the largest number of prison population therefore offering a good catchment for the targeted population from the county.

1.8 Limitations of the study

The study took cognizance of likelihood of the significantly wide coverage which demanded for sizable amount of resources. Bureaucracy during the period of data collection and consultation at Thika prison was also a factor which slowed the process given that prison service in Kenya still remains a closed system institution. Tracing the ex-convicts within the projected area also posed some notable challenges.

1.9 Assumption of the study

The study hoped to collect data from ex-convicts and it was believed that those sampled were to co-operate and honestly answer questions in the questionnaires administered.

1.10 Operational definition of significant terms

Aftercare support- any assistance given materially, referral or otherwise to those who have served and completed jail terms.

Ex-convict – a person male or female who has been convicted in a court of law and has fully served a jail term in prison.

Incarceration – the state remaining in detention in prison to serve a sentence.

Recidivism – the act of committing an offence again after release from prison after having served another offence.

Rehabilitation programmes – various programmes offered in prison by prison service to serving convicts to help them transform.

Reoffending – the act of committing a repeat offence after release from prison to serve an offence.

Self sustainability – the state of being able to provide livelihood to self and dependants and through self employment, getting a job or even furthering education.

Sub-county – former district jurisdictions under the charge of the district commissioners.

Vocational training – training in craft skills such as carpentry, welding, tailoring, agriculture, masonry among others.

CHAPTER TWO

LITERATURE REVIEW

2:1 Introduction

In this chapter, the researcher reviews related literature to the present study. Literature review provides the background for understanding current knowledge on the study topic and illuminates the significance of this study through identifying knowledge gaps existing between the available information on rehabilitation programmes offered in prison and the impact they have on these inmates once they exit the prison in terms of their formal or self employability. It focuses on the overview of the formal educational Programme, Vocational training, Attitude of convicts towards the prison programmes administered the prison environment, the aftercare support and the conceptual framework.

2.2 Impact of Formal Education programmes in Prison on sustainability of ex-convicts.

Prison education, or correction education or academic instructions are rehabilitation programmes provided to prisoners while they are incarcerated. These educational programs can be part of inmate rehabilitation and can help prepare prisoners for their lives upon release. Prison education can be offered from within the prison, or it can be provided by other sources, such as vocational schools, colleges or universities (Visher Clipp, Winterfield Loret & Coggeshall Mirty Brutt., 2005). Studies have shown that, in addition to helping the prisoners, correction education can benefit society as a whole.

The educational programs offered in correctional institutions vary by region and by facility. Educational programs are extremely popular in prisons. It's estimated that in most prisons, 50 percent of the population takes advantage of educational programs, and the other 50 percent has signed up on waiting lists to do so(Ward Tedd, 2010).

Funding for prison education has long been controversial. Private Citizens often oppose prison education, because they assume that the government, and thus tax money, is solely responsible for finding prisoners' educations. Private charities and even inmates can fund

prison education, however. Educational establishments also can help with funding, because they might offer tuition breaks for prisoners seeking higher education.

Despite limited funding and frequent lack of public support, prison officials have made efforts to establish prison programming that helps inmates successfully re-enter society after release from prison. Such programmes include substance abuse treatment, life skills training such as anger management, vocational training and educational programmes at all levels from adult basic education to secondary education (Steurer Stephen & Smith Linda, 2003). By improving the mental, physical and social well being of prisoners, as well as providing them with job training and other skills, these programmes benefit society at large by reducing crime and strengthening communities (Visher Clipp et al 2005).

According to the prison order, prisoner inmates are supposed to be guided/supervised in rehabilitation programmes that include prison training and treatment programs. Therefore, the quality of supervision (that is, training and treatment) the prisoners get in the prisons (and after release from prisons) would determine the success of the prisoners in life after incarceration (Harper Grunt and Careen Chitty, 2004)

The use of education and training in prison programmes become pervasive in the 1930s since then, it has fluctuated with society's alternating emphasis on rehabilitation and punishment. Despite this long history, careful studies of the effects of these efforts were slowly coming (Linton Davis, Martinson and Wilks Jerry, 2003). However, there have now been a considerable number of studies and evidence of success as a shift away from rehabilitation through education began in 1970s. In 1975, Linton and Martinson and Wilks published an influential and widely known assessment of efforts at rehabilitation through education and training which arrived at the following summary and conclusion (Linton et al, 2003).

2.2.1. Basic Secondary Education

Though earlier research on education's impact on recidivism had different findings, the duo found out that, inmates exposed to education programmes have lower recidivism rates than

nonparticipants, of 14 findings regarding recidivism, nine showed positive effects, of four findings regarding post-release employment, three show positive effects and of two findings regarding post-release participation in education, both show positive effects.

2.2.2. Vocational Training

Findings of this research indicated that there was a correlation between vocational training and a variety of outcomes considered positive for the society or correctional institutions. Of the 13 findings regarding recidivism, 10 show positive effects, of seven findings regarding post-release employment, five show positive effects and of two findings regarding disciplinary problems, both show positive results.

2.2.3. Life skills

Though findings showed some positive correlation between life skill training and positive living and recidivism, critics point out methodological weaknesses and cautions against overoptimistic interpretations. Out of 14 findings regarding post-release employment, all show positive results and of two findings dealing with post-release participation in education, both show positive results.

Gerber and Fritsch, on a study on Orison Education and offender behaviour (2003) attempted to explain why some programmes were more successful than the others while drawing comparison with similar studies on 10 successful programs by Rice Ebert (2006) and Luiden and Perry (2002). They concluded that, the more extensive the educational programme, the more likely it is to succeed. Programmes that are separate from the rest of the prison are more likely to succeed. Programmes with follow up of the inmates after release are more likely to succeed and, programmes that hone skills needed in the job market are more likely to succeed.

A study carried out in Mozambique prison found that, prison inmates felt that there was dire lack of educational and recreational facilities in prisons (Wees Greg 2005). In south Africa, the prison is extremely uneven, that is, some prison have full-time schools that provide

schooling up to Grade 12, some training, and some vocational skills programmes, whilst in other instances the provision of education or vocational training has been described as totally inadequate (Law Society of South Africa, 2004). In Sierra Leone, detainees do not have adequate access to education or vocational training (US Department of State, 2006).

Prisoners in Lesotho however do receive vocational training as well as basic literacy skills. Overall, there appears to be dire need for effective reintegration programmes for prisoners deprived of their liberty in African prisons including appropriate educative interventions.

Criminals are normally imprisoned in the name of reformation. In 1965, the Tanzania Annual Prison Report stated that: “This service, as mentioned in previous reports, is in process of evolving policy which would make the prison administration service not only for a punitive but essentially a reformatory one, capable of converting prisoners into good citizens after release from custody” (Mushanga, 1976). Mushanga argued that there was a general agreement that prisons on the whole served no useful purpose. Mushanga (1976) argued that the penal system of our times did not correspond to present and future evolution of society and it was generally obsolete and a contributing factor to the increase of crime. This is the situation in East Africa where the penal system has been superimposed on heterogeneous indigenous penal institutions, none of which provided for incarceration of offenders. Mushanga (1976) has stated that: “prisons are largely failures; recidivism runs between 60 to 80 percent.... in prisons men are trained in more sophisticated crimes at the State expense...” The high rate of recidivism implies that prisons have not been able to reform criminals.

The Kenya Prisons Service is an establishment that has been mandated to rehabilitate and reform prisoners so as to make them acceptable by the society, be self reliant and contribute to nation building upon their release. Its major objectives, therefore, lie in the rehabilitation and reformation programmes designed to meet individual and in extension, societal needs. The functions and responsibilities of the Department of Prisons include the construction and maintenance of prison facilities; containing in safe custody all convicted prisoners; holding in

remand all un-convicted prisoners; holding in safe custody all other categories of prisoners as ordered by the courts; and training and disciplining, for rehabilitation, all convicted offenders, as well as youthful and young offenders (Ward Tedd, 2010).

2.3 Vocational training as key to reformation of offenders

An annual prison report indicate that, the prison service in Kenya and in many other places in the world is meant to fulfill at least four key functions (MOHA, 2006). . The first of these is the protection of society. It is evident that there are criminals who are too dangerous to be left at large. If not removed from society, they are likely to be a menace to the public. They must be kept out of free circulation. This group includes certain types of murderers, rapists, and violent robbers. Ample evidence from empirical researches carried out in other countries shows that as a general rule only a small percentage of criminals are in this category. For example in Kenya, in 1994, there were only 652 rape cases and 4,593 robbery and allied offence cases out of the total 85, 186 cases (Kenya, 1996). This means that the bulk of the inmates are not dangerous at all. According to Mushanga (1976), ninety five percent of all people we keep in prisons are not there because we need to protect society for they are not dangerous. Otherwise if they were we would expect many warders guarding prisoners while in the field which is not the case.

The penal institutions include the prisons and youth institutions which are mainly the borstal institutions. The type of offense committed by each prisoner and the length of the sentence determine which penal institution the offender should undergo his/her term of imprisonment. Women prisoners are held separately from the men prisoners and so are the young offenders from adult offenders (MOHA, 2006).

Offenders who are incarcerated for committing very serious offenses such as robbery with violence are held in maximum long-term prisons such as Kamiti. While serving their sentences, the long sentence prisoners are supposed to be trained in various industrial trades

such as carpentry and joinery, wood processing, leather work, taxidermy, soap manufacturing, mechanics, Blacksmith, upholstery, sign writing and other industries which are expected to be widely marketable. These inmates also sit for various trade tests in prison so that they can easily secure employment after release. The main objective is to equip them with useful skills which can be resourceful to them upon discharge. Prison authorities argue that inmates are given a chance to select the type of training they would like to settle on while in prison.

Prisoners sentenced for less serious offenses are held in short-term medium security prisons and are expected to train in agriculture, livestock rearing and simple industry involving carpentry, simple repairs and tailoring. Inmates are supposed to receive guidance and supervision from qualified personnel on the proper use of land as a resource both on a small scale and on a large scale where the weather conditions are favourable. Some of the tasks undertaken by these institutions are soil conservation, land use and livestock keeping. Farming characterizes one of the major activities going on in almost all of the institutions. This is because apart from learning to feed themselves from the farm produce while in prison, it is expected that by the time of their release, prisoners will have learned some techniques in commercial and subsistence farming which they would practice on release, taking into consideration that Kenya is mainly an agricultural country. The actual operation of the prisons was being carefully scrutinized to determine whether prison conditions had worsened the problems of crime in Kenya. The widely held view among criminologists was that prisons had failed to rehabilitate offenders. When released, prisoners work on the outside world. Unfortunately, the ex-prisoners find that the equipment and techniques used in prison are obsolete and that few acquired skills were transferable in the world of sophisticated technology. Furthermore, their work habits are highly inappropriate. In the prisons, there are no qualified personnel to train prisoners in the needed skills which would enable ex-prisoners compete effectively in today's highly competitive job market.

It has been argued that inmates are kept occupied for at least eight hours a day performing productive tasks that will hopefully be useful to them in future upon release. Hard work is to be encouraged while relaxation is to be discouraged. It has however been noted by criminologists and penologists such as Hall-Williams (2004) and Seashore (2005) that most prisoners are maintained in a state of enforced idleness. In the prison, where inmate labour is free and economic efficiency is one of the last concerns, prisoners work only a few hours a day (especially where the farms are small and the climate is agriculturally unfavourable), with three or four prisoners assigned tasks that normally require one.

Prisoners become less technically and socially competent than they are when entering confinement (Hall-Williams, 2004). This is because there exist relatively few resources, services or programs that would enable prisoners to make constructive use of their time. In addition to the limited resources, the actual work experience which is provided is inadequate. Most prisons involve at least some prisoners in work activities necessary to operate and maintain the institution; crop growing, animal husbandry and carpentry among other activities. But because of the nature and structure of this work, it has few benefits to prisoners beyond keeping some busy (Deigh John, 2009).

Kenya's prisoners are entitled to receive social welfare services from correctional officers. They are entitled to religious, recreational, medical and counselling services. 'Social engineering' is seen as one of the most valuable tools of prisoner reformation. The tool employs the technique of group counselling which would involve the use of non-medical staff to run discussion groups with prisoners along certain agreed lines. In this approach, a member of the prison staff acts as counsellor and prisoners are encouraged to face up to their personal problems by interaction and self-criticism in the group setting. Hall-Williams (2004) suggests that the greatest single factor connected with rehabilitation is the amount of time and

attention devoted to listening to an individual prisoner and sorting out his/her problems. In Kenya, this caring approach is not effective because of the lack of qualified social psychologists, sociologists, social workers or criminologists. MOHA (1998) indicates that there were only five civilian welfare officers and counsellors at the headquarters as at June 1998 who were degree holders. Prisoners leave prisons with problems of social maladjustment.

Although the goal of training and treatment in prisons is to maximize the opportunities for new and helpful experiences for prisoners and to increase the challenge to fixed and settled behaviour patterns, many ex-prisoners seem to fare worse after confinement rather than coping better with the obligations and responsibilities of being a law-abiding citizen. It has been observed that the longer one spends in jail or prison, the greater the difficulty an ex-offender appears to have making the necessary arrangement back into society (Hall-Williams, 2004; Seashore, 2005).

In summary, the Prisons Service system in Kenya as in many other places has not been able to achieve its stated goals. There is need for penal reforms to enable the Prisons Department perform effectively the four major functions geared towards reformation and rehabilitation of the offender and the reduction of crime rates in society. This main objective is possible to achieve through a research undertaking into the factors undermining the effectiveness of prison officers in the rehabilitation of offenders. Only when we have identified the areas of weakness in the Service can we be able to make any tangible suggestions towards solving the problems by way of penal reforms.

2.4. Impact of Attitude of the inmate towards the offered programmes on the sustainability of ex-convicts.

An attitude can be defined as a positive or negative evaluation of people, objects, event, activities, ideas, or just about anything in your environment, but there is debate about precise

definitions. Eagly and Chaiken, for example, define an attitude "a psychological tendency that is expressed by evaluating a particular entity with some degree of favour or disfavour." (Eagly Alice and Shelly Chaiken, 2007). Though it is sometimes common to define an attitude as affect toward an object, affect (i.e., discrete emotions or overall arousal) is generally understood to be distinct from attitude as a measure of favourability (Ajzen Iderck, and Icek Muller, 2008).

This definition of attitude allows for one's evaluation of an attitude object to vary from extremely negative to extremely positive, but also admits that people can also be conflicted or ambivalent toward an object meaning that they might at different times express both positive and negative attitude toward the same object. This has led to some discussion of whether individual can hold multiple attitudes toward the same object (Wood Wendy, 2000).

Whether attitudes are explicit (i.e., deliberately formed) versus implicit (i.e., subconscious) has been a topic of considerable research. Research on implicit attitudes, which are generally unacknowledged or outside of awareness, uses sophisticated methods involving people's response times to stimuli to show that implicit attitudes exist (perhaps in tandem with explicit attitudes of the same object). Implicit and explicit attitudes seem to affect people's behaviour, though in different ways. They tend not to be strongly associated with each other, although in some cases they are (Katz Daniel, 2001). The relationship between them is poorly understood.

The classic, tripartite view offered by William Jeff McGuire (McGuire, 2006) is that an attitude contains cognitive, affective, and behavioural components. Empirical research, however, fails to support clear distinctions between thoughts, emotions, and behavioural intentions associated with a particular attitude (Eagly et al, 2007). A criticism of the tripartite view of attitudes is that it requires cognitive, affective, and behavioural associations of an attitude to be consistent, but this may be implausible. Thus some views of attitude structure

see the cognitive and behavioural components as derivative of affect or affect and behaviour as derivative of underlying beliefs (Fazio, Russell Hurth and Michael Olson 2003).

Despite debate about the particular structure of attitudes, there is considerable evidence that attitudes reflect more than evaluations of a particular object that vary from positive to negative. Attitudes also have other characteristics, such as importance, certainty, or accessibility (measures of attitude strength) and associated knowledge (Tesser Aniela and Shaffer Davis, 2009).

There is also considerable interest in inter-attitudinal structure, which connects different attitudes to one another and to more underlying psychological structures, such as values or ideology (Tesser A. et al, 2009).

Human behaviour (and that of other organisms and mechanisms) can be common, unusual, acceptable, or unacceptable. Humans evaluate the acceptability of behaviour using social norms and regulate behaviour by means of social control. In sociology, behaviour is considered as having no meaning, being not directed at other people and thus is the most basic human action, although it can play a part in diagnosis of disorders such as the autism spectrum disorders. According to moral values, human behaviour may also depend upon the common, usual, unusual, acceptable or unacceptable behaviour of others.

Another classic view of attitudes is that attitudes serve particular functions for individuals. That is, researchers have tried to understand why individuals hold particular attitudes or why they hold attitudes in general by considering how attitudes affect the individuals who hold them (Eagly et al, 1998). Daniel Katz, for example, writes that attitudes can serve "instrumental, adjustive or utilitarian," "ego-defensive," "value-expressive," or "knowledge" functions (Katz D, 2001). The functional view of attitudes suggests that in order for attitudes to change (e.g., via persuasion), appeals must be made to the function(s) that a particular attitude serves for the individual. As an example, the "ego-defensive" function might be used to influence the racially prejudicial attitudes of an individual who sees themselves as open-

minded and tolerant. By appealing to that individual's image of themselves as tolerant and open-minded, it may be possible to change their prejudicial attitudes to be more consistent with their self-concept. Similarly, a persuasive message that threatens self-image is much more likely to be rejected (Lapinski Darrel, Maria Knight, and Franklin Boster, 2001).

2.4.1 Attitude-behaviour relationship

The effects of attitudes on behaviour represent a significant research enterprise within psychology. Two theoretical approaches have dominated this research: the theory of reasoned action (Ajzen Iderck, 2000) and, its theoretical descendant, the theory of planned behaviour (Ajzen I, 2000), both of which are associated with Icek Ajzen. Both of these theories describe the link between attitude and behaviour as a deliberative process, with an individual actively choosing to engage in an attitude-related behaviour. An alternative model, called MODE for "Motivation and Opportunity as Determinants" was proposed by Russell H. Fazio, which focuses on motivations and opportunities for deliberative attitude-related behaviour to occur. Mode is a dual process theory that expects deliberative attitude-behaviour linkages - like those modelled by the theory of planned behaviour - only occur when individuals have motivation to reflect upon their own attitudes (Fazio, Russell Hurth and Tamara Towles-Schwen, 2009).

The theory of reasoned action (TRA) is a model for the prediction of behavioural intention, spanning predictions of attitude and predictions of behaviour. The subsequent separation of behavioural intention from behaviour allows for explanation of limiting factors on attitudinal influence (Ajzen 2008). The Theory of Reasoned Action was developed by Martin Fishbein and Icek Ajzen (1995), derived from previous research that started out as the theory of attitude, which led to the study of attitude and behaviour. The theory was "born largely out of frustration with traditional attitude-behaviour research, much of which found weak

correlations between attitude measures and performance of volitional behaviours" (Hale, Householder & Greene, 2003, p. 259).

The theory of planned behaviour was proposed by Icek Ajzen in 1985 through his article "From intentions to actions: A theory of planned behaviour." The theory was developed from the theory of reasoned action, which was proposed by Martin Fishbein together with Icek Ajzen in 1995. The theory of reasoned action was in turn grounded in various theories of attitude such as learning theories, expectancy-value theories, consistency theories,[2] and attribution theory.[3] According to the theory of reasoned action, if people evaluate the suggested behaviour as positive (attitude), and if they think their significant others want them to perform the behaviour (subjective norm), this results in a higher intention (motivation) and they are more likely to do so. A high correlation of attitudes and subjective norms to behavioural intention, and subsequently to behaviour, has been confirmed in many studies. [4] A counter-argument against the high relationship between behavioural intention and actual behaviour has also been proposed, as the results of some studies show that, because of circumstantial limitations, behavioural intention does not always lead to actual behaviour. Namely, since behavioural intention cannot be the exclusive determinant of behaviour where an individual's control over the behaviour is incomplete, Ajzen introduced the theory of planned behaviour by adding a new component, "perceived behavioural control." By this, he extended the theory of reasoned action to cover non-volitional behaviours for predicting behavioural intention and actual behaviour.

2.5 Impact of Prison Environment on sustainability of ex-convicts

In Africa many prisoners are often incarcerated in prisons that are poorly facilitated resulting into a violation of their rights and best interest in total disregard of Article 17(3) of ACRWC and article 40(1) of CRC. The rationale of criminal justice system (CJS) focuses on the need to give prisoners a second chance in life by protecting their dignity and ensuring that

prisoners are rehabilitated and reintegrated into society to play more constructive roles (Article 17(3) of ACRWC and article 40(1) of CRC) (Community Law Centar, 1998).

Unfortunately, very few states in Africa undertake relevant measures that conform to their international obligations to guarantee the protection of offenders. Such policies target the provision of the necessary facilities or programmes that are geared towards rehabilitation and reintegration into society of offenders. As a consequence, after serving their sentence former prisoners are often unleashed into society with no education, no livelihood skills, no prospects of engaging in gainful employment, limited opportunity of enrolling in school and sometimes no family support. In essence the system succeeds neither in rehabilitation nor reintegration but only produces societal outcasts or people who can only make a living out of a life of crime (Ehlers 2005).

Decrying this situation within South African context, it is impossible to ignore the lamentation of Gallinetti *et al* that “On the streets of most African cities, we find children and young people wandering around looking for money, food or employment. When we visit prisons in Africa, we find young people who are either suspected of having committed crimes, or have already been convicted and are serving a sentence. Yet it is acknowledged that youthful behaviour or conduct that does not conform to overall social norms and values is often part of the maturation and growth process of a child and tends to disappear spontaneously in most individuals with the transition to adulthood. Hence the need to ensure that the CJS benefits its recipients by alleviating personal characteristics deemed undesirable through rehabilitation (Gardener, 1997).

The sexual abuse of prisoners in South African Prison has been well documented. The 1997 situational analysis of prisoners in prison in South Africa noted that, rape and forced sodomy were major problems in youth prison (Community Law Centar, 1998), a fact that exacerbated

by the dominance of prison gangs in S. Africa. In other instances of sexual abuse and forced labour, food is usually used as the bargaining tool (Ehlers 2005).

Studies on justice systems in Nigeria reveal that, prison facilities were established for the purpose of reformation, rehabilitation and reintegration of prisoners and as such facilities for vocational and formal educational instruction were put in place in order to realize these goals (Federal Ministry of Health, 1996).

These facilities however have undergone a marked deterioration since the 1980's due to lack of proper policy, legal and institutional frameworks, gross under funding, inadequate staff, and lack of necessary training facilities (Federal Ministry of Health, 1996).

Within the custodial institutions, the situation was only slightly better with a high proportion of prisoners reporting subjection to mental or psychological torture by threats of beating (45.9%), denial of food (30.0%) and long detentions (31.7%), (Davis, Michael, 2005).

In spite of these reports, little attention had been paid to the psychological well being and eventual outcome of prisoners to date and they often lack access to mental health care.

Moreover, recent studies suggest that about two thirds of youths involved with the justice system meet criteria for one or more psychiatric disorders, even after excluding conduct disorder (Davis Lawrence Harris. (2002).

Prisons' reports indicate that hygiene is stressed and prisoners are expected to bath daily, cut their hair short and wash their clothes. However, this is not the reality in Kenya's prisons because most of the prisons do not have sufficient running water. The cells which are holding inmates who are double their capacity are very filthy and unhygienic leading to outbreaks of epidemics. For example, Bunde Benjamin (2002) in his book "Birds of Kamiti" talks of human filth in the living cells, poor ventilation and sanitation at Kamiti Maximum Prison

where he had served his sentence. Overcrowding is rampant and living conditions are pathetic.

Prison authorities further argue that on admission to prison, a prisoner is explained what rights and privileges he/she has during the term of imprisonment. Although rights could be explained to prisoners, these rights are usually violated when prison officers subject the inmates to severe and brutal beatings (Daily Nation, May 7th, 1999). At this point, the explanation of the rights to the prisoners becomes a farce.

Various international and regional legal instruments exist that seek to protect the rights of offenders. In spite of this, many prisoners continue to suffer gruesome abuse of their rights while in detention by either fellow inmates, or the prison officers entrusted with the role of protecting them (Penal Reform International (PRI), 2008). These violations with impunity often take place behind closed doors and are hardly brought into public arena because the society is more concerned with keeping the offenders locked up and throwing the keys away (Saine, 2005).

Most governments, especially in Africa have also failed to adopt and implement policies, legislations and programmes that ensure the rehabilitation and reintegration of prisoners into society. Gardner says that several jurisdictions have explicitly expanded their theory of justice, downplaying the role of rehabilitation (Gardener, 2008). This impact of environment is what this study shall explore and how it impacts on ex convicts rehabilitation and self sufficiency. Early and recent criminologists and sociologists have noted that jails and prisons are in effect “schools of crime”. Studies have concluded that the effect of being segregated with other criminals to the virtual exclusion of all other contacts has the effect of deeply immersing a person into criminal (or prison) value and belief systems. Cahill Michael Todd (2007) called this absorption of prison culture “prisonization”.

Hall-Williams (2004) states clearly that every effort must be made to reduce the isolation which imprisonment entails and increase the normalcy of daily life. To him, this means encouraging the maintenance of family ties, and not promoting the disruption of marriages (see Daily Nation, December 20th, 1998). It also means the removal of unnecessary restrictions on visiting, letters, privileges, and the provision of as many constructive experiences as possible, both at work and during leisure hours if there are any. According to this view, treatment is not something which is added on to punishment and provided only for those who need it but it is everything which is happening to a prisoner while in the institution.

This state of affairs is further exacerbated by the fact that when in detention, most governments are not only unable or unwilling or to provide proper conditions of detention for the prisoners, but also neglect or fail to ensure that juvenile detainees engage in meaningful activities that would guarantee their successful reform and reintegration into society and live more constructive and productive lives (Odongo, 2005). Odongo agrees that the reasons for the failure of the criminal justice system (CJS) are not linked with the prisoners' behaviour being not amenable to reform but because of the state's failure to take concerted view of the situation of prisoners and have a clear policy towards them (Odongo, 2005).

The emptiness and dullness of the prison experience is debilitating in still other ways. The routines that are established are designed to meet the needs of convenient prison administration rather than those of its resident population (inmates). According to Odegi-Awuondo (1994), the state cannot do without the prisons and the crime industry because it makes use of the exploitative labour provided by the prisoners. By deliberate policy, the prisoner's decision-making and the assumption of personal responsibility are kept at a minimum through a highly regimented prison code of order and a system in which authority rests exclusively with the top prison administrators. Living under such conditions (while

insuring control) inevitably affects the prisoner's ability to make his/her life decision and to assume responsibility after release.

Deterrence is another function of prisons. Imprisonment is assumed to deter against crime; first in the offender himself who experiences the prison situation, then the public who come to know of imprisonment for wrong doing. It is possible to see statements in newspapers made by magistrates and High Court judges saying: "This kind of criminal behaviour is on the increase in the country and therefore calls for a deterrent sentence". The sentencing judge means a long prison sentence, say of five or ten years (Mushanga, 1974; 1976). For this reason, some people argue that the conditions of prisons should be such that no one would like to go back to prison. Once a prisoner said: "I do not say that the prison is either good or bad. I just do not see what it has to do at all with my crime" (Mushanga, 1976).

Finally, prisoners find upon release that ties with family friends and community have been seriously weakened if not completely severed partly due to the separation, labeling and stigmatization. Without such emotional and social support, ex-prisoners are completely done during the initial, critical period to readjustment. For many, this can make the difference between "making it" or returning to prison. It is the totality of a prisoner's experiences while in custody (confinement) which may be expected to contribute towards his/her reform and rehabilitation (Odongo, 2005).

2.6 Impact of Aftercare support on the self sustainability of ex-convicts.

Government and Non-state actors like NGOs play important roles in the post-release support to ex-offenders. In some countries like Japan and the Philippines, NGOs have had an important role to play in contributing to the preparation for release of prisoners and their aftercare in society. A working group is established to assist with prisoners' preparation for release and to link prison preparation with social and health services outside prison. Training

is also provided to prison psychologists and social workers by NGOs. A comprehensive mechanism is created, aimed at addressing the medical and social needs of prisoners, with information flow to civilian structures and feedback, as well as community mobilization. This has led to an increased success rate of uninterrupted post-release treatment, as well as better social support system. (Kenya Prison Service Annual Publication- volume 23. (2010)

2.6.1 System Coordination

According to Kaplow Louis and Shavell Steven, (2002) ensuring the coordination of all key stakeholders in the Aftercare support, informing, and consulting them to ensure an interdisciplinary dialogue in the area of social reintegration of offenders is of fundamental importance especially given the diversity of agencies and jurisdictions involved. Mechanisms for coordination needs to be built into the system between the prison service, probation service, other agencies involved in the supervision and care of offenders and ex-offenders, as well as other agencies and organizations involved in their social reintegration, such as NGOs, social welfare, housing, employment, health agencies, centers providing treatment for addictions and mental conditions (CJAT,2006).

2.7 Conceptual Framework

The goal of conceptual framework is to categorize and describe concepts relevant to the study and map relationships among them and also defining how variables interrelate. The conceptual framework for this study is figuratively shown in figure 1.

Independent Variables

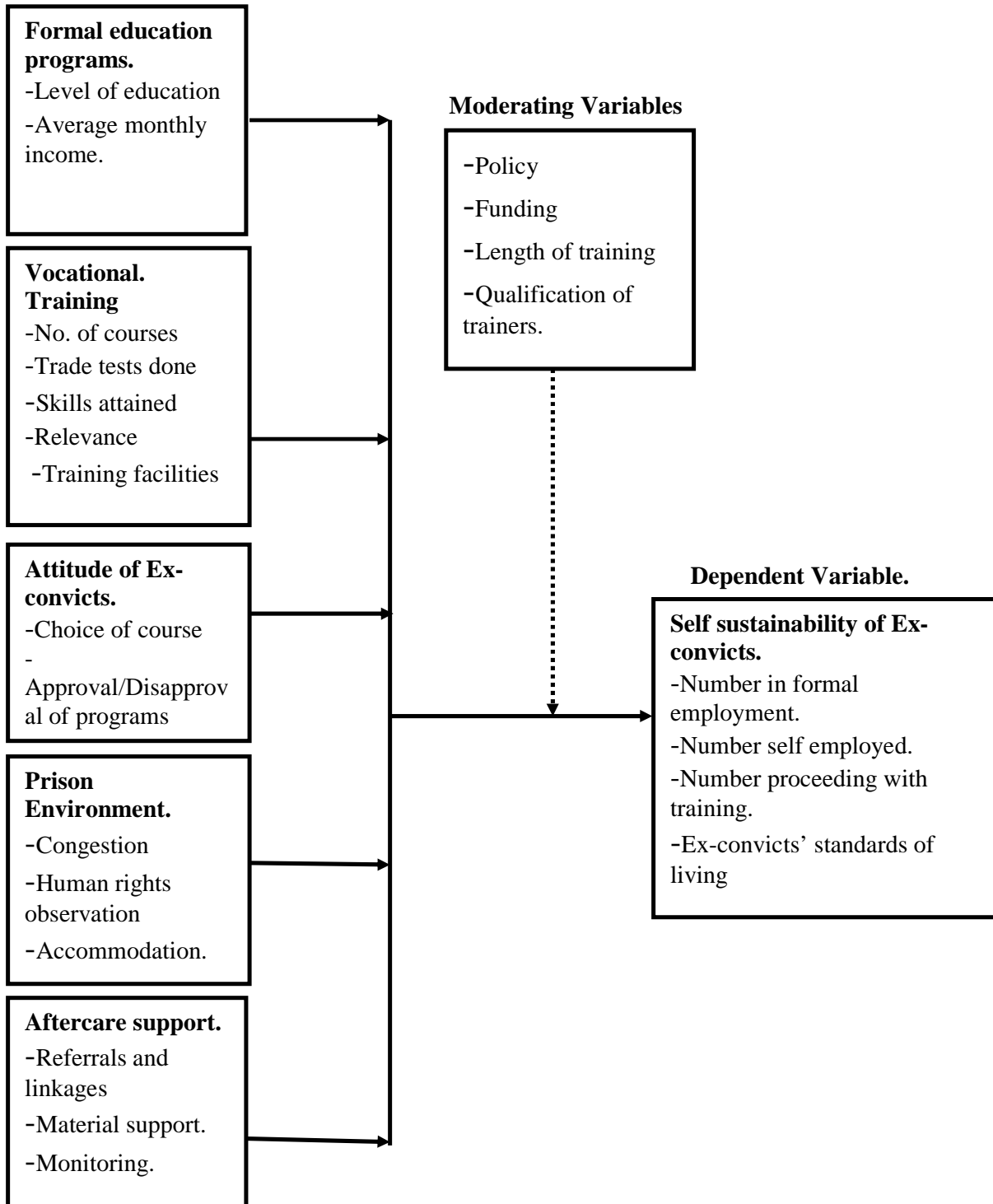


Figure 1: Conceptual Framework.

2.7 Summary of the Conceptual Framework

The conceptual framework shows the relationship between the independent variables which are the Educational programmes, the vocational trainings, attitude of the inmates towards the offered programmes, the environment under which they are held and the Aftercare support and how they all correlate with the self-sustainability of the ex-convicts which is the dependant variable. There are some moderating factors which include government policy in the prison service, the funding received, the duration of training and the level of qualification of the prison trainers.

The formal Educational programmes such as primary or secondary education has indicators such as the level of exams done: KCPE or KCSE either of which can help the ex-convicts continue with education or join college depending on the certificate attained which will later impact on their self sustainability.

Vocational training which includes carpentry, tailoring, hairdressing, horticulture, masonry, life skills among others can help the ex-convicts get absorbed in the job market or open their own businesses using skills learned which can greatly impact on their self sustainability.

Attitude of the ex-convicts towards the programmes offered will determine whether they will take up the programmes offered and if they at all take these programme show they perform or better still, how they hone their skills. The level of their competence which will be determined by their attitude while being trained which will lead to them having the right experience to get employed or open their own business consequently making them self sustaining.

The prison environment plays a crucial role in shaving the characteristics of the inmates as they serve their terms. Conducive environment such as one devoid of congestion will free the available facilities for the inmates' use. Human rights observation ensures that the inmates enjoy certain freedoms and proper training facilities will enhance skills of the inmates, proper

medicare, food and accommodation will also enable inmates to focus and perform well in the educational programmes and trainings offered which will help in their self sustenance once they exit these facilities.

The aftercare support to a great extent guarantees referrals and linkages to employment agencies and other relevant organizations. Support in terms of tools such as sewing machines, carpentry and welding and masonry tools, materials, funds, advice and further training will lead to the ex-convicts managing their lives well through getting employed or opening their own businesses.

Once they exit the prison facilities, the success of the ex-convicts sustainability will be indicated by the number which gets absorbed in the job market owing to the skills attained through the rehabilitation programmes offered or whether they are able to proceed with formal education or vocational training or open their own businesses. The proceedings from their employment or businesses and savings made will give an indication of the ex-convicts' living standards.

Some factors however are likely to influence the relationship between the rehabilitation programmes offered and the way the inmates will sustain themselves once they are released which include the departmental policies guiding the way the inmates must be treated, the amount of funds allocated to the department to ran the inmates rehabilitation programmes, the period allocated for training of the inmates and the level of training of the prison officers charged with the task of training the inmates.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

In this chapter the researcher outlines the type of research methodology which was applied. It covers the type of research design, sample and sampling procedure method, target population, accessible population and sample size. The researcher further discusses on the data collection procedure and analysis, and research instruments the study adopted. It has also focused on validity and reliability of instruments and ethical issues.

3.2 Research Design

A research design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy procedure. It is the conceptual structure within which research is conducted. It constitutes the blue print for the collection, measurement and analysis of data (Kothari, 2004)

The research adopted a descriptive survey design. According to Kothari, (2004), descriptive design allows the researcher to describe record, analyze and report conditions that exist or existed. The research study used both quantitative and qualitative approaches. The data was collected to study the impact of prison rehabilitation programmes in Kenya on the self sustainability of ex-convicts. Qualitative approach was used in this study because it provides in depth understanding of information while the quantitative approach provides summary information on many characteristics.

3.3 The Target Population

The target population is that which a researcher wants to generalize the results of the study (Mugenda and Mugenda, 2003). Thika sub-county has an average population of 320 ex-convicts according to records obtained from the Thika main Prison. These are ex-convicts who have been released after serving their jail terms in the institution for the last 10 years. This therefore formed the target population and it was spread across the two Divisions within

the Thika sub-county namely, Juja and Thika Municipality Divisions. The Thika division had a population of 196 ex-convicts whereas Juja had a population of 124 ex-convicts which formed the target population for each division bringing the total target population for the sub county to 320.

3.4. Sample Size and Sampling Procedure.

Chandra (2007) defines sampling as the selection of a proportion of population such that selected portion represents the population adequately. In this section, the researcher discusses the sample to be used for the study and the sampling procedure to be used.

According to Kothari (2004) sampling design is a definite plan for obtaining a sample from a given population. It refers to the technique or procedure the researcher would adopt in selecting items for the sample.

3.4.1 Sample Size

According to Nachmias (1996) a sample size is a subset of sampling units from a population which does not include the entire set of sampling units which have been defined as population. The study sample targeted those ex-convicts released from Thika main Prison and who have been living in Thika Sub-county between 3-10 years. Records obtained from Thika main prison indicated that there were an average 320 ex-convicts living within the sub-county number adopted as the study population, this hence is where the study drew its sample size from and according to the sample size table by Krejcie and Morgan (1970) – **Appendix 5**, for a population of 320, the optimum sample size is 175.

3.4.2. Sampling Procedure

The study used a stratified sampling technique because it is more accurate and deals with smaller targets hence likelihood of getting perfect results, in this case, there were two divisions and each division formed a stratum for easy proportionate calculation of the required sample. The population was stratified into two strata which fell within the two divisions from where the sample was drawn. In getting the sample for study, Krejcie and Morgan sample size table was used therefore sample size for each division in regard to the

total population was drawn as follows: Thika division with 196 ex-convicts:- $196/320 \times 175 = 107$, Juja division with 124 ex-convicts: - $124/320 \times 175 = 67.8$, (68). This therefore gave the total sample size for the entire sub-county $107 + 68 = 175$.

Simple random sampling was used to pick ex-convicts from each stratum in each division using rotary method to arrive at the sample size indicated in the table 3.1

3.1 Sampling Frame

Division	Number	Sample	Percentage
Thika municipality	196	107	61
Juja	124	68	39
Total	320	175	100

3.5 Research instrument

A questionnaire was used as data collection instrument. It was comprised of both open ended and closed ended questions. The questionnaire was divided into five segments each dealing with questions to address each particular variable. Section A addressed the bio-data of the respondents, section B then dealt with the first objective; formal education programmes and vocational training. The third section then sought answers on the issue of attitude of the inmates towards the offered programmes and section D handled the prison environment and the impact it has on the ex-convicts sustainability together with their engagements upon release the last section that is, section E addressed the issue of aftercare or life after release so that their status can be ascertained and confirmation is made on whether prison period has had any impact on their post prison life. Both closed and open-ended questions were used, the open-ended aimed at getting opinion and more information of the respondents. The use of questionnaires enabled the respondents to remain anonymous and be honest in their responses (Cooper and Schindler, 2003). The choice of the questionnaire was based on the fact that it is easy to analyze the collected data statistically. Further it is not biased and the responses are gathered in a standardized manner and therefore are more objective in their results. Due to the

expanse of the area of study, two research assistants were employed and trained on data collection techniques and then sent to administer the questionnaires.

3.5.1 Pilot Study

A pilot study was undertaken in the neighbouring Ruiru sub-county which had an ex-convict population of 136 according to records obtained from Thika main prison and a sample of 14 ex-convicts was selected through a simple random sampling representing 10% of the total population. Mugenda and Mugenda (2003) argue that, 10% of the study sample is enough for piloting a study. The prepared questionnaire was then administered to the 14 ex-convict respondents and the same was revised according to the findings of the pilot test. The revised research tool was then used in the final study.

3.5.2 Validity of the instrument

Validity is the degree to which an instrument measures what is supposed to measure (Kothari, 2004). Creswell (2003) notes that validity is about whether one can draw meaningful and useful inferences from scores on the instrument. It is therefore about the usefulness of the data and not the instrument. To ensure content validity the instrument was discussed and reviewed by researcher's peers. Content validity yields a logical judgment as to whether the instrument covers what is supposed to cover. Content validity ensures that all the correspondents understand the items on the questionnaire. The validity of the instrument was therefore enhanced through appraisal of the tools and verification by the supervisor who is an expert and the necessary improvements were made to ensure that the research questions measure what they were expected to.

3.5.3 Instrument Reliability

Reliability is the degree of consistency that the instrument or tool demonstrates on repeat trials, that is, whether scores resulting from repeated use of the instrument are consistent. Reliability answers the question, "Are scores stable over time when the instrument is

administered a second time?” (Creswell, 2003). To ensure reliability, the researcher used split half technique. The measure was split into two equal parts and each part was treated as a separate measure. Each part was then scored accordingly and the scores correlated. The Spearman-Brown Prophecy formula was then used to estimate the reliability, which achieved a score of 0.85. The general convention in research is that one should strive for reliability values of 0.70 or higher. Therefore correlation coefficient(r) value of 0.70 and above is normally acceptable. The higher the correlation coefficient between the two sets, the greater the reliability of the instrument. If the correlation is less than 0.70, the instrument will be improved on by improving on the questions.

3.6 Data collection procedure

This followed the guidelines given by the University of Nairobi. The first step was to prepare the research proposal under the guideline of the supervisor, once ready, it was defended before a panel appointed by the university. After it was successfully defended, corrections were done as per advice of the panelists and then a permit to conduct the research was applied for from the National Council for Research and Technology. The next step was to train research assistants for the purpose of collecting data who went to the field, distributed and collected the questionnaires. The collected questionnaires were then coded by numbering them to enable data identity. The raw data obtained from the study was then systematically organized and then coded into numerical codes that represented measurements of the variables. The same was analysed, discussed, summarized and a report prepared and forwarded to the supervisor for corrections before being defended before the University panelists.

3.7 Data Analysis Techniques

Descriptive statistics was used to analyze the collected data with the aim of generalizing to the whole population. The data collected was cleaned and coded. This was done to enhance basic statistical analysis. The data analysis involved quantitative and qualitative methods

(numerical and descriptive). Qualitative data was analyzed based on content analysis while quantitative data was analyzed using descriptive. Data was analyzed with the help of electronic spreadsheet SPSS version 21.0 Programme which has analysis tools. The collected data was then presented using statistical techniques which include percentages and frequency distribution tables.

3.8 Ethical Considerations

The principle of voluntary participation was strictly adhered to. The respondents were not coerced into participating in the research and they voluntarily gave information. They were also informed about the purpose of the study. The researcher guaranteed the participants confidentiality in the entire research process. The researcher also obtained permission to carry out the research from the National Council for Science and Technology.

3.8 Operationalization of Variables

Objectives	Type of Variables	Indicator	Measurement	Measurement scale	Methods of data analysis
To investigate the extent to which formal education programmes offered in prison impact on the self sustainability of the ex-convicts in Kenya.	Independent	<ul style="list-style-type: none"> - Academic certificates sat. - Level of formal education attained. 	<ul style="list-style-type: none"> -Certificates. Possessed. 	Ordinal. Nominal	Descriptive.
To assess how vocational training offered in prison impact on the self sustainability of the ex-convicts in Kenya.	Independent	<ul style="list-style-type: none"> -Number of courses done. -Government trade tests sat. -Skills attained. 	<ul style="list-style-type: none"> -Courses taken. -Competence level. 	Ordinal	Descriptive.
To explore the extent to which attitude of the inmates towards the programmes offered in prison impact on the self-sustainability of ex-convicts in Kenya.	Independent	<ul style="list-style-type: none"> -Performance of the ex-convicts. -Willingness to take up training. 	<ul style="list-style-type: none"> -Grades attained 	Ordinal.	Descriptive.

To assess how the prison environment impacts on self sustainability of prison ex-convicts in Kenya.	Independent	<ul style="list-style-type: none"> -Congestion in prison. -Facilities available. -Human rights observation. -Accommodation. 	<ul style="list-style-type: none"> -Number of inmates in prison. -Number of facilities available. -Number of human rights cases handled. 	Ordinal.	Descriptive.
To establish the extent to which the aftercare support impacts on ex-convicts self sustainability in Kenya.	Independent	<ul style="list-style-type: none"> -Number of referrals and linkages. -Material support. -Follow up and monitoring. 	<ul style="list-style-type: none"> -Beneficiaries of aftercare support. -Frequency of follow ups. 	Ordinal Nominal	Descriptive
To assess the level of self sustainability of ex-convicts in Kenya.	Dependent	<ul style="list-style-type: none"> -Number of in formal employment. -Number in self employment. -Number proceeding with education. -Ex-convicts standards of living. 	<ul style="list-style-type: none"> -Level of income. -Ability to support to self and others. -Property owned. 	Ordinal. Nominal	Descriptive

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.1 Introduction

This chapter provides an analysis, presentation and interpretation on the findings and associated issues respectively on the impact of the prison rehabilitation programmes on the self sustainability of the ex-prisoners. For systematic presentation and analysis of data, the chapter specifically analyses the response rate, personal information of the ex-convicts, general prison programmes, impact of formal education programmes and Vocational Training Programmes, how the attitude of the inmates towards programmes offered in prisons, prison environment and aftercare support of the ex-convicts has impacted on their self sustainanance.

4.2 Questionnaire Return Rate

The study targeted 175 respondents, 107 from Thika municipality and 68 from Juja Division both of Thika Sub-County. A total of 148 Questionnaires were returned which is 84.6% of the total sample and considerably adequate for analysis. The 148 returned questionnaires consisted of 66.9% from Thika Municipality and 72% from Juja Division. Mugenda and Mugenda (2003) suggested that for generalization, a response rate of 50% is adequate for analysis and reporting, 60% is good and a response rate of 70% and over is excellent. In addition, this was a high rate considering that the respondents were ex-convicts long released from prison and therefore posing a challenge to trace them upon release.

4.3 Demographic characteristics of the respondents

The ex-convicts population is comprised of both gender and therefore it was important to capture the distribution of the respondents accordingly this gave findings on how either gender has fared as far as self-sustenance is concerned since their release, also analysed and presented is the age

and marital status of the respondents which gave more information on the kind of individuals being dealt with in different stages and ages of life.

4.3.1 Gender response

Commission of criminal offences cuts across the gender divide and therefore the respondents were from both gender hence those who go through the prison service follow the same trend.

The table 4.1 shows the distribution of the prison ex-convicts in Thika Sub-county in terms of gender.

Table 4.1: Distribution of the prison ex-convicts in terms of gender

Gender	No. of Ex-convicts	Percentage
Male	104	70.3
Female	44	29.7
Total	148	100

According to the table, 104 (70.3%) of the respondents were males. This indicates that there are more male prisoners than there are female prisoners. One possible explanation for high number of males is that males traditionally commit more crimes than females.

4.3.2 Age of the Prison Ex-convicts

Prison ex-convicts range from young people to the middle aged, this is the most active age and the time young adults begin to shoulder various responsibilities in their lives some of which may force them to engage in illegal activities in order to support themselves. The table 4.2 shows the age distribution of prison ex-convicts.

Table 4.2: Age Distribution of Prison Ex-convict

Respondent's age bracket	Frequency	Percentage
18 – 27	2	1.4
28 – 37	46	31.0
38 – 47	67	45.3
48 – 45	23	15.5
58 – 67	10	6.8
68 and above	0	0
Total	148	100

The study found out that 23 (45.3%) of the prison ex-convicts belong to age bracket of 38–47years. The findings that most offenders and hence prisoners were middle aged can be explained by the fact that they were able bodied people seeking conventional means of livelihood but who in the process may have been frustrated by lack of the same due to prevailing economic hardships.

4.3.3 Marital Status of the ex-convicts

The prison ex-convicts interviewed came from different marital backgrounds; table 4.3 shows the distribution of marital status of ex-convicts.

Table 4.3 Marital status of prison ex-convicts

Marital Status	Frequency	Percentage
Single/Never married	16	10.8
Married	77	52.0
Divorced/Separated	52	35.1
Widowed	3	2.1
Total	148	100

Majority of the respondents at 77 (52%) were married and only 16 (10.8%) were single or had never married, another group at 52 (35.1%) was either divorced or separated.

4.3.4 Level of education of the ex-convicts

The respondents had attained different levels of education and quite a few, were still illiterate as they had not joined school, Table 4.4 shows the distribution of levels of education amongst the prison ex-convicts.

Table 4.4: Level of education of prison ex-convicts

Level of Education	Frequency	Percentage
None	8	5.4
Primary	107	72.3
Secondary	32	21.6
University/College	1	0.7
Total	148	100

The study established that 73% of the prison ex-convicts had attained upto primary school education. This is probably because there is a high dropout rate of primary school pupils and the low transition to secondary school.

4.3.5 Professional Qualification of the ex-convict

Profession is a specialized trade which a person engages based on his/her academic qualifications in order to earn a living or self-sustenance. The table 4.5 shows the professional qualification of prison ex-convicts

Table 4.5 Professional qualification of prison ex-convicts

Professional qualifications	Frequency	Percentage
None	109	73.6
Tailoring	17	11.5
Masonry	8	5.4
Carpentry	12	8.1
Welder	2	1.4
Total	148	100

Over seventy percent (73.6%) of the prison ex-convicts have no professional qualification and only 26.4% had low value professional skills which could not guarantee them employment once released, probably this explains why they had engaged in crime in the first instance as this could have been the only avenue to earn a living for self-sustenance.

4.3.6 Average monthly income of the prison ex-convicts

In order to understand whether the ex-convicts had any means of survival or livelihood, it was important to find out their levels of income as it will give a bearing on how much each earned on monthly basis and whether it was enough to enable him/her provide for self and others.

Table 4.6 shows the average monthly income of ex-convicts.

Table 4.6 Average monthly income of ex-convicts

Average monthly income (Kshs.)	Frequency	Percentage
Below 2,000	42	28.3
2,000 – 7,999	64	43.2
8,000 – 13,999	18	12.2
14,000 – 19,999	12	8.1
20,000 – 25,999	5	3.4
26,000 – 31,999	7	4.7
Above 32,000	0	0
Total	148	100

The above table shows that 64 (43.2%) of the respondents earn an income of between Kshs. 2,000 – 7,999. This result showed that ex-prisoners were low-income earners when their incomes were compared against the high prevailing standards of living in Kenya. This can further be explained by the fact that 73.6% of the ex-convicts (table 4.5) have no professional qualifications thus not able to secure high paying jobs.

Table 4.7 Level of Education and average monthly income.

Average monthly income		Level of formal education				Total
		None	Primary	Secondary	College	
Below 2000	Frequency	6	35	1	0	42
	% of Total	4.1%	23.6%	0.7%	0%	28.3%
2000-7999	Frequency	2	54	8	0	64
	% of Total	1.4%	36.5%	5.4%	0%	43.2%
8000-13999	Frequency	0	12	6	0	8
	% of Total	0%	8.1%	4.1%	0.0%	5.4%
14000-19999	Frequency	0	2	10	0	12
	% of Total	0%	1.4%	6.8%	0.0%	8.1%
20000-25999	Frequency	0	3	2	0	5
	% of Total	0%	2.0%	1.4%	0.0%	3.4%
26000-31999	Frequency	0	2	4	1	7
	% of Total	0%	1.4%	2.7%	0%	4.7%
>32000	Frequency	0	0	0	0	0
	% of Total	0.0%	0.0%	0.0%	0.0%	0.0%
Total		8	107	32	1	148
%of Total		5.4%	72.3%	21.6%	0.7%	100%

Table 4.7 show that 72.3% of the ex-convicts were primary graduates and 36.5% of them earned an average of Kshs 2000-7999. Only 1% of the convicts had college level education and earns a salary of Kshs 26000-31999. It also shows that 4.1% the ex-convicts had no education and earned an average monthly income of below Kshs 2000.

4.4 General Prison Programmes

The respondents were asked whether they had undertaken any rehabilitation programme while serving their sentences in prison. This was aimed at finding out the programmes each was taken

through and whether there are others who had not engaged in any rehabilitation programme during their stay in prison

4.4.1 Rehabilitation programmes in prison

In order to establish whether the ex-convicts undertook any programmes while serving their sentences in prison, they were given an option of the available programmes to confirm the ones they were taken through. Table 4.8 shows the type of rehabilitation programmes taken.

Table 4.8 Type of rehabilitation programme

Type of Programme	Frequency	Percentage
Formal education	32	25.0
Vocational training	109	70.3
Life skills	7	4.7
Total	148	100

Seventy point three percent (70.3%) of the prison ex-convicts had undertaken vocational training while serving their sentences whereas 25% chose to enroll or were enrolled in school, 4% trained in life skills.

4.4.2 Type of rehabilitation and average monthly income of ex-convicts

To compare how the rehabilitation skills gained by the ex-convicts while serving their sentences impacted on their self sustainability, their respective average monthly earnings have been cross tabulated with the type of skills attained as shown in table 4.9.

Table 4.9 Type of rehabilitation and average monthly income

Average monthly income		Type of rehabilitation programme			
		Formal	Vocational	Life skills	Total
Below 2000	Frequency	11	27	4	42
	% of Total	7.4%	18.2%	2.7%	28.3%
2000-7999	Frequency	9	52	3	64
	% of Total	6.1%	35.1%	2%	43.2%
8000-13999	Frequency	4	14	0	18
	% of Total	9.5%	9.5%	0%	12.2%
14000-19999	Frequency	5	7	0	12
	% of Total	3.4%	4.7%	0%	12%
20000-25999	Frequency	2	3	0	5
	% of Total	1.45	2.0%	%	3.4%
26000-31999	Frequency	1	6	0	7
	% of Total	0.7%	4.1%	%	4.7%
>32000	Frequency	0	0	0	0
	% of Total	0%	0%	0%	0%
Total		32	109	7	148
%of Total		21.6%	73.6%	4.7%	100%

Table 4.9 show that 109 (73.6%) of the ex-convicts had undergone a vocational rehabilitation programme and 4.1% earn a high average monthly income of Kshs 26000- 31999. A high percentage of 53.3% of those who took vocational training earned incomes below Kshs 8000. None of the convicts however, earn an average income of greater than 32,000. The table also shows that those who took life skills programme earned the lowest incomes. This shows that the vocational programmes offered to the convicts may not be sufficient to ensure they are self-sustaining once they leave prison.

4.5 Impact of Formal Education Programmes on Sustainability of Ex-Convicts.

One of the objectives of the study was to find out how the formal education programme impacted on the self sustainability of the ex-convicts.

4.5.1 Formal education programme in prison

As indicated in table 4.8, 116 (75%) of the ex-convicts did not undertake any formal education in prison instead, they voluntarily or involuntarily engaged in other rehabilitation programmes such as vocational training or life skills.

4.5.2 Level of formal Education

To understand the level at which the prison inmates were enrolled in formal education, the results were cross tabulated as shown in table 4.10

Table 4.10 Levels of formal education

Level of education	Frequency	Percentage
Primary	38	80.9
Secondary	8	17.0
University/college	1	2.1
Total	47	100

The study found out that 38 (80.9%) of the ex-convicts were enrolled in primary school, 17% engaged in secondary education with only 2.1% of the ex-convicts having acquired college education. This implies that majority of the inmates have never been to school.

4.5.3 Impact of formal education on the ex-convicts

Out of the 47 ex-convicts who undertook formal education, 76.6% felt that the same had no impact on their self-sustainability. This can be explained by the fact that formal education of primary and secondary school level cannot offer the required skill base, expertise and experience to make a person employable or even initiate his/her own business for self-sustainability. Formal

education of higher level at either college or university is needed to equip one with skills and knowledge to get a job or start and manage an enterprise at whichever level competently.

4.5.4 Level of formal education and average monthly income of the convicts

The respondents' level of education was compared to their average monthly income to gauge the impact it had on their self sustainability as indicated in table 4.11.

Table 4.11. Level of formal education and average monthly income of the convicts

Average monthly income		Level of formal education			
		Primary	Secondary	College	Total
Below 2000	Frequency	11	0	0	11
	% of Total	23.4%	0%	0%	23.4%
2000-7999	Frequency	18	1	0	19
	% of Total	38.3%	2.1%	0%	40.4%
8000-13999	Frequency	5	3	0	8
	% of Total	10.6%	6.4%	0%	17.0%
14000-19999	Frequency	2	2	0	4
	% of Total	4.3%	4.3%	0%	8.5%
20000-25999	Frequency	2	1	0	3
	% of Total	4.3%	2.1%	0%	6.4%
26000-31999	Frequency	0	1	1	2
	% of Total	0%	2.1%	2.1%	4.3%
>32000	Frequency	0	0	0	0
	% of Total	0%	0%	0%	0%
Total		38	8	1	47
%of Total		80.9%	17.0%	2.1%	100%

Table 11 shows that the low level of earnings by majority of the ex-convicts could not simply allow them to comfortably meet their needs majority of whom had attained only primary school education.

4.6 Impact of Vocational Training Programmes on the Sustainability of ex-convicts

The study sought to establish how vocational training impacted on the self sustainability of the ex-convicts, this programme is normally carried out through various courses.

4.6.1 Vocational Training in prison

The Kenya correctional facilities offer various vocational courses to prisoners. The study found out that 73.6 % of the ex-convicts undertook vocational training while in prison. This can be explained by the fact that some vocational training courses require little or no education at all. These are also the only courses the prison department can comfortably offer to the inmates.

4.6.2 Areas of Vocation Training

Various vocational courses are offered in prison. Table 4.12 shows the courses that ex-convicts undertook while in prison.

Table 4.12 Vocational courses undertaken by ex-convicts.

Vocation Training	Frequency	Percentage
Carpentry	33	30.3
Tailoring	38	34.9
Masonry	6	8.7
Electrical wiring	4	3.7
Welding	12	11.0
Horticulture	12	11.0
Number plating	2	1.8
Weaving	2	1.8
Total	109	100

The tailoring course was undertaken by 34.8% of the convicts while 30.3% of the ex-convicts undertook a carpentry course, this is probably because they are the easiest courses to learn as they require very little education and also, they are the most available courses in the facility. Electrical wiring, number plating requires secondary education as a prerequisite which majority of ex-convicts did not have.

4.6.3 Impact of vocational training on the self sustainability of the ex-convicts.

On the response whether the vocational training had any impact on their self-sustainability, 15.7% of the ex-convicts felt that it had impact while 85.3% of the them felt that it did not have any impact. This perhaps could be due to the fact that, though majority of the inmates managed to sit for government trade test, they lacked practical experience and exposure to make them employable or posses adequate skills to open and own enterprises.

Table 4.13 Vocational courses and average monthly income

Vocational courses undertaken by ex-convicts		Average monthly income							Total
		<2000	2000-7999	8000-13999	14000-19999	20000-25999	26000-31999	>32000	
Carpentry	Frequency % of Total	9	22	1	1	0	0	0	33
Tailoring	Frequency % of Total	13	21	3	1	0	0	0	38
Masonry	Frequency % of Total	1	1	1	1	1	1	0	6
Electrical wiring	Frequency % of Total	0	1	1	1	1	1	0	4
Welding	Frequency % of Total	1	2	3	3	1	1	0	12
Horticulture	Frequency % of Total	2	3	4	0	0	3	0	12
Number plating	Frequency % of Total	0	1	1	0	0	0	0	2
Weaving	Frequency % of Total	1	1	0	0	0	0	0	2
Total	Frequency % of Total	27 24.8%	52 47.7%	14 12.8%	7 6.4%	3 2.8%	6 5.5%	0 0%	109 100%

Table 4.13 shows that the level of income is still low for the ex-convicts as majority of them who trained in carpentry and tailoring the most taken courses earned less than Kshs 8000/-. This is still very meager compared to the prevailing standards of living. The few who trained in high value and technical courses such as electrical wiring and welding and masonry could earn as high as Kshs 30,000/- a month.

4.6.4 Life skill training in prison

Kenya's correctional facilities offer life-skills training to the convicts. Most (98.6%) of the ex-convicts had received life skill training while in prison.

4.6.5 Areas trained in life skills

Several life skill training areas are carried out to the convicts in Kenya's prison. The table 4.14 shows the areas of training life skills.

Table 4.14 Life skills areas

Skills	Frequency	Percentage
Counseling	79	53.3
Pastoral bible studies	52	35.1
Critical thinking/decision making	16	10.8
Self-awareness/self-evaluation	1	0.7
Total	148	100

The study found out that 53.3% of the convicts were trained in counseling while 35.1% were trained in pastoral bible studies. These are useful skills to a convict as well as the society within the prison facilities and outside. However, these skills are not sufficient to make the ex-convicts self- sustaining.

Table 4.15 Life skills received by ex-convicts and average monthly income they earn

Skills		Average monthly income							Total
		<2000	2000-7999	8000-13999	14000-19999	20000-25999	26000-31999	>32000	
Counseling	Frequency	57	11	5	3	3	0	0	79
	% of Total	38.5%	7.4%	3.4%	2.0%	2.0%	0.0%	0.0%	53.3%
Pastoral bible studies	Frequency	9	28	8	7	0	0	0	52
	% of Total	6.1%	21.6%	5.4%	4.7%	0.0%	0.0%	0.0%	35.1%
Critical thinking/decision making	Frequency	2	7	3	2	2	0	0	16
	% of Total	1.4%	4.7%	2.0%	1.4%	1.45	0.0%	0.0%	10.8%
Self-awareness/self-evaluation	Frequency	0	0	0	0	0	1	0	1
	% of Total	0%	0%	0%	0%	0%	0.7%	0%	0.7
Total	Frequency	68	46	16	12	5	1	0	148
Total	% of Total	45.9%	31.1%	10.8%	8.1%	3.4%	0.7%	0%	100%

The study found out that 85.6% of the opinion ex-convict felt that life skill training had no impact on self-sustenance in their current situation. Most probably, the life skills do not offer them practical, relevant and market based skills to enable them provide for their livelihoods for self sustainability.

4.7 Attitude of the inmates towards programmes offered in prison

The attitude of the inmates towards the offered programmes and how it impacted on their self sustainability was also studied because how an individual perceives and shows commitment towards a particular cause has some bearing on overall mutual benefit from the same. The impetus towards these programmes and enthusiasm in taking them could be guided by how the inmates feel about them or the value they attach to them or whether they own the entire training process.

4.7.1 Person influencing choice of programme undertaken in the prison

Freedom to choose or select is vital as this can make an individual like or hate or attach some importance towards something. In the prison scenario hence, the inmates either choose the programmes on offer or the same were chosen for them by the prison authorities. Table 4.16 indicates how the choice of these programmes was done.

Table 4.16 Choice of the rehabilitation programmes by the inmates

Whose choice	Frequency	Percentage
Own	32	21.6%
Chose for	116	78.4%
Total	148	100%

As it can be observed from table 4.16, 78.4% of the ex-convicts had the course they took chosen for them by the prison authorities hence had no hand in making their own choice.

4.7.2 Approval of Rehabilitation programme by ex-convict in relation to preparation of life after release.

Individual opinion of the inmates can give a bearing on how they feel about the programmes offered and more so if they are good and beneficial to them in the long run. This will indicate the kind of attitude they have towards the programmes and thus if they will benefit from them and acquire the projected skills. Table 4.17 shows the inmates, approval rate on the rehabilitation programmes.

Table 4.17 Approval rate of prison programmes by the ex-convicts

Programme	Approve (Frequency/%)	Disapprove (Frequency/%)	Total (Freq/%)
Formal Education	14 (9%)	134(91%)	148(100%)
Vocational training	14 (9%)	134(91%)	148(100%)
Life skills	11 (7%)	137(92%)	148(100%)

The table 4.17, found out that 74% of the ex-convicts disapproved the rehabilitation programmes offered in the prison whereas 26% approved the offered programmes.

4.8 Impact of the Prison Environment on the self sustainability of ex-convicts.

This objective aimed at gathering information on whether the environment under which the inmates lived, trained among other activities in prison had any bearing in their lives after release from the same. Learning facilities for example which are key to the attainment of the required knowledge and skills and the observation of human rights which leads to feeling of psychological satisfaction can give an inmate amble environment to learn.

4.8.1 Rating of prison conditions by-ex-convicts

The ex-convicts also rated the various aspects of prison conditions. These conditions included accommodation, food, learning facilities, observation of in-mates rights and health matters. The ratings were either good or poor and they were cross tabulated with the ex-convicts average monthly income to find out how they impacted on their self sustenance as shown in table 4.18.

Table 4.18. Prison environmental conditions and average monthly income.

Prison conditions			Average monthly income (Ksh)							Total
			<2000	2000-7999	8000-13999	14000-19999	20000-25999	26000-31999	>32000	
Accommodation	Good	Frequency	6	3	1	1	0	1	0	12
		% of total	4.1%	2%	0.7%	0.7%	0%	0.7%	%	8.1%
	Poor	Frequency	65	64	6	0	1	0	0	136
		% of total	43.9%	43.2%	4.1%	0%	0.7%	0%	0%	91.9%
Food	Good	Frequency	5	5	2	1	1	0	0	14
		% of total	3.4%	3.4%	1.4%	0.7%	0.7%	%	%	9.5%
	Poor	Frequency	78	52	3	1	0	0	0	134
		% of total	52.7%	35.1%	2%	0.7%	0%	0%	0%	90.5%
Learning facilities	Good	Frequency	28	2	1	2	0	0	0	33
		% of total	18.9%	1.4%	0.7%	1.4%	0%	%	%	22.3%
	Poor	Frequency	67	40	5	2	1	0	0	115
		% of total	45.2%	27%	3.4%	1.4%	0.7%	0%	0%	77.7%
Observation of inmates rights	Good	Frequency	12	3	1	1	0	0	0	16
		% of total	8.1%	2%	0.7%	0.7%	0%	%	%	10.8%
	Poor	Frequency	66	61	2	2	1	0	0	132
		% of total	44.6%	41.1%	1.4	1.4%	0.7%	0%	0%	89.2%
Health matters	Good	Frequency	11	3	1	1	0	0	0	16
		% of total	7.4%	2%	0.7%	0.7%	0%	%	%	10.8%
	Poor	Frequency	71	57	2	1	1	0	0	132
		% of total	47.9%	38.5%	1.4%	0.7%	0.7%	0%	0%	89.2%

The study findings indicate that, 136 (91%) of the respondents rated accommodation as poor and only 12 (8.1%) rated it as good, 129 (86.1%) of those who rated the same as poor were earning an average monthly income of less than Kshs 8000/-

On food, 134 (90.3%) felt that it was poor while 14 (9.5%) rated it as good and 134 (87.8%) of those who rated it as poor were earning less than Kshs 8000/-

Learning facilities in prison were rated as poor by 115 (77.7%) of the respondents while 33 (22.3%) saw them as good while 107 (72.2%) of those who rated the facilities as poor were earning less than Kshs 8000/- a month.

According to the study findings, 132 (89.2%) of the respondents rated the observation of human rights by the prison authorities as poor, only 16 (10.8) rated the same as good, 127 (85.7%) of those who rated the same as poor were earning an average monthly income o less than Kshs 8000/-

On health matters, 87.2% rated the same as poor and 10.8 saw the same as good and 128 (86.4%) of those who rated the health attention in prison as poor were earning an average monthly income of Kshs 8000/-

4.9 The impact of aftercare After-Care Support

In this objective, the study sought to find out whether life upon release and the general situation the ex-convicts were thrust in upon release from prison was any better given that they had gone through various rehabilitation programmes while in prison and the kind of impact such an environment had on them.

4.9.1 Time taken since release from prison

Table 4.19 shows the distribution of time taken by ex-convict since release from prison.

Table 4.19 Time taken since release from prison

Time taken	Frequency	Percentage
3-5 years	87	39.9
6-10 years	61	60.1
Total	148	100

The percentage of ex-convicts that was found to be out of prison for a period of between 3-5 was 39.9% whereas 60.1% had stayed out for more than six years. This means that the period is adequate to establish the impact of rehabilitation programmes on the ex-convicts.

Table 4.20 Time taken since release from prison and average monthly income

Duration		Average monthly income							Total
		<2000	2000-7999	8000-13999	14000-19999	20000-25999	26000-31999	>32000	
3-5yrs	Frequency	23	36	11	9	3	6	0	87
	% of Total	15.6%	24.3%	7.5%	6.1%	2.0%	4.0%	0.0%	58.8%
6-10yrs	Frequency	19	28	7	3	2	1	0	61
	% of Total	12.8%	18.9%	4.7%	2.0%	1.4%	0.7%	0.0%	41.2%
Total	Frequency	42	64	18	12	5	7	0	148
	% of Total	28.4%	43.2%	12.2%	8.1%	3.4%	4.7%	0.0%	100%

4.9.2 Engagement since release from prison

Table 4.21 shows the kind of engagement the ex-convicts have been involved in since their exit from prison.

Table 4.21 Engagement since release from prison

Kind of Engagements	Frequency	Percentage
Self-employment	57	38.5
Formal employment	21	21.0
Unemployed	70	47.2
Total	148	100

Most (47.2%) of the ex-convicts had not managed to secure any employment, a pointer of the degree of irrelevance of the offered courses. This finding is also supported by Nettles (2009) argument that ex-inmates with little education and low literacy levels are not desired by employers are unemployed since release from prison.

4.9.3 Kind of engagement since release from prison in relation to the average monthly income.

The ex-convicts have been out for a while and have been engaging in various activities to sustain themselves and their dependants, the same as same engagements have been compared with their average monthly earnings as shown in table 4.22.

Table 4.22 Kind of engagement and average monthly income

Kind of engagement		Average monthly income							Total
		<2000	2000-7999	8000-13999	14000-19999	20000-25999	26000-31999	>32000	
Self-employment	Frequency	34	2	3	3	2	1	0	57
	% of Total	43.6%	2.6%	3.9%	3.9%	2.6%	1.3%	0%	
Formal employment	Frequency	0	13	4	2	1	1	0	21
	% of Total	0%	16.7%	5.2%	2.6%	1.3%	1.3%	0%	
Total	Frequency	34	15	7	5	3	2	0	78
	% of Total	43.6%	19.2%	9%	6.4%	3.9%	2.6%	0%	100%

Table 4.22 shows that 43.6% of the ex-convicts who were self employed earned less than Kshs 2000/- whereas 16.7 % who were in the formal employment earned less than Kshs 8000/-. Generally, over sixty percent (62.8%) of the ex-convicts on both self and formal employment earned an average of less than Kshs 8000/- per month with only 2.6% earning an average of Kshs 30,000/- and only those who trained in technical courses such as electrical wiring and welding. With this kind of meager earnings, the ex-convicts cannot obviously sustain themselves indicating that majority of the vocational trainings offered in prison had no significant positive impact on their sustainability.

4.9.4 Application of training skills and knowledge by ex-convicts

The study also, sought to find out whether the skills learned could be applied by the ex-convicts for self sustenance. Out of the 148 respondents, 70 (47.3%) were unemployed while 57 (38.5%) were self-employed. The rest 21(14.2%) were in formal employment. Tables 4.23 and 4.24 shows the applications of skills and knowledge acquired by ex-convicts in either self-employment or formal employment.

Table 4.23 Application of Training obtained in prison in self-employment

Application of Training		Frequency	Percentage
Self-employment:	Yes	13	23
	No	44	77
Total		57	100

According to table 4.23, 77% of the respondents on self employment could not apply the skills learned and only 23% respondent to the affirmative thus skills were not of any help to majority of the ex-convicts.

Table 4.24 Application of training received in prison in formal employment

Application of training	Response	Frequency	Percentage
Formal employment	Yes	11	27.3
	No	10	72.7
Total		21	100

On respondents who had acquired formal employment, 72.7% had not done so as a result of the training they undertook in prison. This therefore indicates that the skills attained fell short of the expectations of the potential employers. This shows that there is a mismatch between the skills being learned in prison and the requirements of the labour market.

4.9.5 Support of ex-convicts and dependents from their earnings

Table 4.25 Support of ex-convicts and dependents from their earnings

Support	Frequency	Percentage
Able to support	27	17.6
Not able to support	121	82.4
Total	148	100

Only 17.6 % of the ex-convicts were able to support themselves and their dependents from their earnings. Most (82.4%) of the prison ex-convicts were of the opinion that their earnings were not adequate to support themselves and or their families.

4.9.6 Assistance of ex-convict

A large percentage (92.6%) of the ex-convict has not received any kind of assistance since release from prison. Several forms of support were received by 7.4% of the convicts. All the 11 ex-convicts who had received support was in the form of tools for their trade.

The support for the ex-convicts was received from various sources as shown in table 4.22

Table 4.26 Source of support for the ex-convict

Source	Frequency	Percentage
RODI Kenya	6	54.5
Probation Department	4	36.4
Fathers Growls Foundation	1	9.1
Total	11	100

Majority (54.5%) of those ex-convicts who received support obtained it form RODI Kenya. The government through the Probation Department should do more and follow the ex-convicts to support them thereby dissuading them from getting back to crime. All the 11 (100%) ex-convicts who received support felt that the same had assisted them to sustain themselves and their

families. In addition, all of them felt that it only assisted them to a certain extend and not to their full satisfaction.

4.9.7 Source of support for the unemployed

Table 4.27 shows the various sources of support for the unemployment ex-convicts.

Table 4.27 Sources of support for the unemployment ex-convicts.

Source of support	Frequency	Percentage
Spouses	17	24.2
Self	21	30.0
Parents	11	15.7
Brothers	11	15.7
Sons	6	8.6
Other relatives	4	5.7
Total	70	100

A small percentage (30%) still relies on self to fulfill their various daily needs. Spouses, parents and brothers are the next supporters of the ex-convict since they closely related to them.

4.10 Challenges faced by ex-convicts since release from prison.

The ex-convicts gave several challenges which they had faced since their release from prison as shown in table 4.24

Table 4.28 Challenges faced by ex-convicts

Challenges	Frequency	Percentage
Lack of capital	148	100.0
Stigma	90	60.8
Lack of education	35	23.6
Lack of training	146	98.6
Lack of support	82	55.4
Lack of experience	79	53.4
Lack of markets	3	2.0
Discrimination	47	31.8
Lack of tools	103	69.6
Lack of materials	116	78.3
Unemployment	68	45.9

All the ex-convicts felt that lack of capital to start up their own enterprises as the biggest challenge. Lack of tools and materials and also training are the next challenge. The challenge is to the Kenya's Prison Departments to not only provide training skills and knowledge to the convicts but also startup capital, tools and materials to set-up their own ventures and enable them become sustainable.

4.11 Recommendations on the rehabilitation programmes by the ex-convicts

The inmates were also given an opportunity to make recommendations on how they felt about the prison rehabilitation programmes which they gave as indicated I table 4.29.

Table 4.29 Recommendation on Rehabilitation programmes by ex-convicts

Recommendation	Frequency	Percentage
Provide tools for their trade	148	100
Providing start-up capital	148	100
Continued support after release	93	62.8
Market tailored courses	146	98.6
Incorporation of ICT in training	68	45.9
Training done by professionals	27	18.2
Allowing convicts make own Choices in training programme	147	99.3
Modernizing courses	141	95.3
Exposing inmates to practical experience	148	100

All the ex-convicts recommended that the government should provide support in form of tools and other logistics to enable carry out their trade after release. In addition, all (100%) recommended that the ex-convicts should be provided with start-up capital, courses should be market tailored, allowing the convicts chose the courses they like and exposing inmates to practice experience while being trained so that they can be employable or have the required experience to start their own enterprises upon release.

CHAPTER FIVE

SUMMARY OF FINDINGS, DISCUSSIONS, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

In this chapter, the study's summary of findings, conclusion and recommendations were presented in line with the research questions; suggestions for further study were also given.

5.2 Summary of the Research Findings

The study established that, 70.3% of the ex-convicts were males while 45.3% of them belonged to age bracket of 38–47years. It also found out that 52% of the prison ex-convicts were married while 35.1% of the group was either divorced or separated. The most likely scenario here is that, when the ex-convicts were arrested and subsequently convicted, their spouses either divorced or simply deserted them. In addition, another 10.8% of the group of ex-convicts was either single or never married. On the issue of the level of education, 73% of the prison ex-convicts had gone upto primary school. This is probably because of the high dropout rate of primary school pupils and the low transition to secondary school. The primary school dropouts then engage in crime and are consequently arrested and convicted. The study also found out that, 73.6% of the prison ex-convicts have no professional qualifications and explains why they had engaged in crime. It also found out that 62.8% earn a salary of between Kshs.2, 000-7,999. This can be explained by the fact that 73.6% of the ex-convicts have no professional qualifications and only qualify to acquire low paying casual jobs.

Majority (70.3%) of the prison ex-convicts had undertaken vocational education programme in prison. This is probably to upgrade their education as 8% and 73.0% of them had no formal and

primary education respectively the other possibility is that the prison authorities choose for them and they selected the easiest available option for them. This also explains why 73.6% of ex-convicts have no professional qualifications.

The study found out that 68.2% of the ex-convicts did not undertake any formal education in prison instead, they engaged in other activities. Of those who enrolled for formal education, 80.9% of them joined primary school level. Only 2.1% of the ex-convicts attained college education. This implies that formal education which is a basic requirement in all courses should be emphasised so that the inmates are better prepared to take any training opportunity on offer or better still, further their education. Out of the 47 ex-convicts who undertook formal education, 76.6% felt that formal education had no impact on their self-sustainability.

The study established that 73.6% of the ex-convicts had undertaken vocational training in prison. Out of the 109 ex-convicts who took vocation training, 89.9% had sat for Government Trade Tests. The study found this commendable though at the very basic level because certification increase chances of employability or award of contract leading to self-sustenance of the ex-convict upon leaving the prison. A small percent of the 15.7% of the ex-convicts felt that vocational training had an impact on their self-sustainability. This showed that skills and knowledge acquired in the vocational courses undertaken in prison are not adequate to prepare them for life out of prison.

Kenya's correctional facilities offer life-skills training to the convicts. The study found out that 98.6% of the ex-convicts had received life skill training. It also found out that 53.3% of the convicts were trained in counseling while 35.1% are trained in pastoral bible studies. Though the skills could be useful to the inmates, 85.6% of the ex-convicts felt the training had no impact

on self-sustenance in their current situation. Most probably, the life skills do not equip them with practical or relevant skills to enable them earn a living which is the most important objective of the entire training to provide livelihood to self.

The study established that 78.4% of the ex-convicts had no freedom to choose a course of their own. The prison authorities chose the course to be taken by inmates. Some of the ex-convicts developed negative attitude towards the course and may not even use the skills and knowledge learnt after prison.

The study revealed that, 79.5% of the respondents rated the prison conditions as poor and only 12.5% saw the conditions as good. In terms of the impact these conditions have on the general well being of the inmates, it is well described by Bunde Benjamin (2002) who talks of human filth in the living cells, poor ventilation and sanitation at Kamiti Maximum Prison where he served his sentence. Further, overstretched training facilities in the prisons and violation of inmates' rights through brutal beatings (Daily Nation, May 7th, 1999), this obviously cannot foster conducive environment for better learning and understanding. The released inmates thus lack the required experience and knowledge to acquire a job or initiate a venture for self sustenance.

The study findings indicate that, 136 (91%) of the respondents rated accommodation as poor and only 12 (8.1%) rated it as good, 129 (86.1%) of those who rated the same as poor were earning an average monthly income of less than Kshs 8000/-

On food, 134 (90.3%) felt that it was poor while 14 (9.5%) rated it as good and 134 (87.8%) of those who rated it as poor were earning less than Kshs 8000/-

Learning facilities in prison were rated as poor by 115 (77.7%) of the respondents while 33 (22.3%) saw them as good while 107 (72.2%) of those who rated the facilities as poor were earning less than Kshs 8000/- a month.

According to the study findings, 132 (89.2%) of the respondents rated the observation of human rights by the prison authorities as poor, only 16 (10.8) rated the same as good, 127 (85.7%) of those who rated the same as poor were earning an average monthly income of less than Kshs 8000/-

On health matters, 87.2% rated the same as poor and 10.8 saw the same as good and 128 (86.4%) of those who rated the health attention in prison as poor were earning an average monthly income of Kshs 8000/-. This therefore shows that the prison environment had a significant negative impact on the self sustainability of the ex-convicts.

The study found out that 47.2% of the ex-convicts were unemployed since been released from prison. It also established that 73% of the ex-convicts who are self-employed felt that their jobs were not as a result of the training they underwent in prison. However, 52.3% of those ex-convicts who were in formal employment attribute their employment as a result of the training they undertook in prison. Majority (82.4%) of the prison ex-convicts were of the opinion that their earnings are not able to support themselves and or their families. The study also found that 92.6% of the ex-convict had not received any kind of assistance since release from prison. Only 11 ex-convicts received support in form of tools for their trade. The support for the ex-convict was received from various sources. Majority (54.5%) of those ex-convicts who received support obtained it from RODI Kenya. The study found that 30% of the ex-convicts rely on self to supply their needs while the rest are supported by spouses, parents and siblings.

All the ex-convicts cited lack of capital and lack of tools and materials as the biggest challenges facing the ex-convicts. The challenge is to the Kenya's Prison Departments not only provide training skills and knowledge to the convicts but also give startup capital, tools and materials to set-up their own venture and enable them become self-sustainable.

The study established that all the ex-convicts recommended that the government should provide tools and startup capital to enable carry out their trade after release from prison. In addition, they recommended that convicts should be allowed to choose courses according to their ability and preference.

5.3 Discussions of findings

The study established several findings, in regard to the gender distribution of the ex-convicts, 70.3% of the respondents were males. This indicates that there are more male prisoners than there are female prisoners. One possible explanation for high number of males is that males traditionally commit more crimes than females. In the African traditional society men are assumed to be the family's breadwinners. It is through the breadwinning activities that they may probably commit crimes. Scholars such as Adler et al (1991) agree that the crimes women commit are much lower and are closely associated with their socio-economic position in society. According to the study, 45.3% of the prison ex-convicts belong to age bracket of 38–47years. The findings that most offenders and hence prisoners were middle aged can be explained by the fact that they were able bodied people seeking conventional means of livelihood but who in the process may have been frustrated by lack of the same due to prevailing economic hardships. To make ends meet, they may have ventured into illegal means of surviving. The reason why there were no ex-convicts in the very young age of below 19 years was because this category was dealt with at the borstal and approved schools level and not the prison. Some of the sources which concur that there are more offenders and/or prisoners in the young ages than in the older ones are

Mushanga (2001) and Ministry of Home Affairs (1979) whose findings in their report indicated that middle aged inmates comprised of 68% as compared to 22% aged ones and 10% young inmates.

The study findings indicated that, 72.3% of the ex-convicts were primary graduates and 36.5% of them earned an average of Kshs 2000-7999. Only 1% of the convicts had college level education and earns a salary of Kshs 26000-31999. It also show that 4.1% the ex-convicts had no education and earned an average monthly income of below Kshs 2000. This results show that the average monthly income of the ex-convicts is related to the level of formal education. The higher the level of education, the higher the average monthly income. This implies that the prison authorizes should strive to provide higher formal education to the convicts to enhance their sustainability once they leave prison.

Out of the 47 ex-convicts who undertook formal education, 76.6% felt that the same had no impact on their self-sustainability. This can be explained by the fact that formal education of primary and secondary school level cannot offer the required skill base, expertise and experience to make a person employable or even initiate his/her own business for self-sustainability. Formal education of higher level at either college or university is needed to equip one with skills

The Kenya correctional facilities offer various vocational courses to prisoners. The study found out that 73.6 % of the ex-convicts undertook vocational training while in prison. This can be explained by the fact that some vocational training courses require little or no education at all. These are also the only courses the prison department can comfortably offer to the inmates.

On the response whether the vocational training had any impact on their self-sustainability, 15.7% of the ex-convicts felt that it had impact while 85.3% of the them felt that it did not have

any impact. This perhaps could be due to the fact that, though majority of the inmates managed to sit for government trade test, they lacked practical experience and exposure to make them employable or possess adequate skills to open and own enterprises.

The findings indicated that, 78.4% of the ex-convicts had the course they took chosen for them by the prison authorities hence had no hand in making their own choice. This lack of liberty to make own choice could have affected their enthusiasm to learn and it confirms Tesser and Shaffer (1990) argument that attitudes also are influenced by other characteristics such as accessibility, freedom, certainty and importance. This has a significant bearing in acceptability and performance of the offered programmes by the inmates leading to inexperience and lack of skills upon release given that this is the time they need these skills for self-sustenance.

The study found out that 74% of the ex-convicts disapproved the rehabilitation programmes offered in the prison whereas 26% approving the offered programmes. Freedom of choosing a preferred course by the inmates themselves could be reason behind this kind of attitude exhibited by the ex-convicts. This supports the view of Hale, Householder & Green, (2003) on Theory of reasoned action that there exists a correlation between performance and volition behaviour or freedom of choice.

Ex-convicts were asked to rate the various aspects of prison conditions, in this regard, the study found out 79.5% of the respondents rated the prison conditions as poor, 8% as excellent, whereas 20.5% rated the conditions as good. A study by Davis Michael (2005) collaborates these findings with his findings that the situation in prisons world over subjected inmates to mental or psychological torture by threats of beating, denial of food and poor sanitation.

In terms of the impact these conditions have on the general well being of the inmates, it is well described by Bunde Benjamin (2002) who talks of human filth in the living cells, poor ventilation and sanitation at Kamiti Maximum Prison where he served his sentence. Further, overstretched training facilities in the prisons and violation of inmates' rights through brutal beatings (Daily Nation, May 7th, 1999), this obviously cannot foster conducive environment for better learning and understanding. The released inmates thus lack the required experience and knowledge to acquire a job or initiate a venture for self sustenance.

Most (47.2%) of the ex-convicts had not managed to secure any employment, a pointer of the degree of irrelevance of the offered courses. This finding is also supported by Nettles (2009) argument that ex-inmates with little education and low literacy levels are not desired by employers are unemployed since release from prison.

The study found out that, 77% of the respondents on self employment could not apply the skills learned and only 23% respondent to the affirmative thus skills were not of any help to majority of the ex-convicts. On respondents who had acquired formal employment, 72.7% had not done so as a result of the training they undertook in prison. This therefore indicates that the skills attained fell short of the expectations of the potential employers. This shows that there is a mismatch between the skills being learned in prison and the requirements of the labour market.

Only 17.6 % of the ex-convicts were able to support themselves and their dependents from their earnings. Most (82.4%) of the prison ex-convicts were of the opinion that their earnings were not adequate to support themselves and or their families. This implies that a big number of the ex-convicts are still a burden to their significant others as they are unable to sustain or support themselves using skills learned while in prison thus rendering the skills irrelevant to some extent

A large percentage (92.6%) of the ex-convict has not received any kind of assistance since release from prison. Several forms of support were received by 7.4% of the convicts. All the 11 ex-convicts who had received support was in the form of tools for their trade.

All the ex-convicts felt that lack of capital to start up their own enterprises as the biggest challenge. Lack of tools and materials and also training are the next challenge. The challenge is to the Kenya's Prison Departments to not only provide training skills and knowledge to the convicts but also startup capital, tools and materials to set-up their own ventures and enable them become sustainable.

All the ex-convicts recommended that the government should provide support in form of tools and other logistics to enable carry out their trade after release. In addition, all (100%) recommended that the ex-convicts should be provided with start-up capital, courses should be market tailored, allowing the convicts chose the courses they like and exposing inmates to practice experience while being trained so that they can be employable or have the required experience to start their own enterprises upon release.

5.4 Conclusion of the study

The first objective was to investigate the extent to which formal education programmes offered in Prison impact on the self-sustainability of the ex-convicts in Kenya. It was that found that 76.6% of the ex-convicts felt that formal education had no impact on self-sustainability of the ex-convict. This can be explained by the fact that formal education of primary and secondary levels school only imparts general knowledge on individuals and not skills, expertise and experience. Formal education at either college or university is needed to equip one with skills and knowledge to the write-collar jobs starting formal enterprises.

In the assessment on how the Vocational training offered in Prison impact on the self-sustainability of the ex-convicts in Kenya, the study found out that only 15.7% of the ex-convicts felt that vocational training has impact on self-sustainability of the convicts. It is therefore important to reform the entire programme touching on vocational training so that it can adequately address the needs of the ex-convicts.

The third objective was to explore the extent to which the attitude of the inmates towards the programmes offered in prison impact on the self-sustainability of ex-convicts in Kenya.

According to the findings, 81.6 % of the respondents did not approve of the courses offered and therefore did not like them at all since they were chosen by prison authorities for them. By the time of release hence, they still did not possess the skills required and also the knowledge to assist them get employed or start their own enterprises for their self sustenance. It can therefore be deduced that the attitude of the inmates had impacted negatively on the general welfare of the ex-convicts.

The fourth objective was to assess how the prison environment impacts on self-sustainability of ex-convicts in Kenya. The study revealed that, 79.5% of the respondents rated the prison conditions as poor and only 12.5% saw the conditions as good. Such conditions can never allow free learning as the inmates spend most of their time trying to survive therefore, they learn less than expected in such circumstances. Upon release, the skills and knowledge they carry with them are not sufficient and therefore impact negatively on their general well being as far as their sustenance is concerned.

The last objective aimed at establishing the extent to which the aftercare support impacts on ex-convicts self-sustainability in Kenya. The study established that all the 11 (100%) ex-convicts who received support felt that the support had assisted them to sustain themselves and their dependents.

The ex-convicts cited lack of capital to start up their own enterprises, lack of tools and materials and training are the greatest challenge they face. All (100%) the ex-convicts recommended that the government should provide tools to enable carry out their trade after release. In addition, all recommended that the ex-convicts should be provided with start-up capital and be offered market-oriented courses.

The tailoring course was undertaken by 34.8% of the convicts while 30.3% of the ex-convicts undertook a carpentry course, this is probably because they are the easiest courses to learn as they require very little education and also, they are the most available courses in the facility. Electrical wiring, number plating requires secondary education as a prerequisite which majority of ex-convicts did not have. The significant number of vocational courses undertaken confirms findings of a study carried out by Muteti S. (2008) which indicated that there was some decline in the number of prisons providing formal education and increase in provision of vocational training in the same. Out of the 109 ex-convicts who took vocational training 89.9% sat for Government Trade Test. It is quite commendable for certification increase chances of employability or award of contract leading to self-sustenance of the ex-convicts upon release and also opens up opportunity for one to advance or further skills learned and tested while still serving their sentences.

5.5 Recommendations of the Study

The study recommends the following:

1. Formal education programmes in prisons should be carried out to the highest level and should be made mandatory to those inmates who have never been to school or have dropped out at primary or secondary school so that they provide a link or bridge to college

or university. This way, they will in the long run enhance acceptability back into their communities and self or formal employability of the ex-convicts.

2. The prison service Inspector General should come up with a clear training policy which will ensure that proper structures are in place for the proper training for all the inmates. This will see to it that the ex-convicts exit these institutions with proper skills which can help them secure employment or become self employed for self sustenance. This will have a lasting effect of reduction in crime rate and spurring development in the country.
3. Convicts should be allowed to make a choice of the vocational training programmes they want to undertake while in prison. This is because they would choose the programmes they have passion for and are likely to gain more skills and knowledge and benefit a lot from such programmes even after released from prison. This will in turn ensure that they are self sustaining and able to support their families and contribute to development projects within their communities instead of being viewed as a liability or burden which will eventually drive them back to crime.
4. The Inspector General of Prison Service should ensure that the prison conditions are conducive for proper and full implementation of the rehabilitation programmes to the inmates, more learning facilities should be provided and even more well trained professionals to train the inmates. This will ensure that the programmes provided to the inmates are better learned and understood and making them more skilled and employable. Easing of the facilities will also reduce congestion as the rate of recidivism will be lowered as the rate of absorption of the ex-convicts in the job market will be high.
5. The after- prison care programmes through the cabinet secretary for and national coordination should be well structured and better organized and proper inventory for all those going through it kept besides, proper follow up, referral and support should be

provided. The aftercare service should include provision of capital for the ex-convicts to start up their own enterprises, tools and materials for their trade.

6. Proper rehabilitation programmes in formal education, vocational training and aftercare support should be professionally done to enhance self-sustainability of the ex-convicts. The programmes must also be modern, provide practical exposure, be market focused and need based so that the ex-convicts can easily be absorbed into the job market and also be able to set up their own enterprises for their self sustainability.
7. The prison service should also embrace ICT since this is the way to go and this is a sure way of self employment for the ex-convicts.

5.6. Suggestions for Future Research

The study recommends future study to:

- i. Explore the gender differential in the impact of rehabilitation programmes on the self-sustainability of the ex-convicts.
- ii. Investigate the impact of rehabilitation programmes on the self-sustainability of the ex-convicts in other counties.

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Appendix 1: Letter of Transmittal

Joseph Kala Muasya,
P. O. Box 1748,
Thika.

To whom it my concern,

Dear Sir/Madam,

Re: An assessment into the impact of prison rehabilitation programmes on the self sustainability of ex-convicts.

I am a postgraduate student at the University of Nairobi pursuing a Masters of Arts degree in Project Planning and Management. I am currently undertaking a research project on the impact of prison rehabilitation programmes on the self-sustainability of the ex-convicts in Thika sub-county.

I am pleased to inform you that you have been selected to participate in the study. I therefore request you to provide information through the provided questionnaire. Kindly respond to all items. I would like to assure you that your identity and information given will be treated with utmost confidence and data provided will be used for academic purposes only.

Thank you and God bless you,

Yours faithfully,

Joseph Kala Muasya.

APPENDIX 2

RESEARCH QUESTIONNAIRE FOR PRISON EX-CONVICTS IN THIKA-SUB COUNTY.

Dear respondent,

My name is Joseph Kala Muasya; I am a Master of Arts Degree student at the University of Nairobi. I am conducting a research on “**The Impact of Prison Rehabilitation Programmes on self sustainability of ex-convicts in Thika sub-county**”. I humbly request you to participate in this process by filling in the attached questionnaire with sincerity and honesty. Be assured that, the information collected will be treated with utmost confidentiality.

Section A: Personal Information.

1. Respondent’s Gender: 1. Male [] 2. Female []
2. Age of Respondent in years:
 1. 18- 27
 2. 28-37
 3. 38-47
 4. 48-57
 5. 58-67
 6. 68+
3. Marital Status:
 1. Single/Never Married
 2. Married
 3. Divorced/Separated
 4. Widowed
4. Level of Education:
 1. None
 2. Primary
 3. Secondary 1-4
 4. Secondary 5-6
 5. University/College
 6. Other (specify)_____
5. Professional Qualifications (Specify).....
6. What is your average monthly income?
 1. Below 2,000 []
 2. 2,000 – 7,999 []
 3. 8,000 – 13,999 []
 3. 14,000 – 19,999 []
 4. 20,000 – 25,999 []
 5. 26,000 – 31,999 []
 6. 32,000 < []

Section B: General Prison Programmes

7. (a) Did you undertake any rehabilitation programme in prison?

1. Yes [] 2. No []

(b) If Yes in Q7 (a) above, please tick all that apply?

1. Formal Education []
 2. Vocational Training []
 3. Life skills []
 4. Any other (specify) _____

Section C: Impact of formal education programmes on the sustainability of ex- convicts

8. (a) Did you undertake any formal education programme in prison?

1. Yes [] 2. No []

(b) If Yes in Q8 (a) above, please indicate from the formal education options given below and indicate whether or not you sat for National and/or University while in Prison?

Code	Formal Education options	Whether you undertook the option in Prison		Whether or not you sat for National and/or University Examination while in Prison	
		1. Yes	2. No	1. Yes	2. No
1.	Primary School				
2.	Secondary School				
3.	University/College				
4.	Both Primary and Secondary				
5.	Both Secondary and University/ College.				

(c) If Yes in Q 8 (a) above, would you say that in your current situation, the formal education you received while in prison has assisted you sustain:

- (i) Yourself? 1. Yes [] 2. No []

Please explain your answer? _____

- (ii) Your family? 1. Yes [] 2. No [] 3. Not Applicable []

Please explain your answer? _____

9. Based on your knowledge and/or experience, what is the impact of formal education offered in prisons on the self-sustainability of ex-convicts?

Section D: Impact of Vocational Training programmes on the sustainability of ex- convicts

10. (a) Did you undertake any Vocational Training programme in prison? 1. Yes [] 2. No []

(b) If Yes in Q10 (a) above, did you sit for any government trade test? 1. Yes [] 2. No []

(c) If Yes in Q10 (a), which areas were you trained on? (Tick appropriately)

1. Carpentry []

2. Tailoring []

3. Masonry []

4. Electrical wiring []

5. Welding []

6. Horticulture []

7. Any other (Specify).....

(d) If Yes in Q 10 (a) above, would you say that in your current situation, the vocational training you received while in prison has assisted you sustain:

(i) Yourself? 1. Yes [] 2. No []

Please explain your answer? _____

(ii) Your family? 1. Yes [] 2. No [] 3. Not Applicable []

Please explain your answer? _____

11. Based on your knowledge and/or experience, what is the impact of vocational training offered in prisons on the self-sustainability of ex-convicts? _____

12. (a) Did you receive any life skills training in prison? 1. Yes [] 2. No []

(b) If Yes in **Q12 (a)**, which life skills did you receive? (Tick appropriately)

1. Counselling 1. Yes 2. No

2. Pastoral Bible Studies 1. Yes [] 2. No []

3. Critical thinking skills/Decision-making skills:

(iii) Skill of self evaluation/self awareness 1. Yes [] 2. No []

(c) If Yes in Q 12 (a) above, would you say that in your current situation, the life skills training you received while in prison has assisted you sustain:

(i) Yourself? [] 1. Yes [] 2. No []

Please explain your answer? _____

(ii) Your family? 1. Yes [] 2. No [] 3. Not Applicable []

Please explain your answer? _____

13. Based on your knowledge and/or experience, what is the impact of life skills training offered in prisons on the self-sustainability of ex-convicts? _____

Section E: Attitude of the inmates towards programmes offered in prisons

14. Please indicate whose choice it was for the programme you trained in while serving your term in prison?

- 1. My choice []
- 2. Chosen for me []
- 3. Other options (Specify).....

15. Please indicate your approval of the rehabilitation programmes offered in prison in relation to preparation of life upon release (Tick appropriately).

	Strongly Approve	Approve	No comment	Disapprove	Strongly Disapprove
8. Formal Education					
9. Vocational training					
10. Life skills training.					

16. Please indicate your level of satisfaction in the way the rehabilitation programmes were carried out in prison in the table provided below (Tick appropriately)

	Strongly Satisfied	Satisfied	No Comment	Dissatisfied	Strongly Dissatisfied
1. Formal Education					
2. Vocational Training					
3. Life Skills Training					

Section F: Prison Environment

17. How can you rate the prison conditions in regard to the following aspects? (Kindly tick appropriately)

	Excellent	Good	No answer	Poor	Very poor
1. Accommodation					
2. Food					
3. Learning facilities					
4. Observation of inmates' rights					
5. Health matters					

18 (a) Did the conditions mentioned above influence your performance in the programmes offered in prison? 1. Yes [] 2. No []

(b) If Yes to Q 18 (a) above, please explain _____

Section G: Aftercare Support

19. When were you last released from prison?

- 1. 6 – 12 Months ago []
- 2. 1 – 2 Years ago []
- 3. 3 – 5 Years ago []
- 4. 6 – 10 Years ago []

20. What have you been engaging in since you were last released from Prison?

- 1. Self Employment []
- 2. Formal Employment []
- 3. Unemployed []

21. (a) If self employed, has it been as a result of the training you underwent while in Prison?

- 1. Yes []
- 2. No []

(b) If you are on formal employment, has it been as a result of the training you underwent while in Prison? 1. Yes [] 2. No []

22. Are you able to support yourself and family with the earnings?

1. Yes [] 2. No []

23. Have you ever received any support/assistance from anybody since your release?

1. Yes [] 2. No []

24. If Yes to **Q23** above, specify the source _____

25. What kind of support have you ever received? Kindly tick from the list below

1. Tools []

2. Financial []

3. Referral []

26. Has the support you have received (if any) since your release from prison assisted you sustain yourself or your dependants?

1. Yes [] 2. No []

27. If Yes to **Q26** above, to what extent? Kindly tick appropriately below.

1	2	3	4
Extremely assisted	Assisted	No comments	Not assisted

28. If still unemployed, who supports you for your upkeep? _____

29. Have you ever thought of advancing the training or skills gained while serving in Prison?

1. Yes [] 2. No []

30. What challenges have you faced after your release from prison?

- i) _____
- ii) _____
- iii) _____
- iv) _____

31. What recommendations can you give in regard to rehabilitation programmes offered in Prison in relation to life after release?

- i) _____
- ii) _____
- iii) _____
- iv) _____

THANK YOU

Appendix 3

TABLE FOR DETERMINING SAMPLE SIZE FROM A GIVEN POPULATION

N	S	N	S	N	S	N	S	N	S
10	10	100	80	280	162	800	260	2800	338
15	14	110	86	290	165	850	265	3000	341
20	19	120	92	300	169	900	269	3500	246
25	24	130	97	320	175	950	274	4000	351
30	28	140	103	340	181	1000	278	4500	351
35	32	150	108	360	186	1100	285	5000	357
40	36	160	113	380	181	1200	291	6000	361
45	40	180	118	400	196	1300	297	7000	364
50	44	190	123	420	201	1400	302	8000	367
55	48	200	127	440	205	1500	306	9000	368
60	52	210	132	460	210	1600	310	10000	373
65	56	220	136	480	214	1700	313	15000	375
70	59	230	140	500	217	1800	317	20000	377
75	63	240	144	550	225	1900	320	30000	379
80	66	250	148	600	234	2000	322	40000	380
85	70	260	152	650	242	2200	327	50000	381
90	73	270	155	700	248	2400	331	75000	382
95	76	270	159	750	256	2600	335	100000	384

Note: “N” is population size

“S” is sample size.

Krejcie, Robert V., Morgan, Daryle W., “Determining Sample Size for Research Activities”, Educational and Psychological Measurement, 1970.

APPENDIX 4

PAGE 3

Research Permit No. NCST/RCD/14/013/963

Date of issue 3rd June, 2013

Fee received KSH. 1,000

THIS IS TO CERTIFY THAT:

Prof./Dr./Mr./Mrs./Miss/Institution
Joseph Kala Muasya
of (Address) University of Nairobi
P.O.Box 6232-01000, Thika.

has been permitted to conduct research in

Location
Thika West District
Central Province

on the topic: Impact of prison rehabilitation programmes on self sustainability of ex-convicts
A case of Thika Sub-County, Kenya.

for a period ending: 31st December, 2013.

Applicant's Signature *Joseph Kala Muasya* **for Secretary**
National Council for Science & Technology

APPENDIX 5

REPUBLIC OF KENYA



NATIONAL COUNCIL FOR SCIENCE AND TECHNOLOGY

Telephone: 254-020-2213471, 2241349, 254-020-2673550
Mobile: 0713 788 787 , 0735 404 245
Fax: 254-020-2213215
When replying please quote
secretary@ncst.go.ke

P.O. Box 30623-00100
NAIROBI-KENYA
Website: www.ncst.go.ke

Our Ref:

NCST/RCD/14/013/963

Date:

3rd June, 2013

Joseph Kala Muasya
University of Nairobi
P.O.Box 6232-01000
Thika.

RE: RESEARCH AUTHORIZATION

Following your application dated 30th May, 2013 for authority to carry out research on "*Impact of prison rehabilitation programmes on self sustainability of ex-convicts. A case of Thika Sub-County, Kenya,*" I am pleased to inform you that you have been authorized to undertake research in **Thika West District** for a period ending **31st December, 2013.**

You are advised to report to **the District Commissioner and the District Education Officer, Thika West District** before embarking on the research project.

On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.

A handwritten signature in blue ink, appearing to read 'M. K. Rugutt'.

DR. M. K. RUGUTT, PhD, HSC.
DEPUTY COUNCIL SECRETARY

Copy to:

The District Commissioner
The District Education Officer
Thika West District.