

**The Association between Custodial Rehabilitation and  
Recidivism of Male Prisoners in Kenya: The Case of  
Nairobi Remand Prison**

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**DECLARATION**

I declare that this is my original work. It has not been presented for a degree in any other University.

Signed \_\_\_\_\_ Date \_\_\_\_\_

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This project has been submitted with my approval as a University Supervisor.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**PROF. WILFRED K. SUBBO**

## **DEDICATION**

I dedicate this project to all the ex-convicts in Kenya who have reformed and are actively engaged in the task of nation building.

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## **ABBREVIATIONS AND ACRONYMS**

CID:	Criminal Investigative Department
CLEAR:	Christian Legal Education Aid and Research
DRKP:	Director of Rehabilitation Kenya Prisons
FT:	Faraja Trust
GoK:	Government of Kenya
IAGAS:	Institute of Anthropology, Gender and African Studies
KPNS:	Kenya Police National Service
KHRC:	Kenya Human Rights Commission
KNBS:	Kenya National Bureau of Statistics
KNCHR:	Kenya National Commission on Human Rights
KPSS:	Kenya Prisons Service Statistics
NACOSTI:	National Commission for Science, Technology and Innovation
NCRC:	National Crime Research Centre
NRP:	Nairobi Remand Prison
PRM:	Prisons Rescue Mission
USA:	United States of America

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## **ABSTRACT**

The study examined the association between custodial rehabilitation and recidivism of male prisoners in Kenya. Fieldwork was conducted at Nairobi Remand Prison in Nairobi County. The objectives of the study were to determine the extent to which vocational rehabilitation programmes; faith-based spiritual programs and peer counselling services influence recidivism of male prisoners in Kenya. Data was obtained through survey questionnaires and through key informant interviews. Purposive sampling was used to arrive at the sample size. Key informants were chosen based on their experience of supervising custodial rehabilitation programs in the correctional facility.

Quantitative and Qualitative data was obtained through survey and key informant interviews. It was analyzed using Statistical Package of Social Sciences (SPSS) version 21 and presented in the form of frequencies tables, bar graph and pie chart. The findings of the study indicate that vocational, peer counselling and faith based rehabilitation programs significantly contribute to recidivism reduction in Kenyan prisons by 72.3%, 21.1% and 18.1% respectively. The study recommends that there is need to improve existing rehabilitation programs in Kenyan male correctional facilities as recidivism is a common phenomenon among male prisoners. The study further recommends that similar researches be conducted on increased geographical scope in order to validate themes found in the current study.

## CHAPTER ONE

### BACKGROUND TO THE STUDY

In this chapter the researcher covered background of the study, problem statement, objectives, assumptions, justification, scope, limitations and operational definitions of terms used in the study.

#### 1.1 Introduction

The world's total population at mid-2010 was estimated at 6.9 billion while that of prison population was 10.2 million. These figures translated into a world prison population rate of 146 per 100,000 persons which reflected high rates of imprisonment globally (ChartsBin Statistics Collector Team, 2010:1; Rob, 2015:8). It is further documented that by 2013 the world's prison population had increased by an average 30 per cent in Africa, United States of America, Asia and Europe (Walmsley, 2013:1). There are indications that this growth trend in prison populations is likely to continue unless practical interventions are put in place to help curb the trend (Austin et al., 2007).

According to Guerino et al. (2010:387) a comparative gender analysis of prison population globally, shows that men make up to over 95% of the global prison population. Men therefore have an imprisonment rate of 14 times higher than that of women. Friedrichs (2009:16) argues that it is widely understood that males greatly outnumber females among conventional crime offenders. He asserts that men outnumber women by six to one. These patterns show that there is urgent need for Government of Kenya (GoK) and its agencies such as Kenya Prisons Services (KPS), National Crime Research Centre (NCRC), Criminal Investigative Department (CID) and Kenya Police

National Service (KPNS) to work together and establish gender responsive interventions aimed at tackling both crime and recidivism rates.

Related studies by Bureau of Justice Statistics (2007) in the United States of America (USA) on recidivism rates among 404,638 prisoners released in 30 states, observed that upon release from prison in 2005 during a five year follow-up period, approximately three-quarters (76.6%) had been re-arrested. Nathan (2015:5) advanced the argument that recidivism tendency was significantly influenced by lack of gender responsive custodial rehabilitation programs (Durose et al., 2014). However, in the United Kingdom, according to the Bureau of Justice Statistics (2007) recidivism rate was on the decline at 45% for re-convicted adults compared to approximately 60% in the United States of America (Ministry of Justice Great Britain, 2013). The downward trend of recidivism rate in the United Kingdom was mainly attributed to a focus on custodial rehabilitation programs. In the case of the United States of America, it could be argued that the higher recidivism rate was due to focus on offender punishment, deterrence and confinement of inmates as opposed to emphasis of custodial rehabilitation services.

It was in response to the challenge of recidivism that the Government of Kenya established various rehabilitation programs in its correctional penal institutions. These programs include faith-based spiritual programs, peer counselling, formal education, medical care, vocational training and prisoners' work programme. The cited programs target helping offenders change their attitude towards crime as well as equip them with prerequisite vocational and livelihood skills so as to facilitate their re-integration into society (Kenya Prisons Service, 2015:16). But despite the existence of various

rehabilitation programs in Kenyan prisons, former offenders have continued to relapse into criminal activities thus leading to overcrowding in prisons and escalating crime rate. Such a trend calls for an urgent need to examine the effectiveness of the existing custodial programs in relation to recidivism reduction (Lynch, 2006; Greenwood & Welsh, 2012).

Moreover, there is need to evaluate the influence of custodial rehabilitation programs on recidivism of male prisoners. In the Kenyan prison context, for example, custodial rehabilitation efforts is faced with a myriad of challenges which include harsh prison conditions characterized by overcrowding and congestion, poor diet, poor sanitation, infectious diseases, homosexuality, drug and substance abuse, poor medical care, illiteracy and inadequate supervisory staff (Omboto, 2010). All these challenges coupled with recidivism tendencies continue to make correctional facilities practically inhabitable. According to Kitaria (2014), it is due to the aforementioned challenges that Kenya prisons' mandate and services have experienced a paradigm policy shift in the management of offenders. Their main objective is not only to contain offenders under humane conditions but also to contribute towards transforming them into productive and law abiding citizens. Despite numerous efforts to rehabilitate offenders through custodial rehabilitation programs, Raynor, Robinson and Campling (2009:12) observes that many offenders failed to desist from criminal activities, hence relapse into recidivism tendencies. This implies that custodial rehabilitation alone might not be capable of reducing recidivism and re-integrating offenders into their community without addressing their criminal genic needs such as employment and medical treatment for drug addicts, among others (Andrews & Bonta, 2010). This argument implies that even though solid

prison rehabilitation programs help offenders to achieve some progress during correction, the progress is often lost as a result of failure to align rehabilitation programs to the needs of prisoners. Effective crime prevention strategies and recidivism reduction efforts by policy makers and key stakeholders must therefore pay special attention to strengthening needs-based rehabilitation programs in prisons.

The prison system in Kenya was established by the British colonial government in 1905. The facilities were mainly designed for detaining African natives where they were tortured to death for opposing the colonial repressive laws. It has remained as a colonial legacy, and is today headed by the Commissioner General of Prisons. The Prisons Service is entrenched in the Kenyan Constitution (2010) through an Act of Parliament under the Prisons Act (CAP 90). Currently there are over 107 prisons in Kenya categorized as Maximum, Medium and Farm prisons. The current capacity of Kenyan prisons facilities is an average of 54,000 inmates despite the fact that at times it rises to over 80,000 inmates (Kenya Prisons Service, 2015). For example, correctional facilities like Nairobi Remand Prison carry triple their capacity with a population of 3,200 instead of about 1,000 inmates (Kenya Prisons Service, 2015). As a result of challenges of overcrowding, high recidivism rate and inadequate male friendly rehabilitation facilities there has risen urgent need for not only decongesting prisons but also to controlling recidivism rates among offenders nationally (Omboto, 2013). The vicious circle of recidivism, if not controlled impacts negatively on the socio-economic wellbeing of the country by giving rise to high rates of crime and insecurity in major urban centres.

## **1.2 Statement of the Problem**

According to Aronson (2010:2) one of the greatest impediments and threats to Kenya's socio-economic development and national cohesion is the escalating rate of crime and recidivism. In the context of penal institutions, the high rate of recidivism has led to overcrowding in Kenyan prisons which currently operates at double or triple capacity up from a population of 30,000 to over 54,000 prisoners. This translates to 55% above their official capacity (Kenya Prisons Service, 2015). Specifically, as efforts are made to curb crime and control the ever escalating prison population in Kenya, the problem of recidivism ought to be addressed urgently by both criminal justice system and other key players (Omboto, 2010:6; Laisa, 2013:3).

Additional statistics by the Kenya National Bureau of Statistics (2012) show that prisons population was 88,631 in 2008 and 79,991 in 2010. From a gender perspective, the figures indicated that despite a decline of prison population by approximately 3% during the said period, recidivism rate increased considerably by 34.8%, the majority of whom were male inmates. In addition, Statistical Reports from Nairobi Remand Prison, Kenya Prisons Service (2015) indicate that despite the emphasis of custodial rehabilitation in the facility, the rate of recidivism rate was still significantly high at 40% from a population of 200 convicted inmates. This implies that the problem of recidivism should be given urgent attention since it negatively impacts on the socio-economic progress of the Kenyan society.

This scenario has led to several research studies focusing on custodial rehabilitation and recidivism reduction efforts in Kenyan prisons. Examples of such studies are Wekesa

(2012) who assessed the role of prisons in the administration of custodial rehabilitation of inmates in Kenya, Laisa (2013) who examined factors influencing recidivism in government of Kenya prisons and Wambugu (2014) who investigated the role of chaplaincy and rehabilitation of prisoners in Kenya. However, the studies among others do not focus on the association between custodial rehabilitation and recidivism of male prisoners. Specifically, a review of the literature indicates that there are no quantifiable data explaining the extent to which custodial rehabilitation programmes reduce recidivism of male inmates. In addition, reviewed literature further showed that there was limited research that focused on male gender specific attitudes and their perceived needs in relation to custodial rehabilitation and recidivism tendencies (Uggen et al., 2006; Holtfreter & Cupp, 2007; Heilbrun et al., 2008). It is against this background that the study will examine the extent to which custodial rehabilitation, faith-based spiritual programmes and peer counselling services influence recidivism of male prisoners in Kenya.

The study will seek answers to the following research questions:

1. To what extent do vocational rehabilitation programmes influence recidivism of male prisoners in Kenya?
2. What is the effect of faith-based spiritual programmes on recidivism of male prisoners in Kenya?
3. To what extent does Peer counselling services affect recidivism of male prisoners in Kenya?

### **1.3 Objectives of the Study**

#### **1.3.1 General Objective**

To examine the association between custodial rehabilitation and recidivism of male prisoners in Kenya

#### **1.3.2 Specific Objectives**

1. To evaluate the influence of vocational rehabilitation programmes on recidivism of male prisoners in Kenya
2. To assess the effect of faith-based spiritual rehabilitation programmes on recidivism of male prisoners in Kenya
3. To determine the extent to which peer counselling rehabilitation programmes affect recidivism of male prisoners in Kenya.

### **1.4 Justification of the Study**

The criminal justice system and penal institutions in Kenya has been faced by a myriad of challenges with high recidivism rate posing a formidable challenge to the main players in the sector (Wambugu, 2014; Otiato, 2014). This study is necessary as part of the many efforts that seek to provide solutions to the best way to reduce the problem of recidivism and offer recommendations on how to strengthen custodial rehabilitation in Kenyan prisons. The outcome of the study will enrich the role played by Non Governmental Organizations in ensuring that prisoners are accorded access to gender responsive rehabilitation programmes. The study findings should be useful to inform the lessons, experiences and funding that can be harnessed to strengthen rehabilitation programmes in Kenya's correctional facilities. The recommendations will be useful in establishing recidivism reduction interventions, as well as offering solutions on ways of aligning

custodial rehabilitation programmes so as to make them more responsive in addressing the male gender needs. The study findings will be availed to stakeholders through publication to be made in refereed journals and unpublished literature at the University of Nairobi Library.

### **1.5 Scope**

The study aimed at examining the association between custodial rehabilitation and recidivism of male prisoners in Kenya. It focused on an in-depth case study of the Nairobi Remand Prison.

### **1.6 Limitations**

The study adopted Nye's social control theory (1958) social control theory. The researcher collected data from respondents who lived in an environment with limited freedom of expression. It was therefore challenging for respondents to freely give their views. Due to low literacy level among respondents, research assistants conducted the interview and administered questionnaires in Kiswahili language.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.1 Introduction**

The literature review is divided into four parts namely; custodial rehabilitation, overview of recidivism, vocational, faith-based and peer-counselling programmes.

#### **2.1 Custodial Rehabilitation**

Rehabilitation is the measure or process which contributes to assisting a potential offender desist from future or repeat offences (Webster, 2004:115; Heseltine et al., 2011:11). Rehabilitation programmes within the context of correctional facilities are designed and intended to facilitate crime reduction among offenders. The need to strengthen custodial rehabilitation has been of a major concern among stakeholders in the criminal justice system. This is due to the significant increase in prisoner population. Specifically, the rise in population among inmates has led to concerns regarding overcrowding in Kenyan correctional facilities and the consequential negative impact on the rehabilitation of offenders (Omboto, 2010). More recently the prisons authorities have taken a paradigm shift in the administration of prison services. This has led to the emphasis of rehabilitation programmes as opposed to confining offenders mainly as a punitive measure (Durose et al., 2014).

More recently, rehabilitation programmes such as formal education, vocational training, peer counselling, medical care, psychological-based initiatives and faith-based spiritual programmes have typically been put forward as a means of reforming prisoners during their incarceration (Farabee, 2005:13).

### **2.2.1 Overview of Recidivism**

The term recidivism is used interchangeably with repeat offending or reoffending among inmates. Broadly, its meaning includes re-conviction, re-arrest or relapse into the same or new offence and return to prison (Payne, 2007; Bureau of Justice Statistics, 2007:1). Research findings show that as high as 68% of prisoners at any given time are repeat offenders and a majority of these are being middle aged persons (Vacca, 2004:298). La Vigne et al. (2008) observes about the Urban Institute Study that almost 7 out of 10 released male prisoners have a tendency of relapsing back to crime and half of them often land back in prison. In the same study, the recidivism tendency by released male prisoners was precipitated by factors such as lack of adequate and effective custodial rehabilitation facilities.

Recidivism prevalence rate among prisoners is further supported by a wide range of studies that include those of Baldry et al. (2006:20), Payne (2007) and Jones et al. (2010). In addition, Visher et al. (2011) and La Vigne et al. (2008) observe that nearly a quarter of released prisoners get re-arrested within their first year of freedom. However, an earlier research in the United Kingdom revealed that there was lower recidivism rate of 50% due to focus on custodial rehabilitation, compared with United States of America's 60% recidivism rate. In the case of the latter, the study showed that high recidivism rate in America was due to focus on punishment, deterrence and confining offenders away from society (Langan & Levin, 2002:58).

On the whole, it could be concluded that most findings by previous research show that there is a high percentage of recidivism among prisoners, especially among male

prisoners. The re-offending trend not only contributes to overcrowding correctional facilities but also poses a great threat to socio-economic development as a result of high crime rate in society. It is in view of this threat that there is need to redesign rehabilitation programmes that would help address criminogenic needs of prisoners (Penal Reform International, 2012).

### **2.2.2 Rehabilitation Programmes and Recidivism**

Current custodial rehabilitation programmes in Kenya are more suited for long-term lockup rather than rehabilitation. This is fitting since the current rehabilitation programmes have been structured to harshly punish offenders. Accordingly, these facilities need updating (Omboto, 2010). If the prison system is being reformed to rehabilitate more inmates with less emphasis on severe punishment, then it is imperative that the current rehabilitation initiatives also need to be aligned to meet the prison reform goal. Since rehabilitative efforts are generally successful in reducing recidivism (Andrews & Bonta, 2010), there is some evidence to suggest that without rehabilitation, incarceration alone may result in increased rates of re-offending (Chen & Shapiro, 2007).

However, despite substantial increase in inmate population and crime rates in recent decades globally, the capacity of custodial rehabilitation programmes has barely changed (Simon, 2009; Kleiman, 2009). In East Africa for example, rehabilitation programmes are burdened with overcrowding and an inability to satisfy basic human rights standards. In addition, Lipsey and Cullen (2007:12) have argued that gender responsiveness of rehabilitation programs in relation to recidivism reduction have not been adequately examined. The government of Kenya in its recognition of the need to reform its penal

institutions has made efforts to domesticate international minimum standards of rehabilitation in its correctional facilities (Kenya Prison Service, 2015). However, most of these minimum standards geared towards reforming prisoners are yet to be met due to inadequate human and institutional rehabilitation service culture. Accordingly, the end-result has been an increase in recidivism by prisoners upon their release. This confirms the fact that rehabilitation programmes need to address prisoners' criminogenic needs with a view to reducing recidivism rates among inmates.

Simon (2009), in his study of decongestion of prisons in Zambia and Tanzania, suggests that rehabilitation programmes need to adopt more non-custodial sentences that highly benefit the society in terms of skills acquisition and community service provision. For this to happen, Simon argues that foremost rehabilitation programmes should be reformed to improve the skills of personnel involved in the delivery of rehabilitation services. This would ensure that prisoners would not relapse into crime upon their release.

Borzycki & Baldry (2003:2) argues that in providing rehabilitation services, there is need to gear them towards creating a culture and system which encourage acquisition of education and livelihood skills so as to help offenders not to reoffend. According to Borzycki & Baldry (2003), most prisoners come from disadvantaged family backgrounds which have limited opportunities to develop the life skills needed for them to effectively function in society. Moreover, skill provisions need to provide inmates with opportunities and avenues to earn incomes and have a steady livelihood to keep them away from criminal relapse.

### **2.2.3 Vocational Programmes**

According to Omale, (2011:23) in a study of “prison reformation, rehabilitation and reintegration programmes in Nigeria”, vocational rehabilitation programs are thought to be the best vehicles for breaking the cycle of recidivism. These programs are aimed at providing inmates with up-to-date marketable skills relating to specific jobs on the outside. These courses could also be seen as a refresher or as skill enhancement for inmates with existing skills.

The program builds the capacity of prisoners by equipping them with skills and technologies for self reliance and income generation after they leave prison. The Kenya Prisons Service in its reform agenda has strengthened vocational rehabilitation programs such as masonry, carpentry, tailoring, carpentry, mechanics, driving, tailoring, soap making among others (Kenya Prisons, 2015). After their release from prisons, inmates with a variety of vocational skills are easily reintegrated back to the society since they possess prerequisite skills for their daily survival. A critical analysis of the impact of the vocational rehabilitation programs on inmates reveal that the programs are instrumental in helping inmates reform in character and attitude. The inmates who embrace reform as a result of acquiring various livelihood skills end up living in the wider society as a positive force instead of a liability (Nyauchi, 2009:36). In addition, in some limited occasions the prisons authorities give recommendations to ex-prisoners so as to get financial support from Non Government Organization to set up income generating projects (Kayeke, 2011:31).

In Kenya, prior to 2003, most prisons were unable to discharge the rehabilitation function owing to among other things, a chronic shortage of equipment and raw materials for industries and farms. After 2003, inmate rehabilitation through vocational training has

improved courtesy of donations of industrial equipment and raw materials from well-wishers in most prisons. This can be attributed to the open door policy which has highlighted problems faced by prisoners. The open door policy has also opened prisons to external scrutiny against use of force to compel prisoners to work (KNCHR, 2005).

#### **2.2.4 Faith-Based Spiritual Programmes**

Religious programmes for inmates are not only among the oldest but also among the most common forms of rehabilitative programs found in correctional facilities today (Dodson et al., 2011). According to Johnson et al. (2007), participation of inmates in faith-based programmes has a significant effect on recidivism reduction. Although faith-based programmes have long served disadvantaged individuals, including prisoners only a handful of studies have examined the effectiveness of faith-based efforts in reduction of recidivism (Mears et al. 2006, Harden, 2006).

Aos et al. (2006) reviewed six faith-based programme studies that had strong methodology in their report of what works and what does not work in terms of reduction of recidivism rates. Some of the studies showed evidence of a positive program effect, while some of the studies did not produce a significant reduction in recidivism. In addition, Aos et al. (2006), Burnside et al. (2001) and Wilson (2005) reviewed the effect of faith-based programmes on recidivism and found out that the programmes were 32% effective in reduction of recidivism.

O’Conner and Perreyclear (2002) found that the amount of attendance at faith-based programmes was an important measure that influenced recidivism rates. Similarly, Johnson et al. (1997) found that inmates who participated highly in faith-based spiritual

activities (with attendance of 10 or more in bible study sessions in a one-year) were significantly less likely to be re-arrested compared to those who were classified as low or non participants in faith-based programmes (Roman et al., 2007).

Despite notable contributions made by faith-based programmes in penal institutions, basic critical questions about their effectiveness in reducing recidivism remains a central theme of investigation in this study (Mears et al. 2006; Noyes 2009; Kenya Prisons Service, 2015). In Kenyan prisons the government has institutionalized faith-based programmes supervised by prison chaplaincy services and emphasizes spiritual transformation, moral values, good conduct and obedience to the laws of the land (Wambugu, 2014, Laisa, 2013). Studies by Johnson (2009) back such programmes by arguing that active participation in faith-based programmes can help to steer offenders back to a course of less deviant behaviour and away from potential career criminal paths. Research show that faith-based programmes is a key protective factor that buffers inmates from harmful recidivism tendencies as well as promote pro-social behaviour (Johnson 2007; Johnson et al.,2011).

According to McKean and Ransford (2004:23) faith-based programmes are important and beneficial in reducing recidivism because of the connections they create with the community. The credibility of these programs help inmates reintegrate into the community and makes residing citizens feel protected, the programme is characterized by regular prayer, bible study and worship services

### **2.2.5 Peer Counselling Programmes**

Hochstetler et al. (2010) define peer counselling as systematic guidance and sharing of information which is meant to improve an individual's socio-economic and psychological well-being. One factor that may influence recidivism, as argued by Cobbina et al. (2012) is social support. He asserts that, social support is an important emotional component or an instrumental life line offered to the convict by penal institutions, community, non governmental organizations or peers.

In the quest to advance the relevance of counselling inmates, Sun (2013:4) posits that inmates require counselling to improve their well-being, alleviate stress, resolve conflicts as well as help them desist from recidivism tendencies. Thus the primary objective of custodial counselling services is to help the offender evaluate their fundamental beliefs, values, attitudes as well as examine their motivations and life choices. Kolind et al. (2010) also posits that custodial counselling and other inmate rehabilitation services in Asia, America and Europe are rapidly reforming prisoners as opposed to emphasis on offender punishment (Moon & Maxwell, 2004). In addition, peer counselling in a prison context is also instrumental in increasing the number of inmates who are skilled in helping their peers to desist from criminal tendencies.

Peer counselling is a well-documented concept of counselling, as Pritchard (2007) points out that it is a personal method of change and is based on the idea that most people prefer to seek out their peers for help when experiencing challenges, frustrations, concerns and general problems. This is true in regard to convicted prisoners who become victims of stigmatization, psychological trauma and recidivism upon their conviction and

incarceration. New convicts experience emotional stress due to a change in the environment as well as anxiety, challenges which could best be addressed through counselling (Steinhardt & Dolbeire, 2008).

De Jager and Ntlokwana (2012) indicate that peer counselling can be as effective as professional counselling and that is why Kenya Prisons Service (2015) has placed it as an integral part of rehabilitation programme in Kenyan correctional facilities. For example, according to admission records at the Nairobi Remand Prison (Kenya Prisons Service, 2015) there are over 40 trained peer counsellors among inmates. They are trained and exposed to communication, listening, conflict resolution and basic counselling skills. They are made aware of the importance of empowering inmates to desist from recidivism tendencies (Thomas, 2011:3). However, in order to minimize the negative potentials of peer counselling done by criminally vulnerable groups, it is recommended that peer counsellors be trained, strictly supervised during regular briefs with trainers. In addition, referral and reporting procedures should be clearly spelt out (Mead & MacNeil, 2006).

The Kenya Prisons Service through collaboration with Chaplaincy services and other stakeholders have established peer counselling programmes which trains and equips inmates with skills to enable them to help their peers. Unlike professional counsellors, peer counsellors among inmates are available to help their peers anytime and at their inconvenience. This initiative has proved to work as an important rehabilitation programme within prison context (Kenya Prisons Service, 2015, De Jager & Ntlokwana, 2012:3).

## **2.3 Theoretical Framework**

### **2.3.1 Social Control Theory**

There are many theories that can be used to support this study such as Nye's social control theory. Socialization from an anthropological perspective refers to the process of inheriting and disseminating norms, customs and providing an individual with the skills and habits necessary for participating within their own society (Clausen, 1968; Deflem, 2008; Macionis et al, 2010). For the purposes of this study, social control theory is more relevant and appropriate in explaining how prison group culture and participation in custodial rehabilitation programs are likely to influence the delinquent behavioural patterns of prisoners. The framework was developed by Nye in 1958. The theory posits that an individual may positively exploit the process of socialization and social learning in order build self-control and reduce inclination to indulge in anti-social behaviour (Gottfredson et al., 1990). Nye argued that the more an offender's needs are met within his community (prison), the less he will be prone to recidivism tendencies or anti-social behaviour. Nye used this theory to conduct a study on Juvenile delinquency as a means of theorizing about deviance and social control (Boundless, 2014).

The framework can be applied in interpreting the influence of custodial rehabilitation programs on inmates' criminal and recidivism tendencies. The theory can also be used to explain why people deviate from the laws of their society (Williams, 2001) According to Agnew (1985), social control theory postulate that people break the rules and regulations of their society or organization when they have not developed attachments to the society or the organization. Further, Williams (2001) explains that the extent of an individual's social bond in his or her society, for instance attachment to other people, determines his

or her propensity to relapse into crime. In this case an inmate without a family or with a broken family relationship is more likely to relapse into recidivism tendencies since none of his family members will suffer in the event of his incarceration.

The theory, as argued by Siegel (1983), explains that individuals may also acquire good behavioural tendencies by conforming to the rules, norms and activities of an institution. Citing the theory, Thomas (2011) illustrates this using the case of a prisoner who is engaged in rehabilitation activities is likely to acquire positive tendencies and desist from criminal activities upon release from custody. This latter further employs the theory by positing that involvement in conventional activities of the society or organization leaves little time for illegal behaviour.

### **2.3.2 Relevance of Nye's Social Control Theory to the Study**

The framework highlights the process through which an inmate could be rehabilitated from criminal and recidivism tendencies. This implies that custodial rehabilitation programs and facilities have the institutional capacity to promote the principles of social control theory by reducing inmates' inclination to indulge in criminal behaviour. According to Harlow (2003), through regular participation in custodial activities, inmates acquire moral behavioural tendencies which do help them to desist from relapsing into crime upon release from prison. They also have the opportunity to develop self-control mechanisms which promote good conduct and obedience to societal rules and norms. In this study, the framework will help in analyzing the relevance and effectiveness of custodial rehabilitation programmes that enhance recidivism reduction efforts.

The theory is also relevant to the study in the sense that whenever individuals are incarcerated there is likelihood that they may become heavily socialized into the deviant prison culture. Such exposure has a tendency of not only making incarcerated individuals embrace the prisons' criminal sub-culture but also make them comfortable with re-offending. The study will therefore apply the framework to prove its four main pillars namely:

**Direct control:** Application of punishment through legal confinement of offenders as a result of wrongful behaviour. It also involves rewarding offenders for good conduct or compliance with societal rules and norms.

**Internal Control:** Deliberate decision by offenders to refrain from anti-social behaviour or recidivism tendencies through participation in custodial rehabilitation activities.

**Indirect Control:** Process whereby an offender identifies himself with those who positively influence behaviour patterns so as to refrain from recidivism tendencies.

**Needs Satisfaction Control:** That is whenever all the criminogenic needs of an offender is met, he will no longer engage in recidivism or criminal tendencies. The needs are addressed by tailoring rehabilitation programmes to meet the needs of incarcerated individuals (Kingsley & Ogaga, 2012).

## **2.4 Assumptions of the Study**

The Study will be based on the following assumptions.

1. Vocational rehabilitation programmes reduces recidivism rate of male prisoners in Kenya
2. Faith-based rehabilitation programmes significantly reduces the rate of recidivism of male prisoners in Kenya
3. Peer counselling rehabilitation programmes have no significant effect on recidivism rate of male prisoners in Kenya

## **2.5 Definition of Terms**

### **Custodial Rehabilitation**

The intervention or treatment that targets to change the offender's criminal behaviour and attitude and is aimed at reducing his likelihood to re-offend while kept in custody.

### **Faith-Based rehabilitation Programmes**

Any authorised Christian spiritual activities that targets to meet spiritual needs of convicted inmates irrespective of their church affiliation or denomination. Such activities include prayer, bible study, bible correspondence courses, church services, baptism and holy communion ceremonies.

### **Peer Counselling rehabilitation programmes**

Systematic guidance and information sharing offered to convicts by their fellow convicted peers who have been trained and authorised to render such services under the supervision of trained prison warders.

**Prison**

A place of confinement or detention of those suspected or convicted of a criminal offence for the purposes of punishment and rehabilitation.

**Convicted inmates**

Persons who have been tried and convicted before a court of law and are serving a prison sentence as punishment prescribed in the laws of Kenya.

**Recidivism**

It involves acts of repeat offence by a former offender. Such acts may involve committing the same or new offence. It is characterised by re-arrest, re-conviction, re-imprisonment or re-sentencing with or without a new offence within a year or more.

**Vocational Rehabilitation Programmes**

Refers to both the livelihood services offered to prisoners during their incarceration so as to assist make them become self-employed upon release from prison. For example, such programmes include basic formal education, masonry, carpentry, mechanics, driving, weaving/knitting, tailoring, shaving, laundry, gardening, cleaning, painting, soap making, sports and games among others.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1 Introduction**

This chapter deals with description of research site, research design, study population, sampling population, sampling procedure, data collection methods, processing and analysis.

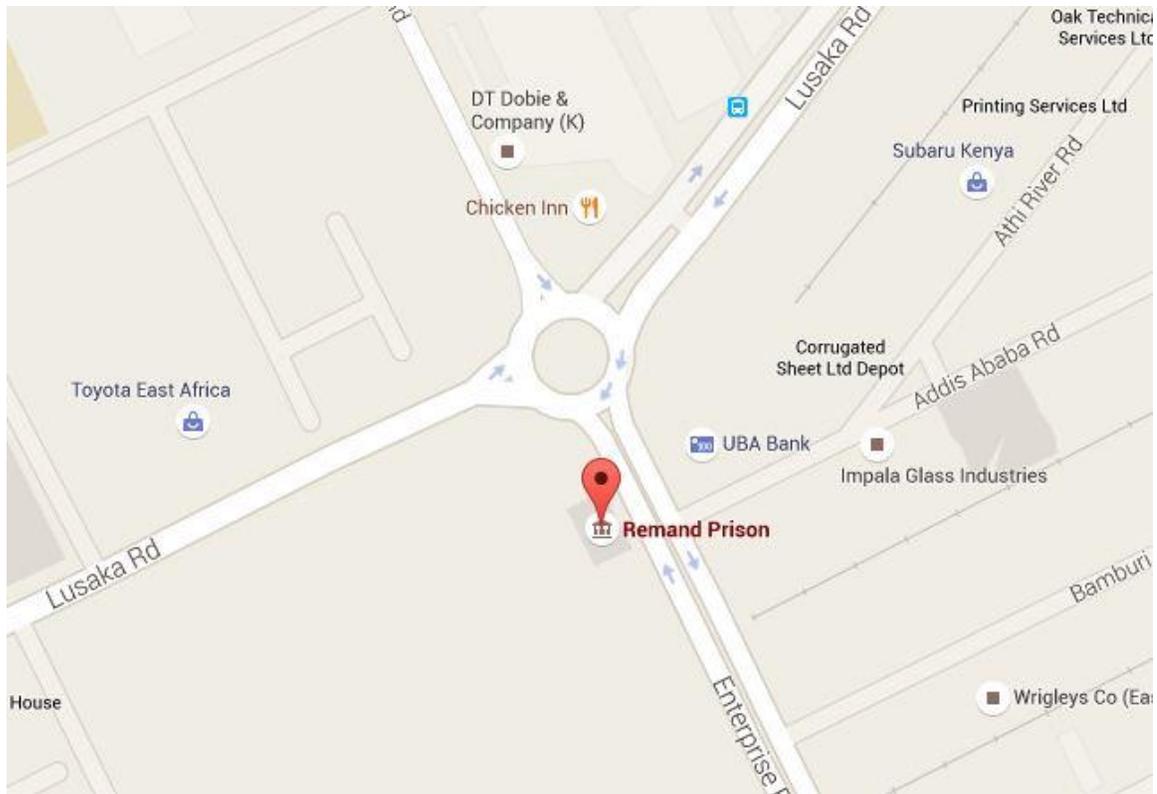
#### **3.2 Research Site**

The study was carried out at the Nairobi Remand Prison located within the Industrial Area to the western side of Nairobi City (Figure 3.1). The correctional facility was established in 1911 during the colonial period in Kenya's capital city, Nairobi. The city was founded in the late 1890s as a British railway camp on the Mombasa-Kampala railway line. From 1899 to 1905, it served as a British provincial capital, and later became the capital of the British East Africa Protectorate (called Kenya Colony from 1920 to 1963). In 1963, Nairobi became the capital city of independent Kenya, and annexed neighbouring areas for future growth (Furedi, 1973: 280). According to the 2009, Population Census, Nairobi had a population of 3,138,369 people; KNBS, 2010).

The Nairobi Remand Prison (NRP) has since its inception in 1911 grown to be one of the largest prisons in East and Central Africa. As at November 2015, according to daily lock-up records, its total population of both convicted and remanded inmates was 3,200 (Kenya Prisons Service, 2015). In essence, the facility was operating at triple its normal capacity. The site was chosen for the study because it houses a variety of custodial

rehabilitation programs. In addition, the facility's population is generally viewed as large and therefore representative of the male prison population in Kenya.

The site was also considered appropriate for the study since review of the literature and statistics indicated existence of recidivism tendencies among convicted inmates despite emphasis of custodial rehabilitation programmes by the prison authorities (Kenya Prison Service, 2015; Thomas, 2011).



**Figure 3.1: Map of the Nairobi Remand Prison**

Source: Google Map. Retrieved from <https://www.google.co.ke/maps>. Accessed on 7th June, 2016.

### **3.3 Research Design**

The study employed both quantitative and qualitative research designs to provide in-depth and detailed examination of the topic. The study took two weeks and was conducted in two phases. The first phase involved quantitative data collection method where a survey questionnaire was administered to the respondents. A total of 80 inmates drawn from various category of convicted offenders: breaking and stealing (42 respondents), fraud and forgery (3 respondents), preparation and possession (18 respondents), obtaining, handling and bribery (17 respondents) which constitute 40% of the total convicted inmates. The first ten respondents were selected through purposive sampling. The researcher got a list of convicted inmates who participate in custodial rehabilitation programmes from the prison officer in charge of rehabilitation programmes. The second phase involved conducting key informant interview with five prison officers in charge of rehabilitation programmes within the correctional facility. The officers were chosen purposively based on their long experience of supervision, knowledge and understanding of the thematic issues under study.

### **3.4 Study Population**

A Population is a group of individuals, objects or items from which samples are taken for measurement while the target population refers to the larger group from the sample is taken (Kombo & Tromp, 2006:10). The study population were all the 200 convicted male inmates incarcerated at the Nairobi Remand Prison (NRP). An individual convicted male inmate was the unit of analysis.

### **3.5 Sample Population and Sampling Procedure**

Eighty convicted male inmates who participated in custodial rehabilitation programs were subjected to questionnaires with closed and open-ended questions. In every category of convicted male offenders, 10 inmates who participated in various custodial rehabilitation programs were purposively selected to come up with a sample population of 80 who were interviewed (Palys, 2006:697). The sample was considered adequate and representative of the study population (Mugenda & Mugenda, 2003). From an initial group of 10 convicted male inmates per stratum, the researcher made reference to additional respondents who were drawn proportionately from all categories of offenders. The said procedure was repeated until a representative sample size of 80 convicted inmates was attained.

### **3.6 Data Collection Methods**

Primary and secondary data sources were used to answer the research questions and satisfy the objectives.

#### **3.6.1 Secondary Data**

Secondary data are those data generated from other people but have relevance to the study. These include relevant books, thesis, government publications, statistical bulletins, strategic plans, study reports, magazines and internet (Reddy & Agrawal, 2012:63). These sources continued to act as reference materials throughout the study.

#### **3.6.2 Primary Data**

Primary data are information the researcher gathered in the field through surveys and key informant interviews.

### **3.6.2.1 Survey Method**

This was conducted through face-to-face interviews by use of standard questionnaire. The aim was to gather information from convicted male inmates from the study area (Ader et al., 2008; Teddlie & Abbas, 2010).

### **3.6.2.2 Key Informant Interviews**

Key informant interviews were conducted with five prison officers in charge of custodial rehabilitation programmes. The selection was based on those with authentic knowledge and supervisory experience of various custodial rehabilitation programmes. The interviews explored the effect of vocational, faith-based and peer counselling rehabilitation programmes on recidivism. The interviews were conducted with five senior prison warders in-charge of various custodial rehabilitation programmes. A key informant interview guide (Appendix 2) was used for this purpose and the researcher personally administered the interviews (Bernard, 2006:23).

## **3.7 Data Processing and Analysis**

Quantitative data was analyzed using Statistical Package for Social Sciences (SPSS) version 16 computer software and the results presented in tables of frequencies, bar graphs and pie chart forms. Qualitative data were analysed thematically and presented in verbatim quotes.

## **3.8 Ethical Considerations**

The study took into consideration appropriate research procedures and acknowledged all sources of information as much as possible. The informants' privacy was upheld and information given treated with maximum confidentiality and consent was sought from the

Director of Rehabilitation Kenya Prisons (DRKP) as well as authorization was granted to conduct the study from National Commission for Science Technology and Innovation (NACOSTI). The integrity of the Institute of Anthropology, Gender and African Studies-University of Nairobi (IAGAS) was also protected and no harm was done to any party. The researcher got the prerequisite clearance and authorization from the Institute of Anthropology (Appendices 3,4 &5).

### **3.9 Difficulties and Solutions**

The major difficulty the researcher faced was the bureaucracy and duration taken to process the prerequisite approval and authorization to administer the questionnaire to the respondents. Despite the delays the prison authorities finally granted the permission in writing. The second problem was the challenge of rigid prison routine which allowed limited time for interaction with inmates. The prison authorities however, cooperated and assisted the researcher to complete the data collection process.

## CHAPTER FOUR

### DATA ANALYSIS AND INTERPRETATION

#### 4.1 Introduction

This chapter presents data analysis and interpretation of findings. The section presents the response rate, demographic characteristics and findings.

#### 4.2 Response Rate

A total of 80 survey questionnaires were administered to the target population. The response rate for different categories of respondents is shown table 4.1.

**Table 4.1: Respondents' Rate**

Category of respondents	Frequency	%
Breaking & Stealing	42	52.5
Fraud, Forgery	3	3.75
Preparation & Possession	18	22.5
Obtaining, Handling & Bribery,	17	21.25
<b>Total</b>	<b>80</b>	<b>100</b>

The total response rate was 100%. According to Babbie (1990, 288) a response rate of 70% and above is very good particularly when the research uses survey questionnaires and is social science based. However, according to Anderson and Berdie (1975:255) the average reasonable response rate in academic studies is 57%. The study's response rate therefore met the threshold for social science research.

### 4.3 Socio-Demographic Characteristics of the Respondents

#### 4.3.1 Age

Age was a critical demographic factor in the study. The findings are shown in table 4.2.

**Table 4.2: Respondents Age Distribution**

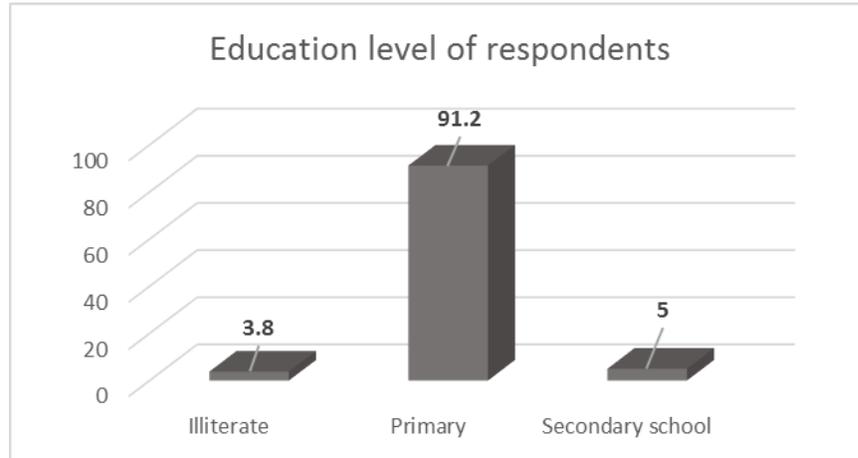
<b>Age Bracket</b>	<b>Frequency</b>	<b>Percent (%)</b>
less than 18 years	2	2.5
19-25 years	33	41.2
25-30 years	44	55
30-40 years	1	1.2
<b>Total</b>	<b>80</b>	<b>100</b>

The findings show that slightly more than half (55%) of the respondents were aged 25-30 years, while 41.2% , and 2.5% were aged 19-25 and 30-40 years respectively. This implied that a majority of those incarcerated were young and unemployed people who were vulnerable to recidivism. According to Visher and Travis (2011:106) the young and unemployed inmates were vulnerable due to joblessness and lack of prerequisite livelihood skills, forcing majority of them to be exposed to criminal activities therefore landing them in prison and becoming recidivists.

#### 4.3.2 Education Level

The study sought to relate education level of respondents with recidivism tendencies of respondents. The findings are shown in figure 4.1.

**Figure 4.1: Education Level**

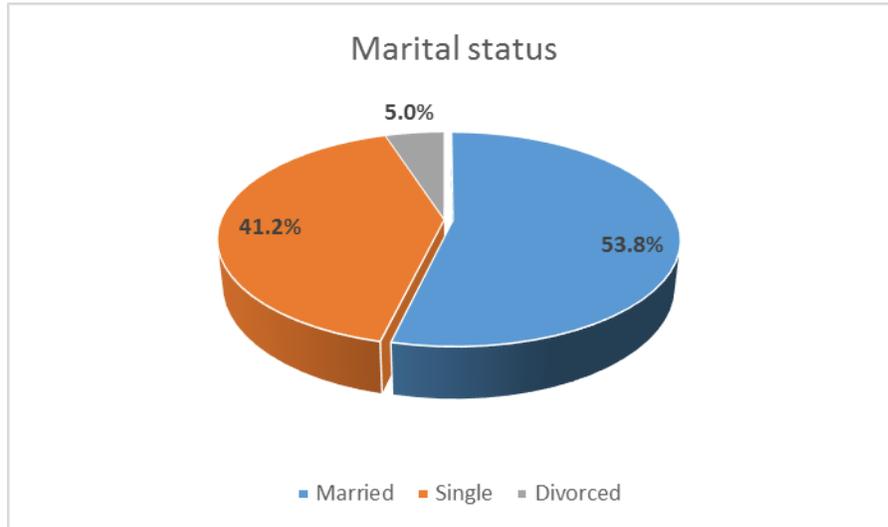


The study established that 91% of respondents who had recidivism records (rearrest, return to prison and conviction) had low education achievement with primary level of education as the highest achievement. On the other hand, those who had higher education achievement of secondary level of education 5% were not prone to recidivism. This finding concurs with the findings of Ndombi (2014:74), in a survey of “impact of prison rehabilitation programmes on recidivists: a case of prisons in the North Rift region of Kenya”, the author found that low level of education was a major factor precipitating recidivism tendencies among inmates in Kenya.

### **4.3.3 Marital Status**

The study also sought to establish the relationship between marital status and recidivism. The findings are presented in figure 4.2.

**Figure 4.2: Marital Status**



The findings indicate that most of the respondents 53.8% (43) were married while 41.2% (33) were single at the time of conviction. The findings show that most of the respondents were married. Studies corroborating current findings include those carried out by Iwamoto et al. (2012:285) in his study on “the role of masculine norms and informal support on mental health in incarcerated men in Connecticut, United States of America” which found that high recidivism tendencies among married male inmates implied that the marriage institution and its implication and foundation was no longer highly valued.

#### **4.4 Respondents’ Perception on Factors that Influence Recidivism**

The study further sought to establish the factors that contribute to recidivism. The findings are shown in table 4.3.

**Table 4.3: Factors that Influence Recidivism**

Respondents' perception on recidivism factors (%)							
Factor	V.high	High	Moderate	Low	V.low	Total	Mean
Unemployment	42	48	3	3	4	100	4
Inadequate rehab programs	21	33	26	7	13	100	4
low education level	36	45	26	0	22	100	4
Effective peer counselling	1	26	25	48	0	100	5
Drug and substance abuse	62	29	4	1	4	100	5
Marital breakup	3	32	43	20	0	100	3
<b>Average</b>	<b>27.5</b>	<b>35.5</b>	<b>21.1</b>	<b>13.1</b>	<b>7.1</b>	<b>100</b>	

The findings showed that unemployment was a high contributor to recidivism whereby 90% of the respondents rated it high while 7% rated low. Inadequate male friendly programmes had a high rating of 54% while 20% of the respondents' rated it low. The respondents rated low education level 81% as a high contributor to recidivism while 26% rated it low. Other factors considered were lack of effective counselling, with a majority of respondents rating it low at 48% while drug and substance abuse as well as marital breakup were rated high with 91% and 35 % respectively. The study findings were confirmed by a key informant who stated that: *“The factors that contributed to re-arrest and recidivism tendencies of inmates were mainly lack of employment opportunities, family breakdown, drug addiction, stigmatization and assimilation into the prison criminal culture. Once inmates are released, majority of them soon relapse into crime because of the mentioned challenges.”*, (Source: **Key Informant Interview with a prison warden in the department of rehabilitation programs at the Nairobi Remand Prison**).

#### 4.4.1 The Association between Vocational Programmes and Recidivism

The study sought to assess the extent to which respondents were exposed to vocational rehabilitation programmes. The findings are shown in table 4.4.

**Table 4.4: Respondents Participation in Vocational Rehabilitation Programs**

<b>Participation</b>	<b>Frequency</b>	<b>Percent (%)</b>
Daily	8	10
Twice a week	22	27.5
Thrice a week	31	38.8
Once a week	19	23.8
<b>Total</b>	<b>80</b>	<b>100</b>

The results show that a majority of the respondents (80%) participated in vocational rehabilitation programs. The study further established that 39% of respondents participated thrice a week while 10% participated daily. This corroborates the study conducted by Ndombi (2014:86) on “ impact of prison rehabilitation programmes on recidivists: a case of Prisons in the North Rift Region of Kenya”. The author indicates that the Government of Kenya (GoK) in an effort to strengthen prison reforms introduced a variety of vocational rehabilitation programmes in all correctional facilities across the country. In addition, one of the key informants in charge of rehabilitation programmes confirmed that:

*“Majority of inmates in this facility participate in at least one vocational rehabilitation programme such as formal education, cleaning, gardening, laundry, painting, sports and games. This is because as a rehabilitation department we have adopted a policy of reforming inmates. The strategy works better in changing their attitude towards criminal tendencies.”, (Source: Key Informant Interview with a prison warder in the department of rehabilitation programs at the Nairobi Remand Prison).*

#### 4.4.2 Vocational Rehabilitation Programmes and Recidivism

The study sought to establish the respondents' rating on the effect of vocational rehabilitation programs on different offence category. The findings are shown in table 4.5.

**Table 4.5: Respondents' Rating on the Effect of Vocational Rehabilitation Programs on Different Offence Category**

Category of offenders	Recidivism tendencies per category (%)					Total	Mean
	Very high	High	Moderate	Low	Very low		
Theft	51	31	0	10	8	<b>100</b>	<b>5</b>
Obtaining	40	42	0	11	7	<b>100</b>	<b>4</b>
Sexual Offences	0	6	0	20	74	<b>100</b>	<b>1</b>
Preparation	3	0	2	95	0	<b>100</b>	<b>2</b>
Possession	3	0	4	93	0	<b>100</b>	<b>2</b>
Assault	0	42	40	18	0	<b>100</b>	<b>4</b>
Specific offences	5	2	3	20	70	<b>100</b>	<b>1</b>
<b>Average</b>	<b>14.5</b>	<b>17.5</b>	<b>6.5</b>	<b>38.1</b>	<b>22.7</b>	<b>100</b>	

The study findings showed that 82% of the respondents rated vocational rehabilitation program to have high effect on theft offences while 18% rated it low. The effect of vocational rehabilitation programs on assault offenders were also rated at 42%. Vocational rehabilitation programs were rated by respondents to be low on sexual offences at 94%, low on preparation (95%), possession (93%) and specified offences at 90% respectively. The findings were corroborated by a prison warder who confirmed that:

*‘vocational rehabilitation programs proved to be effective in helping theft and assault offenders in this facility to be equipped with livelihood skills for their re-entry into society thus making them economically productive and self-reliant. Those who participated and acquired such skills hardly relapsed into criminal tendencies.’(Source: Key Informant Interview with a prison warder in the department of rehabilitation programs at the Nairobi Remand Prison).*

#### **4.4.3 Respondents Recidivism Tendencies**

The study sought to establish the frequency to which respondents were prone to recidivism tendencies. The findings are shown in table 4.6.

**Table 4.6: Respondents Recidivism Tendencies**

<b>Category of offences</b>	<b>Frequency</b>	<b>Percent (%)</b>
Theft	11	14
Obtaining	18	23
Sexual Offences	8	10
Preparation	7	8
Possession	11	6
Assault	5	14
Specific offences	20	25
<b>Total</b>	<b>80</b>	<b>100</b>

The results indicated that the ranking of recidivism rate tended to flow from specified offences (traffic, civil debtors) 25%, obtaining 23%, theft 14%, assault 14%, sexual 10%, preparation and possession 6% .These results tend to contradict key informant views who stated that:

*The majority of inmates incarcerated in this facility were primarily convicted of theft related offences. It is sad to note that such cases range from pick pocketing, mugging, breaking and stealing among others. In addition it is not surprising to see the same persons return back to custody for the same or similar offences'', (Source: Key Informant Interview with a prison warder in the department of rehabilitation programs at the Nairobi Remand Prison).*

The current findings further contradicts studies of Andrews and Bonta (2010:41) on justice policy and practice in the United States of America which indicated that majority of inmates incarcerated in most correctional facilities were primarily convicted of theft related offences, ranging from pick pocketing, mugging, obtaining and stealing.

#### **4.5 Relationships between Faith -Based Spiritual Programmes and Recidivism**

The study sought to assess the relationship between faith-based spiritual programmes and recidivism.

**Table 4.7: Respondents Religious Belief at the Time of Conviction and during Incarceration**

<b>Religious belief</b>	<b>Time of conviction</b>		<b>During incarceration</b>	
	<b>Frequency</b>	<b>Percent</b>	<b>Frequency</b>	<b>Percent</b>
Committed Christian	39	48.8	52	65
Nominal Christian	41	51.2	28	35
<b>Total</b>	<b>80</b>	<b>100</b>	<b>100</b>	<b>100</b>

The study established that at the time of conviction 48.8% of the respondents were committed Christians, while 51.2% were not. However, during incarceration, the

percentage of the committed Christians changed and rose from 48.8% to 65%. On the other hand the percentage of nominal Christians decreased from 51.2% to 35%. The findings further established that a majority of respondents (51%) were not committed to Christian faith at the time of their conviction. However, upon incarceration 54% of the respondents indicated that they participated at a very high level in faith-based spiritual programs with a record of 49% of them having changed from being nominal (Non-committed) Christian faithful to committed Christian faithful believers.

#### **4.5.1 Respondents’ Perception on the Extent to which Faith-Based Spiritual Programs Reduced Recidivism**

The study went further to establish the relationship between faith-based spiritual programs and recidivism. The results are as shown in table 4.8.

**Table 4.8: Respondents’ Perception on the Extent to which Faith-Based Spiritual Programs Reduced Recidivism**

	<b>Frequency</b>	<b>Percent (%)</b>
Very high	37	46.2
High	41	51.2
Moderate	2	2.5
<b>Total</b>	<b>80</b>	<b>100</b>

The study established that most of the respondents had a perception that faith based spiritual programmes aided in reducing recidivism. Fifty one point two percent (51.2%) of the respondents rated the extent at which these programs aided recidivism reduction as high, while 46.2% indicated very high and 2.5% rated it to be moderate. The results corroborate studies carried out by Dodson, Cabage and Klenowsky (2011:370)

investigating the impact of evidence based assessment on faith based programmes. The study established that faith based programmes had a significant impact on recidivism.

#### 4.5.2 Effect of Specific Faith-Based Spiritual Programs on Recidivism

The study sought to establish the effect of specific faith based rehabilitation programs on recidivism. The study results are shown in table 4.9.

**Table 4.9: Faith-Based Programs that Reduces Recidivism**

	Faith-based Programs that reduces recidivism (%)					Total	Mean
	Very high	High	Moderate	Low	V.low		
Prayer	51	34	9	0	6	<b>100</b>	<b>5</b>
Bible study	41	23	9	22	5	<b>100</b>	<b>5</b>
Church services	35	31	13	13	8	<b>100</b>	<b>5</b>
Evangelism	21	9	29	32	9	<b>100</b>	<b>3</b>
Holy communion	10	9	35	35	11	<b>100</b>	<b>2.5</b>
Baptism	9	10	31	40	10	<b>100</b>	<b>2</b>
<b>Average</b>	<b>27.8</b>	<b>19.3</b>	<b>21</b>	<b>23.6</b>	<b>8.1</b>	<b>100</b>	

The study findings indicated that 85% of respondents' rated specific faith based rehabilitation programmes such as prayer high in reducing recidivism. Bible study and church services were also rated high at 64 % and 66 % respectively. The study also found out that evangelism, Holy Communion and Baptism ceremonies had a low effect on recidivism reduction by aggregate rating of 41%, 46% and 50% respectively.

#### 4.6 Relationship between Peer Counselling Programs and Recidivism

The study sought to rate the effect of peer counselling on recidivism.

The study results are shown in table 4.10.

**Table 4.10: Respondents' Perception on the Effect of peer Counselling on Recidivism**

<b>Effect of Peer Counselling on Recidivism</b>	<b>Frequency</b>	<b>Percent</b>
Very high	18	22.5
High	30	37.5
Moderate	3	3.75
Low	19	23.75
Very low	10	12.5
<b>Total</b>	<b>80</b>	<b>100</b>

The study findings show that 22.5% and 37.5 % of respondents rated peer counselling to have a very high effect and high effect on recidivism reduction respectively. Nevertheless a total of 36.25% rated peer counselling to have a low effect on the rate of recidivism.

#### **4.6.1 Respondents Perception on the Effect of Peer Counselling Programme**

The study sought to establish the effect of peer counselling on respondents wellbeing. This is shown in table 4.11.

**Table 4.11: Respondents' Perception on the Effect of Peer Counselling Programme**

<b>Respondents' perception on the effect of peer counselling (%)</b>							
	<b>V. High</b>	<b>High</b>	<b>Moderate</b>	<b>Low</b>	<b>V.Low</b>	<b>Total</b>	<b>Mean</b>
Alleviation of stress	54	46	0	0	0	<b>100</b>	<b>5</b>
Conflict resolution	54	46	0	0	0	<b>100</b>	<b>5</b>
Right choices	54	0	46	0	0	<b>100</b>	<b>5</b>
Desist from recidivism	53	33	14	0	0	<b>100</b>	<b>5</b>
Paralegal skills	0	0	51	49	0	<b>100</b>	<b>3</b>
Sports & games skills	0	1	19	55	25	<b>100</b>	<b>2</b>
Counselling skills	51	49	0	0	0	<b>100</b>	<b>5</b>
<b>Average</b>	<b>38</b>	<b>25</b>	<b>18.6</b>	<b>14.8</b>	<b>3.5</b>	<b>100</b>	

The study findings established that peer counselling helped respondents in alleviating stress with a rating of 54% and 33% for very high and high respectively. Contrary respondents rated sports and paralegal skills acquisition at 80% and 49% for very low and low respectively.

#### 4.7 Model Summary

The goodness of fit of the model was tested. The results are shown in table 4.12.

**Table 4.12: Goodness of Fit**

Indicator	Coefficient
R	.907
R <sup>2</sup>	.824
SEE	.652

This results imply that the model accounted for 82.4% of recidivism reduction among male prisoners in Kenya. This is shown by R Square (R<sup>2</sup>) value of 0.824. The study therefore deduce that participation in vocational, faith based and peer counselling rehabilitation programs have a significant effect on recidivism reduction in male correctional facilities in Kenya. The other factors not studied in this research contribute 17.6% of recidivism reduction among male prisoners in Kenya. The regression analysis was also carried out and the results are shown in table 4.13.

**Table 4.13: Regression Analysis**

Model		Sum of Squares	d.f	Mean	F	Sig
1	Regression	2.53	2	1.266	54.545	0.023
	Residual	9.308	40	2.326	-	-
	<b>Total</b>	<b>11.838</b>	<b>42</b>			

The model's significant value was established to be 0.023. This value is less than the P value of normal distributed data (0.05). This is inferred to mean that the model is significant in explaining recidivism among male prisoners in Kenya.

#### 4.8 Regression Coefficient Analysis

The significance of the independent variables was tested using the regression coefficient analysis as indicated by standardized beta of the variables. Standardized beta coefficient measures the contribution of a variable to the model. Further inference is done using the t and significance values. The t and significance (p) values give a rough indication of the impact of each predictor variable. A big t value and a small p value suggests that a predictor variable has a large impact on the criterion variable ( Teddlie & Abbass,2010 ).

The results are shown in table 4.14.

**Table 4.14: Coefficient of Determination Analysis**

<b>Model</b>	<b>Unstandardized</b>		<b>Standardized</b>	<b>Standardized Coefficient</b>	
	<b>B</b>	<b>Std Error</b>	<b>Beta</b>	<b>t</b>	<b>Sig</b>
Constant	1.122	1.223		2.92	0.037
Vocational rehab prog	0.723	0.223	0.512	3.23	0.004
Faith-based prog	0.181	0.144	0.086	2.58	0.027
Peer Counselling prog	0.211	0.103	0.156	3.08	0.019

The study established that vocational rehabilitation programme is the most significant variable in recidivism reduction. It had the highest beta value of 0.723 accounting for 72.3% recidivism reduction in Kenyan Prisons (P=0.004). Peer counselling programmes were ranked second. They account for 21.1% (with P=0.019 less than 0.05). Faith based rehabilitation programmes significantly accounted for 18.1% (with P= 0.027 less than 0.05).

## **CHAPTER FIVE**

### **DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 Introduction**

The chapter summarises the findings of the study, draws conclusion and makes appropriate recommendations based on the research objectives.

#### **5.2 Summary of Findings**

The following are the summaries on the findings based on the three objectives that guided the study. The results are also cross referenced with the findings of other studies related to custodial rehabilitation of inmates.

##### **5.2.1 The Effect of Vocational Programmes on Recidivism**

The first objective sought to evaluate the influence of vocational rehabilitation programmes on recidivism of male prisoners in Kenya. Based on the analysis in chapter four, the finding indicates that the effect of vocational rehabilitation on recidivism was rated high (82%) while 18% rated it low. The study also found out that 80% of the respondents participated in vocational rehabilitation programs with 39% of respondents participating in the programs thrice a week while 10% participated daily. This corroborates the study conducted in Kenya by Ndombi (2014:86) on the impact of prison rehabilitation programs on recidivists: A case of Prisons in the North Rift Region of Kenya. The findings implied that whenever respondents' criminogenic needs are met as postulated by Nye's social control theory (1958), a majority of them no longer engage in recidivism tendencies. The findings therefore confirms Nye's social control theory that states that provision of social and livelihood needs to persons with deviant behavior had a

positive impact on their rehabilitation (Krohn & Massey, 1980: 532). Thus vocational rehabilitation level of significance on recidivism reduction was further supported by its high explanatory power of 72.3%. The study therefore established that vocational rehabilitation programs had a positive effect on recidivism reduction (Kingsley & Ogaga, 2012).

### **5.2.2 The Effect of Faith Based Spiritual Programmes on Recidivism**

The second objective sought to assess the effect of faith-based spiritual programmes on recidivism of male prisoners in Kenya. The study findings established that the effect of faith based rehabilitation programmes on recidivism reduction was rated as satisfactory (51.2%) by respondents. Further findings of the study showed that specific faith based programmes that helped in recidivism reduction to a very high extent were prayer 85%, bible study 64% and weekly church services 66%. The study also found out that other specific faith- based spiritual programs such as baptism, holy communion and evangelism had a low effect on recidivism reduction by an aggregate rating of 50%, 46% and 41% respectively.

Previous studies by Wekesa (2012) on the role of prisons in the administration of custodial rehabilitation of inmates in Kenya and Wambugu (2014) on Chaplaincy and Rehabilitating Prisoners in Kenya faith based rehabilitation programmes validates the findings of this study by indicating that faith based programmes had a significant effect on recidivism reduction in Kenyan correctional facilities. Faith rehabilitation programmes explains 18.1% of the recidivism reduction in Kenyan corectional facilities. However, in both previous and current studies, it is yet to be established whether inmates who undergo

faith based programmes and are released from prison get fully reintegrated into the society as law abiding citizens. This is as an aspect that requires further investigation.

### **5.2.3 The Effect of Peer Counselling Programmes on Recidivism**

The third objective of the study was to determine the extent to which peer counselling services affect recidivism of male prisoners in Kenya. The study findings indicate that 37.5 % and 22.5% of respondents rated peer counselling program to have a very high effect and high effect on recidivism reduction respectively. The study further established that a majority of the respondents rated the program as having a significant contribution to their individual well being. While responding on the effect of peer counselling on their individual well being, the respondents rated alleviation of stress and ability to desist from recidivism very high (54%) and 53% respectively. In contrary, a majority of respondents rated sports/ games and paralegal skills very low at 19% and 25% respectively in recidivism reduction.

The findings of this study therefore show that peer counselling have a significant effect on recidivism as postulated by scholars such as Kolind et al (2010: 44) on his study of drug treatment: alleviating the negative consequences of imprisonment: a critical view of prison based drug treatment in Denmark. The current study established that peer counselling services had a significant effect on recidivism tendencies among male inmates. Moreover the study established there is a high positive relationship between stress alleviation, conflict resolution and ability to desist from recidivism. The study results implies that Nye's social control theoretical pillar of indirect control can be applied with relevance. The process of indirect control where an offender identifies

himself with those who positively influence behavioural patterns so as to refrain from recidivism tendencies is well proved by the study (Nye, 1958). Based on the findings of the study, it is empirically proven that provision of peer counselling services significantly explain the variation in recidivism rates by 21.1%.

### **5.3 Conclusion**

The findings of the study indicate that custodial rehabilitation programs have a significant effect on recidivism reduction in the Kenyan correctional facilities. On the whole, the findings show that rehabilitation programs could help in equipping inmates with livelihood, vocational skills as well as ability to alleviate stress, resolve conflicts, and make decisions that enabled them to desist from recidivism tendencies.

Despite the positive impact of custodial rehabilitation programs on reduction of recidivism as indicated by Sun (2013) the said facilities and services still require improvement so as to effectively address criminogenic and special needs of inmates who have challenges such as drug addiction and mental disorder. In the overall analysis of this study, findings show that custodial rehabilitation programs has helped inmates to change their attitude towards crime, make right choices, desist from criminal tendencies that makes them relapse into recidivism tendencies. Therefore improvement of criminogenic need based rehabilitation services, coupled with creation of employment opportunities for the youth, could have a significant effect in recidivism reduction in Kenya's correctional facilities.

## 5.4 Recommendations

- i) The study has shown that recidivism of male prisoners is a common phenomenon in Kenyan correctional facilities. There is need to improve the existing rehabilitation facilities in order to provide better and more efficient vocational rehabilitation services. Provision of courses such as mechanics, carpentry, masonry, soap making, tailoring, games, drama, laundry, driving and basic formal learning need to integrate more practical approaches which is in tandem with technological changes in the global arena.
- ii) The study showed that vocational rehabilitation programs have been instrumental in reduction of recidivism tendencies among male convicts. Institutions such as Faraja Trust (FT) , Prisons Rescue Mission (PRM) Christian Legal Education Aid and Research (CLEAR) could enhance their partnership initiatives with the Government of Kenya (GoK) and Kenya Prisons Services (KPS) so as to align custodial rehabilitation programs so as to help address recidivism tendencies of inmates. Such efforts could be made relevant by ensuring that convicts criminogenic needs are addressed through specific empowerment programs.
- iii) Despite the study findings that showed that majority of the respondents 80% participated in various faith based rehabilitation programs, only a sizable number of 39% frequently took part in other rehabilitation programs. There is need to mount up increased sensitization campaign in all prisons across the country on the importance of faith based rehabilitation programs. Such a move would help create more awareness as well as increase frequency of participation by inmates.

- iv) Despite, the positive impact of faith-based spiritual programmes on recidivism, there was need to investigate and improve the design of bible study programs so as to make it more relevant and practical towards reduction of recidivism tendencies of inmates
- v) The study findings showed that participation in peer counselling programs helped respondents to acquire positive moral behavioural tendencies. This helped them to desist from relapsing into crime upon release from prison. The findings is in tandem with Nye's social control theory (1958) which postulated that participation in custodial rehabilitation programs had the likelihood to influence offenders to desist from delinquent behavioural tendencies hence reduce recidivism or deviant behavioural tendencies.
- vi) The study established that peer counselling services had a significant effect on recidivism reduction. There is need to roll out peer counselling programs in all the correctional facilities nationwide. Such a move could help reduce recidivism tendencies among inmates across the country.
- vii) The study's findings showed that despite active participation of inmates in rehabilitation programs, recidivism tendencies still existed among respondents. In view of this fact, it would be in order for the Government of Kenya (GoK) to put in place mechanisms and policies that could be geared towards employment creation especially those that targets the youthful population.

## **5.5 Suggestions for Further Research**

1. There is need to conduct research on the role of other variables increasing recidivism of convicted prisoners in Kenya.
2. A similar research could be conducted with an increased geographical scope covering selected male prisons in other counties.

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## APPENDICES

### Appendix 1: Questionnaire

Dear respondent, my name is Patrick Lumumba Aghan. I am a Master of Arts- Gender & Development Studies student at the University of Nairobi. Currently, I am carrying out a research on *the association between custodial rehabilitation and recidivism of male prisoners in Kenya- a case study of nairobi remand prison*. The information given is purely for academic purposes only and will be treated as confidential. Your name will not appear on the report. Please feel free to fill in the questionnaire according to the instructions stipulated herein.

(Mark as appropriate)

### SECTION A: DEMOGRAPHIC INFORMATION

1. Indicate your age bracket in the table below:

**a) Age Bracket**

Less than 18	19-25	25-30	30-40	Above 40
1	2	3	4	5

Both Parents living together	1
Single Parent	2
Orphan	3

Divorced Parents	4
Partial Orphan	5
Any other(Specify)	6

**b) Parental Background**

**c) Marital Status**

Married	Single	Divorced	Widowed
1	2	3	4

**d) Duration of Sentence**

Less than 12 Months	1 Year	2 Years	3 Years and Above
1	2	3	4

**e) Highest Education Level**

Illiterate	Primary	Secondary	Tertiary	University
1	2	3	4	5

**f) Type of Offence**

Breaking & Stealing	Fraud	Sexual offence	assault	Preparation & Possession	Drug trafficking	Traffic Offence	Obtaining, Handling, bribery, False Accounting, Conspiracy
1	2	3	4	5	6	7	8

**SECTION B: VOCATIONAL REHABILITATION PROGRAMMES**

2. (a) Do you participate in vocational rehabilitation programmes in this facility? Yes [ ]  
No [ ]

(b) If yes how often?

Daily	1
Twice a week	2
Thrice a week	3
Once a week	4
Once a month	5

3. Indicate the extent to which vocational rehabilitation could help reduce the following offence

Offence	1	2	3	4	5
Theft					
obtaining					
Sexual offences					
preparation					
possession					
Assault					
Specified offences					

4. Using a 1-5 Likert Scale, indicate the extent to which the following rehabilitation programmes do help reduce recidivism. (1= Strongly Agree 2=Agree 3= Neither Agree Nor Disagree 4=Disagree 5= Strongly disagree (*May tick as applicable*))

	1	2	3	4	5
Vocational rehabilitation programmes					
Faith-Based Spiritual Programmes					
Peer counselling					
Formal education					
Vocational Training					
Sports, Games and Physical Exercise					
Paralegal Services					
Prison work programmes					

NB: 1 – Strongly Agree, 2 –Agree, 3 –Neither Agree Nor Disagree 4 –Disagree 5 – Strongly Disagree

5. How would you rate the effectiveness of the following custodial programmes in reducing recidivism?

	1	2	3	4	5
Peer Counseling Services					
Faith-Based Spiritual Programmes					
Formal Education/Schooling					
Prisoners' Work Programmes					
Vocational rehabilitation programme					

***NB.1=Very Effective 2=Somewhat Effective 3=Neither Effective nor Ineffective 4.Not Sure 5. Not Effective***

6. Using a likert 1-5 scale with 1=No extent at all 2= Small extent 3=Some extent 4=High extent

5= Very high extent. Indicate to what extent the following skills are acquired by inmates who participate in vocational rehabilitation programmes in this facility.

<b>Skills acquisition in vocational rehabilitation programmes</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
carpentry					
masonry					
Woodwork technology					
Tailoring					
Driving					
Mechanics					
Leadership and Public Speaking					

7. In your view suggest how the rehabilitation programmes in this facility could be improved to cater for the needs of male inmates ? (*May tick more than one*)

<b>Strategies of Improving Custodial programmes</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Establish Spiritual transformation programs					
Sensitize inmates on laws of Kenya					
Diversify vocational training & inmates work programmes					
Improve games, sports and gym facilities					
Strengthen peer counseling services					
Avail facilities for treatment of drug and substance abuse					
Strengthen formal education and literacy programmes					

NB: 1 – Very high, 2 – High, 3 – moderate, 4 – Low, 5 – Very Low

### **SECTION C: FAITH-BASED SPIRITUAL PROGRAMMES**

8. (a)What was your religious belief at the time of imprisonment?

Committed Christian	Yes	No
Nominal Christian	Yes	No
Non Believer	Yes	No
Not sure	Yes	No
Any Other (Specify)	Yes	No

9. (a)What is your religious belief while in custody?

Committed Christian	Yes	No
Nominal Christian	Yes	No
Non Believer	Yes	No
Not sure	Yes	No
Any Other (Specify)	Yes	No

10. Using a likert 1-5 scale with 1=No extent at all 2= Small extent 3=Some extent 4=High extent

5= Very high extent. Indicate to what extent faith-based spiritual programmes contribute towards reduction of recidivism in correctional facilities

Very high	1
High	2
Moderate	3
Low	4
Very low	5

11. In your own opinion how would you assess your level of participation in faith-based spiritual programmes

Very high
High
Moderate
Low
Very low

12. In your opinion to what extent do you think participation in the following faith-based spiritual programmes reduces the rate of recidivism among inmates?.

	1	2	3	4	5
Prayer					
Bible Study					
Church Services ( Saturday/ Sunday)					
Bible Correspondence Course					
Evangelism					
Holy Communion Ceremonies					
Baptism Ceremonies					
Graduation upon Completion of Bible Courses					
Reading Spiritual Literature					

NB: 1 – Very high, 2 – High, 3 – Moderate, 4 – Low, 5 – Very Low

**SECTION D: PEER COUNSELLING**

13. (a) Do you participate in peer counseling programme in this facility? Yes [ ] No [ ]

(b) If yes how often?

Daily	1
Twice a week	2
Thrice a week	3
Once a week	4
Once a month	5

14. Using a likert 1-5 scale with 1=No extent at all 2= Small extent 3=Some extent 4=High extent

5= Very high extent. Indicate to what extent peer counselling programmes is effective towards reduction of recidivism in this correctional facility.

Very high	1
High	2
Moderate	3
Low	4
Very low	5

15. Using a 1-5 Likert Scale, indicate the extent to which peer counseling services help improve the well-being of inmates in this facility.( 1= Strongly Agree 2=Agree 3= Neither Agree Nor Disagree 4=Disagree 5= Strongly disagree (*May tick as applicable*))

<b>IMPROVEMENT OF INMATES WELL-BEING</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Alleviation of Stress					
Assists them with conflict resolution skills					
Helps inmates evaluate their choices, values, attitudes and beliefs					
Assists them to desist from recidivism tendencies					
Equips them with paralegal skills					
Sports, Games and Physical Exercise					
Paralegal Services					
Increases the number of skilled inmates who are able to guide others					

**SECTION E: RECIDIVISM**

16. Would you say that recidivism is common in this correctional faculty?

Yes  No

17.(a) Indicate the extent to which the following category of offenders are likely to re-offend?

<b>CATEGORY OF OFFENDERS</b>	<b>VH</b>	<b>H</b>	<b>M</b>	<b>L</b>	<b>VL</b>
Theft/Stealing					
Fraud, Obtaining					
Sexual Offences					
Preparation					
Possession					
Preparation					
Assault					
	1	2	3	4	5

NB: VH = Very High, H = High, M = Moderate, L = Low, VL = Very Low

(b) Give reasons for your answer in 12(a) above

- i) \_\_\_\_\_
- ii) \_\_\_\_\_

18. How would you describe the perception of inmates towards the habit of recidivism in this facility?

Find it normal	1
See a need to change	2
Like it very much	3
Do it out of unemployment	4

19. To what extent do you think the following factors influence recidivism in this facility?

<b>Factors influencing recidivism</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Unemployment among inmates					
Lack of adequate male friendly rehabilitation programs					
Low level of education					
Lack of effective peer counselling					
Drug and substance abuse					
Family/marital breakup					

NB: 1 – Very high, 2 – High, 3 – moderate, 4 – Low, 5 – Very Low

20. Indicate how frequent you have undergone the following experiences.

	<b>Never</b>	<b>Once</b>	<b>Twice</b>	<b>Thrice</b>	<b>Above thrice</b>
Fined before a court of law					
Jailed and served a sentence					
Returned to prison for an offence					
Given non custodial sentence					
Any other(Specify-----)					
	1	2	3	4	5

**Thank you for having taken time to respond to this questionnaire**

## Appendix 2: Key Informant Interview Guide

Dear respondent, my name is Patrick Lumumba Aghan. I am a master of arts- gender and development studies student at the Univeristy of Nairobi. Currently, I am carrying out a research on *the association between custodial rehabilitation and recidivism of male prisoners in kenya. a case study of nairobi remand prison*.The information given is purely for academic purposes only and will be treated as confidential. Your name will not appear on the report. You are under no obligation to answer any question that you feel uncomfortable to answer. The interview will take 15 to 20 minutes

ID Code \_\_\_\_\_ Research Site \_\_\_\_\_ Date \_\_\_\_\_ Month \_\_\_\_\_ 2015

Name of Interviewer \_\_\_\_\_ Interview length(Minutes) \_\_\_\_\_

Type of Respondent(Prison Warder) \_\_\_\_\_

### 1.0 DEMOGRAPHIC INFORMATION

Indicate your personal details in the table below (but not your name)

Age	
Sex	
Education Level	
Designation	
Work experience(years)	

### SECTION A: VOCATIONAL REHABILITATION PROGRAMMES

1.Current Statistics from Kenya Prisons Service indicate that approximately 40% of male inmates are re-offenders (prone to recidivism tendencies).

(a) Could you briefly explain the reasons contributing to this scenario?

\_\_\_\_\_

(b) Are there vocational rehabilitation programs in this facility that target prisoners who are prone to re-offending tendencies? Yes or No

(c) If yes, state some of these vocational rehabilitation programmes that help inmates not to re-offend

\_\_\_\_\_

2. (a) Are inmates sensitized by the prison authorities on the importance of participating in custodial rehabilitation programmes?

Yes/ No

(b) If yes. How often are they sensitized and by who?

---

3(a).In your opinion are rehabilitation programs in this facility gender responsive to the needs of male prisoners?

Yes/No

(b) If Yes. State the characteristics of rehabilitation programs that you would consider to be responsive to the needs of male prisoners?

---

(b) If No. Suggest what characteristics of rehabilitation programmes which could make them more responsive in meeting their criminogenic needs.

---

5. In your opinion what are the rehabilitation programmes in this facility that help male offenders to:

( i) Acquire employment and socio-economic skills?

---

(ii) Recover from drug and substance abuse?

---

(iii) Become law abiding and desist from criminal tendencies ?

---

(iv) Attain physical fitness?

---

**SECTION B: FAITH-BASED SPIRITUAL PROGRAMMES**

6. How would you rate the impact of the following faith-based spiritual activities on reduction of recidivism in this facility?

	<b>VH</b>	<b>H</b>	<b>M</b>	<b>L</b>	<b>VL</b>
Prayers					
Bible Study					
Church Worship Services					

NB: VH = Very High, H = High, M = Moderate, L = Low, VL = Very Low

7. In your opinion to what extent do you think faith-based spiritual programme contribute to recidivism reduction in Kenyan prisons? Ie VH= Very High, H= High, M,=Moderate, L=Low, VL=Very Low

**SECTION C: PEER COUNSELLING**

8. To what extent do you think peer counseling contribute to recidivism reduction? Explain

**SECTION D: RECIDIVISM**

9.(a) Would you say that recidivism is common in this correctional facility? Yes/ No

(b) Give reasons for your answer in (9a) above \_\_\_\_\_

10(a). In your opinion which category of offenders do you think are likely to re-offend?

(b).Suggest some solutions to the problem of recidivism in Kenyan prisons

**Thank you for your time and responses given to facilitate this study.**

### Appendix 3: University Authorization Letter



UNIVERSITY OF NAIROBI  
INSTITUTE OF ANTHROPOLOGY, GENDER & AFRICAN STUDIES  
P.O. Box 30197  
Nairobi, Kenya  
Telephone: 020-20802530/31/45  
Email: director-aags@uonbi.ac.ke

21/10/2015

Dear Sir/Madam,

**DATA COLLECTION: MR. PATRICK LUMUMBA AGHAN - N69/71381/2007**

This is to confirm that the above named is a Master of Arts in Gender and Development Studies student in the Institute of Anthropology, Gender & African Studies, University of Nairobi.

Having completed Part I of his course (lectures, coursework and examination), he is required to proceed to Part II which comprises data collection and project writing. He is in the process of collecting data for his project titled: **“The Association between Custodial Rehabilitation and Recidivism of Male Prisoners in Kenya: The Case of Nairobi Remand Prison”**.

This is, therefore, to request you to accord him the necessary assistance.

Please note that the data he is collecting is only for academic purposes.

Your facilitation will be highly appreciated.

Yours faithfully,

A handwritten signature in blue ink, appearing to read 'Judith E.O. Obam', written over a faint rectangular stamp.

**JUDITH E.O. OBAM**  
**SENIOR ASSISTANT REGISTRAR**  
**INSTITUTE OF ANTHROPOLOGY, GENDER & AFRICAN STUDIES**

## Appendix 4: Prison Authorizations Letter

MINISTRY OF INTERIOR & CO ORDINATION OF NATIONAL GOVERNMENT  
KENYA PRISONS

Telegrams: "COMPRISONS" Nairobi  
Telephone: +254 02 2722900-6  
E-mail Comprisons@yahoo.com



PRISONS HEADQUARTERS  
P.O.BOX 30175-00100  
NAIROBI

PRIS 10/18/VOL II/133

29/10/2015

Patrick Lumumba  
P.o Box 188  
Kendu Bay

**RE: DATA COLLECTION ON ASSOCIATION BETWEEN CUSTODIAL  
REHABILITATION AND RECIDIVISM CASE STUDY OF NAIROBI REMAND AND  
ALLOCATION**

I am in receipt of your letter dated 29/10/2015 on the above.

Your request to collect data on the Rehabilitation Programs in the Prisons and its impact on the prisoners in respect to recidivism has been approved.

You are required to work closely with the officer in charge Nairobi Remand who will identify 2 officers one from Welfare Section and the other from Chaplaincy Section to assist you administer the tool. The date requested are 31<sup>st</sup>, 1<sup>st</sup> and 2<sup>nd</sup> November 2015.

It will be helpful for you to provide a copy of the findings to the Commissioner General and officer in charge Nairobi Remand for information.

The officer in Charge to provide you with the necessary support, to actualize the above activity.

Thank you

Mrs Mary Khaemba  
Director Offender Correction & Rehabilitation  
For Commissioner General Prisons

CC: Officer in Charge  
Nairobi Remand  
P.o Box 18554  
Nairobi

**Appendix 5: NACOSTI Authorization Letters**



**NATIONAL COMMISSION FOR SCIENCE,  
TECHNOLOGY AND INNOVATION**

Telephone: +254-20-2213471,  
2241349, 310571, 2219420  
Fax: +254-20-318245, 318249  
Email: secretary@nacosti.go.ke  
Website: www.nacosti.go.ke  
When replying please quote

9<sup>th</sup> Floor, Utalii House  
Uhuru Highway  
P.O. Box 30623-00100  
NAIROBI-KENYA

Ref: No. **NACOSTI/P/16/12903/9488**

Date:  
**19<sup>th</sup> February, 2016**

Patrick Lumumba Aghan  
University of Nairobi  
P.O. Box 30197-00100  
**NAIROBI.**

**RE: RESEARCH AUTHORIZATION**

Following your application for authority to carry out research on "*The association between custodial rehabilitation and recidivism of male prisoners in Kenya: The case of Nairobi Remand Prison*" I am pleased to inform you that you have been authorized to undertake research in **Nairobi County** for a period ending **18<sup>th</sup> February, 2017**.

You are advised to report to **the Chief Warden, Nairobi Remand Prison, the County Commissioner and the County Director of Education, Nairobi County** before embarking on the research project.

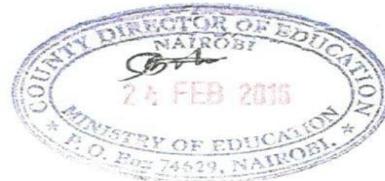
On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.

  
DR. S. K. LANGAT, OGW  
FOR: DIRECTOR-GENERAL/CEO

Copy to:

The Chief Warden  
Nairobi Remand Prison.

The County Commissioner  
Nairobi County.  
**COUNTY COMMISSIONER  
NAIROBI COUNTY  
P. O. Box 30124-00100, NBI  
TEL: 241666**



*National Commission for Science, Technology and Innovation is ISO 9001:2008 Certified*

**THIS IS TO CERTIFY THAT:**

**MR. PATRICK LUMUMBA AGHAN  
of UNIVERSITY OF NAIROBI, 0-100  
KENDUBAY, has been permitted to  
conduct research in Nairobi County**

**on the topic: THE ASSOCIATION  
BETWEEN CUSTODIAL REHABILITATION  
AND RECIDIVISM OF MALE PRISONERS  
IN KENYA: THE CASE OF NAIROBI  
REMAND PRISON**

**for the period ending:  
18th February, 2017**

*Patrick Aghan*  
Applicant's  
Signature



*[Signature]*  
Director General  
National Commission for Science,  
Technology & Innovation

**Permit No. : NACOSTI/P/16/12903/9488**

**Date Of Issue : 19th February, 2016**

**Fee Received :Ksh 1000**

**CONDITIONS**

- 1. You must report to the County Commissioner and the County Education Officer of the area before embarking on your research. Failure to do that may lead to the cancellation of your permit**
- 2. Government Officers will not be interviewed without prior appointment.**
- 3. No questionnaire will be used unless it has been approved.**
- 4. Excavation, filming and collection of biological specimens are subject to further permission from the relevant Government Ministries.**
- 5. You are required to submit at least two(2) hard copies and one(1) soft copy of your final report.**
- 6. The Government of Kenya reserves the right to modify the conditions of this permit including its cancellation without notice**



**REPUBLIC OF KENYA**



**National Commission for Science,  
Technology and Innovation**

**RESEARCH CLEARANCE  
PERMIT**

**Serial No. A 7880**

**CONDITIONS: see back page**