

UNIVERSITY FOR DEVELOPMENT STUDIES, TAMALE

USING REHABILITATION PROGRAMMES TO REDUCE THE NUMBER OF
RECIDIVISTS IN TAMALE CENTRAL PRISONS IN THE NORTHERN REGION OF
GHANA

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BY

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DECLARATION

Candidate's Declaration

I hereby declare that, this thesis is the result of my own original work, except for references to the work of others which have been duly acknowledged; and that no part of the work has been presented for another degree in this university or elsewhere.

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Supervisor's Declaration

I hereby as the principal supervisor declare that, the preparation of this thesis was supervised in accordance with the guidelines for the supervision of thesis laid down by the University for Development Studies.

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ABSTRACT

In spite of the enormous efforts the Ghana government has made to reduce recidivism among ex-convicts, recidivism continues to increase in the country. The study thus aimed at using rehabilitation to reduce recidivism in Tamale Central Prison. The study used both purposive and random sampling procedures to select a sample size of 100 respondents who took part in the study. Data was collected by the use of questionnaires for both primary data and secondary data. The collected data was analysed by the use of SPSS version 20 and Ms Excel version 2007. The study revealed that the lower the socio-economic background of victims, the higher the recidivism. The study discovered that the lower the level of education, the higher the recidivism. The study recommended that there is need to use the bottom-up approach in addressing the problem of recidivism in society by involving prisoners in decision making processes. Also, inmates should be equipped with employable vocational skill so that they can earn a living after serving their jail sentences. It was concluded that the Government and NGOs should support rehabilitation programmes in prisons so as to ensure success of these programmes and therefore reduce re-offending in the country.



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DEDICATION

With humility I dedicate this thesis to my very supportive wife and lovely children.

To God be the Glory.



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LIST OF ABBREVIATIONS

ICPS	-	International Centre for Prison Studies
U.K.	-	United Kingdom
U.S.	-	United States
ABS	-	Australian Bureau of Statistics
CBO	-	Community Based Organization
PREP	-	Prisoner Rehabilitation Program
GOG	-	Government of Ghana
SPSS	-	Statistical Package for Social Sciences



OPERATIONAL DEFINITION OF TERMS

Incarceration: The detention of a person in prison, typically as punishment for a crime (custodial sentence).

Rehabilitation: The process of helping an individual to achieve the highest level of independence and quality of life possible - physically, emotionally, socially, and spiritually which could be achieved through therapy or education.

Recidivism: This is the act of a person repeating an undesirable behaviour after they have either experienced negative consequences of that behaviour, or have been treated or trained to extinguish that behaviour.

Prison: A place in which people are physically confined and, usually, deprived of a range of personal freedoms.

Crime: The breach of rules or laws for which some governing authority (via mechanisms such as legal systems) can ultimately prescribe a conviction.



INTRODUCTION

1.0 Chapter Overview

This chapter discusses the background of the study, statement of the problem, purpose of the study, objectives of the study, research questions, hypothesis of the study, significance of the study, justification of the study, scope of the study, and conceptual framework.

1.1 Background to the Study

The effect of incarceration on former prisoners has been a very common topic of discussion for many years (Allan *et al.*, 2003). In most cases, it is believed that many prisoners will find themselves right back where they started, that is in jail. In the United States, 53% of arrested males and 39% of arrested females are re-incarcerated (Jones *et al.*, 2006). This act of a person repeating an undesirable behaviour after they have either experienced negative consequences of that behaviour, or have been treated or trained to extinguish that behaviour is referred to as recidivism. The term recidivism is also used to refer to former prisoners who are rearrested (Baldry, 2003). Recidivist is thus the person who repeats some sort of criminal activities even after he/she has been punished for such act or other previous criminal activities.

Recidivist gets severe punishment because they are second offenders who commit crimes knowing very well the repercussions that would follow for indulging in such acts. To be counted as recidivism, the re-offending requires voluntary disclosure of arrest and conviction, so the real recidivism rate may differ substantially from reported



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rates. As another example, alcoholic recidivism might refer to the proportion of people who, after successful treatment, report having, or are determined to have returned to the abuse of alcohol (Lind, 2003). Rehabilitation on the other hand is the processes of helping an individual achieve the highest level of independence and quality of life possible - physically, emotionally, socially, and spiritually, which could be achieved through therapy or education. The assumption of rehabilitation is that people are not permanently criminal and that it is possible to restore a criminal to a useful life, to a life in which they contribute meaningfully to themselves and society. The goal of rehabilitation is to prevent habitual offending or criminal recidivism. Rather than punishing the harm out of a criminal, rehabilitation would seek, by means of education or therapy, to bring a criminal into a more normal state of mind, or into an attitude which would be helpful to society, rather than being harmful to society.

Rehabilitation is done through various facilities available in prisons. Prisons conduct rehabilitation by employing rehabilitation programmes which have been developed and tested and their level of effectiveness determined with some level of certainty. A rehabilitation programme thus refers to a programme designed and developed for restoring someone to good health, sound mind and emotional stability in cases where such was the problem (Jones *et al.*, 2006).

The rates of recidivism worldwide are still high despite efforts made by different governments to lower these rates. For instance, in recent history, the rate of recidivism in the United States has increased dramatically, resulting in prisons being filled to capacity leading to bad conditions and environment for inmates. In many prisons, crime continues inside the prison walls. Gangs exist and flourish in the inside, often with many key tactical decisions being made by leaders who are in jail (Cain, 1998). In Australia, in the year 2008, it was estimated that the annual financial cost of crime





www.udsspace.uds.edu.gh stood at \$19 billion. This was an additional \$13 billion compared to the previous year (Mayhew 2009). Recidivism in most countries of the world, Ghana not in exemption, has become so obvious that there is the need to change the trend. The United Kingdom can only boast of lower rates of recidivism in comparison to the United States but at country level, the rates are still high considering that it stands at 50%.

What needs to be done is to ensure that the rehabilitation programmes in prison facilities be developed in such a way that they will at all costs discourage former prisoners from ever being re-incarcerated.

This study with its focus on the impact of rehabilitation programmes on the level of recidivism will go a long way in setting trends in the right direction. The study evaluated the existing rehabilitation programmes and suggested ways of ensuring that they are restructured to meet the objectives for which they are developed. At the macro level these figures indicate the economic importance of crime to the Australian community. At the micro level it demonstrates the impact of crime on the individual, families and communities; an impact that is clearly indicated by national victimization estimates, which suggest that every year almost 10 percent of Australians are victims of personal crime (robbery, assault and personal theft) while one in five households experience a burglary, theft or motor vehicle theft (Johnson, 2005). The two examples, suggests that the rate of crime rates continue to be high in spite of ever increasing measures to reduce crime. What is more is that the crimes are in most cases committed not by first time offenders but by recidivists.

In Ghana, crime rate is high mostly in major towns such as Accra, Kumasi and Cape Coast among others. Ghana was ranked 12th in Africa and 56th worldwide out of a total of 125 countries in a survey. One of the greatest threats is street crime. Most reported incidents are crimes of opportunity for immediate gain (pick pocketing, petty theft,



www.udsspace.uds.edu.gh snatch-and-grab), and visitors and residents become victims. Street crime is a serious problem, especially acute in Accra and other larger cities. United States travellers have reported these types of theft at crowded markets, beaches, parks, and tourist attractions. Expatriates may find themselves at a higher risk of petty crime, as there is a perception that expatriates are richer than most Ghanaians. Pickpockets and thieves often operate on city streets in crowded areas and from vehicles idling in traffic. There have been numerous reports in 2014 of bags/purses being snatched from people walking on the street, especially at night, by men on motorcycles.

There have been several reports of valuables left in hotel rooms being stolen. Incidences of violent crime (armed robbery) are on the rise, including reports of armed robberies in expatriate residential areas. There have been burglary attempts against expatriate residences, but perpetrators generally lack the technological know-how to overcome home alarm systems and static security guards. Thefts from vehicles are very common. The potential for carjacking exists, but there had been no reported occurrences in 2014 (Ghana 2015 crime and safety reports). Motor vehicle accidents, drowning, and water-related accidents due to Ghana's rough surf, muggings, and other violent attacks, and sexually-transmitted diseases—including HIV—are health and safety concerns that have been reported by citizens of United States and can be at least partially mitigated by using common-sense safety precautions.

A survey on the rates of incarceration per every 100,000 of the national population was carried out by the ICPS (Makkai and Verrar, 2003). This shows that Ghana has its share of trouble as far as recidivism is concerned. The Tamale Central Prisons of the Northern Region just like all other parts of Ghana has its share of crime perpetrators

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and as such there are recidivists in this area too. The region has correctional facilities in Tamale (Male and Female), Yendi, Salaga and Gambaga.

1.2 Perceived Problem

Over the years, the number of recidivists has been appalling in Tamale Central Prisons. According to the Reception Officer of Tamale Central Prison between 2013 and 2015 twenty-four recidivists were admitted into the prison.

This problem is so conspicuous that it has become a topic for discussion among management, officers and even the inmates themselves. While some inmates in the prison either maintain or improve upon their behaviour through some rehabilitation programmes in prison, others are retrogressing in their performances especially those who have been to prison more than once.

1.3 Diagnosis

From practice, the researcher observed that most of the inmates who come into the prison are not given enough orientation as regards the dos and don'ts of the prison and the available rehabilitation programmes in the prison where the researcher practises as an Officer either fail to avail themselves for rehabilitation or discouraged others from taking part in any programme. Using interview as a tool to find out more about the problem, the researcher interviewed some senior level management of the prison about the availability of the rehabilitation programmes in the prison and its effectiveness. The outcome of the interview revealed that none of the rehabilitation programmes in the Tamale Central Prisons were effectively carried out.



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The researcher also interviewed cross sections of the officers involved to ascertain possible causes of the problem. The outcome of the interview pointed to the fact that funds were not made available to the prison authorities to effectively run such programmes. Also, there are no well-equipped workshops in the prisons. Again, inmates scarcely attend training organised for them because they do not meet their needs. The researcher also observed that some of these officers who train the prisoners do not train them with passion since they do not have absolute command over the subject matter.

1.4 Statement of the Problem

Many governments have been faced with the challenge of soaring crime rates within their territories, a phenomenon which persists despite the spirited efforts made by such governments to bring these undesirable elements to the barest minimum levels. The question that arises after carefully examining countries' levels of expenditure on the criminal justice systems and rehabilitation programmes is; what ails these programmes? This is because despite most of the criminals having gone through the correctional facilities and duly completed their sentences, statistics show that in a country like United States., within 3 years almost 7 out of every 10 released criminals will be rearrested and half will be back in prison (Santos, 1995). This same scenario is reflected in Canada and in most other countries worldwide.

The Ghana statistics might not exactly replicate the trends in the USA and Canada but one sure thing is that there are many criminals who after being released into the community either through presidential pardons or after duly serving their sentences, still find their way back into prisons for various reasons. There is therefore need to find out whether the programmes employed by the correctional facilities have any effect on



the rates of recidivism. This is because in most cases, www.udsspace.uds.edu.gh the criminal justice system tends to focus its efforts at the front end of the system, in prisons locking people up. Such programmes do not exert equal efforts at the tail end of the system for example, by aiming to decrease the likelihood of reoffending among formerly incarcerated persons. This is a significant issue because ninety-five percent of prisoners will be released back into the community at some point. At this rate, there is reason for concern because if almost half of that percentage is to find their way back into prison, it then follows that they will have done a lot of damage to the society before they get back to prison; a phenomenon that is not desirable by all means. The concern on recidivists prompted the researcher to examine the influence of prison rehabilitation programmes to reduce the number of recidivists with a focus on the Tamale Central Prisons of Northern region of Ghana.

1.5 Objectives of the Study

1.5.1 General Objective

The aim of the study is to determine whether using rehabilitation programmes will help reduce recidivists with a focus on the Tamale Central Prison of Northern region of Ghana.

1.5.2 Specific Objectives

The study was guided by the following objectives;

1. To establish the types of rehabilitation programmes available in Tamale prisons
2. To investigate the effectiveness of rehabilitation programmes in Tamale prisons
3. To verify the most common factors associated with incarceration.



1.6 Research Questions

The study sought to answer the following research questions;

1. What are the most common causes of incarceration?
2. What types of rehabilitation programmes are available in Tamale prisons?
3. How effective are rehabilitation programmes in Tamale prisons?
4. What impact does the physical and human environment in prison have on inmates?

1.7 Significance of the Study

This study is of benefit to the Tamale Central Prisons and the Ghana prisons Service as a whole due to the fact that it will provide information that will assist in making better, the rehabilitation programmes that are in place. This, the study shall achieve by assessing the effects that the current rehabilitation programmes have on prisoners. The study is thus expected to come up with ways of improving these programmes and therefore inform policy makers. The study is also expected to benefit other countries which are experiencing high rates of recidivism and therefore assess their criminal justice systems of the pressure posed by recidivism. Furthermore, the study shall act as a source of literature for future studies and will suggest to the scholars on areas that still require further inquiry. They will have a foundation to base their studies on.

Theoretically, the study adds to the pool of knowledge on the usage of rehabilitation programmes in reducing the number of recidivists in prison and consequently inform policy makers of how to improve prison conditions and the positions taken by various scholars who have conducted studies in the area of behaviour in the country and other



changes aimed at generating [effective programmes](http://www.udsspace.uds.edu.gh) that are helpful to prisoners and prison officials so as to reduce recidivism in Ghana.

1.8 Delimitation

The study precisely centred on recidivists of Tamale Central Prisons in the Northern Region. Some selected officers of the prisons and other inmates of the prison facility all formed part of the study. The core reason for choosing this prison facility was that the researcher is practising in the prison as a professional and education officer; as a result, access to data was uncomplicated.

1.9 Organisation of the Study

The study has been organised into five main chapters. Chapter one discusses the background of the study and statement of the research problem. This was followed by the general and specific objectives of the study, the research questions, and significance of the study, delimitation, organisation of the study and a brief summary of the chapter. Chapter two is a broad review of existing related literature. The literature was reviewed under three major areas: the theoretical framework, factor under investigation and conceptual analysis. Chapter three outlines the research methodology and explores the research instruments used for data collection. Data collection activities were analysed. Details regarding the methods chosen and data analysis procedures were explained further in this chapter. Chapter four reports the findings of the study. The major findings of this research were critically discussed. Chapter five presents the summary, conclusions and recommendations.



1.10 Summary

This chapter has discussed background of the study, perceived problem, and diagnosis of the problem, statement of the research problem, the general and specific objectives of the study, the research questions, and significance of the study, delimitation, and organisation of the study.



CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter discusses ideas and findings of some authorities, professionals, authors and other researchers whose works are relevant to this study from the international and Ghanaian perspectives. The literature was reviewed under three major areas: the theoretical framework, factor under investigation and conceptual analysis.

2.1 Theoretical Framework

This consists of theories and concepts relevant to the research topic.

2.1.1 Theory of Recidivism

Although the debate over what constitutes recidivism is important and continuing, no matter what the eventual outcome, it is evident that serving time in prison greatly increases chances of being re-incarcerated somewhere down the track compared to not ever having been incarcerated (Wormith, 1984). Having served a term in prison is far from deterrence to further offending. This may sound simplistic but it is an important observation as those who are included in recidivism figures in South Africa include the large percentage of those who serve full-time prison on remand (between 18 and 20% of the prison population- 30% of women) and those who serve short sentences (more than half of those who flow through prisons every year) (Kutin et al., 2003a). Included in these numbers are persons with mental illness, cognitive disability, dual diagnosis, Indigenous women and



remandees, a significant number of who do not end up receiving a custodial sentence at the end of their remand period. Many of these individuals could and should be kept out of prison in the first place.

This is salient because in the current policy and legislative climate of building more prisons to manage risk and therefore to deal with difficult social problems, more people with little capacity to negotiate the criminal justice system will be imprisoned and the more persons imprisoned, the more they return to prison (Kutin et al., 2003b). Although there are many ways and points at which to intervene to help prevent offending or re-offending, including during early childhood, support for disadvantaged families, parenting support, court diversion, restorative justice approaches and alcohol and other drug rehabilitation, a crucial period is post-release (Kutin et al., 2003). A global study by the Pew Center (2010) concluded that on average, more than 40 percent of ex-convicts commit crimes within three years of their release. They in turn wind up back behind bars, despite billions in taxpayer funds spent on prison systems that are supposed to help rehabilitate them.

According to this study there was only marginal improvements in the nations 'recidivism rate even as spending on corrections departments has increased by about 73% annually since decade ago. About 43 percent of prisoners who were let out in 2004 were sent back to prison by 2007, either for a new crime or violating the conditions of their release, the study revealed. The persistent recidivism rates are a sign that programmes and policies designed to deter re-offenders were falling short of expectations and lawmakers should consider alternative programmes to achieve lower rates of recidivism (Jones, et al. 2006:13). Adam Gelb of the center's Public Safety Performance Project in U.S. (Gelb, 1999), was quoted to say, "We know so much more today than we did 30 years ago when





prisons became the weapon of choice in the fight against crime," he said. "There are new technologies and new strategies that research has shown can make a significant dent in return to prison rates. There are fewer and fewer policy makers who think that spending more taxpayer money to build more prisons is the best way to reduce crime." Gelb cautioned that corrections departments alone aren't to blame - prosecutors, courts, probation officers and faith-based organizations also should be held accountable (Jones, et al. 2006:14).

In the United States, there are about 1.5 million prisoners, or 615 prisoners per 100 000 of the population. In some of the states, this figure is as high as 1 000 per 100 000 of the population. Wyoming and Oregon had the lowest overall recidivism rates for offenders released in 2004, with rates hovering below 25 percent. Minnesota had the highest - more than 61 percent - while Alaska, California, Illinois, Missouri and Vermont all topped 50 percent.

The rate of recidivism in Kansas dropped by more than 22 percent between 1999 and 2004, while it increased by about 35 percent in South Dakota over the same period. The 41 states that provided data for 2004 could save a combined \$635 million in one year if they can slash their recidivism rates by 10 percent. California, the home of America's largest prison system, could save \$233 million in one year by slashing its recidivism rate by 10 percent (Williams, 2006).

Justice and Corrective Services Departments across Australia have over the past decade introduced through care policy in an attempt to reduce re-offending. Through care is the continuous, co-ordinate and integrated management of offenders, from the offender's first point of contact with correctional services to their successful reintegration into the

community and completion of their legal order. The post-release aspect of through care requires that justice and human service agencies cooperate and coordinate their activities prior to release, during transition and for some period after release to assess and assist persons with multiple needs. The first month or two is a crucial time during which releases, especially those with mental health, intellectual disability and drug problems, are often re-arrested or breached for parole infringements (Lievore, 2004).

It requires high level and consistent liaison amongst all agencies involved in working with offenders before, during and after a sentence, especially after time in prison. Community Correctional Officers (Probation and Parole), post-release non-government agencies and release themselves have extreme difficulty in most jurisdictions finding the resources needed for post-release.

There is often poor communication between prisons and community corrections (Jones, et al. 2006). The majority of prisoners who have done programmes in prison find there are no complementary programmes in the community, and parole officers find liaising with some departments and agencies difficult, as ex-prisoners are seen to be unworthy or to be too difficult to work with. Those with dual and multiple diagnoses have little chance of securing mental health, alcohol and other drug and cognitive disability services linked with other social support. And as all criminal justice agencies are required, in this risk-averse climate to guarantee no risk (a complete nonsense of course) more and more high needs prisoners are assessed as high risk and locked into the criminal justice revolving door.

The risk management paradigm overwhelms through care by taking the lion's share of the resources and relegating post-release support to a poor second place (Mouzos J, Smith L &



Hind N, 2006). Research in Australia indicates that upon release most ex-prisoners face multiple and significant challenges to being socially included and to avoid reoffending. Health surveys of prisoners suggest very high levels of mental illness (30-45%) and intellectual disability (up to 12%) with many prisoners having both (ABS, 2005:16). On the African continent, crime and punishment have always been part of human society as has been the case elsewhere. The world-wide trend in imprisonment is reflected in South African statistics. In July 1996, the average detention cycle for an awaiting trial prisoner was 76 days. By July 2000, this figure had increased to 138 days. For regional court cases, the average period is 221 days or seven and a half months. The latest estimated cost of imprisonment is R 86 per day per prisoner or R31 390 per year. It is therefore not surprising that the Department of Correctional Services' budget grew rapidly from R751 million in 1989/90 to R3.51 billion in 1997/8, and R5.78 billion in 2000/1. Despite these massive increases, the ratio of staff to prisoners did not improve and was reported in 1997/8 as being 1:4.54, an increase from the previous year's 1:3.47.43 Under these conditions, it becomes nearly impossible to render quality services to prisoners in general (Baldry, E., & Maplestone, P, 2003:16, Sikulu C., 2014).

Every year, thousands of mainly young men are sent to prison, often for very short periods of time. Even a short prison term can have a dramatic effect on the emotional and personal well-being of any person. Apart from exposure to hardened criminals and prison gangs, a young man leaving prison after only six months has probably experienced some of the worst situations and conditions in his life so far. The fact that much of South Africa's prison population is serving sentences of less than six months and that, in all likelihood, no services will be provided to assist them upon their release, is of concern, which with no



doubt is partially to blame for the current recidivism rates (Mouzos, Smith & Hind, 2006:17).

Prison is a society in and of itself, operating with its own rules and mechanisms. The patterns of behaviour learned in prison are generally not in line with those that are acceptable in society. The power wielded by gangs in prisons and perpetuated outside prison is indicative of the pervasiveness of the gang culture in prisons and its effects on prisoners and former prisoners. Learning new rules and standards of behaviour and applying them in everyday decision making are essential in offender reintegration. It also has to focus on unlearning, for example, that violence is an accepted solution for conflict, that responsibility can always be shifted to someone else, and that immediate gains always supersede long-term goals (Baldry, E., & Maplestone, P, 2003:17). The structural condition of South African prisons such as overcrowding, staff shortages and infrastructural collapse severely undermines the potential positive outcome of a term of imprisonment. When people are living in conditions that are inhumane and are often treated as something other than human, it is unlikely that they will treat other people humanely. Treating and respecting prisoners as human beings, with all their rights and responsibilities, form the foundation of all offender reintegration initiatives. Without this, the chances for success are severely diminished (Blumenthal, 1999).

2.1.2 Conceptual Framework

The conceptual framework defines the relationship between the variables of the study. This study examined the impact of rehabilitation programmes as the independent variable and the level of recidivism as the dependent variable. Different aspects of rehabilitation



programmes contribute in various ways to the level of recidivism as illustrated in the figure below:

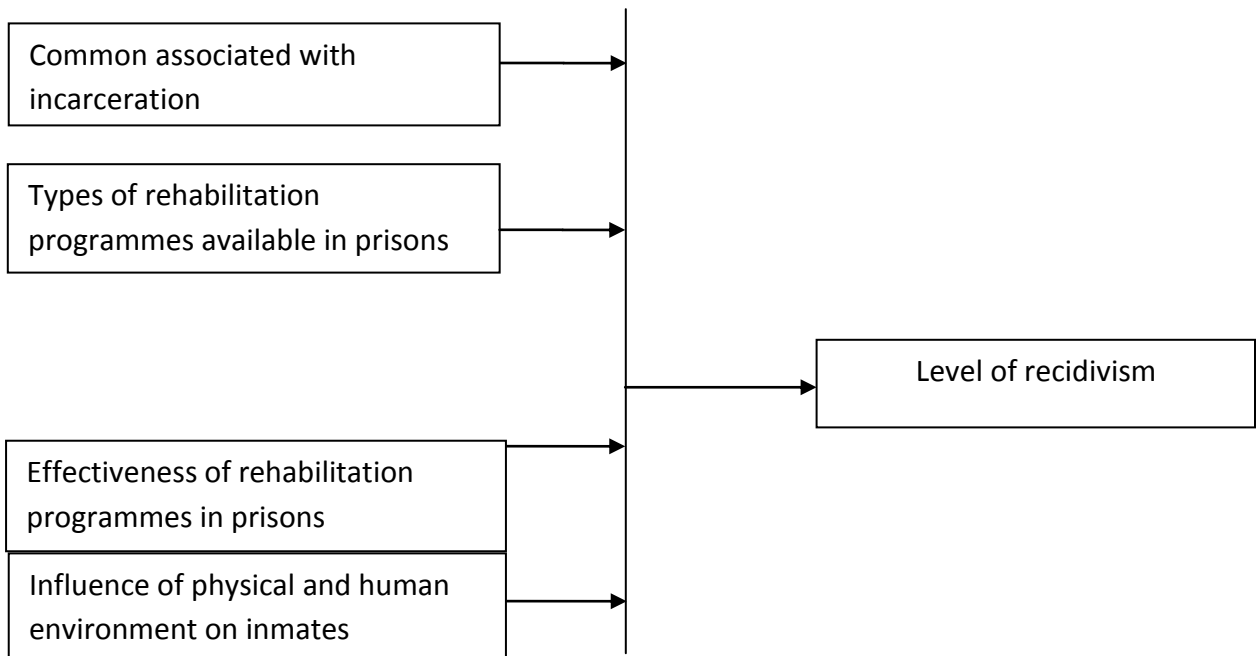
Figure 2:1: Conceptual Framework

Independent Variables

Dependent Variable

Element of rehabilitation

Level of recidivism



Source: Researcher's Study, 2017



The most common factors associated with incarceration in Tamale Central Prisons are often thefts, robberies, assault, loitering aimlessly, handling stolen goods and being caught in possession of illegal drugs among many others. It is however important to note that reasons behind the first incarceration are in most cases lighter in comparison to subsequent cases of incarceration for recidivists. The factors associated with incarceration are therefore important when the impact of rehabilitation programmes are being considered

since they give insights into establishing whether programmes offered in prisons are helpful to prisoners, (Carcacach, 1999:10).

The contribution of rehabilitation programmes to reduce the level of recidivism is important. This is because the level of recidivism can be considered an indicator of the effectiveness of rehabilitation programmes in the correctional facilities in a country or region. Rehabilitation programmes have increasingly been adopted by many countries as alternatives to the traditional punitive nature of prisons. Over time, strong advocates of human rights activists have been at the forefront in calling for better ways of ensuring that offenders never do things which could redirect them to prison. In effect, there are several programmes run by prisons and other correctional facilities which are aimed at changing the participants into responsible law abiding citizens. The types of programmes available at whatever facility are therefore important as they determine whether prisoners will end up in prison again or change completely to become a good citizen (Drabsch, 2006:10).

The effectiveness of the many rehabilitation programmes run by prisons and other correctional facilities has been a subject of debate for quite a long time. This is because currently governments continue to invest heavily in such programmes yet the rates of crime still soar and what is more is that the perpetrators of the criminal activities are in most cases individuals who have been in prison on one or two occasions (recidivists) and are thus thought to have undergone life changing training programmes aimed at making them good citizens. It is therefore generally thought that if these programmes have to be effective, they have to be structured in ways that will address the needs of the prisoners adequately. The debate that has been going on in itself is a clear indication that the level of



effectiveness of rehabilitation programmes in prisons has a direct bearing on the level of recidivism and thus the calls for improvement (Broadhurst, 1990:11).

Numerous psychological studies (Drabsch *et al.*, 2006) have been conducted worldwide and from such studies, it is clear that the environment, be it physical or human has an impact on the behaviour patterns of prisoners. Based on this position, it becomes important for this study to examine the environment in prison ascertain how it affects the behaviour of those in custody. This is so because harsh prison conditions as may the case in the past only bred hardened characters that could do unimaginable things on their release. The environment in prison thus has a bearing on the level of recidivism depending on whether it moulds sociable and responsible characters or some hardened individuals who will engage again in crime (Guarnieri, 1993: 11).

2.1.3 Imprisonment and Recidivism

The application of sanctions by the legal system has been at the forefront of society's efforts to control criminal behaviour. The most recent trend, especially in the U.S., has been to use prison sentences, particularly what are known as mandatory sentences, to achieve this goal. Mandatory sentences are grid-like sentencing prescriptions that attempt to make the "punishment" fit the crime (Borzycki, 2005:18). Judicial discretion is severely limited as regards weighting of individual circumstances in sentencing. Almost all U.S. states and the federal government have some sort of mandatory laws, wherein drug crimes have featured prominently (Borzycki, 2005).



California leads in this area as the proponent of one of the broadest, toughest and most rigorously applied mandatory minimum policies, commonly known as the "three strikes and out" law (Stolzenberg & D'Alessio, 1997:18). The state provides a mandatory sentence of 25 years to life for a third felony and there is no distinction among types of felonies. To illustrate how harsh mandatory sentences can be, consider one Greg Taylor (Bellisle, 1999:18), whose first two crimes (or strikes) were stealing \$10.00 at a bus pass, then robbing a man on the street. Fourteen years later, he was caught attempting to break into a church to steal food (his third strike). He received a sentence of 25 years to life. Even first strike sentences can be tough as evidenced by the case of a Ms. Renée Bojé who has no criminal record. She lived in Vancouver, because she was facing a minimum of 10 years in prison for watering a marijuana plant on a balcony in California should she return to the U.S. A major justification of mandatory prison sentences is that they teach offenders that punishment is certain and severe, and thus that "crime does not pay" (Andersen, 1999:18).

2.1.4 Effects of Imprisonment: Three Schools of Thought

There are three schools of thought regarding the ability of prisons to punish. The first is that prisons definitely suppress criminal behaviour. The second perspective, the "school of crime" viewpoint, proposes just the opposite, that is, that prisons increase criminality. The third, which we label the "minimalist/interaction" position, contends that the effect of prison on offenders is, with few exceptions, minimal (Buckman, J, Livingstone, M & Lynch, M., 2003:19).



i) Imprisonment as Punishment:

Historically, imprisonment was based on punishing those who wronged society, by inflicting suffering of the body – similar to the pound of flesh depicted within Shakespeare’s Merchant of Venice. In contrast to this concept, today’s imprisonment is no longer simply intended as an acute form of corporal punishments, but a method by which to work on a person's mind as well as his body, through three distinct areas – which include: punishment, deterrence, and rehabilitation. Zanna, M. P., & Rempel, J. K., 1988:19).

These three unique areas, when interlinked into a single process are intended to allow society to remove criminals from a position where they may continue their criminal behaviour, place them into an institution that satisfies the masses who desire some form of retribution, persuade other would be criminals that such activities are not beneficial, and in time sculpt them into productive and law abiding citizens through positive psychological conditioning who may later be re-integrated into society. In theory, such a concept fairs well, but unfortunately in reality, a large range of negative psychological experiences encountered within prison do not lead to this otherwise well thought out plan.

The view that the experience of prison in itself acts as a deterrent is rooted in the simple specific deterrence theory (Andenaes, 1968:19) which predicts that individuals experiencing a more severe sanction are more likely to reduce their criminal activities in the future. Economists have taken the lead in support of the specific deterrence model (Hirsch et al., 1999:20). They maintain that incarceration imposes direct and indirect costs on inmates which include loss of income, stigmatization (Nagin et al., 1998). Thus, faced with the prospect of going to prison or after having experienced prison life, the rational





individual would choose not to engage in further criminal activities. In addition, another "cost" argument, identical to that which the "schools of crime" advocates employ, is that, if prison life is a degrading, dehumanizing experience then it surely must be regarded as an additional "psychological" cost of doing punishment (Nagin et al., 1998). Surveys indicate that both the public and offenders consider prison to be the most severe or effective form of punishment for offenders (Doob et al., 1997). Policy makers often assume that prison is the severest punishment available (Wood & Grasmick, 1999). DeJong (1997; 20) remarked that the expectations of the public and policy-makers are that incarceration has powerful deterrent effects. Nagin (1998;20), feels strongly that the deterrence literature in general is persuasive but despairs that if the rate of imprisonment keeps rising, prisons will be seen as less stigmatizing thereby neutralizing any possible deterrence effect. Others suggest that only some classes of offenders may be deterrable, such as those who are more strongly bonded to society (i.e., at lower risk) (DeJong, 1997:20). Orsagh and Chen (1988; 20) have posited a U-shaped threshold theory for the punishing event, by which a "moderate" dosage of prison would be optimal. And, there is the current view that the modern prison is too comfortable; only "no-frills" prisons offer enough punishment to act as an effective deterrent (Corcoran et al., 1997:21). As in days gone by, prisons should be places of only bare bones necessities, where life is lived in fear for example caning is appropriate (Nossiter, 1994:21).

ii) School of Crime

The belief that prisons are "schools of crime" also has widespread support. The earliest writings on crime by scholars such as Bentham, De Beaumont and de Tocqueville, Lombroso and Shaw, suggested that prisons were breeding grounds for crime (Lilly et al.,

1995:21). Jaman et al., (1972;21) put the matter succinctly by stating that "the inmate who has served a longer amount of time, becoming more prisonised in the process, has had his tendencies toward criminality strengthened and is therefore more likely to recidivate than the inmate who has served a lesser amount of time". This viewpoint is widely held today by many criminal justice professionals and policy makers (Cayley et al., 1987), some politicians (e.g., Clark, 1970; Rangel, 1999, who said that prisons granted PhDs in criminality), and segments of the public. Aspects of our popular culture (e.g., 22 cinema) also reinforce the notion that prisons are mechanistic, brutal environments that likely increase criminality (Mason, 1998; 21). There is a large body of literature of primarily an anecdotal, qualitative, and phenomenological nature, which asserts that the prisonisation process destroys the psychological and emotional well-being of inmates (Bonta & Gendreau, 1990; Cohen & Taylor, 1972; 21).

In contrast to the prisons as punishment view, "schools of crime" advocates view the glass as half-full rather than half-empty. By their reasoning, if prison psychologically destroys the inhabitants, then their adjustment to society upon release can only be negative, with one likely consequence being a return to crime. A more precise specification of the mechanisms involved comes from behavioural analysts. These researchers pay less heed to putative psychologically destructive features of the prison environment, rather, they focus simply on which beliefs and behaviours are reinforced or punished therein. Bukstel and Kilmann's (1980) classic review of the effects of prison literature summarized several studies (e.g., Buehler, Patterson, & Furniss, 1966) that employed behavioural technologies to examine and record in detail the social learning contingencies that existed in various prisons. Bukstel and Kilmann (1980:22) claimed that each study found "overwhelming



positive reinforcement" by the peer group for a variety of antisocial behaviours, so much so, that even staff interacted with the inmates in a way that promoted a pro-criminal environment. As with the phenomenological literature, the inference here is that prisons should promote criminality.

iii) Minimalist/interaction school

Different frames of reference have contributed to this perspective. The first three join together provide compelling reasons why prisons should have no appreciable effect on recidivism. There are the human and animal experimental learning and behaviour modification literatures (Gendreau, 1996). Coupled with the social psychology of persuasion knowledge base, they provide ample evidence to refute the notion that it is an easy matter to coerce offenders. Furthermore, the offender personality literature attests to the fact that the makeup of offenders is a complicating factor. Firstly, there has been a tremendous amount of research on which punishing events are the most effective in suppressing behaviour (Matson & DiLorenzo, 1984). Prison life events are not included among them.

In addition, there are several absolutely crucial criteria that must always apply in order for punishment to be maximally effective (Schwartz & Robbins, 1995). Some of these are that the punishing stimuli must be immediate, as intense as possible, predictable, and the delivery of punishment serves as a signal that reinforcement is not available for the punished response. Given the nature of these strictures, it has been noted that "it is virtually impossible to meet these criteria in the real world in which offenders live unless some unbelievably efficient Orwellian environment" (Gendreau, 1996: 23) exists akin to a giant Skinner box. Others who have examined this issue have come to a similar conclusion



(Clark et al., 1995). Furthermore, and this is a critical point, punishment only trains a person what not to do. If one punishes behaviour what is left to replace it? In the case of high-risk offenders, simply other antisocial skills! This is why punishment scholars state that the most effective way to produce behavioural change is not to suppress "bad" behaviour, but to shape "good" behaviour (Blackman, 1995:23). Also, the road travelled from committing a crime to incarceration is circuitous given that only a "tiny fraction" of criminal victimizations result in prison time, in most cases, months later (Bennett et al., 1996:23). And, offenders' knowledge of sanctions, even of highly publicized ones (Bennett, et al., 1996), is far from accurate. Secondly, the social psychology literature on persuasion and resistance processes provides another compelling rationale as to why at least the threat of punishment, such as prison, is decidedly problematic. This is a complex literature which deserves a fuller analysis; suffice it to say, that for persuasion to occur the principle of positive reciprocity (i.e., do something nice to somebody) must apply. The source of the message must be credible, attractive, and authoritative (but not authoritarian), and the appeal of the message engineered so that commitment on the part of the receiver is achieved (Cialdini et al., 1993). Once commitment has occurred, several other steps must be met in order for behaviour to change (Fishbein, 1995:24).



Additionally, clinicians who are skilled in breaking down resistance to change express empathy, avoid argumentation, support self-efficacy, and do not excessively confront or threaten (Miller & Rollnick, 1991: 24). To repeatedly threaten someone is to invite the well-documented process of psychological inoculation whereby individuals think of reasons to resist change (Eagly & Chaiken, 1993:24). It is suspected that offenders are

masters of this behaviour. A study by Hart (1978:24) of punishment in the army is a good example of the occurrence of the inoculation principle.

Thirdly, the question must be asked as to who the criminal justice system wishes to punish. The salient beliefs and attitudes of higher risk offenders, whom one most wishes to change, are antagonistic to education, employment, and supportive interpersonal relationships. Their personalities can be highly egocentric, manipulative, and impulsive. They frequently engage in skewed decision-making processes that greatly over-estimate the benefit of antisocial actions vs. the costs involved (Andrews & Bonta, 1998). They may often be under the influence of a substance thereby further distorting their perceptions of reality. Some would agree that the nature of offenders is such that they may be resistant to punishment even under circumstances where optimal punishment conditions apply (Andrews & Bonta, 1998).

Taken together, these three sets of literature suggest that the effects of prison are likely minimal. A closely allied view is that the effects of imprisonment are conditional, that while prisons generally have little effect on offenders, there are exceptions to the rule. Originally, researchers from this camp came into the field with the expectation that prisons were "schools of crime" only to conclude from their work and the available evidence that prisons were basically "psychological deep freezes" (Zamble & Porporino, 1988:25).

In essence, they were stating that the behaviour seen in prison was similar to that which existed prior to incarceration. Cross-sectional and longitudinal studies of length of incarceration and differential prison living conditions have found a few negative psychological results of incarceration (Bonta & Gendreau, 1990); in fact, in some areas the opposite result has occurred (Zamble, 1992:25). Offenders, moreover, who have been the



most anti-social in prison and the most likely to recidivate upon release, have also tended to be higher risk going into prison (Gendreau, Goggin, & Law, 1997:25).

Despite this overall trend, these researchers left room for some interactions to occur (Bonta & Gendreau, 1990; Paulus & Dzindolet, 1993; Wright, 1991:25) by asking the questions what types of offenders under which prison living conditions might be adversely affected (Bonta & Gendreau, 1990; 25). For example, Zamble and Porporino (1990:25) found the ‘higher risk incarcerates coped the least well in prison’. They suggested that they could be prone to a greater degree of recidivism. On the other hand, a commonly expressed view is that it is low-risk offenders for whom prison has the greater negative influence. Leschied and Gendreau (1994:25) contended, on the basis of aggregate recidivism trends in Canada and a social learning model of criminal behaviour (Andrews & Bonta, 1998:26), that incarcerated low risk offenders should be negatively influenced by the potent antisocial values of their higher risk peers (also see Feldman, Caplinger, & Modarsky, 1983; Leschied, Jaffe, & Austin, 1988:26). Higher risk offenders should be little influenced by a term of imprisonment.



2.1.4 The Current State of Affairs at the Ghana Prisons Service

In recent past, conditions in our prisons have become a matter of public debate. Journalists have come up with a number of revealing documentaries about the state of our prisons. The Commission on Human Right and Administrative Justice (CHRAJ) has also published a number of reports about the poor state of the prisons but no significant progress has been made over the years. It has to be recalled that in 2013, the United Nation’s Rapporteur on the question of torture, visited Ghana and came up with very unfavourable accounts of our

prisons. The Council is very much concerned with these developments because it is often said that a country's civilization is measured by the way it treats its vulnerable. (Wengam, 2016).

The Prisons in Ghana, largely a heritage of the colonial penal administration of the 18th and 19th Centuries, have structures inherited from the British administration which were mostly Forts and Castle along the coast and warehouses in the hinterland. Policies and programmes of the service were tailored alongside the English Penal System but over the years it has not been able to keep pace with the enormous transformation that has gone on in the English system after Ghana's independence.

Under section 1 of NRC 46 it is the duty of the Prison Service to ensure "the safe custody and welfare of prisoners and whenever practicable to undertake the reformation and rehabilitation of prisoners".

In pursuance of its reformatory and rehabilitative objective, the prisons service has treatment programmes designed to inculcate moral and social values in prisoners. There are group of individual counselling therapy programmes. In conformity with section 40 of the Prisons Service Act, NRC 46, of 1972 inmates are free to practice any religion of their choice and their spiritual well-being is catered for by the chaplaincy department and visiting priests, imams and religious group. Several persons have been converted to God while in prison. As required by section 41 of the prisons Service Act, NRC 46 the Service runs formal and non-formal education in the prisons to assist inmates.

There are also programmes for vocational training. Young offenders are encouraged to continue with their education or sit for the National Vocational Training Institute (N.V.T.I) trade tests. Among vocations in which inmates are trained are Carpentry, Masonry,



Tailoring, Auto-mechanics for males and dressmaking, baking and hairdressing for females. There are prisons farms where inmates may learn agricultural skills. However, life in prisons is not as cozy. A sentence of imprisonment is with hard labour unless in the case of a sentence of less than three years, the courts otherwise directs.

The prisons now require huge investment into its operations to make them reformative, humane and productive to meet the aspirations of the country.

The general infrastructure of the prisons in this country is simply not the best. The prisons lack adequate space leading to sever overcrowding and hygiene issues. The structures are not suitable for rehabilitation and reformation. Lack of natural light and fresh air are characteristic features of most of the prisons because about 80% of the prisons were not purpose built. Again, the excessive pressure brought to bear on the existing structures have made it impossible for any meaningful classification of inmates as per the United Nations Standard Minimum Rules for the Treatment of prisoners, leading to the worrying situation where remands and convicts are mixed up in virtually all the walled prisons in Ghana.

The Service has expanded over the years in roles and capacity. As prisoners' population increases, more personnel are required to take care of them. However, there has not been a corresponding increase in the number of accommodation available for personnel of the service. Apart from the Ankaful Maximum Security Prison project which has staff accommodation component, there is virtually no additional to the Service's housing stock (barracks structures) for a very long time now.

The results are that a third of the personnel who reside in the official barracks accommodation are forced to cramp themselves in a 10×12 feet single room. It is a common scene to find at the barracks a family of six (6) or seven (7) cramped in these



small single rooms mostly with their valuables kept outside at the mercy of the weather. Besides majority of the remaining officers 2/3 reside in privately rented premises scattered in the various locations across the country. This situation compels the Service to spend huge sums on rent advances annually. Ejection notices and threats are issues the Service had to contend with frequently since it is not able to meet its financial obligation to the various landlords. Again, there is always a difficulty mobilizing personnel who live outside the barracks in emergency situations. (The jail break at Sekondi in 2010 and the attempted jail break in Kumasi are still fresh in our memory).

The need to improve on the staff accommodation of the Service is therefore very critical if the Service is to execute its mandate effectively and efficiency. The Council has met with CASILDA Company Ltd on Public Private Partnership (PPP) to address some of the staff accommodation and inmates cell infrastructural deficit and rehabilitation.

Ghana Prisons Service is currently headed by a Director-General of Prisons. It derives its legal mandate from the 1992 Constitution of the Republic of Ghana, Prisons Service Decree 1972. NRCD 46, Prisons Standing Orders 1960, Prisons Regulation L.I.412/58. The Ghana Prisons Service started formally in 1920, became a Department in 1922, and finally became autonomous in 1964. The Prisons Service Council is the governing body of the Service and advises the President on matters relating to the organization and maintenance of the prison system (1992 Constitution of Ghana, Act 206) The Ghana prisons service operates as a security organization and criminal justice agency. Its functions are to ensure the safe custody and welfare of prisoners and to undertake their reformation and rehabilitation and also facilitate the administration of justice and promote prisoners opportunities for social re-integration. To decongest the prisons, The “Justice for



All Programme” was introduced for prisoners to get access to justice and help decongest the prisons of Ghana.

2.1.5 Objectives of Rehabilitation Programmes in Ghana Prisons

Ghana prisons have tried out rehabilitation programmes in the recent past as opposed to how the case was in the early years that is before and immediately after independence. Such rehabilitation programmes are run with the help of Faith Base organizations such as Presbyterian Prisons Ministry and the Ghana Aids Commission. This is a management, appropriate technology, HIV/AIDS and drug and substance abuse. The programme has been concerned with the increasing rates of poverty, unemployment, crime and re-offending in Ghana. The aim of this programme is to equip the target beneficiaries with skills for self-reliance, poverty reduction, and food security and make them aware of the issues of HIV/AIDS, gender and drug & substance abuse so as to cut the cycle of poverty, crime and re-offending

The programme builds the capacity of prisoners by equipping them with skills and technologies for self-reliance and income generation after they leave prison. In the last few years the need to address poverty related problems, break the cycle of poverty crime and re-offending, influence changes within the prison in the way rehabilitation of prisoners is done. The programme intends to pursue a strategy that mainstreams the program to its beneficiaries, increases sustainability of the program, increases coverage of the programme throughout the country.



The following is lists of prisons in Ghana: Ankaful Maximum Prison, Nsawam Medium Prison, Secondi Central Prison, Kumasi Central Prison, Ankaful main prison, Ankaful Annex Prison, Secondi Female Prison, Ankaful Contagious Disease(CDP) Prison, James Camp prison, Hiawa Local Prison, Obuasi Local Prison, Kenyasi Local Prison, Amanfrom Camp Prison, Koforidua Local Prison, Ahensan Local Prison, Duayaw Camp Prison, Kpando Local Prison, Senior Correctional Centre, Tarkwa Local Prison, Akuase Local Prison, Tamale Central Prison, Navrongo Central Prison, Bawku Local prison, Yendi Local prison, Ho Central prison, Wa Central prison, Sunyani Central Prison, Salaga Local Prison, Gambaga Local Prison. Sunyani Femal Prison. Yeji Local Prison, Forifori Local Prison and Krachi Local Prison (Prisons Headquarters, 2013).

The Ghana Prison Service Council has been at the fore front in calling for Government, well-wishers and potential donors to support its programmes in terms of funds and materials. This is because the funds and materials are used to set up training demonstration plots in prison for training of inmates and prison officers. This entire programme is aimed at breaking the cycle of poverty, crime and re-offending (PROJECT” EFIASE” 2015).

2.1.6 Effects of the Physical and Human Environment in Ghana Prisons

What is the situation in Ghana with regard to the treatment of prisoners? One positive development is that most African countries have agreed to comply with the various international conventions on the treatment of offenders, including the UN Standard Minimum Rules for the Treatment of Prisoners. Some of them have even embarked on reforming their laws and practices, taking into account those instruments (Oundo, 2002:34). Nevertheless, in comparison with countries in a number of other parts of the



world, prison conditions in many African countries fall far short of the internationally agreed standards. Worse still, prisons in Africa "have been, and in some cases still are, very secret, closed institutions."

In Ghana, the state of prisons in the past was deplorable until the year 2011 when the Maximum security prison was built and commissioned by the late President of Ghana H.E. Prof. Evans Atta Mills at Ankaful in the Central Region. In the past, overcrowding, poor infrastructure, under-budgeting, high death rates, incidents of torture and ill-treatment of inmates, and other bad practices characterized by the penal institutions.

The introduction of television sets in Ghanaian prisons and the improvement of the living conditions of inmates as well as prison warders received a lot of attention from the Ghana media at the time when the reforms were being carried out. This could be due to how the situation had been in the past. Currently, it cannot be said that the situation in Ghana prisons is perfect, it obviously falls short of some international standards but using the previous state of affairs as the point of reference, much has been achieved.

It is during this time that the prisons were decongested of petty offenders who had unnecessarily placed the prisons under immense pressure due to their high numbers. The meals that were offered to inmates were also reported to have been improved to better quantities and quality. This was aimed at trying to make the conditions in the prison facilities more human. Some Internal Generating Funds (IGF) activities being boosted to ensure that prison facilities can use this money in addition to funds from other sources to improve on their physical infrastructure. Prisons are currently engaged in money generating activities ranging from agriculture, Soap making, shoemaking, Smock sewing,



“Bolga” basket weaving textile work which are aimed at identifying and developing the talents of the inmates.

2.1.7 Effect of Prison Rehabilitation Programmes on Prisoners

Studies have shown that normalizing the prison experience through the offering of education programming, vocational training, and work for pay, along with transitional skill building reduces recidivism exponentially. Prison should not be - for the inmate - a life of leisure with no sense of responsibility to the larger society. Prison should however, be a place where the inmate can make amends, find societal redemption, and learn skills allowing him to live in the larger society as a positive force instead of a liability (Nyauchi, 2009a).

Based on studies that have been conducted in most parts of the world, it has become very obvious that the keeping of prisoners behind bars should be focused on deterrence and keeping such persons away from the society.

Rehabilitation programmes have in the recent past come out strongly as the best way to handle prisoners to the change so that they do not get him/her back to prison. Instead they need to find something meaningful to engage in so that at the end of the day, the rates of crime are reduced. These programmes require a lot of patience and persistence so that prisoners go through it time and again. So as to learn skills, preserve family bonds and increases the chances of success for a prisoner’s eventual return to life outside prison. (Nyauchi, 2009b). State prisons and juvenile facilities generally offer at least basic education programming, allowing inmates to work toward a high school diploma or



general education certificate or its equivalence. Yet a holistic approach to corrections is needed if change is to occur. (Nyauchi, 2009:37).

2.1.8 Common Factors Associated with Incarceration in Tamale

There is a generally a high rate of crime in all regions of Ghana, particularly in major cities such as Accra, Kumasi, Sekondi-Takoradi, and coastal beach resorts. Regular reports of attacks against tourists by groups of armed assailants have been issued in the past (Ghana Crime & Safety Report, 2015). However, among the most common crimes in Ghana which lead to incarceration are as below: The Ghanaian authorities have limited capacity to cope with the challenge of deterring and investigating such acts. Public transportation vehicles tend to be targeted since they carry passengers who are perceived to be having potential sources of valuables including money. Although these attacks are often violent, victims are generally not injured if they do not resist.

However, victims are sometimes tied up and put in the back seats or trunks of their own cars. Criminals who commit such crimes will not hesitate to shoot victims who are uncooperative or who may appear to comply with their demands (Ghana Crime & Safety Report, 2015). Theft and banditry Pickpockets and thieves carry out "snatch and run" crimes mostly on city streets and near crowds. There have been reports of safes being stolen from hotel rooms and hotel desk staff being forced to open safes. Thieves routinely snatch jewellery and other objects from open vehicle windows while motorists are either stopped at traffic lights or in heavy traffic. Thieves on public transportation vehicles and trains may steal valuables from inattentive passengers. Many scams, perpetrated against unsuspecting tourists in and around towns. Many of these involve people impersonating



police officers and using fake police ID badges and other credentials. Highways banditry is common in most of the highways in the country. These areas are remote and sparsely populated. Such incidents also occur occasionally on Ghanaian main highways, particularly at night (Ghana Crime & Safety Report, 2015).

2.1.9 Types of Rehabilitation Programmes Available in Tamales Prisons

The Prisons Service Agriculture programmes are one of the tools of training, reformation and rehabilitation of inmates.

Specifically, it is to:

- Training the prisoners in crop and animal production.
- Train inmates in improved agricultural practices.
- Generate income.
- Supplement government expenditure on inmates' feeding.
- Enhance food security in the country.

The Service cultivates over 1,000 acres annually with various crops such as maize, vegetables, and palm among others. Livestock production is also undertaken on a much smaller scale.

It is worrying that even though the agriculture production in the Ghana Prison Service has appreciable contributed to supplement Government's ration bill for inmates farming skills, productivity and total output levels have remained low. These include type of rehabilitation programmes available in Ghanaian prisons;

Prison Farms: The main objectives of establishing the prison farms were rehabilitation of prisoners through training in such enterprises as field crop production and livestock



management. Over and above rehabilitating the prisoners, it was also expected that the farms would generate funds from the sale of farm produce and thus supplement Treasury's support to the department's training expenditure. Livestock enterprises entails:- cattle, goats, pigs, poultry, and rabbits. Field crops such as maize, beans, sorghum, yams are also produced. The major producing stations of these crops are located in the Northern, Volta and Upper West regions. (CIS, 2010).

The Justice for All Programme in Ghana has set itself to decongest the already overcrowded Ghanaian prisons, to rehabilitate the offender so that he becomes a better member of society. It also reduces offending, keeps non-serious offenders from the hard-core criminals who more often than not educate them on how to commit more serious crimes and also enable offenders maintain family ties. Stakeholders in this programme include the Judiciary, the Police, the Prisons, NGOs, the Civil Society, and Religious Leaders.

After-Care Rehabilitation: Aftercare may be defined as the whole range of services which may be provided for all categories of offenders be they men, women or youthful offenders to resettle back into the community upon release from various penal institutions (Onunga, 2009).

The ultimate aim of After-care services is to reduce recidivism (re - offending behaviour). A reduction in offending behaviour by released offenders should therefore be an indication of a successful supervision rehabilitation and re-integration by the service providers. The main concern in Aftercare therefore should be towards improving the quality of life of the released offenders and their families. This could be by helping them in finding accommodation, employment, training, education and the acquiring of appropriate social



skills. Released offenders come from different economic social and cultural settings and represent a diverse group of individuals representing a cross section of society (Onunga, 2009:43). Of importance to note is that the situation to which an offender returns upon release from penal institutions and the environments he continues to live in has a great impact on his/her immediate subsequent behaviour.

The Social welfare as the supervising authority should try to ensure that the prisoner after discharge is re-integrated and resettled in the social setting where he had been removed for the period of incarceration. A successful after care programme should have a direct effect of improving the social welfare of a particular individual, his immediate family as well as the community which in turn helps in creating and maintaining a conducive secured environment for social economic development (Nyauchi, 2009).

2.1.10 Effectiveness of Rehabilitation Programmes in Tamale Prisons

There is a notion that rehabilitation programmes reduce recidivism quite markedly with among in some circumstances. It is not surprising to find that some questions will be raised, for example, with whom they are implemented and under what circumstances the programmes work. To answer these questions, we need to understand the characteristics of offenders and the rehabilitation programmes in use (Nyauchi, 2009a). Since people commit crimes because of different reasons, characteristics of offenders are varied. Some types of offenders, especially those who commit crimes because of external factors, such as economic problems, peer group pressure or lack of knowledge, among others, can be rehabilitated by general programmes like vocational training and education. For those who commit crimes because of internal factors, such as psychological problems, behaviour



disorders, or antisocial attitudes, their situations are more complicated and they are in need of special psychological treatment programmes for rehabilitation (Nyauchi, 2009b). In order to term the rehabilitation programmes as effective or ineffective, there is the need to address the distinctive needs of individuals, and choose appropriate rehabilitation programmes which should be applied to the respective types of offenders. Normally, the rehabilitation programmes being implemented by prisons are referred to as programmes promoting the socio-economic ability of offenders, such as prison work, vocational training, and education (Weekes, 1992a).

These types of programmes are provided to almost all offenders in most countries such as Nigeria, South Africa and Egypt. However, there are some specific types of offenders who need special treatment due to the complexity of their problems, for example, drug addicted offenders, sex offenders, violent offenders and organized crime offenders.

To rehabilitate these types of offenders in prisons, the application of specially designed rehabilitation programmes is considered to be indispensable. If offenders are provided with proper treatment programmes in prisons, there will be a higher chance to reduce recidivism. However, the implementation of this idea cannot be made possible in some prisons, due to a lack of resources or other reasons.

Moreover, the treatment programs cannot be effective without the participation of prison staff. Therefore, the potential of prison should also be boosted to be able to implement parts of the programs that they should implement (Weekes, 1992b). Ghana prisons have been endeavoured to ensure that the rehabilitation programmes they offer are effective and achieve the purposes for which they are intended. This has been seen in their involvement of external organizations to assist them in rehabilitating inmates so that the influence of



their programmes can be felt. The effectiveness of these programmes should be established from the number of former prisoners finding their way back to prisons.

The rates of recidivism in Tamale may not have significantly gone down going by the figures that exist. But as the population grows and the numbers of criminals increase, the programmes in place should be able to either maintain the figures at a given acceptable level or bring them down to the least possible levels. Organizations such as Centre for Distance Learning and Open Schooling (CENDLOS) have for some time tried to assist Ghanaian prisoners with some programmes that should assist them to fit back into the community but the organization only works with a given number of facilities such that even if its programmes were effective as they are, they are only limited to some prisons and not all.

2.2 Rehabilitation Facilities and Programmes

2.2.1 An Overview of Prisons in Ghana

The penal system in the Gold Coast started in an irregular manner from the early 1800s when the administration of the forts on the coast were in the hands of a committee of merchants under the chairmanship of Captain George Maclean, who exercised criminal jurisdiction not only in the Forts but also outside them. By 1841, a form of prison had been established in Cape Coast Castle where debtors possibly were incarcerated. By 1850, there were prisons in four forts holding a total of 129 prisoners who were kept in chains. From 1875, when the Gold Coast was formally created as a colony, British jurisdiction was gradually extended to the entire southern part of present day Ghana and in 1876, the Gold Coast Prison Ordinance, modeled on the English Prisons Act of 1865, was introduced.



The caretaker functions of the early prisons which consisted of mere rules for safe-keeping of prisoners were established in the 1880 Prisons Ordinance. The unsatisfactory state of the prisons in the years that followed led to the placing of the prisons Department under the Police Administration. In 1920, however, as a result of increased in number of prison establishments and staff, the Police and Prisons Department were again separated, and the prisons Department placed under an Inspector- General of Prisons. By 1948, there were 29 establishments all over the country. On 1st January 1964, the Prisons Department became autonomous and ceased to be part of the Civil Service and renamed Ghana Prisons Service and the control and management of prisons became the sole responsibility of the Director-General of Prisons. Currently, the service manages 42 prisons, one Senior Correctional Centre (SCC), Prison officers' Training School and Headquarters in Ghana. The prisons comprise challenges of poor classification, health hazards and pressure on facilities resulting in the abuse of fundamental human rights of prisoners. The population for the past three/3 years has been hovering around 14,000 against an authorized capacity of about 7000. This creates huge overcrowding with its concomitant (Ghana Prisons Service Publication: Ten Year Strategic Plan, 2015:2). Since 2008, prisons have undergone major reforms that have seen television sets, computers and educational facilities provided in prisons.



The prison service has also cultivated a good public image. Inmates now have access to television radio broadcasts. TV sets are fitted on walls of prison halls. Prisoners spend their day watching news and other programmes. These have been aimed at instilling better standards for the treatment of prisoners by making them more accommodative and developing a human attitude. Major events are organized by the prison service to showcase

how prisons have come-catwalks, fashion and design, exhibitions convicts sitting national exams and provision of sanitary, dental and medical check-ups Prison officers are friendlier and more helpful indeed to inmates. Senior officers listen to prisoners 'views and complaints and address their welfare, where inmates are made and asked probed regarding their welfare and problems. Ailing inmates are interviewed and treated by Government doctors. Consequently, inmates are treated much more humanely than was the case years ago.

2.2.2 Influence of the Physical and Human Environment on Inmates

It has been hypothesized that environment influences behaviour at several levels. Immediate behaviour is a function of the settings in which it occurs. For example, the arrangement of furniture in a room influences the way in which people in the room interact. The characteristic personality make-up of persons in a prison is shaped by the nature and type of environment to which they are subjected for long periods of time. Racial differences in personality can to a large extent be traced to the influence of different environments to which people of different races have been subjected for generations (Moos, 1976). For example, it is supposed that climate influences temperament. The cold climate presumably makes people 'Rajasik'. The possibility of freezing induces insecurity and in a cold place one has to keep working to warm up the body. People in a cold region have to plan ahead, hoard food and firewood and make warm clothes and footwear for winter.

The hostile and scarce environment makes people aggressive and aggressiveness necessitates artificial moral control. People in such environments develop linear





intelligence and they become practical, their approach to the environment being characterized by one of aggression, competition, exploitation and manipulation. It is said that science and technology are the result of this kind of approach to the environment (Lee, 1998:47). In contrast, people in a very warm climate are likely to be 'Thamasik'. This kind of temperament is characterized by laziness and inertia. In a very hot place, it is unpleasant to keep working, because of perspiration and fatigue. In the tropics, the seasons do not change much and resource extraction is easy throughout the year. This kind of climate makes for an attitude of surrender and the approach to the environment is marked by fear and superstition (Rempel, 1988:47). The moderate climate is most conducive for the 'Sathwik' temperament. This is characterized by an awareness of oneself and the relationship of the environment to one's adjustment. Consequently, the Sathwik approach involves living in harmony with the environment. The insight into the role of the environment in our well-being leads to a felt need to conserve the natural environment. The Sathwik temperament is holistic, intuitive and well balanced (Lee, 1998:48). Prisons have often been scenes of brutality, violence and stress. Prisoners are faced with incidence of violence and are always concerned for their safety. A long-term prisoner named Jack Abbott had stated "everyone is afraid. It is not an emotional or psychological fear. It is a practical matter. If you don't threaten someone at the very least, someone will threaten you...Many times you have to "prey" on someone, or you will be "preyed" on yourself" (Tosh, 1982:48).

Prisons aim to cure criminals of crime; however, their record has not been encouraging. Instead, prisons do more harm than good. The pains of jail confinement affect all prisoners in different ways. To begin with, the prisoners need to withstand the entry shock by

adapting quickly to prison life. Prisoners are exposed to a new culture, which is very different from their own culture. Then they need to maintain outside links. For example, keeping in contact with family and friends becomes frustrating. While being in prison the prisoner must determine his/her ways of passing the time since the hours appear endless (Tosh, 1982).

For some prisoners, the major source of stress includes the loss of contact with family and friends outside the prison. There is also the fear of deterioration. There is lack of personal choice within the prison environment which affects prisoners. After many years of being told what to do they may well lose the ability to think for themselves and may not make their own decisions and choices freely (Tosh, 1982). Every animal is only at home in its natural environment and in unnatural settings, its behaviour becomes deranged. This applies to the persons in prisons too. The approach that is increasingly being adopted by most countries where prisoners are subjected to conditions as close as possible to normal conditions they were in before they were incarcerated. This could be seen as an attempt at making sure that they are not influenced undesirably by the environment change. From the examples that have been given, it is obvious that the inhuman and harsh conditions that have been associated with prisons only end up manufacturing inhumane and aggressive characters who when released back into the society, find it more difficult to fit back into society (Glanz et al., 2009). Prisons and other correctional facilities that handle offenders need to appreciate this and come up with ways of ensuring that if the environment is to have any impact in prisoners in Ghanaian prisons, then the impact needs to be more positive to modify the characters of the prisoners fit back to become more acceptable in the community (Glanz et al., 2009:49).



2.2.3 Reasons behind the Existence of Recidivists in Prisons

There exist recidivists in prisons. Some of the reasons for their existence are as follows;

- i. **Uncoordinated re-entry programs:** As a result of the prison population growing at such an alarming rate in the 1990s, there has been much debate over what to do with this growing subset of our population. Around the year 2004, around 600,000 men and women (over 1,600 per day) would be released from prisons compared to around 170,000 released in the 1980s". This figure is alarmingly high when you must then consider the difficulties facing these ex-offenders in successfully re-entering society. The Bureau of Statistics in 2001 concluded that of 459,000. US Parolees who were discharged from community supervision in 2000, within 18 months 42% were returned to incarceration 11% with a new sentence and 31% in some other way. In response to these figures, an increased focus on re-entry, as it's been called, has developed in recent years in order to attempt to correct this (Fong, 1990:50). This is not to say that nothing is being done to address the problem. While most prisons do have programs started by employees to help prepare the offenders for re-entry, the national programs are the result of the need for recidivism reform in many countries. Prison reformers have been increasing focus on national re-entry programmes in the past few years. Unfortunately, these reformers are under heavy fire from others who strictly believe in the theory of desistance. Desistance is the idea that people change without the assistance of correction intervention and instead mature and grow out of crime on their own accord (Fong, 1990). Although, it would make sense to think that this may assist the idea of re-entry and rehabilitation in general, it actually does the opposite. After



all, since supporters of desistance theory make the argument that criminals will naturally stop their involvement in criminal activities, why would the government be inclined to spend so much funds on rehabilitation programmes? Despite the prison reformers who believed in desistance theory, some prison re-entry programmes have been created. These programmes are aimed at assisting ex-offenders to enrol in various employment-based programmes that would hopefully increase their worth in the job market in future years (Borzycki, 2005). They do this by developing relations with Department of Correction officers so that they can make contact with the prisoners earlier in the hopes that this will have a greater effect on the actions they take when they leave. The programmes consist of training programs for many areas including a job readiness course that involves a series of workshops designed to improve skills such as interviewing, resume writing, work attitudes, and behaviour. As Criminologist James Austin said, “even though ‘re-entry’ has become the new buzzword in correctional reform” the term is often simply just another word for parole supervision which many have tried to discredit and dismantle (Fong, 1990:51). Therefore, it is difficult to decide where to go in the future in terms of re-entry programming, since there have been no efforts made to advance the field (Borzycki, 2005:51).

- ii. **Lack of proper rehabilitation:** Dyer (2000) argues that due to fiscal reasons, cultural outlook, and extreme punishments for many non-violent offenders, the prisons are filling up quicker every day and there does not look to be much effort to stop it. The title of the book refers to the system we have in place now in many countries but most prominently in the United States and how it seems to be



supported in ways that will allow it grow in the future. It does this by rewarding those who invest in its growth while preventing those affected by it (the ex-offenders) from making significant changes in their lives which can often lead to more crime. Dyer's belief that there is not much effort to help prevent incarceration these days is based mainly on financial reasons, due to money being put towards making prisons to deal with the large prison population instead of towards rehabilitation. He not only explains that there is not much being done to change this, but also that he believes that at the rate we are going, in 20 years our funding for prisons will rise to the point where it will - result in the consumption of most of the tax now being collected by governments.”

According to Dyer, the people with the power to the change do not due to financial interests. While this is morally questionable, it is easy to see why someone who is trying to survive in a free market society is going to do the financially profitable action, which in this case causes them to become a proponent of more incarceration and lower living standards for convicts.

Prisons tend to be much less regulated than the government requires for public prisons. Although private prisons are associated with many problems, they continue to exist due to the need for space in the United States for incarcerated prisoners. Unfortunately, it is not only big business that contributes to the overlying problem. Both the media and politicians are affected by the same dilemma. The public demands the media is violent and full of crime. In his book, (Dyer, 2000) shows how people say they want less violence on the news and in media yet when the media does this, they get less viewers and thus less income. People want to hear them say they are fighting crime and keeping criminals off the



street. This means that if a politician feels that our punishments for certain crimes are too harsh and that reform needs to be done to keep people out of prison, they will probably not get elected. People do not want to hear a politician talk about the financial reasons for high incarceration; they only want to hear that their streets are safe. Unfortunately, this means higher taxes payments which make it more difficult to rehabilitate offenders. Consequently re-offending and crime increases in society. This makes law reform difficult since the politicians will not get elected if they talk about it while people pay to keep negative, violent, criminal ideas on our TVs, in our newspapers, and in our theatres, which only reminds people to tell their politicians to keep violence off their street. Dyer points out very clearly the reasons that our incarceration rate keeps increasing as well as why no one is doing much about recidivism. The many facets of this problem, while all connected, require attention individually.

2.2.4 Critical Review

Despite its barbaric origins in the medieval dungeon and torture chamber, since the late 18th century prisons have combined elements of punishment with elements of rehabilitation.



As the French philosopher Michel Foucault put it, punishment shifted over time from the disciplining of the body to the disciplining of the "soul". The rehabilitation of offenders is a key feature of the modern criminal justice systems, and work to rehabilitate prisoners goes on, in varying degrees, in every prison (Onunga, 2009:54). While in the past, rehabilitation may have been directed at 'reforming the character' of prisoners, its focus is now on preventing reoffending. Rehabilitation techniques vary according to the nature of



the offender, the type of offence committed, and the institution in question. However, despite the entrenchment of rehabilitation in social and criminal justice policy, the idea that prisons are not intended to rehabilitate but rather solely to punish and protect the public retains considerable public support in some areas. Improved conditions and opportunities for rehabilitative activity in prisons generate the complaints that modern life behind bars is soft and too much like a 'holiday camp'. Public resentment is also fired by weaknesses in the provision of similar services in the community (Grizzell, 2007:55). Drug rehabilitation, for example, is widely believed to be more easily accessible in prison than outside. This creates a picture of prisoners being treated better than the law abiding citizens who are outside prison and yet this should not be the case.

Nonetheless, there has been much criticism about the effectiveness of rehabilitation that actually occurs in the prisons, mainly due to high levels of recidivism experienced in developed countries that are seen as being able to formulate and fund effective rehabilitative programmes. Looking at the recidivism statistics in countries such as the U.S., Canada and the U.K., one is left wondering if the sophisticated rehabilitative programmes they run in their prisons really have any effect on the character of the prisoners who go through their facilities (Grizzell, 2007b). In the U.S. and Canada, the percentage of released criminals who end up in prison within a period of two to three years after their release stands at about 70%. Going by this percentage, almost all the criminals who get out of prison find their way back there after sometime. This should be an indicator to the developers and implementers of rehabilitation programmes that the way they thought was the best out of overcrowding of prisons and high crime rates is not actually so. They need to come up with alternatives to rehabilitation. The U.K. which is considered to

experience low levels of recidivism in comparison to the U.S. is not any better. It would be encouraging if in such countries, the levels of recidivism were around 20% or so but the current about 50% still means that half of the people who are released from prison find their back to prison in two to three years. That percentage is not a figure to be proud of especially considering the fact that the U.K. is seen as having adopted an approach that was different from that of the U.S.

The U.K.'s philosophy in relation to rehabilitation is that of changing the character of prisoners to reform them to become good citizens whereas the U.S. holds the record for having some of the longest jail terms in the world (Prochaska, Johnson & Lee, 2010). Their approach is that of keeping criminals away from society by locking them away for long periods of time to instil fear into them so that they do no ever reoffend. Either way, these approaches don't work as they should and thus the whole idea rehabilitation needs to be rethought.

In December 2010, Justice Secretary Ken Clarke published a green paper on sentencing and rehabilitation which set out plans to "break the destructive cycle of crime and prison" by ensuring that prisons become "places of hard work", the priority being to reduce re-offending. The proposed radical reforms include introducing regular working hours in prison, new measures to force criminals to make amends to victims and communities for the harm they have caused, and most controversially, introducing a 'payment-by-results' scheme with private providers being rewarded for reducing re-offending. This could bear better fruits as opposed to the traditional rehabilitation programmes (Zanna, 1988:56).



2.2.5 Knowledge Gap

Studies done on recidivism have been conducted widely on how the rehabilitation programmes that are run by countries in their criminal justice systems affect the behavior of prisoners (Drabsch, 2006:58). Such studies are normally aimed at assessing in most cases, the lifestyles of the prisoners who are released back into the community. Most of these studies have indicated that in many countries, ex-prisoners who are released into the society end up back in prison within a span of two to three years or even less. Looking at the findings of these studies, it becomes very clear that those who conduct them normally focus for instance on the numbers of former prisoners who end up back in prison. Based on such trends, it is deducible that there exists scanty information on the lifestyles of ex-convicts who do not end up in prison again. For such information to exist, there is need for studies to be conducted in an objective way to assess ex-convicts who reoffend. This study shall thus avail information on the influence that rehabilitation programmes have on prisoners and if that influence leads to reduced or higher levels of recidivism that have received empirical support, which help individuals progress through the stages:

Consciousness-Raising: Increasing awareness of the causes (providing educational materials, confrontation, media campaigns, feedback, etc.

Dramatic Relief: Producing an emotional experience which is followed by a reduced affect if some action can be taken (personal testimonies, media campaigns, drama).

Self re-evaluation: Inviting individuals to make cognitive and emotional assessments of their self-image (clarify values, provide healthy models, using imagery).



Environmental re-evaluation: Assessments of how the presence or absence of a behaviour might impact one's social environment (documentaries, personal stories, family interventions).

Behaviour change may not always be one's goal. It may become a priority to change attitude or public opinion about some issue. You might also wish to change attitude before behaviours. Whatever your goal, it is important to understand how individuals adopt attitudes. Existing research is also helpful in defining the process of attitude change (Conner, 2001).

The Stages of change theory recognizes that the six distinct stages that are involved in achieving behaviour change. These stages include pre-contemplation, contemplation, preparation, action, maintenance and the finally the termination stage. It is important therefore for anyone working towards achieving behaviour change to ensure that all these stages are duly completed if a permanent behaviour change is to be achieved. This means that the rehabilitation programmes in prisons should be tailored to suit these stages and take all individuals through all the stages in a systematic manner. This theory, helps us appreciate the fact for permanent behaviour change which should be the case for inmates in prison, they should be taken through these stages and that the reason behind the high levels of recidivism experienced in most countries is that rehabilitation programmes might not include a professionally acclaimed method of establishing the stage an individual inmate is in and taking them through to the end to achieve permanent desirable behaviour acquisition.



2.2.6 Social Cognitive Theory

Albert Bandura's Social Cognitive Theory proposes that people are driven not by inner forces, but by external factors. This model suggests that human functioning can be explained by a triadic interaction of behaviour, personal and environmental factors. This is often known as reciprocal determinism. Environmental factors represent situational influences and environment in which behaviour is performed while personal factors include instincts, drives, traits, and other individual motivational forces. Several constructs underlie the process of human learning and behaviour change. These variables may also intervene in the process of behaviour change (Godin and Kok, 1995). They include; Self-efficacy which refers to a judgment of one's ability to perform the behaviour. Outcome Expectations which means judgment of the likely consequences a behaviour will produce. The importance of these expectations (i.e., expectancies) may also drive behaviour. Self-Control: refer to the ability of an individual to control their behaviours. Reinforcements refer to something that increases or decreases the likelihood behaviour will continue. Emotional Coping which means the ability of an individual to cope with emotional stimuli and Observational Learning refers to the acquisition of behaviours by observing actions and outcomes of others' behaviour.

To increase levels of self-efficacy it may be important to provide resources and support to raise individual confidence. Others have suggested such as (Badly et al., 2003) that to raise self-efficacy behaviour change should be approached as a series of small steps. Bandura (1986a) writes that even when individuals have a strong sense of efficacy they may not perform the behaviour if they have no incentive. This seems to suggest that if we are interested in getting others to enact behaviour change it may be important to provide



incentives and rewards for the behaviours. Shaping the environment may encourage behaviour change. This may include providing opportunities for behavioural change, assisting with those changes, and offering social support. It is important to recognize environmental constraints that might deter behaviour change. This theory is relevant to the study since it holds that behaviour change is contributed to by several interrelated aspects of the environment in which an individual is in. Since shaping the environment may encourage behaviour change, it is important that stakeholders in prisons and rehabilitation facilities should be able to fully understand this since this study focuses on what effects rehabilitation programmes in prison have on recidivists. For prisons and other rehabilitation facilities to have a remarkable impact on the prisoners, then the position taken by this theory must be taken into account. This is because according to this theory, environmental constraints may have the capability of deterring behaviour change and as such, stakeholders should be able to ensure that the environment in prison is such that it encourages behaviour change in the desired direction (Bandura, 1986b).

2.3 Theory of Planned Behaviour

The theory of planned behaviour suggests that behaviour is dependent on one's intention to perform the behaviour. Intention is determined by an individual's attitude (beliefs and values about the outcome of the behaviour) and subjective norms (beliefs about what other people think the person should do or general social pressure). Behaviour is also determined by an individual's perceived behavioural control, defined as an individual's perceptions of their ability or feelings of self-efficacy to perform behaviour. This relationship is typically dependent on the type of relationship and the nature of the situation (Godin and Kok,





1995). One's intention has been shown to be the most important variable in predicting behaviour change, suggesting that behaviours are often linked with one's personal motivation. This suggests that it may be important to present information to help shape positive attitudes towards the behaviour and stress subjective norms or opinions that support the behaviour. For perceived behavioural control to influence behaviour change, much like with self-efficacy, a person must perceive that they have the ability to perform the behaviour. Therefore, as Grizzel (2007) suggests, perceived control over opportunities, resources, and skills needed is an important part of the change process. The individual who is taken to prison committed a criminal offence punishable by law and according to this theory behaviour is only a product of intentions.

Based on the fact that recidivism occurs in increasing trends despite efforts to reduce it, it becomes important to note here that there are possibilities of the criminal justice system having ignored the cause of the behaviour that landed a particular individual in prison. Assuming that this is the case then this theory becomes very important for policy formulators and the criminal justice system to take into consideration the fact that there are intentions which were behind the behaviour. Once this is taken into consideration, it will be easier to come up with rehabilitation programmes that help change an individual's way of thinking as opposed to vocational programmes into which most prisoners are forced yet they don't really have any impact in changing the root cause of a behaviour that sends on to prison. This theory helps to bring out the idea that even though there are rehabilitation programmes in prisons, recidivism occurs due to the fact that the rehabilitation programmes do not do enough to address the root cause of behaviour-intentions or the inability to control certain undesirable behaviour.

2.4 Tran Theoretical (Stages of Change) Model

The trans-theoretical model proposes change as a process of six stages. Pre-contemplation is the stage in which people are not intending to make a change in the near future (often defined as the next 6 months) (Miller, 1998). Contemplation is the stage where people intend to change (within the next 6 months). People in this stage are aware of the pros of changing but also can identify the cons. Preparation represents the stage where people have a plan of action and intend to take action in the immediate future (within a month). Action is the stage in which people make the behaviour change and maintenance represents the stage where people work to prevent relapse. Finally, termination represents that stage where individuals have 100 percent efficacy and will maintain their behaviour. This stage is the most difficult to maintain, so many people remain a lifetime in maintenance.

It is essential to match behaviour change interventions to people's stages. For example, if an individual is in the pre-contemplation stage it is important to raise their awareness about behaviour in order for them to contemplate making a behaviour change. Without a planned intervention, people will remain stuck in the early stages due to a lack of motivation to move through the stages. Prochaska, Johnson, and Lee (2007) suggest a series of activities procedures, validity and reliability of the research instruments and the data analysis.



CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter covers a detailed description of the research design, the target population, sampling procedures and sample size, data collection instruments, data collection, Review of relevant theories (Theoretical framework)

The study was guided by the following theories;

3.1 Profile of the Study Area

The study was conducted in Tamale Central Prison of the Northern region of Ghana which is part of the then northern territory during the colonial rule. It is bordered by the Police Headquarters to the south, Jubilee Park (Formally Police Park) to the west, Central Hospital to the north and offices of the Regional Health Directorate to the east. The Northern region covers the districts of the metropolitan assembly, Yendi, Bimbila, Saboba, Cheriponi, Tatale, Nanuba, Gushegu Nalerigu, Gambaga, walewale, Savulugu, Tolong, Kumbugu, and Sagnarigu. It is a region of rugged terrain, spectacular landforms, great differences in altitude and climate and a wide variety of peoples and cultures. Among the predominant factors leading to conflict, insecurity and crime in the region include: Chieftaincy and land disputes over scarce natural resources (mainly water and pasture); livestock rustling; cross border banditry; historical land ownership disputes, politically instigated violence, ethnic rivalries, proliferation of illegal small arms and light weapons



among others. These issues are further compounded by poverty and the poor communication infrastructure in the region, which serves as a major constraint to rapid response mechanisms. This is the main reason behind the selection of this area as the study area. Crime levels in this region seem higher than is the case with other parts of rural Ghana.

3.2 Research Design

The study used a survey research design strategy. This research design was used because it does not belong to any one field and can be applied in varied disciplines. According to Gay & Airasian, (2003:65), this research design has capacity for wide application and broad coverage and that gives it its great usefulness. This enabled the researcher to visit the Tamale Male and Female correctional institutions in the Northern region and mingle freely with respondents in the research area while administering questionnaires. The design allowed the researcher to examine the subject of study over a wide area and in other institutions at the same time thereby coming up with the data that can be used to compare the state of prisoners and what prison facilities are doing in so far as their rehabilitation programmes and rates of recidivism are concerned (Schutt, 2005:65).

3.3 Population of the Study

The target population is the group of people a researcher selects respondents from for the study. This group of people is vital in achieving the objective of the study (Kombo & Tromp, 2006). The target population for this study consisted of prison officers, inmates and recidivists who are in the prison community at the time of the study. They were



selected through convenience sampling. The total target population for the study was 100 people from Tamale Central and Female Prison.

The researcher therefore sampled a total of 100 respondents to participate in the study. The prison officers, the inmates and recidivists were selected at the prison level. The total number of respondents was constituted by twenty (20) prison officers, Fifty (50) inmates and Thirty (30) recidivists giving a total of One Hundred (100). Out of the total number of respondents who were sampled to take part in the study, each category of respondents gave data via a different data collection tool. Recidivists gave their responses via questionnaires, and the prison officers and rehabilitation officers were interviewed to give their perspectives as per the study topic of the study. The findings of the study are presented below.

3.4 Sample and Sampling Techniques

Sample population is part of the entire population carefully selected for a study. Inkoom and Zuberu (2015) saw sample population as a small group selected from a population for a given study. In this direction, thirty (30) recidivists, fifty (50) other inmates and twenty (20) officers were the respondents sampled and engaged in the study. In all, one hundred (100) respondents were engaged in the study.

Simple random sampling and purposive sampling techniques were the sampling techniques employed in sampling the desired respondents for the study. Simple random sampling technique was used to select the thirty (30) recidivists. *Yes* and *No* were written on pieces of paper, well folded and placed in a container. The container was thoroughly shaken so as



to have the papers well mixed. Each student was subsequently asked to select a paper from the container.

Students who selected papers labelled *Yes* were selected for the study. This sampling technique was used in order to give equal opportunity to all recidivists in the prison within to be selected.

The twenty (20) officers and the other fifty (50) inmates were purposively sampled for the study. All the twenty (20) officers were purposively engaged in the study since the results of pre-interview revealed that, all the said officers do not have passion in training the inmates. It was therefore in order to find out from them whether the rehabilitation programmes offered were not effective enough to reduce the number of recidivists.

3.5 Data Source

Data was collected using both primary and the secondary sources. The secondary data was necessary to augment the data obtained from primary sources and assist with the interpretation of the data.

3.5.1 Primary Data Collection

Questionnaires were used to obtain primary data from the respondents. The questionnaires were both structured (close-ended) and unstructured (open-ended) questions. Questionnaires were used as they are best used in studies involving large sample sizes. Written questionnaires become even more cost effective as the number of research questions increases. Questionnaires were easy to analyse. Data entry and tabulation for nearly all surveys can be easily done with many computer software packages. They are



also familiar to most people. Nearly everyone has had some experience completing questionnaires and they generally do not make people apprehensive. Questionnaires reduce bias. There is uniform question presentation and no middle-man bias. The researcher's own opinions did not influence the respondent to answer questions in a certain manner.

Research assistants were thoroughly oriented both in interpretations of responses from respondents and also in the procedure of administration. They then accompanied the researcher in piloting and modifying the research instruments so that they could comprehend fully the purposes and methods of data collection. The research assistants then administered the questionnaires personally to the respondents as the researcher also sought data from other respondents since the study covered a relatively large number.

3.5.2 Secondary Sources of Data Collection

Secondary sources of data collection were used in order to obtain data that was used to strengthen the data obtained from primary sources. Document review was therefore employed as the main secondary source of data where existing documented information was examined to obtain information that was relevant. The documents reviewed in the prisons included the inmates register as well as the convicts.

3.6 Data Collection Instruments

In order to confirm and cross-validate the data collected for the study, multi-method data collection approach was employed. The major data collection instruments employed in the study were questionnaires and interview schedules, interview and non-participatory



observation. According to Amedahe (2002), instruments such as achievement test, observation and interview in action research play crucial role as long as data collection is concerned. The research instruments were pre-tested before been applied in the actual research.

3.6.1 Achievement test (Pre-test and Post-test)

Achievement test was used to obtain data on form three students' academic performance in Integrated Science before and after the implementation of the intervention (on-the-job training). Downie (2014) was of the view that achievement test is any test that measures the attainments and accomplishments of an individual after a period of training or learning. The study employed this instrument in order to collect accurate data from primary source.

3.6.2 Interview

Semi-structured interview guide was used to elicit trainers' responses on how on-the-job training had influenced their ability in handling rehabilitation programmes. The same semi-structured interview guide was also used to obtain opinions of the inmates the impact of the rehabilitation programmes. This was to confirm responses elicited from the trainers.

3.6.3 Observation

To be sure responses obtained from the inmates and their trainers did not mislead the researcher, there was the need to observe lessons handled by the trainers. Observation was therefore used to confirm the responses of the inmates and the trainers.



3.7 Data Collection Procedure

With the help of introductory letter obtained from the University for Development Studies (UDS) Faculty of Education (FOE) and approval from The Regional Commander of Prisons the data collection process was very smooth. Data collection was carried out in three phases which covered four weeks. The phase one of the data collection process involved administration of achievement test (pre-test) to the randomly selected respondents. This activity was carried out within one week to establish the fact that, indeed rehabilitation programmes are not effectively taught and did not go down well with the inmates. The second session included engagement of the officers who man the various workshops in interviews.

Particularly, this activity was carried out on the last day of the training session.

Each interview session was first recorded with tape recorder and later transcribed verbatim against their corresponding questions. The last segment of the data collection process involved observation of training programmes delivered by the artisans (officers) for the study. These activities were equally conducted within two weeks.

3.7.1 Situational analysis (Pre-intervention)

The awful reoffending of prisoners when released from and finding their way back to the Tamale Central Prison was as the results of several factors which include the ineffective rehabilitation programmes, inmates' poor attitude towards the programmes, lack of funds from central government. These factors were established when the trainers of the programmes and inmates in a pre- interview mentioned categorically that, they indeed



faced difficulties in carrying out these rehabilitation programmes in the prison. Achievement test (pre-test) administered to recidivists and other inmates in the prison confirmed the fact that, recidivism in the prison was nothing good to write home about. Most of them said if the rehabilitation programmes were well carried out they will acquire employable skills which will help them earn a living while outside the prison.

3.7.2 Intervention

Interventions with respect to teaching and learning are strategies put in place to improve students' performance (Wright, 2012).

In collaboration with the prisons administration and the National Vocational Training Institute (NVTI) of the northern region, a one week non-residential skills training programme in a form of workshop was organised for all the six (6) officers (Artisans) who handle the rehabilitation programmes in the Tamale Central Prisons. The regional coordinator of NVTI and other experts in the field of Vocational training from the nearest Technical institution were available to take officers through major topics while the prisons psychologist counselled inmates on the dangers of reoffending and the benefits of the rehabilitation programmes. The breakdown of the workshop was as shown in Table 3.2



Table 3. 1: A Five day Training Schedule for Officers In-charge of Rehabilitation programmes

DAY	TIME ALLOCATION	ACTIVITY
MONDAY	8:00-8:20 AM	Arrival and Registration of Participants
	8:20-8:40 AM	Opening Ceremony and Self introduction
	9:00-11:00 AM	Presentation on the topic, <i>‘Skills Acquisition and task performance’</i> by a tutor
	11:00-11:30 AM	Break
	11:30 AM - 2:30 PM	Demonstration Lessons by teachers (individually)
	2:30 PM-3:30 PM	Questions/Contributions/Corrections by the facilitators
	3: 30 PM	Closing
TUESDAY		Arrival and Registration of Participants
	8:20-8:40 AM	
	9:00-11:00 AM	Presentation on the topic, <i>‘Theory and</i>



Practical Experience by a tutor

11:00-11:30 AM

Break

11:30 AM - 2:30 PM

Demonstration Lessons by teachers (in pairs)

2:30 PM-3:30 PM

Questions/Contributions/Corrections by the
facilitators

3: 30 PM

Closing

8:20-8:40 AM

Arrival and Registration of Participants

Presentation on the topic, ***'Materials and Tools
handling'***

9:00-11:00 AM

by a tutor

WEDNESDAY

11:00-11:30 AM

Break

11:30 AM - 2:30 PM

Demonstration Lessons by teachers
(individually)





2:30 PM-3:30 PM Questions/Contributions/Corrections by the facilitators

3: 30 PM Closing

8:20-8:40 AM Arrival and Registration of Participants

Presentation on the topic, '*Workshop Organisation*'

9:00-11:00 AM by a tutor

11:00-11:30 AM Break

THURSDAY

11:30 AM - 2:30 PM Demonstration Lessons by teachers (in pairs)

2:30 PM-3:30 PM Questions/Contributions/Corrections by the facilitators

3: 30 PM Closing

FRIDAY

Arrival and Registration of Participants

8:20-8:40 AM

Presentation on the topic, '**Workshop Practice**'

9:00-11:00 AM

by a tutor

11:00-11:30 AM

Break

11:30 AM - 2:30 PM

Demonstration Lessons by teachers

(individually)

2:30 PM-3:30 PM

Questions/Contributions/Corrections by the

facilitators

3: 30 PM

Closing Ceremony

Source: Researcher's Study, 2017

3.7.3 Post-intervention

Responses elicited through interviews with the participants (inmates and teachers), organisers (the NVTI regional coordinator, vocational training experts) and the facilitators informed that, teachers took active part in all activities and showed mastery over topics they were asked to demonstration lessons on. The Regional Coordinator of NVTI for instance expressed that "*I was surprised teachers got themselves deeply involved in a workshop that attracted no allowance. I never taught we could have had an effective and fruitful workshop like this.*" Observations made by the researcher also attested to the fact



that, the demonstration lessons of the teachers were logically and sequentially presented with high confidence.

3.8 Data Analysis and Presentation

Data was analysed both qualitatively and quantitatively. Qualitative method was used to analyse the data collected through questionnaires. Data was then presented in the form of frequency distribution tables and graphs that facilitated description and explanation of the study findings. Statistical Package for Social Sciences (SPSS) and Ms Excel helped to generate frequency distribution tables. The information generated was presented in tabular forms and graphical forms. This assisted in the analyses of the collected data.

3.9 Data Quality and Ethical Issues

3.9.1 Data Quality

To ensure the quality of data collected for the study, multi-method data collection was employed. Semi-structured interview guide were constructed and used. To be sure data obtained through the semi-structured interview were valid, both face and content validity were ensured. To ensure face validity of the instrument, copies were issued to colleague senior officers for proof reading and necessary corrections were made. Through face validity, the necessary grammatical and typographical errors were duly effected. This was in line with a research by Hardesty and Bearden (2004) who discovered that, face validity is best ensured when copies of instruments used in a study are given to co-workers who are highly educated to read through and make inputs. Content validity of the semi-structured interview guides was guaranteed by giving out a copy of each instrument to an expert in



the field of research (supervisor) for scrutiny using his vast knowledge, experience and expertise to make sure that the instruments were appropriate enough to measure what they were intended to measure.

Also in ensuring uncertainties, insufficiencies, inappropriateness and any other problems, the instruments were checked in the study. It was prudent enough to have the instruments pre-tested through a pilot study. Interviews were granted to both officers and inmates.

The pilot study was also scheduled to involve these respondents so that, the respondents in actual work would not have before-hand information about the required information which could lead to a pre-determined response.

3.9.2 Ethical Issues

Bryman (2009) pointed out that, researchers in the process of data collection must demonstrate to respondents that, they have certain rights which are non-negotiable. This study has therefore taken into consideration the following ethical issues; permission to data collection, informed consent, anonymity and confidentiality.

3.9.3 Permission to Collect Data

With the help of the introductory letter obtained from the University for Development Studies (UDS), permission was granted to the researcher by the Regional Commander of Prisons in charge of northern the region. By this letter, the researcher was authorised to collect data from the randomly sampled of both officers and inmates. Obtaining formal permission from the regional commander of prisons was considered very essential



because the U.S. Department of Education Office of Safe and Drug-Free Schools (2007) contended that, a researcher can only obtain data from an institution for his/her research purposes after a formal permission had been granted by the superior of that institution.

3.9.4 Informed Consent

The participants/respondents of the study were fully informed about the purpose for which this study was being carried out. Roles they were also expected to play were clearly articulated to them. The researcher deemed this exercise very important because in research, the rights of your respondents are not negotiable (Bryman, 2009).

3.9.5 Anonymity

To ensure that, the respondents remained anonymous in the course of the study, the researcher designed interview guides that concealed the identity of the teachers, head teachers and the tutors brought on board. Also, the observation checklist for respondents made no provision for respondents'/observed officers and inmates' names and their location. This had encouraged respondents to give out relevant information without fear.

3.9.6 Confidentiality

Having disclosed the research goal to them, the respondents were also assured that, data elicited from them were purely for academic purposes and that, such responses would be treated as such. Respondents were also assured that, under no circumstances would information acquired from them be disclosed to people who had nothing in common with the study.



In summary, this chapter has looked at design used for the study, sample population for the study, sampling techniques, data collection instruments, data collection and data analysis procedure, data quality and ethical issues.



CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.0 Introduction

The researcher set out to conduct a study on using rehabilitation programmes to reduce the number recidivists in prisons with a focus on Tamale Central Prison of the Northern region of Ghana.

This chapter focuses on data analysis, presentation and interpretation. It contains Demographic information of respondents and specific information in accordance to the research objectives.

4.1 Demographic Information of Respondents

4.1.1 Gender of Respondents

The researcher sought to find out the gender distribution in the study.



Table 4.1: Showing the Target Population of Respondents

Respondent Category	Target Population	Procedure	Sample Size
Prison Officers	20	100%*20	20
Inmates	50	100%*50	50
Recidivists	30	100%*30	30
Total	100	100%*100	100

Source: Researcher's Study, 2017

The gender of respondents was sought with the aim of establishing the distribution of the respondents of gender in the study. It was found out that there were 69% males and 31% females in the group of recidivists that was picked for the study. This shows clearly that male recidivist far outnumbered female ones. This representation can be said to be a true reflection of the picture in the society because more males often find themselves in trouble with the law as compared to females. The distribution is thus an equitable representation of both genders.

4.1.2 Ages of Respondents (Recidivists)

The researcher sought to determine the age brackets of respondents.



Table 4.2: Ages of the respondents (Recidivists)

Age of the respondents	Frequency	Percentage
18-24 yrs	4	4
25-34 yrs	70	70
35-44 yrs	15	15
45-54 yrs	7	7
55 yrs & above	4	4
Total	100	100

Source: Researcher's Study, 2017

The study findings on the age of the recidivists indicated that only 4% were in the age bracket of 18-24 years and 4% in the age bracket of 55 years and above. Most of them, 70% were in the age bracket of 25-34 years, followed by those in the age bracket of 35-44 years at 15% and those in the age bracket of 45-54 years at 7% of the recidivist population picked for the study. The fact that majority of respondents

are in the age bracket of 25-34 years imply most youths were employed and as such they end up carrying out criminal activities which land them in prison. On getting out of prison, they find it more difficult to fit back into society and thus find them re-offending to wind up in prison yet again.



4.1.3 Marital Status of Respondents (Recidivists)

The researcher sought to find out marital status of recidivists in the study.

Table 4.3: Marital Status of the Respondents (Recidivists)

Marital status	Frequency	Percentage
Married	57	57
Single	23	23
Widowed	7	7
Separated	13	13
Total	100	100

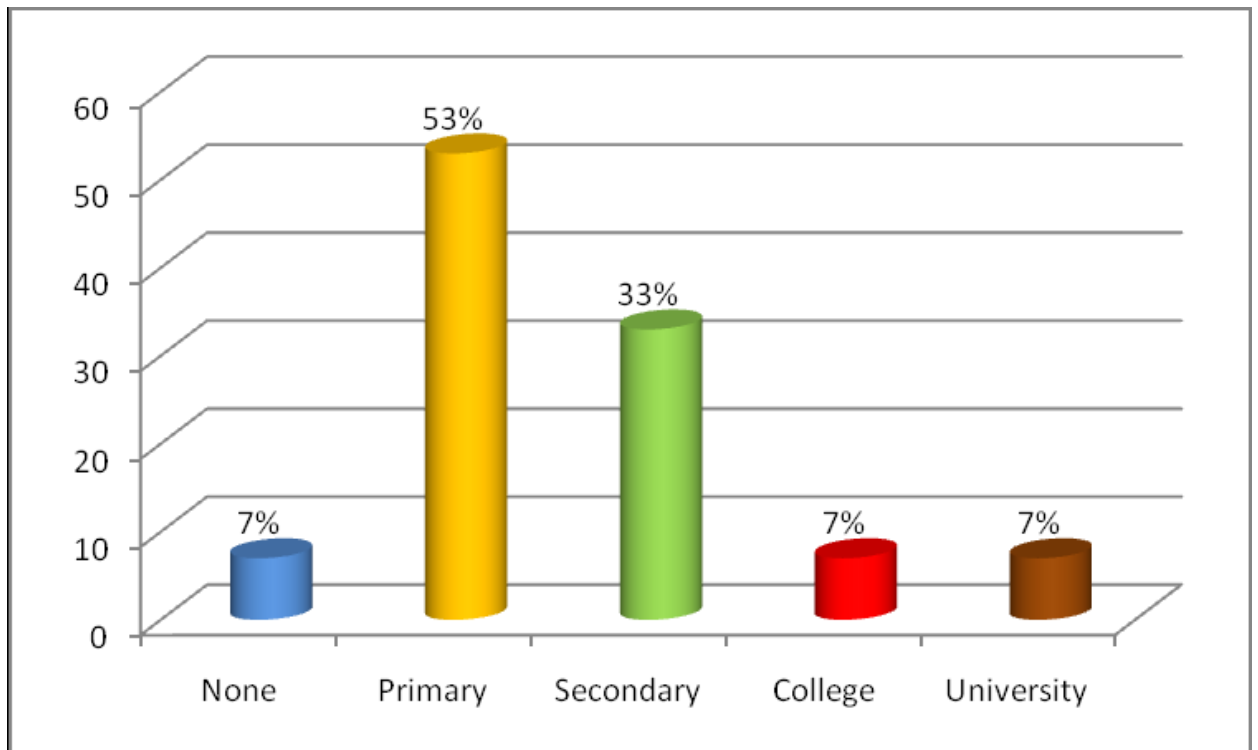
Source: Researcher's Study, 2017



The researcher also sought to find out the marital status of the recidivists to find out if it in any way would have a bearing on the trends of recidivism. The results indicated that 57% of them were married, 23% were single, 13% were separated, 7% were widowed and only 3% were divorced. It is therefore clear from the findings that most of them were married. It is also important to note here that the number of those who were separated was also higher than the widowed and the divorced.

These findings could mean that due to recidivism; some marriages were unstable although the spouses were not officially divorced in courts of law.

Figure 4.1: Level of Education Attained (Recidivists)



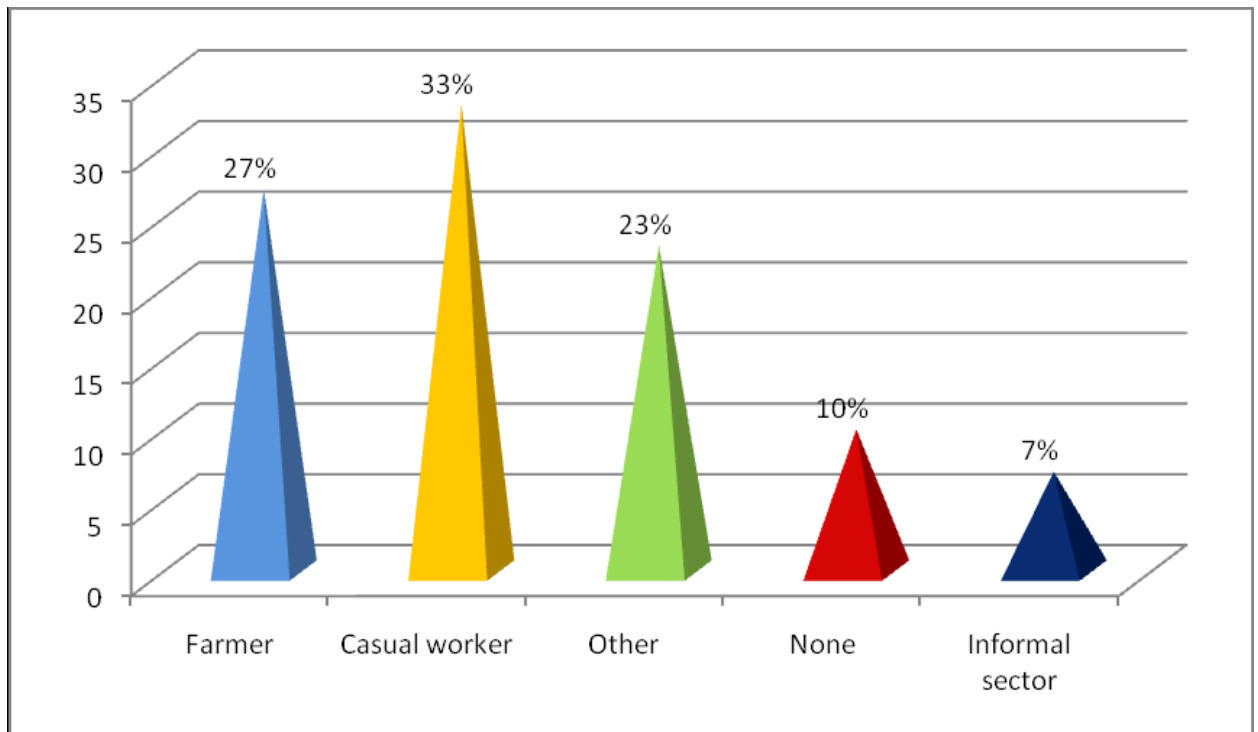
Source: Researcher's Study, 2017



The researcher sought to establish the level of education of respondents in the study.

The findings on the level of education of recidivists indicated that 53% of them had only primary education, 33% had secondary education, 7% had college education, another 7% had university education and again 7% had no education at all. From the study findings it is clear that majority of these recidivists had primary education followed by secondary education. The implication of these findings is that in the contemporary Kenya, chance of getting any meaningful economic activity to engage in becomes more difficult when the level of education level is lower. In effect individuals with low levels of education are more likely to locate the law probably owing to higher levels of economic frustration related.

Figure 4.2: Occupation of Recidivists before First Imprisonment (Recidivists)



Source: Researcher's Study, 2017



The researcher sought to establish the socio-economic status of the respondents and find out if their status was linked to the first incarceration in any way.

The findings indicated that before the first imprisonment 27% of them were farmers, 33% were casual workers, 23% in the 'other' category where some of them were drivers and others businessmen, 10% had no specific occupation before the first imprisonment and 7% were in the informal sector which is a general term but most respondents chose to specify. Looking at these findings, it emerges that casual workers appeared more than any other group.

This suggests that they might not have been satisfied with the earnings they received and could have tried to get an extra funds or resources through illegal means.

4.1.6 Occupation of Respondents after First Imprisonment (Recidivists)

The researcher sought to find out the occupation of respondents after first imprisonment.



Table 4.4: Occupation of Respondents after First Imprisonment (Recidivists)

Occupation of respondents after first imprisonment

Frequency	Percentage
Farmer	13
Casual workers	20
Others	47
None	20
Total	100

Source: Researcher's Study, 2017

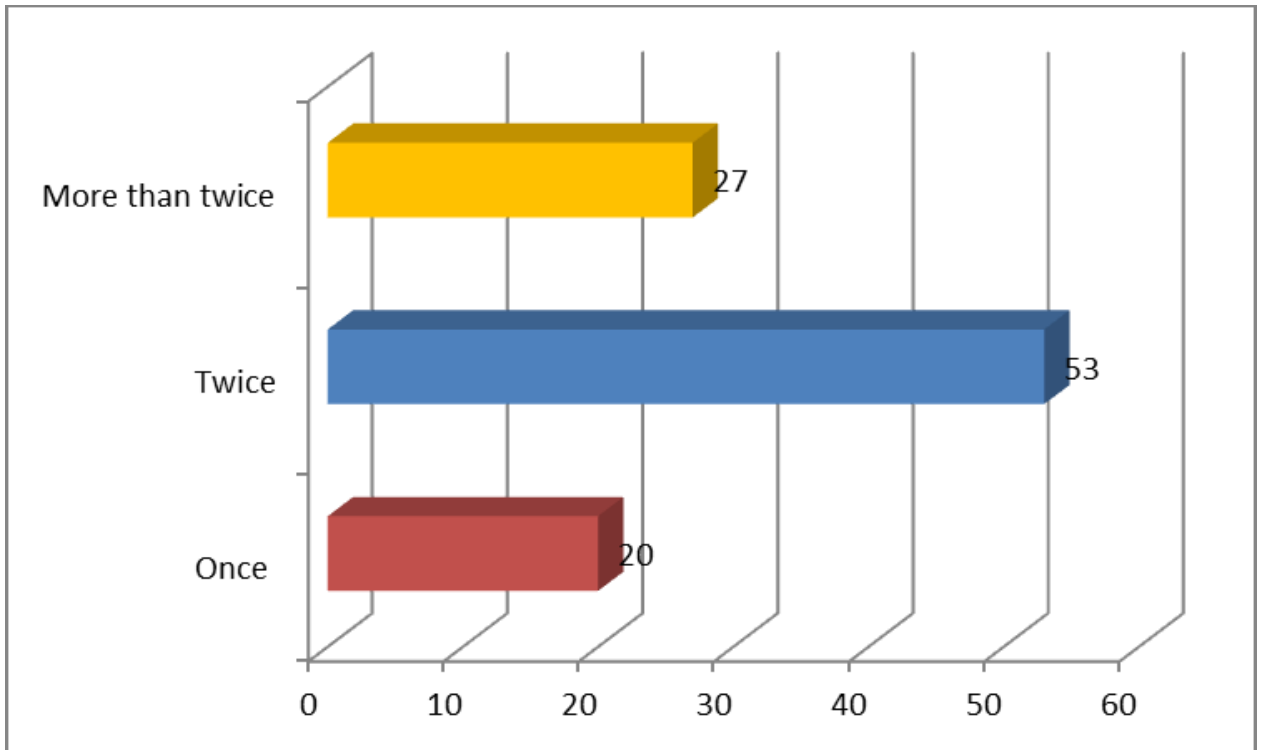
The occupations of the respondents changed noticeably after the first imprisonment. This is evident in 47% of the respondents falling in the other category where they mostly specified carpentry and business as the main current activities. There were 13% who were farmers after the first imprisonment, 20% were casual workers and another 20% had no occupation after the first imprisonment. Majority of these respondents were thus in the other category where mostly carpentry was outstanding. This implies that during the first imprisonment, they had learnt some skills and had tried to practice them while outside prison due to their level of education.

4.2 Specific Information

This section explains specific information according to the study objectives.



Figure 4.3: Most Common Factors Associated with Incarceration (Recidivists)



Source: Researcher’s Study, 2017

The researcher sought to find out the common factors associated with incarceration.

Of the ex- convicts who were sampled for the study, 20% of them had been in prison only once, 53% had been incarcerated twice and 27% had been incarcerated more than twice.

Most of these respondents therefore had been in prison twice.

The fact that they had been in prison twice or more means that their chances are higher that they will end up in prison again probably owing to the fact that rehabilitation programmes on prisons less effective. Recidivism therefore calls for a complete assessment of prison programmes if more imprisonment is to be reduced among prisons.



Table 4.5: Cross-Tabulation on Levels of Education of Prisoners * Number of times in Prison.

SHOWING CROSS-TABULATION LEVELS OF EDUCATION OF PRISONERS *NUMBER OF TIMES IN PRISON			NUMBER OF TIMES IN PRISON			TOTAL
LEVEL OF EDUCATION	NONE	Count	ONCE	TWICE	MORE THAN	
			0	1	1	2
		% within level of education	0.0%	50.0%	50.0%	100%
	PRIMARY	Count	4	6	4	14
		% within level of education	28.6%	42.9%	28.6%	100.0%
	SECONDARY	Count	1	7	2	10
		% within level of education	10.0%	70.0%	20.0%	100%
	COLLEGE	Count	1	1	0	2
		% within level of	50.0%	50.0%	.0%	100.0%



		education				
	UNIVERSITY	Count	2	1	0	3
		% within level of education	20.0%	53.0%	27.0%	100.0%
TOTAL		Count	20	53	27	100
		% within level of education	20.0%	53.0%	27.0%	100.0%

Source: Researcher's Study, 2017

The researcher sought to establish the relationship between the level of education of respondents and the number of times individual had been to prison. A cross tabulation of these figures showed that 50% of those who had no education at all had been to prison twice and 50% of those who had no education at all had been imprisoned more than twice.

The researcher also established that 42.9% of those who had primary level education had been to prison twice and 28.6% of those who had primary level education had been to prison more than twice. It also emerged from the results that 70% of those who had secondary level of education had been in prison more than once and 20% of this group of respondents had been in prison more than twice. Only 10% of this group of had been to prison only. Getting to those with higher levels of education, it emerged that there were 50% of those with college level education that had been to prison only once and 50% had been there twice. For those with university level of education, 70% had been to prison once and only 30% twice.



Table 4.6: Reasons behind first imprisonment (Recidivists)

Reasons behind first imprisonment	Frequency	Percentage
Theft	27	27
Arson	13	13
Driving without licence	30	20
Murder	7	7
Assault	20	20
Trespass	13	13
Total	100	100

Source: Researcher's Study, 2017

The researcher sought to establish the reasons that led to the first incarceration among respondents. It was observed that the reasons that were given by the respondents were among the most common causes of incarceration in Ghana. It showed that 27% had been to prison the first time due to theft, 13% due to arson, 20% due to driving without license, 7% due to murder, 20% due to assault and 13% due to trespass. Most of the first time offenders therefore had been to prison due to theft related reasons.



Table 4.7: Cross tabulation of reasons associated with first imprisonment

Showing a cross tabulation of reasons associated with first imprisonment			Reasons behind 1 st Imprisonment						Total
			Theft	Arson	Drivin g	Murder	Assault	Tres pass	
Occupational	farmer	Count	4	0	4	0	0	0	8
		% within occupat ion 1	50.0%	0%	50.0%	0%	0%	0%	100.0 %
	casual worker	Count	2	2	1	2	2	2	11
		% within occupat ion 1	18.2%	18.2%	9.1%	18.2%	18.2%	18.2%	100.0 %





	Infor mal Sector	Count	1	1	1	0	4	0	7
		% within occupation 1	14.3 %	14.3%	14.3%	0%	57.1%	0%	100. 0%
	Other	Count	0	1	0	0	0	1	2
		% within occupation 1	0%	50.0%	0%	0%	0%	50.0 %	100. 0%
	None	Count	1	0	0	0	0	1	2
		% within occupation 1	50.0 %	0%	0%	0%	0%	50.0 %	100. 0%
Total		Count	28	12	20	6	20	13	100
		% within occupation 1	28.0 %	13.%	20.0%	6.0%	20.0 %	13.0 %	100. 0%

Source: Researcher's Study, 2017

Occupation one (1) was used by the researcher to refer to the occupation before the first imprisonment.

It emerged for the study results that 50% of farmers went to prison due to theft and another 50% went to prison due to driving/riding without a license. It was also observed that 50% of those who were not employed went to prison due to theft and another 50% went to prison due to trespass. Considering the results, as they are they are in the table, it emerges that the occupation of the respondents before the first imprisonment was related to with the reason before the first imprisonment.

Table 4.8: Reason behind second imprisonment (Inmates)

Reason behind second imprisonment	Frequency	Percentage
Robbery	33	33
Possession of cannabis	8	8
Assault	42	42
Gambling	17	17
Total	100	100

Source: Researcher's Study, 2017

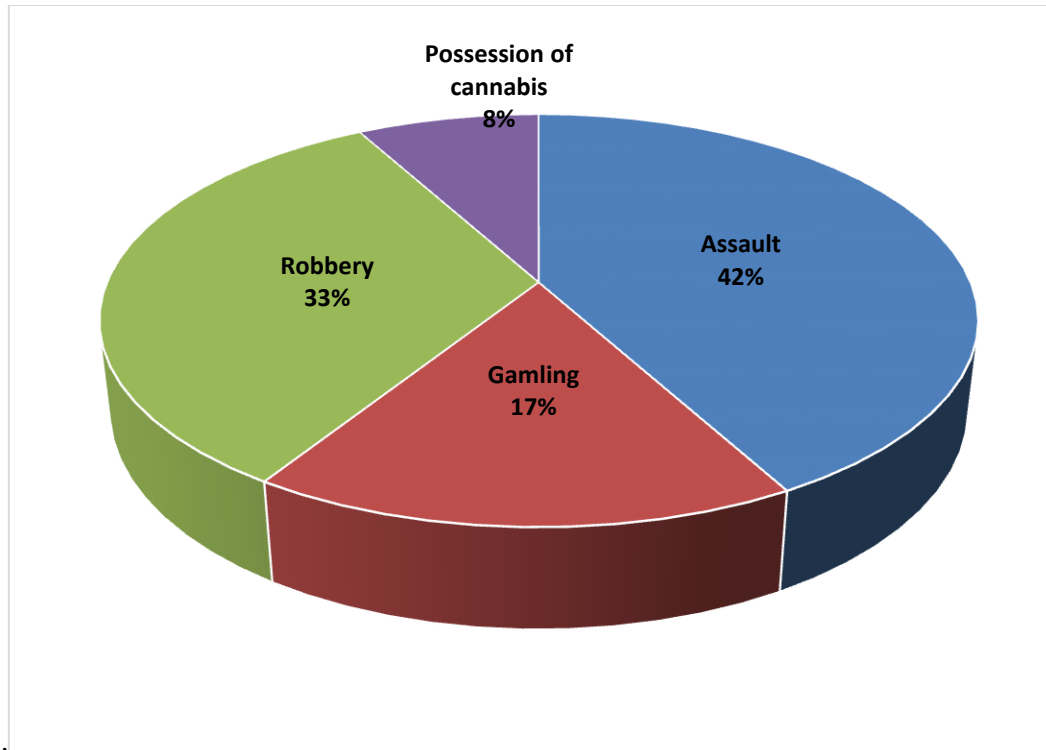


Out of the 100% (100) respondents in this category, there were 80% (80) of them who had been to prison more than once. At this point, out of 100 inmate respondents 56(56%) of the respondents had been to prison just once and hence were exempted from responding to this particular item since it was only relevant to those who had been to prison once. Strictly speaking, this group of respondents should not be considered recidivist but were captured by the study due to the fact there was difficulty in getting recidivists from some regions and as such to include such regions in the study, there was need to pick such respondents to participate in the study.

Out of the 80 respondents who had been re-incarcerated, 33% went back to prison for robbery, 8% went back for possession of cannabis, 42% went back to prison due to assault and 17% of them went back due to gambling. These findings reveal that first time offenders who end up in prison graduate and commit even more serious, especially violent crimes. Imprisonment enhances criminality suggesting that programmes in prisons are not working.



Figure 4.4: Reason behind second imprisonment (Inmates)



Source: Researcher's Study, 2017

The effect of previous criminal history on future criminality is presented by Moffit (1993).

The analysis of time interval and the effects of previous criminal history on recidivism rates shed light on the characteristics of Moffit's taxonomical distinction between different groups of criminals' offenders. If, for example, the analysis shows that the past criminal history determines recidivism rates in a different way for the adolescent-limited than for the life-course-persistent, Moffit's claim that each groups exhibit a unique offense pattern is supported. If, for example, results show that previous criminality has no effect on future criminal involvement for the life-course-persistent, then one should look elsewhere, perhaps on characteristics established early in life as Moffit (1993) asserts, for the origins



of the persistent criminal rather than past criminal history as the developmental theories suggest, and apply the cumulative effects of previous criminality only for analyzing criminal histories of the adolescent-limited. In addition, if the analysis shows that previous criminality affects the unfolding of future criminality for the adolescent- limited offender only it will provide support for Moffit's taxonomical distinction and for her claim that the cumulative effects of previous criminality are much more dramatic for the adolescent-limited than for the life-course-persistent.

This literature shows that either way, a recidivist could end up in prison due to their past experience in prison or for unrelated causes all together. This study was able to establish a trend of violence oriented crime for the offenders who went to prison for the second time since a comparison of the first and the second offence for the respondents indicated that not all but most respondents were in prison the second time due a more serious criminal activity.

4.2.2 Types of Rehabilitation Programmes Available in Tamale Central Prisons

The types of rehabilitation programmes available in Tamale Central Prisons were sought with the aim of establishing if the programmes were really in some selected prisons with the needs of the prisoners who go through these rehabilitation facilities.

Rehabilitation programmes should meet individual needs of prisoners by helping them outside prisons and recidivism in society. Effective programmes should successfully rehabilitated prisons by changing behaviour or helping them find something meaningful to do after their release from prison.



Table 4.9: Types of vocational training prisoners were engaged in during their first imprisonment (Recidivists)

Type of vocational training prisoners	Frequency	Percentage
Tailoring	17	17
General electrical	7	7
Metal work	10	10
Carpentry	13	13
Prison farm	30	30
Masonry	7	7
None	17	16
Total	100	100

Source: Researcher's Study, 2017

The type vocational training that the respondents engaged in during their first imprisonment was thought to be important because it expected to change the course of their lives. The study revealed that 30% in farming activities, 17% were engaged in tailoring, 17% engaged in none of the vocational training activities that were available in prison, 13% had engaged in carpentry, 10% in metal work 7% in General electrical, 7% in masonry.

Majority of these respondents, according to the study, had engaged in farming activities. It is clear from these findings that a big percentage was not involved in any training and as



such, would not be equipped with meaningful additional skills when they get back to the society. As a result such people are not adequately prepared in any way for stable re-entry into the society both in their families and also economically.

Empirical evidence shows that former prisoners are at high risk of poverty because of the challenges they face in becoming reconnected to society by finding employment or accessing public assistance.

These challenges are the result of the stigma of incarceration, as well as the disadvantages that often characterize this population, including low levels of education, mental health problems, and substance abuse. Given these challenges, the well-being of former prisoners is likely to be heavily determined by their access to, and effective use of, both public and non-profit social services and by their ability to access social support from family, friends, and partners. Little is known about how former prisoners make ends meet after their release from prison, how or why some are able to secure services and supports while others are not, or which services and supports create pathways to employment or long-term legitimate income sources.

Because economic security during the period immediately after prison is important to establishing a conventional lifestyle rather than returning to crime, understanding how former prisoners make ends meet may help to understand longer term post-prison outcomes. This therefore means that there is need for stakeholders to ensure that rehabilitation and re-entry programmes available in prisons take care of all these issues to reduce recidivism.



Table 4.10: Vocational activities prisoners are engaged during their second imprisonment (Inmates)

Vocational activity	Frequency	Percentage
Tailoring	16	20
General electrical	10	12.5%
Carpentry	13	16.3
Prison farm	24	30
Masonry	11	13.8
None	4	5
Total	80	100

Source: Researcher's Study, 2017

The study aimed to establish the type of vocational activities prisoners are engaged during their second imprisonment. For those who had been to prison more than once. The study wanted to find out whether if there was any meaningful change in the patterns of the rehabilitation in their first prison for these people. The study revealed that in their second imprisonments, these prisoners were engaged in different alternatives as follows; 30% in farming activities, 20% in tailoring, 16.3% in carpentry, 5% did nothing at all, 12.5% in general electrical and 13.8% in masonry.



Majority of the respondents engaged in farming activities. This shows that the single most engaged in activity in prison is working on the prison farm.

With the introduction of the scheme in which prison facilities were expected to generate their own revenues to augment what they received from the central government, it appears from the findings that prisons have engaged prisoners so much in farming activities but only as manual labour, which do not increase only new skills. When released from prisons such people are less likely to be engaged in any income generating alternatives in the forms and hence more likely to engage in illegal alternatives that predisposed to arrest and convictism again. This on assessment of farming practices in prisons should be made so that skills in farming practices could be emphasized. In particulars training on farm generating activities such as maize, vegetables, tailoring, and carpentry and joinery should be provided to prisoners.

Equip with such knowledge, prisoners once release are more likely to be involved in these activities and less likely to revert back to prison gain.

4.2.3 Effectiveness of rehabilitation programmes of in Tamale Central Prisons

It was of great importance for the researcher to establish the level of effectiveness of the rehabilitation programmes that are available in Tamale Central Prisons as this would put the study on a positive footing since the study set out to examine the extent to which such programmes contributed to the existence of recidivists.

It then follows that for the programmes to be rated as being effective, there was need for them to have reduced the level of recidivism considerably. The researcher needed to



establish the level of effectiveness of rehabilitation programmes in Tamale Central Prison so that attention would be shifted to another area of concern if the level was satisfactory yet the level of recidivism remained high. Table 4.15 below captures the introductory part of this subsection.

Table 4.11: Rehabilitative impacts associated with activities engaged during first imprisonment (Recidivists)

Activity engaged	Frequency	Percentage
Yes	53	53
No	47	47
Total	100	100

Source: Researcher's Study, 2017

The extent of effectiveness of rehabilitative programmes offered by Ghanaian prisons was evaluated and the results were as tabulated above; 53% were of the opinion that the vocational activity had a rehabilitative impact on the while 47% held that the activities they engaged in did not have any rehabilitative impact on them at all.

A slight majority of respondents were thus affirmative that the rehabilitative programmes had had an effect on them. Indeed, a high percentage (47%) felt that schools were less helpful and this calls for the need to reassess these programmes and replace them with more programmes supported by a high numbers of prisoners.



The Success to programmes in prisons can be linked to the theory of planned behaviour which suggests that behaviour is dependent on one's intention to perform the behaviour. Intention is determined by an individual's attitude and subjective norm.

Behaviour is also determined by an individual's perceived behavioural control, defined as an individual's perceptions of their ability or feelings of self-efficacy to perform behaviour. This relationship is typically dependent on the type of relationship and the nature of the situation (Godin and Kok, 1995). The fact there were respondents who went through what was considered rehabilitation programs and still remained the way they were implies that they did not make a decision to change or that programs in prisons are not working.

This means that it was not their intention to join the programmes that they went through but might just have been forced to go through them. Therefore, the attitude and intent could not help them for several reasons such as the available programmes not being able to cater for all their needs. Forced, meaning that the programmes have less impact and therefore unsuccessful.

There is therefore need to generate programmes that prisoners themselves felt will be more helpful to them.



Table 4.12 Rehabilitative impacts associated with activities engaged during second imprisonment (Inmates)

Impact	Frequency	Percentage
Yes	24	33
No	54	67
Total	80	100

Source: Researcher's Study, 2017

Among the respondents who had been to prison more than once, only 33% acknowledged that the activity the engaged in during their second imprisonment had an impact on them.

The remaining 67% held that the activities did not have any impact at all. Under such circumstances, it therefore means that the activities have no impact and thus the chances of recidivism after the second incarceration are higher than in the first case.

4.2.4 Influence of the Physical and Human Environment on Inmates

The researcher sought to establish the impact that the physical and human environment has on the inmates to establish if this could give an insight into the reason why even after going through the rehabilitation programs available in prison there still exist recidivists. According to the Bandura's Social Cognitive Theory (1986), people are driven not by inner forces, but by external factors.



This theory suggests that human functioning can be explained by a triadic interaction of behaviour, personal and environmental factors. This is often known as reciprocal determinism. Environmental factors represent situational influences and environment in which behaviour is performed while personal factors include instincts, drives, traits, and other individual motivational forces. Several constructs underlie the process of human learning and behaviour change (Godin and Kok, 1995).

This thus drove the researcher to want to find out if there was really an impact that the physical and human environment has on inmates and by extension the existence of recidivists. The behaviour trends acquired while in prison are as presented in table 4.13.

Table 4.13: Behavioural trends acquired during custody (Recidivists)

Behavioural trends acquired during custody	Frequency	Percentage
Aggression	27	27
Leadership	13	13
Teamwork	33	33
Respect for authority	20	20
None	7	7
Total	100	100

Source: Researcher's Study, 2017



The study findings on the behavioural trends acquired while in prison showed that 27% of the respondents indicated that they had acquired a tendency of aggression, 13% acquire leadership skills, 33% acquired a teamwork spirit, 20% acquired respect for authority and only 7% acquired nothing from prison. Majority of the respondents therefore acquired a teamwork spirit from prison as a result of working with fellow inmates. It is however important to note that the percentage of respondents who indicated that they had acquired a tendency of aggression while

in prison were also large, which also explain higher rates of recidivism.

In contrast with the findings, (Bandura, 1986) states that despite the background of different inmates in prison. It reaches a time when they are brought together by the same fate which include4s same type of job, same assignment and same treatment at the same time. This therefore encourages them to embrace working together and hence building a formidable teamwork.

In contrast, people in a very warm climate are likely to be `Thamasik'. This kind of temperament is characterized by laziness and inertia. In a very hot place, it is unpleasant to keep working, because of perspiration and fatigue. In the tropics, the seasons do not change much and resource extraction is easy throughout the year.

This kind of climate makes for an attitude of surrender and the approach to the environment is marked by fear and superstition (Rempel, 1988). The moderate climate is most conducive for the `Sathwik' temperament. This is characterized by an awareness of oneself and the relationship of the environment to one's adjustment. Consequently the Sathwik approach involves living in harmony with the environment. The insight into the role of the environment in our well-being leads to a felt need to conserve the natural



environment. The Sathwik temperament is holistic, intuitive and well balanced (Lee, 1998:93). Prisons have often been scenes of brutality, violence and stress. Prisoners are faced with incidence of violence and are always concerned for their safety. A long-term prisoner named Jack Abbott had stated "everyone is afraid. It is not an emotional or psychological fear. It is a practical matter. If you don't threaten someone at the very least, someone will threaten you...Many times you have to "prey" on someone, or you will be "preyed" on yourself" (Tosh, 1982:93).

From these findings, although prisons aim to cure criminals of crime, however, their record has not been encouraging. Instead, prisons do more harm than good. The pains of jail confinement affect all prisoners in different ways. To begin with, the prisoners need to withstand the entry shock by adapting quickly to prison life. Prisoners are exposed to a new culture, which is very different from their own culture. Then they need to maintain the outside links. For example, keeping in contact with family and friends becomes more frustrating. While being in prison, the prisoner must determine his/her ways of passing the time since the hours appear endless (Tosh, 1982).

For some prisoners, the major source of stress includes the loss of contact with family and friends outside the prison. There is also the fear of deterioration and the wrong that one may not be able to back home given the poor conditions in prisons. The nature of interactions among prisoners, of whom may be hard-core criminals and cruel. There is lack of personal choice within the prison environment which affects prisoners. After many years of being told what to do they may well lose the ability to think for themselves and make their own decisions and choices freely (Tosh, 1982).

Every animal is only at home in its natural environment and in unnatural settings, its



behaviour becomes deranged. This applies to the persons in prisons too. Currently, are increasingly adopting new approaches most countries where prisoners are subjected to conditions as close as possible to normal conditions they were in before they were incarcerated. This could be seen as an attempt at making sure that they are not influenced undesirably by the environment change.

It is therefore obvious that inhuman and harsh conditions which have been associated with prisons only end up manufacturing inhumane and aggressive characters who when released back into the society, find it more difficult for them to fit back into society (Glanz et al., 2009).

In order to find out whether there was a relationship between the reasons for the second imprisonment and the behaviour acquired in prison, the researcher cross-tabulated the two variables and the results are presented in table 4.16.



Table 4.14: Showing Cross-Tabulation between Reasons Behind 2nd Imprisonment and Behaviour Acquired in Prisons.

Showing cross –tabulation between reasons behind 2 nd imprisonment and behaviour acquired in prison			Behaviour acquired in prison					Total
			Aggression	Leadership	Teamwork	Respect for authority	None	
reasons behind 2 nd imprisonment	Robbery	Count	3	0	3	2	0	8
		% within reason behind 2 nd imprisonment	37.5%	0%	37.5%	25.0%	0%	100.0%
	Possession of cannabis	Count	0	1	1	0	0	2
		% within reason behind 2 nd imprisonment	0%	50.0%	50.0%	0%	0%	100.0%
	Assault	Count	4	1	2	0	3	10
		% within reason behind 2 nd imprisonment	40.0%	10.0%	20.0%	0.0%	30.0%	100.0%



		imprisonment						
	Gamb ling	Count	2	0	1	1	0	4
		% within reason behind 2 nd imprisonment	50.0%	0%	25.0%	25.0%	0%	100.0 %
Total		Count	6	4	7	6	1	24
		% within reason behind 2 nd imprisonment	25.0%	16.7%	29.2%	25.0%	4.2%	100.0 %

Source: Researcher's Study, 2017

Prisoners who acquired aggression while in prisons in their first imprisonment were likely to revert back to crime and be convicted again because of robbery (38%) assault (40%) and gambling (50%). Prisoners who interact more with hard-core criminals are more likely to be dissatisfied with and cut off from society and therefore more likely to learn PTO deviant values.

Empirical evidence shows that ex- prisoners are more at risk to poverty because of the challenges they face in to finding employment or accessing public assistance.

These challenges are the result of the stigma of incarceration, as well as the disadvantages that often characterize this population, including low levels of education, mistrust, and



substance abuse. A few prisoners leave prison with job skills or other necessary resources already secured. Given these challenges, the well-being of ex-prisoners is more likely to be low owing to the low support employment from family, friends, or neighbourhood. Little is known about how former prisoners make ends meet after their release from prison, how or why some are able to secure services and supports while others are not, or which services and supports create pathways to employment or long-term legitimate income sources.

4.3 Most Common Causes of Incarceration

The longer the length of time spent in prison, the more the privilege and level of discipline. Moreover, the severe the crimes committed the stricter the surveillance while in prison.

Rehabilitation programmes in prisoners are structured according to gender with males taking more masculine programmes while females concentrate on female related programmes.

In addition, rehabilitation programmes are far too short to provide adequate rehabilitation of convicts, especially the hardcore criminals. Also, the idea of mixing inmates of both lesser and greater offences enhances greater exchange of deviant norms, values and lifestyles and therefore shaping criminal careers among convicts.

4.3.1 Types of Rehabilitation Programmes

Some of the most common programmes include tailoring, general electrical, masonry, prison farm and carpentry. These programmes are offered depending on the individual capabilities and the availability of training instructors.



4.3.2 Effectiveness of Rehabilitation Programmes

The respondents revealed that prisoners were fairly treated and received while in prison can be considered in all respects. Since both human and material resources are far too scarce. The biggest challenge that was cited by inmates was that the number of inmates far outnumbered the prison personnel. Consequently, rehabilitation programmes and any other services that prisoners are supposed to receive do not work out well. Further, prisons personnel are not professionals per se in the many different fields and corruption in prison is high where some inmates are favoured while others are discriminated against.

4.3.3 Influence of Physical and Human Prison Environment on the Inmates

There are many reasons why ex-convicts prefer to go back to crime and end up in prison again. Some ex-convicts perceive life outside prison as too harsh and difficult to cope with.

High level of poverty and in particular, the stigmatization, stress and frustration of making it in life, especially the difficulty in attaining basic needs at home increases food and insecurity problems of shelter. Indeed, poor counselling services and poorly framed counsellors encourages re-offending in that prisoners are not adequately assisted to realize that though there is food, shelter and security in prison, human freedom and dignity are more paramount.



CHAPTER FIVE

DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

This study set out to find out how the usage of rehabilitation programmes in prisons can reduce recidivism. The focus of the study was to evaluate the rehabilitation programmes that are available in Tamale prisons with the aim of finding out whether failure of such programmes contributes to re-offending among ex-convicts. The study also sought to establish how programmes in prisons could be improved so as to reduce recidivism in society. This chapter therefore covers a discussion of the findings, conclusions and recommendations of the study.

5.1 Summary of Findings

5.1.1 Demographic Information of Respondents

The study sought demographic information of the respondents where gender differences showed that there were more males respondents than female recidivists, which reflects differences in crime levels among both men and women. Men are more likely than women to recidivists and also commit all other types of crime in society. The study also observed that the youngest age bracket (18-24 years) and the oldest category (35-44 years) were less represented among the group of that appealed most often among recidivists (25-34 years) the serious need for employment and financial obligations to make them settle in life. Once the search for employment diminishes more and more people in this age category begin to



search for other illegal means to as to obtain income, and this predisposes to criminality. At these levels, recidivism increases more if they interacted more with hard-core criminals in the previous convictions. Younger offenders (18-24 years) may not interacted more with other criminals and may still be searching for employment and therefore less likely convicted. On the other hand the much older category (35-45 years) may have come to realize that it does not pay to break the law even if unemployed and facing financial difficulties. Such people lead frugal. However, going by the prevalent levels of unemployment in Ghana, such people are faced with numerous challenges of getting meaningful economic activities to engage in. For this reason, most youth in this age group end up in some activities which put them against the laws of the land which predispose and might even take to prison. The same scenario is replicated in the age bracket of 35-44 years where people in this age group also tend to find themselves more in activities that are most likely to pitch them against the law. However, young people in their prime years are more prone to engage in violent activities more than this category of people. This could be the reason why there were more respondents from that age group in the respondents. The marital status of the respondents was sought to establish how the respondents related with their spouses after recidivating. The respondents who were captured for the study were mostly married couples who could be said to have been socially stable.

However, what is important to note is that the percentage of respondents who fell in the category of the separated was higher than normal. In most cases, people in the villages just separate without following any court or traditional procedures to show that they have officially divorced. The slightly higher than normal number of separations can be attributed to the fact that some spouses chose to opt out of their marriage unions as a result



of their spouses being recidivists. There were also respondents who were single and were still recidivists though to mean that it is not only the married who engage in crime to provide for their families. Single people may also engage in criminal activities for their own various reasons. It was established the instability of marriage, separation, divorce and single parenthood stress and financial difficulties and hence the greater the difficulties in making ends-meet and consequently law breaking, more especially, among ex-convicts. Moreover, the higher the convictions, the higher the separations divorce in marriage. The level of education of the respondents showed that there were majority of respondents who only had primary level of education. There are also a higher number of recidivists who had secondary education in comparison to those who had college or university education.

Comparing primary level education and secondary level education to college or university education, it is clear that the primary and secondary education is considered lower and thus individuals with these levels of education are likely to be unemployed and therefore find it more difficult to survive in the higher competitive economy. Those in this group may be compelled by circumstances to engage in criminal activities since they need to take care of their day to day needs especially if they have younger dependents. In particular, primary do not school learners may be faced with great challenges in acquiring meaningful economic pursuits. That is probably why this group appears more frequently among recidivists. Lower levels of education increases unemployment and economic difficulties, which in turn increase stress and family inability that predispose one to criminality.

The occupation of respondents before and after the first imprisonment was also sought to find out if type of occupation contributed to imprisonment. Occupations that are temporarily and lower income such as those of casual labourers means of subsistence

predisposes individuals to engage in odd and deviant activities so as to survive. Although this means that such after their first imprisonment some higher risk of engaging in ways of getting extra cash which may not some ex-convicts may want to pursue honest living. Living below the means of subsistence poor pay and low level of capital make them go back to their previous occupations and therefore more likely to re-offend.

5.2 Specific Information

5.2.1 Most Common Factors Associated with Imprisonment

People go to prison for various reasons. The study thus sought to establish some of the most common factors associated with incarceration in the Northern region of Ghana. To be able to do this well, it was first important to establish the number of crimes and convicts, how many times they had been to prison and results revealed that most of the respondents who were selected for the study had been in prison twice. Juvenile, a large number of prisoners had also been to prison more than twice and the reasons associated re-offending was of interest to this study. A smaller percentage (%) had been to prison only once. Among the respondents who took part in the study, the most outstanding reason for their first imprisonment was that they had been involved in theft. There were also a considerable percentage of respondents who had been incarcerated the first time due to assault cases or driving/riding without a driving license.

Looking at the three activities that led these people to prison, one could say that they are lighter offences in comparison to the offences that caused the second incarceration for the many who had been to prison more than once.





As was mentioned earlier, there were isolated cases where respondents had been to prison due to murder the first time. This is a very serious offence but it is clear from the study results that there was a small percentage that fell under this category of offences. Looking at the reasons behind the second incarceration, majority (75%) of the respondents went behind bars due to reasons that could be considered more serious. Although there were people who went behind bars due to assault the first time, the number that went behind bars the second time due to assault was higher, in fact the highest among all the reasons that were given. It should be noted that the number of people who were incarcerated the second time due to robbery was also very high. Looking at assault and robbery, it can clearly be said that the respondents mostly went back to prison the second time due more serious criminal offences than was the case with the first time. However, not all of the respondents can be said to have become hard core criminals because there were some who were incarcerated due to reasons such as being found in possession of India hem (wee) and gambling. The latter can be considered lighter offence.

The general trend that is observed from the findings is however that prisoners graduate from lighter to more serious crimes after they have been to prison. Improvement appears to prepare convicts into committing more serious crimes, which suggests that while in prisons, criminals learn techniques and values from more hard-core criminals while convicts live in conditions that are inhumane and are often treated as inhumanely, it is highly unlikely that they will in turn treat other people humanely. Treating and respecting prisoners as human beings, with all their rights and responsibilities, form the foundation of all offender reintegration initiatives. Without this, the chances for success are severely diminished (Blumenthal, 1999).

Further, according to existing literature, the belief that prisons are "schools of crime" also has widespread support. The earliest writings on crime by scholars such as Bentham, De Beaumont and de Tocqueville, Lombroso and Shaw, suggested that prisons were breeding grounds for crime (Lilly, Cullen, & Ball, 1995:113). Jaman, Dickover, and Bennett (1972) put the matter succinctly by stating that "the inmate who has served a longer amount of time, becoming more *prisonised* in the process, has had his tendencies toward criminality strengthened and is therefore more likely to recidivate than the inmate who has served a lesser amount of time". This viewpoint is also widely held today by many criminal justice professionals and policy makers (Cayley, 1998; Latessa & Allen, 1999; J. Miller, 1998; Schlosser, 1998; Walker, 1987:113), some politicians (e.g., Clark, 1970; Rangel, 1999, who said that prisons granted Ph.Ds in criminality), and segments of the public (Cullen, Fisher, & Applegate, in press). Aspects of our popular culture (e.g., cinema) also reinforce the notion that prisons are mechanistic, brutal environments that likely increase criminality (Mason, 1998).

5.2.2 Types of Rehabilitation Programmes Available in Tamale Prisons

Prisoners who prefer to get back to prison after their released tend to raise more questions than answers. This is because traditionally, prison was perceived as places where everyone would do whatever is possible never to go back again. Prisons were more associated with the harsh and brutal conditions that the prisoners were subjected to in the past. In the contemporary world, prisons are seen as rehabilitative facilities which are punitive in nature but should remould the character of offenders to become responsible law abiding citizens. In Tamale prisons, programmes which are aimed at achieving this goal tend to



have training programmes including tailoring, farming activities, carpentry and masonry among others.

These programmes which are vocational in nature are major aimed at offering skills while in prison to help them remould their lives and generate income once out of prison. Most of the convicts serving their first imprisonment were involved in the prison farm, tailoring and carpentry. This may leave one wondering if they had chosen to be part of such programmes or this is just one of the programmes for prisoners. However, there were a big percentage of prisoners who did not engage in any activities at all. The question that arises is whether there should be room for prisoners to choose not to be part of any rehabilitation programme while in prison. Looking at the levels of education of most of the respondents, it is quite clearly that the range of vocational programmes available was quite suitable for them and could help them change their lives once outside prison. Yet chances among ex-convicts to revert back to crime and end up in prison more than once is high.

The vocational programmes engaged during the second imprisonment were similar in that convicts were to those serving their first time sentence. Involvement in prison farm was preferred by most respondents followed by tailoring and carpentry. Hence recidivists go through the same training programmes they had gone through in their earlier imprisonment therefore no value in training is add in subsequently sentencing. Though a variety of programmes are currently available in prisons such programmes may not be appealing to most prisoners. Today, many countries in the world especially in the developed countries have introduced very may well defined rehabilitation programs in their prison systems. Such programmes include drug, alcohol, vocational, addiction, juvenile and overall prisoner rehabilitation programmes. These are all aimed at ensuring that the rates of



reoffending are reduced to bare minimums although this has not been the case in some countries such as the USA.

In Ghana, rehabilitation programmes exist and are conducted at various levels. The prisons themselves offer programmes such as working on prisons farms and other vocational training programmes. The Ghanaian prison system also works with other organizations such as Planned Parenthood Association of Ghana (PPAG) whose mission is to reduce poverty, crime and re-offending by training prisoners in value addition, and HIV/AIDS and drug and substance abuse prevention. The programme builds the capacity of prisoners by equipping them with skills and technologies for self-reliance and income generation after they leave prison. The ex-prisoners are encouraged to share the skills he/she acquired while in prison with the community members and to form Community Livelihood Improvement Groups (CLIGs) to speed up their acceptance and address poverty at community level.

5.2.3 Effectiveness of Rehabilitation Programmes in Ghana Prisons

The fact that ex-prisoners went back to prison again even when they went through rehabilitation programmes raises question of whether the programmes offered are really achieving the purposes for which they were designed to achieve. The majority of the ex-prisoners captured in this study had been to prison more than once and as such, the programmes they went through the earlier or subsequent sentences confirmed that such programmes did not provide meaningful effect on them. Although a majority of them were of the opinion that the programmes they had gone through the first time sentencing had impacted on their lives, our interest was on those that programmes did not impact on them.



The percentage of those who did not feel any effect of the programmes was high which should not be the case. While such programmes may be more oriented, where they not focus on character building for the prisoner?

Therefore, there is the need for programmes to focus on ways of how to address character, discipline and self-control among convicts if meaningful change is to be achieved. Prisoners reported that they were recruited into programmes that they did not like and under such circumstances the chances of these programmes having effects on their behaviour are minute. This could be the reason behind the ineffectiveness of rehabilitation programmes.

Despite the fact that Ghana prisons have been making frantic efforts to ensure that the rehabilitation programmes they offer are effective to achieve the purposes for which they are intended, that is not the case. Only few inmates benefit from these rehabilitation facilities such that even if its programmes were to be effective as they should, the programmes are only limited to a smaller number of prisoners

5.2.4 Influence of the Physical and Human Environment in Prison on Inmates

According to behavioural psychologists, the nature of the environment in which someone is, be it, physical or human, has a bearing on the character of an individual. This trend seems to apply even in prison since the respondents who took part in the study indicated that they had acquired behaviours that were not originally part of their character. Among the behaviours that were acquired while in prison by most inmates included aggression, teamwork, leadership skills and respect for authority.



At this point, even before considering which behaviour was acquired by most inmates in prison, it is important to acknowledge the fact that prison environment had an impact on the behaviour of inmates. It was further established that the behaviour that was acquired while in prison was responsible for the re-imprisonment of many of the respondents. This comes from the significant relationship that was established between the acquired behaviour and the reason for the second imprisonment of recidivists.

Although most of the inmates acquired a teamwork spirit, it is their own discretion to either use it constructively or destructively while in the community.

A considerable number also learnt aggression while in prison this was associated more with their second imprisonment due to robbery or assault which is violent crimes. What is however baffling at this stage is why the prison environment would have such impacts on the behaviour of inmates when the government has done so much to ensure that there is a humane environment in those prisons and inmates themselves confirm that conditions in prisons had indeed improved and were no longer harsh as years past.

5.3 Conclusion

The study concludes that recidivism is associated with nature of several factors such as the rehabilitation programmes in prisons, the nature of environment prisoners are subjected while in prison, the level of socio-economic status of ex-convicts immediately after prison and the nature of ex-convicts reception they receive from the community when they are released from prison. The study observed that the nature of rehabilitation programmes that are offered in the prisons do not really cater for the needs of the inmates and fail to transform convicts into reliable and law abiding citizens. There is therefore need for those



current programmes in prisons to be tailored in which increases to improve skills and transform prisoners. There is need to ensure that re-offenders in prisons do not go through programmes they went through in the previous imprisonment.

It should however be noted that for optimum results to be achieved from rehabilitation programmes and the levels of recidivism brought down to the lowest level possible The community, the authorities and the correctional facilities should work in collaboration to achieve this goal. This should not however mean that the criminals should occupy everyone's time to make them appear as though they are very special. They should be made to acknowledge that their criminal acts are wrong and then work from that point towards reforming from such acts. Recidivism is a phenomenon that no single country in the world could be proud of and should thus be reduced or eliminated at all costs.

5.4 Recommendations

Based on the study findings, the researcher came up with the following recommendations:

- i. All stakeholders of prisons need to create more effective rehabilitation programmes which can reduce occurrence of recidivism in prisons.
- ii. The management of prisons needs to provide effective guidance and counselling in the prisons so as to counsel inmates in the prisons about the negative effects of recidivism.
- iii. The management of prisons needs to provide education and training programmes in order to increase inmates' skills and knowledge on economic opportunities and challenges and therefore increase income after prison, which will eventually reduce crime and deviant behaviour.



iv. When people are faced with stressful events and circumstances, especially those related to economic hardship, in particular, the associated with attainment of basic needs in the family, they may use drugs or steal in order to cope. However, this mode of behaviour predisposes them to crime and incarceration. Thus, Professional psychologists in prisons should counsel prisoners and help them learn the various ways of coping with extremely stressful circumstances both at home and in society.

v. The Government of Ghana needs to be more involved in supporting programmes in prisons in terms of both finances and professionals in order to increase skills and knowledge of inmates in prisons and improve their behaviour and consequently reduce crime, criminality and recidivism in society. There is need to recruit professional prison officers in proportion to the number of inmates in the country. This will provide opportunities for inmates to receive proper guidance and counselling. Ghana Prisons Service should offer all prison officers with refresher courses after every three years in the service so as to keep them abreast with new developments in the rehabilitation of inmates in prison; hence strengthen professionalism.

There is the need for the government to deploy teachers from the ministry of education to orientate inmates in both primary and secondary education especially those who were incarcerated while attending school or those who dropped out of school and are still young. Ghana Prisons should develop a comprehensive vocational training in all sections of the prison industries and that long term prisoners should take at least six months in the vocational training section, at the end of which they should sit for NVTI Grade one test. In addition, after attaining Grade one, the inmates should balance their time in such a way



that they engage in production, and proceed with vocational training until they attain Grade two. This will help them engage them in meaningful production after release.

5.5 Suggestion for Further Studies

Given that research is a continuous process, the following areas are for further research;

- i. An assessment of challenges in implementing of rehabilitation programmes in the prisons of Ghana.
- ii. An investigation of challenges inmates face in Ghana Prisons and the;
- iii. Effectiveness of the criminal processes in the judicial system



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APPENDICES

APPENDIX A: QUESTIONNAIRE FOR RECIDIVISTS

This questionnaire is a tool being used to collect data for a research on using rehabilitation programmes to reduce recidivism in Tamale Central Prisons. The study is based in Tamale, the Northern Region of Ghana. You are assured that the information you shall give will be treated as confidential and will not be used for any other purpose other than the academic use for which it is intended. You are therefore entreated to respond to the questions with honesty and to the best of your knowledge. Many thanks

SECTION A: PERSONAL INFORMATION OF RESPONDENTS

1. Gender: Male [] Female []
- Age: 18-24 yrs [] 25-34 yrs [] 35-44 yrs []
- 45-54 yrs [] 55 yrs and above []

2. Marital status

- Married [] Single [] Separated []
- Divorced [] Widowed []

Highest level of education attained.

- None [] Primary [] Secondary []
- College [] University []



3. Occupation before first imprisonment:

None Farmer Casual worker

Informal sector Other (Specify) _____

4. Occupation after first imprisonment:

None Farmer Casual worker

Informal sector Other

(specify) _____

SECTION B: SPECIFIC INFORMATION

5. How many times have you been to prison? Once Twice More than once

6. What was the reason behind your first imprisonment? _____

7. What was the reason behind your second imprisonment? _____

8. Which vocational programme did you engaged in during your first prison term?

Tailoring Masonry Textile Weaving

Shoemaking Basketry Smock weaving

Carpentry General electrical

Other (specify) _____



9. Which vocational programme did you engage in during your second prison term?

- Tailoring Masonry Hand textile weaving
Shoemaking Basketry Smock weaving
Carpentry General electrical

Other (specify) _____

10. Did the rehabilitative programme engaged in during your first prison term impact on your behaviour? Yes No

11. Did the rehabilitative activity engaged in during your second prison term impact on your behaviour in any way? Yes No

12. Which among the following behavioural trends did you acquire while in prison?

- Aggression Teamwork Leadership
Homosexuality Respect for authority

Other specify _____

13. Did the behaviour trend acquire in prison contribute to you second imprisonment?

- Yes No

14. What do you think are the main factors that would make the rehabilitation and

re-integration programmes in the prison succeed? _____



15. What recommendation/suggestions do you have on the rehabilitation programmes

implemented in the prison? _____



APPENDIX B: INTERVIEW GUIDE FOR PRISON OFFICERS

i. What rehabilitation programmes are in the prison?

ii. How effective are the rehabilitation programmes in prison?

iii. How is the reintegration of inmates into society carried out?

iv. Why do inmates come back to prison after their discharge?

v. How are inmates segregated in prison?



vi. Are the rehabilitation programmes responsible for recidivism in prison?

vii. Is the duration of training inmates enough to reduce recidivism?

viii. What challenges are the inmates facing with regards to the achievement of their objectives?



APPENDIX C: INTRODUCTORY LETTER

UNIVERSITY FOR DEVELOPMENT STUDIES



UNIVERSITY FOR DEVELOPMENT STUDIES
Faculty of Education
Department of Educational Foundations
Tamale Campus



THE REGIONAL COMMANDER
TAMALE CENTRAL PRISON
TAMALE

Dear Sir/Madam

LETTER OF INTRODUCTION- SIEKURE AANIAZINE AMATUS

We write to introduce the above named student of our institution who is doing research on "Using Rehabilitation Programs to reduce the number of Recidivists in the Tamale Prison," in partial fulfilment of the requirement for his degree.

The office would be most grateful for all support and courtesies extended to him in this endeavour. Information so obtained shall be used solely for academic purposes.

Thanks in advance for your support

Sincerely,


Rev. Fr. Dr Thomas Asante

(Coordinator)

Coord of Graduate Programs
Faculty of Education
U D S
P. O. Box 1350
Tamale, Ghana