

DETERMINANTS OF THE IMPLEMENTATION OF REHABILITATION PROGRAMME OF MALE INMATES: A CASE OF KERICHO MAIN PRISON, KERICHO COUNTY, KENYA

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Abstract: The year 2003 is known as the time prison department experienced positive changes in administration and treatment of prisoners in Kenya. As the new organization came to control, correctional department have experienced significant changes in arrangement of administrations, for example, food, clothes and even entertainment, for example, TV, videos, computers and educational facilities. The standard of food has been improved as far as quality and quantity, balance diet and Sanitation has improved and general neatness is up to the standard. The individuals who are debilitated are taken care of and officers are more human than previously. The general condition in jail for the most part has enhanced including yet not constrained to staff houses, their compensation and the general terms and state of administration simply like their partners in police and military. The researcher will go out to establish the determinants of the successful implementation of rehabilitation program of male inmates that leads to the achievement in changing drug addicts, alcohol drinkers, attackers, criminal conduct, rapists, and killers, without essentially hurting the guilty culprits. The primary purpose behind every one of these activities is to reduce or stop totally the number of convicts from returning to jail again after they are discharged. The research will be guided by the following objectives; establishing how chaplaincy and welfare services help in rehabilitating male inmates in Kericho main prison. Examining how vocational training help in rehabilitating male inmates in Kericho main prison. How literacy and education assist in rehabilitation of mail inmates in Kericho main prison. How reintegration program assist in rehabilitation of male inmates in Kericho main prison. How government policy help in rehabilitation of male inmate in Kericho main prison. The researcher will utilize descriptive research design due to the conduct of the respondent. Kericho main prison has a population of 600 the researcher used simple random sampling technique of 60 respondents for oral interviews and questionnaires. Tables were utilized to show the findings. Measurable Packages was utilized to examine information (SPSS 17.0) was used to analyzed data. The study found that that the re- integration program or remote parenting is one of the determinants of successful rehabilitation of male inmates in Kericho G.K prison. It is evidenced that strongly agree accounts for 28%, agree 42%, neutral 20%, and disagree 10%, this further shows that strongly agree and agree combined accounts for 70%. This clearly shows that education and literacy classes determine a successful implementation of rehabilitation program of male inmates.72% of the respondents are of the idea that government policy and administration is behind the success of implementation of rehabilitation programs of male inmates in Kericho main prison. The study recommends that prisons be well funded so that issues on rehabilitation can be availed and operations on rehabilitation can proceed without any shortage of funds. Officers need to undergo training so that they can handle offenders in a professional manner for most of the program to be successful.

LIST OF ABBREVIATIONS AND ACRONYMS:

ADSA - Alcohol, Drug and Substance Abuse

GK - Government of Kenya

IED - Institute for education in Democracy.

KPS - Kenya prison service.

SMR - Standard Minimum Rules.

CSO - Community Service Orders

HR - Human rights.

KCPE - Kenya Certificate of Primary Education

KPSTC - Kenya prison staff training college.

UN - United Nations.

1. INTRODUCTION

The most remembered law on earth as regards discipline, retribution and deterrence was the Hammurabi laws of 1750 BC. The motivation behind this was to pay eye for an eye, tooth for tooth and tit for tat, in treating offenders. Rehabilitation started in Roman Empire with development of Christianity in religious communities replaced executions. (Prison Handbook on Human Rights).

As indicated by Baz Dreisinger, 2016, North Korea, South Arabia, Japan, Russia, Venezuela and Turkey have the most exceedingly terrible sort of jail treatment. The recidivism rate in United State is 60% compared with Norway 20% .The longest super-max detainee was known to have been put in for thirty-two years under a (no human contact order),it is a mental slaughter this is a reality in United States (Dreisinger,2016).

In 1998 prison facilities in Rwanda were emptied to allow forgiveness most detainees were most noticeably bad than they enter. President Paul Kagame discharged all detainees with focus of forgiveness, (Prison Handbook on Human Rights). In South Africa after the battle for Independence, there was truth, justice and reconciliation commission drove by Desmond Tutu set to accommodate the blacks and the whites in spite of shameful acts delivered by the whites. Kenya has 92 prison facilities altogether; it is arranged in to three categories, maximum, main and medium.

The United Nations Standard Minimum Rules of 1989 abolished retrogressive laws, for example, detention without trial and capital punishments, likewise it champions the security of adolescents against mixing with old individuals, and furthermore arrangement of fundamental offices likes training and education. (Handbook on Human Rights in Prison)

Kenya Prison Service (2001) states that the principle point of jail office was to change and rehabilitate offenders. Kericho main prison is in Kericho county, Ainabmoi sub-county, Kericho Town. Kericho main prison was established in 1945 by colonial Government, (Kericho county development plan 2013-17). It is working with a population of 600 individuals. Detainees who are indicted terms for sentences of up to life in jail and remandees. Those serving short sentences of up to ten years are taking courses like carpentry, building and tailoring, those who are interested volunteer to do craft works. Kericho main prison gets wrongdoers from Bomet law courts, Sotik law courts and Kericho law courts, for the most part capital offenses like, murderers, robbery with violence, defilement, assault and sexual offences.

Chaplaincy and welfare administrations are embraced by religious workers, for example, Pastors and Reverends. They offer spiritual counseling and advising and every single religious meet with, companions, relatives and guardians so they can't get trouble in joining society after discharge. Training and education classes are likewise directed each year detainees sits for examination like other school goers and get certificates after exams. Training identified with God, that is spiritual guiding and counseling are done to empower inmates.

Kericho County has 49% school dropouts this has prompted high crime rate (Kericho County Development Plan, 2013-2017).Unemployment rate is 47%,38% among young people are idle subsequently depend on guardians and the rare sorts of people who are utilized this has pushed up the rate of neediness, raising the rate of crime.

The Kipsigis Community of South Rift has a retrogressive culture of denying land their kids to utilize, this has added to joblessness and idleness to young people, and it has even prompted a few adolescents falling back on liquor addiction and drug abuse (Kericho County Development Plan, 2013-2017),women in the community does 70% of the household work, a feeling of gender bias ,while men are sitting out doing nothing, this later causes family disputes ,causing aggressive behavior at home bringing about criminal acts. Detainment facilities winning plan should be assessed to repay detainees legitimately for the work done and furthermore as a method for gathering money to begin life after jail, to abstain from carrying out wrongdoing once more.

Dreisinger is more hopeful about the world's prisons than a significant number of us. There are puts in her account, for example, a comment inferring that detainees are "bright people"— where I locate her certain cloying. In any case, her mentality is totally essential in the event that anything is consistently going to change with overall detainment process. In Kenya, for instance there are still detainees sentenced to death subsequent to being discovered blameworthy of capital offense, for example, murderers, and robbery with violence and endeavored theft. Jail specialists are accused of the duty of executing capital punishment. Prison officers must be Sensitive to detainees under sentence of death. The affectability additionally stretches out to individuals from their families. Supervision is upsetting assignment particularly after the date for execution has been set, the work force capable will require extraordinary preparing and support. They should be given each conceivable help to record progress against the sentence as they experience rehabilitation process. A review of Kenyan law uncovers an assortment of the previous uncommon contemplations. The youngsters Act requires each court managing a kid before as to the best advantages of the tyke and further makes strides for expelling him/her from unfortunate environment and to anchor legitimate arrangement for the kid (Kenya prison Handbook on Human Right, IED) .

As indicated by the United Nations standard least principles (SMRS) (1989) for the organization of adolescent equity likewise endorses detainment just as a measure of final resort and for the most limited timeframe different insurances additionally apply, for example, division from grown-ups. Their records are to be entirely private. Care, security, instruction, and professional abilities are accentuated and semi-institutional courses of action, for example, asylums, day – time preparing focuses and other suitable plans outside the jail situations. Kenya Prison Service (2001) states that, the primary point of the jail division was to change and restore detainees to set them up for re-integration with society or reentry as it was known in a few nations.

The new authority strategy denotes a significant move that required fitting preparing to succeed. Also, such preparing concentrated on the movement data and comprehension to select and in addition build up their expert aptitudes and change states of mind and conduct towards detainees. Prisoners rehabilitation programs should be made arrangements for and actualized appropriate from when detainee enters into the jail to when they leave, with help even after they clear out. This implies the detainee to be taken through a procedure that enables jail experts to check his odds of reconstruction and to set up an arrangement for such reorganization. Life in jail ought to be set to empower proactive activity by detainees' change, rather than pointlessly strict standards or discipline, inmates is required to work, and these ought to be given a chance. Measures, for example, parole and retribution ought to be utilized imaginatively to impact maintainable change in conduct. The profit plan should be evaluated to remunerate inmates' property for their work and furthermore as a method for gathering funding to restart life after jails. Measures ought to likewise be set up to give proceeding with help to the discharged detainee to counteract backslide once more into criminal action.

Statement of the Problem:

On 15th December 1989, United Nation General Assembly passed a resolution concerning human rights and reasonable treatment of wrongdoers all in all, hash discipline, for example, confinement without trial and capital punishment was abolished in regard to human rights and right to life.

A few nations, for example, Brazil, South Arabia, Turkey and Russia has got poor sort of prison facilities framework in the world (Baz Dreisinger, 2016), anyway a few nations, for example, Norway, Australia and Singapore, have the best routine with regards to prison framework.

Brazil acquires \$120,000 per detainee every year the moved which would have been utilized to do other development, (Dreisinger, 2016).United State spends 54 billion dollars every year locking up prisoners. In United State most instances of recidivism are because of drugs, heroin. Furthermore, alcohol abuse, 45 percent of discharged detainees are re-captured inside a year.

In US most instances of recidivism are because of drugs and alcohol abuse (NIJ 2014).Nearly 40% of those going to prison has no occupations (Ndibang,2014),while chances of getting business is slim as a result of jail records and disgrace.

In Rwanda President Paul Kagame exhausted and pardons each one of the individuals who participated in genocide in 1994 in Rwanda, for absolution to maintain a strategic distance from superfluous enduring and retribution on detainees which may not expedite peace to that country. (Handbook Human Rights in Prisons).

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In South Africa, the soul of truth and justice commission drove by Desmond Tutu in 1998 drove the path in accommodating the warring group of highly contrasting who couldn't see each other eye to eye and now they're living respectively to date.

Kenyan correctional facilities, in the same way as other different prisons had encountered high rates of Return back to prison despite numerous rehabilitation programs offered to the inmates, this demonstrates the high crime rate. (Handbook on Human rights in Kenya Prisons). Imprisonment is vital as a result of requit, deterrence and rehabilitation (CAP 90) laws of Kenya. The procedure of imprisonment and inevitable arrival of convicts is costly to the families and individual too (McKean, 2004).

The issue of putting minors and grown-up detainees is likewise an issue in that the minors are sodomized by grown-ups Madoka report (2010). Also congestion of inmates causes infectious Diseases like TB and HIV/AIDS. Kericho main prison is not exceptional, instances of recidivism do exists, the vast majority of the prisoners originates from tea developing zones where they are utilized as easygoing workers. When they receive the small amount, they go for cheap alcoholic drinks making them drunk hence commits crime. Land in this county has been sub-divided into little segment rendering some to landlessness, additionally there exist high rate of school dropouts prompting high wrongdoing rate.

Objectives of the Study

1. To determine how access to chaplaincy and social welfare services influence successful Implementation of rehabilitation program of male inmates in Kericho Main prison.
2. To examine how reintegration program influences the successful Implementation of rehabilitation program of male inmates in Kericho main prison.
3. To assess how literacy and education determines the success of Implementation of rehabilitation program of male inmates in Kericho Main prison.
4. To establish the extent to which vocational training influence the success of Implementation of rehabilitation program of male inmates in Kericho Main prison.
5. To assess how Government policies determines the success of Implementation of rehabilitation program of male inmates in Kericho Main prison.

Research questions

The study seeks to answer the following research questions.

1. To what extent does chaplaincy and welfare service contribute to successful implementation of rehabilitation of male inmates in Kericho main prison>
2. To what extent is reintegration program contribute to successful implementation of rehabilitation program of male inmates in Kericho main prison?
3. How does literacy and education determine the success implementation of rehabilitation program of male inmates in Kericho main prison?
4. How does vocational training assist in success of implementation of rehabilitation program of male inmates in Kericho main prison?
5. How does government policy help in successful implementation of rehabilitation program of male inmates in Kericho main s prison?

Limitation of the Study

Limitation is weakness, hardship, a gap or shortcomings (Burns et al 2005). The researcher had a problem in obtaining permission to access the respondents, it took a longtime waiting for authority, this was because of security concern.

There was also suspicion and mistrust among security agents as they could not understands the motive behind the research, the researcher had to produce introductory letter.

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Some of the respondents were illiterate, hence had to be assisted to answer the questions, this had to take time and unnecessary consultations.

Some of the respondents were reluctant to disclose their criminal records because of stigma, further; interrogation shows that most of the respondents live on denial.

There was also fear on part of the researcher in handling hardcore criminals, like murderers who keep using abusive language and uncooperative behavior.

There was also language barrier, some could not speak English or Kiswahili therefore could only be assisted by other respondents this took long time and unnecessary consultations.

Delimitation of the study

The researcher had advantage because the entire respondents were stationed in one place sharing one facility building; this was easy to collect information.

Good roads networks and availability of cheap transport, made the access Kericho main prison with easy.

Kericho main prison is one of the biggest prisons in south rift and it handles all categories of prisoners, therefore the researcher had a rich catchment for collecting data regarding rehabilitation of offenders.

Significance of the Study

This research project will be helpful to administration, in reducing recidivism and effective rehabilitation of detainees back to normal life, it will likewise be utilize full to strategy planners in Kenya and even all globally, subsequently it would be valuable for the pertinent government departments and Non-governmental in administration of rehabilitation program. It is additionally valuable to correctional organizations managing male and female inmates'. This study would likewise form basis on which others would build up their research particularly people of Kericho County.

Basic Assumptions of the study

An assumption is basically an imagination that a fact is true. (Oso&Onen, 2008). This research was founded on the accompanying presumptions; information accumulation instrument for this investigation will give legitimate and dependable information, explore instrument will give substantial and solid information. It will be accepted, for examine purposes that the picked test was suitable illustrative of the whole population of Kericho Main prison, which was genuine. It was expected that the respondents will have no issue in translation of the inquiries in the questionnaire and reacting properly, in the event that the respondents had an issue in the interpretation of the questions in the questionnaire and responding appropriately.

Definitions of Significant terms as used in the Study

This means concepts, groups of words meaning one thing.

Influence: The consequences or results of an activity.

Inmates: Any person, whether convicted or not, under detention in any prison.

Male: State of being a man or a boy.

Performance: The contribution of rehabilitation program to rehabilitation.

Rehabilitation: Process of instilling knowledge, skills and attitudes for the purpose of reformation, resettling and reintegration of an offender to fit back into the society as a result of a reformed character after discharge from prison.

Prison: Any building, enclosure or place where a person is lawfully detained awaiting trial or upon conviction.

Recidivism: The tendency for some prisoners to break the law and be sent back to prison after serving a previous sentence.

Determinants: an element that identifies or determines the nature of something.

2. LITERATURE REVIEW

Theoretical Literature Review

Restoration of prisoners is upheld everywhere throughout the world (Roberts, 2004), amid the late 1980s, recovery was recommended to be the essential objective for condemning youth. (Cullen, 2005) notes America unequivocally bolster the view that endeavors ought to be made to restore guilty parties as opposed to putting them in jail (Cullen, 2005).

Empirical survey

Welfare and chaplaincy is a procedure of helping detainees who are serving sentences in prison to come back to great wellbeing or an ordinary life by giving them preparing (ADSA arrangement, 2012). The objective of detainees' recovery programs is to change detainees from carrying out violations and helping them in beginning ordinary lives.

Rehabilitation is one of the center elements of tools used to reform a prisoner in jail framework. To understand this objective, detainees must get advising and direction alongside preparing in some expertise for productive work after leaving jail. The level of recovery accomplished in jail decides how well the detainee will change in the public arena after discharge. Social specialists and welfare officers are in charge of the arrangement of advising and direction to the detainees. The chaplaincy inside the jails Department tries to restore detainees through lecturing and instructing the expression of God, and offering profound directing and direction. They likewise go about as a connection between the detainees and the outside network all in all. (Madoka Report, 2008).

UN SMR, rules 41 and 42, (1989) detainees are furnished with religion of their decision where they go to administrations and be profoundly sustained. Love gives everybody a chance to set aside the business and bothers of the world and connect with Jesus Christ our ruler and guardian angel. A few people might sting so seriously that they can just express their torment through love. Tenets 41 and 42 gave that detainees might approach religious professionals of their decisions. They should be ready to go to administrations of individual required religious life. Chaplaincy assumes fundamental part in otherworldly and moral improvement of detainees and in giving active direction and advising, religious association material for instruction support and preparing openings.

As indicated by Kenya jail, (2011) Guidance is a persistent procedure worried about deciding and accommodating formative requirement for the customer. This is a term alluding to the expansive region of training movement and administrations went for helping individual in making and taking out sufficient plans and accomplishing tasteful modification throughout everyday life. Guiding is essentially making an association with a customer, strolling through it and he/she trust you enough to experience recuperating process. It is talented arranged process session where a man with troubles is helped to experience the issue and discover conceivable arrangements (KPS HIV Aids approach, 2007).

As per Kenya jails staff preparing school, Cadet beginning course notes (2011) late reasoning has prompted the developing conviction that sentences ought to be intended to aid the renewal, is tied in with changing character from terrible to great. This is acknowledged in connection to youthful guilty parties, and is additionally reflected in the arrangement of parole and network benefit orders (CSO) the promoters of this hypothesis contend that it gives a chance to the state to control wrongdoing by changing guilty parties. It is consequently that general condemning strategy uncovers youthful wrongdoers who are thought to have a chance to change as they develop) and first guilty parties who are not by and large given the most extreme sentence under the law since they are given the advantage of twofold about their odds of changing their ways Reforming is along these lines served when a guilty party leaves imprison with a make plans to change his/her courses to improve things.

Substance and drug abuse

Medication addicts Rehabilitation program in most Penal foundations that manhandle drugs, perpetrate violations like murder, strike, theft and Robbery with violence, taking, assault and endeavored assault (ADSA 2012). Remote child rearing/open days, this is one of the projects that has huge effect on prisoners since its intended to advance lead and enhance family quality help, frameworks by enabling guardians to keep managing their kids in spite of the detainment.

Brown (2009) found that in the course of the most recent three decades the detainment rates for drugs offense has expanded definitely. Darker found that out of more than two million detainees half of them are tranquilize related cases. Dark colored expressed that US spend around 8 billion dollars yearly detainment.

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As indicated by police, detainees in Venezuela (Latin American nation) utilize blackberry telephones and PCs to mastermind tranquilize bargains from their cells. On different events detainees and guests alike make utilization of a back street between cells to smoke Marijuana and rocks. These situations have provoked strategy creators and restorative experts call for expanded subsidizing of jail and network based medication treatment programs. Moreover, an assessment of the projects will give a brought down recidivism as estimated by captures.

Jail treatment programs on the planet/USA. Some remedial offices permit Narcotics cocaine or alcoholic. Self-improvement gathering are led on more than one occasion per week such gatherings give models to medicate free way of life and an emotionally supportive network to keep up the restraint resolve upon discharge. They demand balance empower sharing activity and issues discharged to medicate reliance, train valuable apparatuses to manage the greater to discharge and urge positive contrasting options to assist subordinate ways of life.

Singular advising accessible for sedate clients in which a guide specialist meets with an individual detainee every so often amid the week. The session centers regularly around issue sentiments dispositions and practices. The objective is to enhance the prisoner's mental self-view feeling of moral duty and capacity to work in a socially adequate way.

Gathering directing in which little gatherings of prisoners (more often than not 8-10 individuals) meet on more than one occasion week after week with a specialist. Showing detainees' religious convictions on Christianity, Supporters of the projects are of the view that detainees ought to be recuperated as well, after their dim past, these projects having turned out to be to be compelling since the level of re-offenses drop radically (Dnyshans, 2008)

Vocational training.

Obligatory preparing enables the detainees to learn abilities to be utilized outside the jail. In Tanzania, detainees serving long time sentences may get compulsory preparing at prison. The nation train more than 6,000 detainees took different exchange Tests in 25 years time span. On come back to jail they work on building abilities as a feature of detainment facilities Building Brigade that completes building contracts. Approximately 52% of indicted detainees take part. Kenyan prison a similar circumstance encountered, that was, and restricted choices in aptitudes the wrongdoers learned as a component of restoration program. The guilty parties can just prepare in the accessible abilities which include: brick work, fitting, metalwork, Agriculture and carpentry. Some of wrongdoers are not inspired by preparing.

Prisoners Earning Scheme

The winning plan is one of the most grounded disciplinary controls accessible in a jail. No detainee might get procuring for a considerable length of time when he is missing from work. Missing from work surpassing 4(four) hours in multi day might consider truant for the entire day and such unlucky deficiencies will incorporate participation at a wiped out motorcade or confirmation in doctor's facility if the detainees affliction is one of his own activity. Suitable help and training have appeared to diminish recidivism as much as 16 % (Mitchell, 2010)

The motivation behind procuring plan is: to advance teach, to empower detainees to have some cash on release from jail, to have cash to buy some basic things and others, cash earned in jail by a detainee causes a detainee to begin from some place after discharge from the jail, in spite of the fact that this may pull in then back in jail particularly when they are not acknowledged back in the family or network (KPSTC Cadet introductory course notes, 2011).

Hobbies and Handicrafts.

Prisoners who are talented in their exchange are of good lead fantastic conduct is offered opportunity to practice pastimes and crafted works for the jail officers for a little pay. . Diversions and handiworks keeps detainees occupied, imparts train among detainees, empower them to gain some cash as craftsmen, tailors, among others. Teach is a pointer of restoration program and fruitful reintegration back to the general public (CAP 90)

Policies and Legislation.

Lamp and Metz (2011) call attention to that generally the criminal equity framework has done pretty much nothing or nothing to restore detainees. The organization in Kenya is the administrations of correctional establishments according to the Cap90 Laws of Kenya presented by the British colonialists who acquaint a formal punitive framework with manage the culprits which were reconsidered in 1977 which should be changed for instance discretionary aptitudes for restoring

the prisoners. As indicated by Khanka (2007) preparing is instructing and learning exercises carried on the main role of helping individuals from an association to get and apply the required information, aptitudes and state of mind to play out their occupations viably. Lawmakers need to reconsider Cap92 and Kenya jail benefit Standing Orders that will enhance the execution of restoration programs (KPSTC, 2011).

As indicated by UN standard Minimum Rules (SMS) for treatment of inmates, gives that obligatory preparing should. The Researcher concocted five factors that were observed to be the deciding elements for the fruitful Implementation of restoration program of male detainees in Kericho main prison.

Chaplaincy and Welfare administrations are one of the key columns in arrangement of directing and guiding administrations, this in the end prompts social difference in the customer from poor state to great native. Professional preparing is likewise an imperative viewpoint in granting specialized aptitudes to prisoners, for instance carpentry, building and development, fitting and wiring. These courses will over the long period assist detainees with being independent consequently independently employed, this will diminish inaction and it will decrease the rate of crime.

Re-integration program is another target that stands to guarantee that there is smooth passage into the network after discharge from jail, this is exhibited by. remote child rearing where, companions, relatives and families visits a prisoner at jail to direction and advising and furthermore comfort the convict and strike the route forward, by fortifying great correspondence and furthermore an expression of pardoning

Instruction and proficiency classes are another element where a convict gets essential training, auxiliary instruction and grown-up training. This typically engages a convict, by opening up his brain to the outside world, consequently empowering him to use his insight for his advantages without taking part in criminal exercises.

Government arrangement and enactment has the most essential influence the extent that recovery of convicts is concern every one of the laws relating imprisonment of detainees and furthermore administration of detainees is attempted by the legislature in this way the achievement of restoration program depends solidly on the legislature.

Technology Advancement and return back to prison.

Technology has both negative and positive influences on performance of rehabilitation programs in Kenya prisons. Men generally interact with technology from early age more due to stereotyping and the socialization aspect of science being a man's domain (Brenston, 2011). Male inmates have gone high take especially smuggling of mobile phones in to prison, which they use to con the public, this has negative impact on the Department core function. In order to prevent that, searches are thoroughly conducted. To search is to examine carefully in order to find, prison security largely depends on thoroughness of searches carried out to detect and prevent any prohibited or dangerous articles from being smuggled into prison.

Congestion in prison

The core function of prison Department is undermined by factors such: Overcrowding of prisons; low inmates versus constable ratio; inadequate resources; poor living conditions which do not motivate constables; minimal training on rehabilitation among others

With overcrowding in prisons rehabilitation objective is not achieved, many cases of recidivism are experienced. The objective of rehabilitation is best implemented in long prison terms, for instance, long term prisoners are able to master the different skills imparted on them. The research reveals that, there successful stories where ex-convicts apply the skills learn in prison and excel. Rehabilitation as the core function of prison Department is being undermined by overcrowding (Madoka Report, 2003-2010).

According to a report on status of penal institutions in Kenya(2003-2010), Congestion is not only violates human rights and causes infectious diseases but also brings petty offenders continued to be remanded in prisons primarily because they were unable to raise the high bail or bond terms given by courts. In 2004 Meru prison Madoka Report, (2010) 6 prisoners confirmed dead of suffocation occasioned by congestion. Another issue concerns congestion is, mixing of inmates; petty offenders and those on capital offense. Also minors were being put together with the adult inmates.

This was said to have increased some misconduct by inmates including some sodomizing the juveniles at night. Congestion in prison was a major contributor to the poor health of inmates particularly when there is an outbreak of communicable diseases such as TB and cholera. The spread of these communicable diseases sometimes leads to being epidemic in prison (Madoka Report, 2010)

South Africa is faced with list of social problems. High poverty rates leads to high crime rates, which leads to higher incarceration rates, which in turn subject offenders to environments that make them more likely to re-offend, which costs the government more money, less left over to help alleviate the poverty

Education program

Prisoners released without any education, employment and cognitive restructuring addressing anti-social behavior has a negative impact on the communities they are released in. The African-American Forum (2013) points out that, in spite of their 'get tough on campaign' over recent years, violent incarceration and incarceration of offenders. Prisoners released, without the proper preparation breeds recidivism; the largest group being African-American male youth.

Programs within Kenya prison setting are categorized into formal and vocational training; education is the acquisition of knowledge and ability through intellectual, moral and physical training. Inmates get certificates after sitting various National examinations like Kenya certificate of primary Education. US Federal Bureau of prisons study found that successfully completed educational programs for six months confirmed to lower the return back to prison.

In Nigeria, many citizens are illiterates and those literate with basic normal education do not have access to information regarding to daily activities responsibilities. Criminal behaviors and delinquency are common occurrences in Nigeria. The recent cases experienced were; Rape, drug trafficking, murder, armed robbery, fraud, traffic offences and theft have become more serious to tackle as they have manifested with new methods and techniques (Omisakin, 1998). No empirical evidence of the extent of recidivism. South Africa estimated recidivism at 66 percent and 94 percent (Muntingh 2001) Recidivism figures are very high, this indicates rehabilitation has not been the main focus in these countries.

Theoretical Framework

The study was guided by Relapse Prevention Theory. Relapse is an act of returning to previous condition or a return to former mood, state or way of life, especially bad or undesirable after coming out of it for a while.

Relapse Prevention Theory

The theory provides a mechanism to assess the performances of rehabilitation programs on clients. Relapse prevention is a cognitive behavior model with origin in Banduras (1977) self-efficacy theory which presents a comprehensive and integrated framework for explaining the change process in psychotherapy. This theory argues that techniques producing initial behavior change may be ineffective at maintaining that change over time and avoid relapse. Relapse prevention treatment provides individuals with the behavioral and cognitive skills necessary to cope effectively with high situations temptations and interpersonal situations. The strengths of the theory include: Good support system; Good treatment team; Good insight; Motivation to get/stay better; drawing upon a wide range of skills.

Despite the strength of the theory, there are also weaknesses like Perfectionism, putting insight into action, dealing with changes. Strength and weakness will provide framework for relapse prevention plan.

Then above theory is related to this study in such a way that rehabilitation program aims at changing the habits and characters of the prisoners so that they become constructive persons in the community. Also the study tries to look at the influence of the rehabilitation program on reducing the incidences of re conviction of the prisoner after release. Hence all the above aims at changing the prisoners from being social misfits to people of great value in the community and also to make them change from the bad habits to useful people in the community.

Cognitive theory - is an approach to psychology that attempts to explain human behavior by understanding thought processes (Bandura, 1986). This helps in dealing with various categories of offenders).

Knowledge Gap

The literature review reveals that not much research has been done on rehabilitation in prison. The government additionally needs to address the root cause of crime. Technology should also be introduced, motivate prison handlers. And set up enough resources to promote rehabilitation program.

3. RESEARCH METHODOLOGY

Research design is basically method used to collect and analyze data (Orodho 2002) the descriptive survey technique was utilized as a part of this study. This examination method was decided for the research since it was reasonable for deciding the Determinants of the implementation of rehabilitation programs of male inmates in Kericho main prison.

Target Population

The target population refers to an entire group of individuals having common observable characteristics (Mugenda, 2003). The target population for this examination was male detainees to be rehabilitated in Kericho main prison, Kenya. This population included 500 prisoners and 100 officers.

Sample Size and Sampling Procedures

Sample is a small group selected from the target population (Mugenda, 2003)The target population for this study was male inmates to be rehabilitated in Kericho main prison, Kericho county Kenya. The population comprised of 500 inmates and 100 officers.

Table 1: Sampling frame

Introduction; the table shows categories of officers, target population and sample size.

Stratum	Target population	Sample size
Security officer	80	8
Welfare and Chaplaincy	14	2
Medical personnel	6	1
Prisoners	345	34
Remandees	155	15
Total	600	60

Sample Size

Sample size refers to the number of items to be selected from the target population. The sample size ought to be ideal to satisfy the prerequisites of proficiency, unwavering quality, portrayal and adaptability. The researcher used a sample size of 60 respondents that was 10% of the aggregate populace of 600 male detainees and officers in the Kericho main prison. According to Mugenda (2003), a sample size of 10% of the population estimate is viewed as satisfactory for clear research.

Sampling Procedure

The researcher selected representative sample by coming up with a sampling frame. A sampling frame is a complete listing of the sampling units a single member of a sampling population. A decent testing unit must be significant to the exploration issue. The examining outline in this research is the Determinants of the implementation of rehabilitation program of male detainees in Kericho main prison. Stratified procedure was utilized to choose 60 respondents. This system gave every last individual in the objective populace and equivalent shot of being chosen.

Data collection

Data collection for this research was done using questionnaire. The questionnaire utilized received organized inquiries. Majority of questions were close ended for qualitative data and few were open ended for quantitative data analysis. The survey had two sections. Section A concentrated on the statistic qualities of the respondents. Section B contained inquiries outfitted towards the goals and answers to the objectives. The questionnaire was favored as it was anything but difficult to control, less expensive than other information instruments and timely in use.

Data collection Procedures

The researcher administered copies of the questionnaire to 60 respondents. The respondents filled the questionnaire and the researcher picked them immediately after some hours.

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Validity of research Instruments

Validity refers to the issue of whether an indicator (a set of indicators) that is devised to gauge a concept whether it really measures. Validity refers to the appropriateness, meaningfulness and usefulness of the inferences a researcher makes. It also refers to the degree to which evidence supports any inferences a researcher makes based on the data he or she collects using a particular instrument. For example, if a project manager want to know whether the people support the project or not he or she will need an instrument to record the data and some sort of assurance that the information obtained will enable him or her to draw the correct conclusions about the people's feelings or opinions. The process of drawing the correct conclusion based on the data obtained from an assessment is what validity is all about (Bryman, 2012).

Borg and Gall (1989) defined validity as the degree to which a test measures what it purports to measure. The validity of the questionnaire used for this study was determined in terms of its construct criterion and content validity. The content validity of the questionnaire was determined by the use of a checklist. This was to determine whether the study has captured the variables, research questions and objectives in the questionnaire. A further consultant on the questionnaire was done through expert judgment to determine the construct, criterion and content validity. This was done in respect to the objectives, research questions and variables of the study.

Reliability of research Instruments

As indicated by Bryman (2012) Reliability refers to the constancy of measure of a concept Reliability refers to the consistence of the scores obtained. Reliable instrument needs to be valid instruments for example, a measuring scale that consistently under weights on object by one kilo is a reliable scale but it is not a valid measure of weight. This is consistent results with repeated measurements of the same object with same instrument. The degree of stability is determined by comparing the results of repeated measurements. The unwavering quality of the survey was improved by the test and retest strategy. This strategy was utilized to decide the steadiness and consistency with which the questionnaires utilized precisely measure the ideas. A similar questionnaire was controlled to a similar example of respondents inside an interim of multi week.

These respondents did not partake in the genuine examination later on and was done, keeping every one of the conditions favorable. This was through regulating a similar instrument on two unique events on similar individuals at that point looking at the reactions in the first and the second questionnaire (Best, 2002) more than half of the responses in all the questionnaire items were similar, hence the instrument was considered reliable.

Data analysis techniques

Data analysis refers to the calculation of specific measures alongside hunting down examples of connections that exists among data collection. During the time spent research, the specialist decided the connections or contrasts supporting or clashing with unique targets. Data analysis helped us in generating information, reaching determination and deciding. In unmistakable insights we can show our finding in a compact way and in inferential measurements we can create speculations from the example to the population. Data analysis falls into two categories namely; descriptive and inferential analysis. Descriptive analysis describes the phenomena in statistical terms. No attempts are made to make predictions or inferences. Data analysis was done by the help of the SPSS program. SPSS is an abbreviation of the statistical package for the social sciences. Data stored in SPSS is easy to manipulate through coding and summarizes data and manipulate with ease.

The term descriptive statistics stands for the procedures used in the description of data. Analysis is the process of converting raw data into meaningful statement. Descriptive statistics was used to analyze data in form of frequencies and percentages. SPSS version 17.0 was used to analyze the relationship between the variables using data was converted into frequency counts. Such as percentages, frequency distribution tables and expressed in words. Qualitative data are non-numerical in nature, thus the values of a numerical variable can only be classified into categories called classes (Mendenhall and Sinchichs, 2003). The information was presented in the form of tables from which conclusions and recommendations were made.

Ethical Issues

Ethics in research should be an integral part of the research planning and implementation process not viewed as an afterthought or about. There ought to be expanded cognizance of the requirement for strict moral rules for explores. Some

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of the ethical issues touch on deception and in vision of privacy. The three main ethical principles that need to be considered include; Benefits; maximizing outcomes for sciences, humanity and the individual research participants and minimizing or avoiding unnecessary risk harm or wrong, Respect; Treating people with respect and courtesy, including those who are not vulnerable (for example small children, people who have mental retardation or senility), Justice; Ensuring that those who bear the risk in the research are those who benefit from it, ensuring that the procedures are reasonable, non exploitative, carefully considered and fairly administered. In this regard data collection will be done with integrity with permission from relevant authorities. Ethical issues with regard to the respondents confidentially will be observed.

This is on the grounds that acquiring the sample frame involved taking individual data, for example, the name of the foundation or prison where information is gathered at all phases of the examination, care will be taken to stay away from vindictiveness and intellectual theft by recognizing the work of others through citation.

Operational Definition of Variables

The independent variable was determinants of successful implementations of rehabilitation program of male inmates aged between 20 and 55 years and above in Kericho main prison. These include the literacy and education, vocational training, chaplaincy and welfare services, reintegration or remote parenting and government policy. The dependent variables will be male inmates in Kericho main prison.

4. DATA ANALYSIS, PRESENTATION, INTERPRETATION AND DISCUSION

Questionnaire response rate

This indicates the percentages of the questionnaires that were filled and returned by the respondents. The researcher distributed 60 questionnaires reflecting 100%. All the 60 questionnaires were returned and were used for analysis.

Demographic information

Demographic factors considered in this study include age, gender, marital status and level of education. Age was coded as, 1(20 - 30), 2(31 - 40), 3(41 - 55) years. For gender males were coded as 1 while females were coded as 2. Marital status was coded as 1 for single, 2 for married and 3 for divorced. For level of education, no education at all was coded 1, primary education was coded 2, secondary coded 3, tertiary coded 4, and university coded 5.

Table: 3: Age of respondents

The table below shows the ages of the respondents who were interview and had chance to fill the questionnaire.

	Frequency	Percent	Valid percent	Cumulative %
20 – 30 years	15	25	25	25
31 – 40 years	24	40	40	65
41 – 55 years	18	30	30	95
Above55 years	3	5	5	100
Total	60	100	100	

The above table shows that the age 20 – 30 years represents 25%, the age 31 – 40 years represent 40%, the age bracket 41 – 55 years represent 30% and over 55 years represents 5% of the total. Therefore the highest respondents were between the ages 31 – 40 years which accounts for 40% of the respondents meaning that majority of people who commit crime are of 31-40 they are still strong but they are idle, so they engage in illicit drinks, bangs and all sorts of crimes.

Table 3: Gender of respondents

The table below shows the gender of the respondents in percentage and their actual numbers.

	Frequency	Percent	Valid percent	Cumulative Percent
Males	51	85	85	85
Females	9	15	15	15
Total	60	100	100	100

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The table above shows that males were the majority with 85% against women who were 15% only, this was because Kericho main prison is a male inmate’s prison, and the few females are prison wardens and nurses in the inmate’s dispensary, inmates who are males are dangerous to be handled by female officers.

Table 5: Marital status

Introduction; below are marital status of the respondents

	Frequency	Percent	Valid percent	Cumulative Percent
Single	12	20.0	20.0	20.0
Married	18	30.0	30.0	50.0
Divorced	9	15.0	15.0	65.0
Separated	21	35.0	35.0	100.0
Total	60	100.0	100.0	

Source: research 2018

The above table shows 35% of the respondents have separated with their families, followed by 18% married respondents, single was 12% and divorced 9% the rate of crime committed most of the time affects family setups hence causing the family to break up because a criminal will not support a stable home.

Table 6: level of education of the respondent

Introduction; the level of education contributes to crime committed

	Frequency	Percent	Valid percent	Cumulative Percent
Primary	24	40	40	40
Secondary	11	18	18	58
Tertiary college	10	17	17	75
None	3	5	5	80
University	12	20	20	100
Total	60	100	100	

Source: Research, 2018

24% of the respondents had primary level of education, followed by 11% secondary, tertiary colleges 10% and none 3% further interviews conducted shows that those who are committing offenses lack or has low level of education, they are also jobless hence idle, so it is easy for them to indulge themselves in crime.

Designation of officers

Table 7: designation of respondents

Introduction; implementation of the rehabilitation of inmates depends much on the skills officers have.

	Frequency	Percent	Valid percent	Cumulative Percent
Senior	3	5	5	5
Constable	30	50	50	55
Inspectorate	3	5	5	60
NCO	24	40	40	100
Welfare officers	1	0.01	0.01	100.01
Nurses	5	4	4	104.01
Total	66	104.01	104.01	

Source: Research 2018

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Most of the officers are constables with 50%, followed by NCO's with 40%, seniors 5% and inspectorates 5% Welfare officers 0.01% Nurses 4% This shows that most of the officers have not attained enough training to rehabilitate offenders. Agent training is needed to cushion and motivate inmate handlers.

Table 7: What made inmates to be convicted

Introduction; the table below summarizes the type of crimes committed by inmates.

	Frequency	Percent	Valid percent	Cumulative frequency
Robbery with Violence	6	10	10	10
Rape	15	25	25	35
Murder	12	20	20	55
Assault	15	25	25	80
Others	12	20	20	100
Total	60	100	100	

Source: Research 2018

Rape and assault cases had 25% each; murder and others had 20% each, further interrogation to majority of inmates who happens to be coming from south rift, is that rape traditionally is not taken in the community serious crime and is a shameful act which both parties do not want to be brought to public that is why it is not dying easily, the community needs more sensitization especially on sexual offence act and also the impacts of the act itself for example lessons on diseases; HIV/AIDS and venereal diseases.

Whether convicted before

The table below shows the responses on the frequency of inmates been convicted before

Table 8: Whether convicted before

	Frequency	Percent	Valid percentage	Cumulative percent
Yes	11	22.4	22.4	22.4
No	38	77.5	77.5	100
Total	49	100	100	

Source: Research 2018

From the above table most of the inmates have not been convicted, out of 100% questionnaires for inmates returned, 22.4% accounts for return back to prison by inmates while 77.5 % have not been convicted before, this shows that a lot of emphasis needs to be focused on rehabilitation, in terms of training officers, motivation in terms of housing and higher remuneration. The government should also check the rate of poverty and illiteracy.

Social welfare services have changed hearts of prisoners to be good people in the society

Table 9: social welfare services have changed hearts of prisoners to be good people in the society

The table below shows the role played by social welfare services against changing hearts of prisoner's to be good people in the society.

	Frequency	Percent	Valid percent	Cumulative %
Strongly agree	15	25	25	25
Agree	21	35	35	60
Neutral	12	20	20	80
Disagree	9	15	15	95
Strongly disagree	3	5	5	100
Total	60	100	100	

Source: Research 2018

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The above table shows analysis to the effect that chaplaincy and welfare services changes hearts of prisoners to be good people. 35% of the respondents agree, 25% strongly agree, 20% are neutral 15% disagree and 5% strongly disagree while 5% strongly. Generally, chaplaincy and welfare services are highly recommended by respondent as the best objective of rehabilitating inmates. The 15% disagree and 5% strongly disagree does not make much impact.

Vocational training enables prisoners to be self-employed

Table 10: Vocational training enables prisoners to be self-employed

	Frequency	Percent	Valid percent	Cumulative frequency
Strongly Agree	5	9	9	9
Agree	23	38	38	47
Neutral	13	22	22	69
Disagree	12	20	20	89
Strongly disagree	7	11	11	100
Total	60	100	100	

Source: research 2018

On analysis the above comments the agree carried the day with 38% followed by neutral 22% disagrees 11%, definitely most of respondents prefer vocational training as part of gaining skills so that people can do self-employment to avoid idleness which is recipe for criminal activities.

Education and literacy class have empowered prisoners to know what is happening around the world and life.

Table 11: Education and literacy class have empowered prisoners

	Frequency	Percentage	Valid percent	Cumulative Percentage
Strongly agree	13	21	21	21
Agree	29	49	49	70
Neutral	9	15	15	85
Disagree	5	8	8	93
Strongly disagree	4	7	7	100
Total	60	100	100	

From the above table, majority with the 49% prisoners agree that education and literacy classes empower people to be good in the society followed by strongly agree with 21% neutral 15%, disagree 8 and strongly disagree with 7%.

Government policy and administration has assisted in running the progress has made rehabilitation a success.

Table 12: Government policy and administration has assisted in rehabilitation success

	Frequency	Percent	Valid percent	Cumulative Percent
Strongly agree	12	20	20	20
Agree	31	52	52	72
Neutral	12	20	20	92
Disagree	3	5	5	97
Strongly disagree	2	3	3	100
Total	60	100	100	

Source: research 2018

From the above table majority 52% of respondents agree that government policy and administration is one of the best determinant of rehabilitations of offenders followed by strongly agree 20%, neutral 20%, disagree 5% and strongly disagree 3% it is true government legislation and political will help in running rehabilitation program in the country.

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Table 13: Comments on operation in prison now

	Frequency	Percent	Valid percent	Cumulative percent
Above average	19	32	32	32
Average	29	48	48	80
Below average	2	4	4	84
Don't know	6	10	10	94
Others	4	6	6	100
Total	60	100	100	

Source: Research 2018

In the above table 48% of the respondents rates operation in prisons now as average, 32% rate it above average, 10% don't know, 6% claim other reasons and 4% below average. This is an indication that life in prisons has improved very much. Services and facilities like televisions, books and radios are available, food and rations have improved, enumeration on officers has improved.

Among the following, which is the most popular skills trained in prisons

Table 14: Which is the most popular skills trained in prisons

	Frequency	Percent	Valid percent	Cumulative Percent
Tailoring	15	25	25	25
Metal work	4	7	7	32
Building	15	25	25	57
Carpentry	24	40	40	97
Wiring	2	3	3	100
Total	60	100	100	

Source: Research 2018

From the above table, carpentry is popular with 40%, followed by tailoring 25% and building 25%. Metal work 7% and wiring at 3%. Generally, most respondents prefer courses that earn skills so that they can be self-reliant.

5. SUMMARY OF FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

These are the general conclusions from the researcher. Tools and equipment should be availed for use example; sewing machines, carpentry machines and money to pay the power bills. Officers should undergo technical courses of training and counseling courses to enable them rehabilitate offenders in a more professional manner. Legislators should work on legislation so that some of the retrogressive laws are repealed, for example, separating offenders of different criminal records, the old offenders from the young ones. Placing offenders in a nearby prison to his or her home so that they can be visited often in order for them to get help from their people. Removing some unnecessary sentences for example death sentence, sentences touching on family disputes and sexual offences especially basing on age grounds. Court fines and bonds; some are humiliating and infringing on individual rights. Some bonds and fines are too high and do not consider individual ability to pay. Many are in prison due to inability to pay the fines. Delay of cases in courts also needs to be looked at seriously, a situation where a suspect takes long period without accessing justice should be a thing of the past.

Recommendations concerning the study:

The study recommends that prisons be well funded so that issues on rehabilitation can be availed and operations on rehabilitation can proceed without any shortage of funds.

Officers need to undergo training so that they can handle offenders in a professional manner for most of the program to be successful.

Technology should also be used positively in prisons for example the use of mobile phones to connect the offenders and their families in a reasonable way rather than conning or use in an abusive way. It should be used to pass useful information. Earning schemes should be adjusted to enable a prisoner to start life after his or her sentence.

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Prisoners undergoing vocational training such as carpentry to be given tools and equipments when they are leaving the prison so that they can continue using the skills learnt in prison to earn a living. The government should address poverty and illiteracy which is the major cause of crime.

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