

# **Influence of Vocational and Social Rehabilitation Services On Behaviour Modification of Inmates of Correctional Centre Gusau, Zamfara State**

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## **Abstract**

*This study examined the Influence of Vocational and Social Rehabilitation Services on Behaviour Modification of Inmates of Correctional centre Gusau, Zamfara state. Descriptive Survey research design was adopted for this study. The population of the study comprised 1,032 participants (consisting of staff/instructors, 240; ex-convicts, 263; and inmates, 529) at the Gusau correctional center, Zamfara State. The sample size for the study was decided using Research Advisor (2006) at 95% confidence level and 5.00% Margin of Error, the sample size for this study was made up of 322 (comprising 75 staff/instructors; ex-convicts, 82; and inmates, 165) using proportionate stratified random sampling technique, the main data collection instruments of this study was questionnaire. Both close-ended and open-ended questionnaire were employed It also contained two parts, Part A bio-data of the respondents and Part B main questions which were derived from the objectives of the study. The instrument for this study was face validated by three experts from various field, one from measurement and evaluation unit, and two from school of Guidance and Counselling Federal College of Education (Technical) Gusau, Zamfara state. The data collected was analysed using descriptive statistics (mean, standard deviation and simple percentage) via SPSS package. The findings recommend that the Correctional facilities should broaden their vocational training to include technology-driven and service-oriented skills, this will help increase post-release job opportunities. Moreso, in improving Social Skills and Reintegration Training the study recommend that there should be a Structured programs that will simulate real-world social and work situations, this will improve conflict management, interpersonal relationships, and readiness for community reintegration.*

**Keywords:** *Rehabilitation, Inmates, Behaviour modification, Social and Vocational.*

## 1. INTRODUCTION

One effective way to prevent inmates from reoffending and to help them reintegrate smoothly into the society after their release is to equip them with essential social and vocational life through rehabilitation programs. (Uche, Uche, Ezumah, Ebue, Okafor & Ezegebe 2015), The effects of correctional interventions on recidivism have important public safety implications when offenders are released from probation or prison. Hundreds of studies have been conducted on those effects, some investigating punitive approaches and some investigating rehabilitation treatments (Mark & Francis 2017).

Prison is an institution designed to securely house people who have been convicted of crimes or are on awaiting trial. These individuals known as prisoners or inmates are kept in continuous custody on a short or long-term basis. Usually, the more serious the offence, the longer the prison term imposed. Awake (2005) defined prison as a total institution or a place of residence and work, where a large number of like situated individuals are cut off from the wider society for an appreciable period of time together, lead and enforce formally administered round of life. This new environment is expected to provide the prisoners/inmates with particular opportunities of rethinking, stock taking and repentance from old ways (Omorogiuwa, 2014). *The term marriage refers to the union of man and woman as a husband and wife, or man and two more wives, it is the union between opposite sexes and does not include same sex marriage as it is commonly practiced in some developed countries, this is because marriage between same sex (man to man) that are permitted in many societies are considered as taboos, or abomination in many African countries (Odebunmi, 2007).* Through marriage two individuals start to live together to continue their marital life as well as for the creation of a new generation.

However, rehabilitation programmes are considered helpful provisions offered to inmates to ensure and promote their physical, mental-health, psychological, social, vocational and economic potentials (Federal Government of Nigeria, 1989;

Nigeria Prison Services, 2009; Asokhia & Agbonluae, 2013). For any meaningful rehabilitation to take place in a prison, the rehabilitation services must first be based upon adequate provisions, which should be accessible to the inmates (Igbinoia, 2003; Igbo, 2007). There are a number of prison rehabilitation programmes and services for inmates which provide specific skills crucial for preparing inmates for better living on release from the prison; while the main objectives of the prisons service, which is the reformation and rehabilitation of inmates can be actualized through programmes such as: social case and group work/intervention, recreational activities, educational programmes and skills acquisition programmes (Nigeria Prison Service, 1989). As a consequence, prison inmates that incorporate rehabilitation services during confinement are likely to gain skills that could provide employment and entrepreneurial opportunities upon their release.

*This paper argues that strengthening vocational and social rehabilitation programs for the inmates in prisons is essential for promoting successful life of inmates, reducing recidivism, and enhancing overall community safety, it also improved post-release reintegration outcomes, behavioural change and community readiness and address the persistent challenge of reoffending. It is against this background that the researchers felt that this research is important and findings are necessary, more so, this study is different from the aforementioned studies, the aforementioned reported studies were carried out at a different demographic area while this study is going to explore the Influence of social and vocational Rehabilitation Service on Behaviour Modification of inmates in Nigerian Correctional Centre Gusau. However, there is little or no research on the Influence of Rehabilitation Service on Behaviour Modification of inmates in both Vocational and Social areas within Gusau metropolis.*

### 1.2 Statement of the Problem

What prompted this research is the high-rate of recidivism which may not be disconnected

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to inefficient correctional services in Zamfara state correctional centres, this indicate that rehabilitation services may not be sufficiently effective in changing inmate behaviour and preventing future occurrences. This is also complicate their reintegration into society. Series of effort were made by the Parents, government and relevant stakeholders but prove abortive.

Presently, very few or no attempt in research was made in minimising the prevalent rate of recidivism within Gusau correctional centre. It is against this background that the present study sought to explore the influence of rehabilitation services on behaviour modification of inmates of correctional centre within Gusau local government area of Zamfara State.

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

- i. To find out the influence of rehabilitation service on vocational behaviour modification of inmates.
- ii. To determine the significance of rehabilitation service on social behaviour modification of inmates.

### **1.4 Research Questions**

The following research questions were raised:

- i. How does rehabilitation service influence vocational behavior modification among inmates in Gusau correctional centre?
- ii. What impact does social rehabilitation service have on behaviour modification among inmates in Gusau correctional centre?

## **2.0 LITERATURE REVIEW**

### **2.1 Introduction**

This chapter presents a review of related literature organized in the following sub-headings: conceptual background comprising

concept of Rehabilitation Services in relation to Correctional centre, Behaviour disorder, conduct disorder, Oppositional Defiant disorder and Positive behaviour support. It also presents the theoretical framework and empirical studies related to the study. The chapter concludes with a summary and uniqueness of the study

### **Conceptual framework**

#### **2.2.1 Concept of Rehabilitation Service in relation to Correctional Centre**

People perish for lack of knowledge and information. In a country like Nigeria, many of her citizenry are illiterates and those who manage to have the basic normal education do not have access to information regarding their day-to-day activities. The media's provisions are not the best for the neo-literates. Hence, criminal behaviours and delinquency are common occurrences in Nigeria. In recent time, armed robbery, kidnapping, drug trafficking, fraud, traffic offence, rape, murder and theft have become more serious to tackle as they have manifested with new methods and techniques (Omisakin, 1998). According to Starbuck (2002). The place of rehabilitation services in the reformation and transformation of prison inmates have continued to be on the front burner of public discourse in recent time (Tanimu, 2010). Leading this discourse are professionals like adult educators, counsellors, social workers, psychologists and medical doctors. These professionals seem to be at a consensus that rehabilitation programmes or services in prisons will help prison inmates acquire the much-needed social skills, vocational training, attitudinal and behavioural changes, and education to be more useful to themselves and the society upon release. To achieve the above, rehabilitation services in Nigerian prisons have been defined as services provided for prison inmates in order to restore them to fullest physical, mental, psychological, social, vocational and economic usefulness which they

are capable (Federal Government of Nigeria, 1989).

According to the Nigerian Prison Service Manual (2011), the realization of one of the major objectives of the prisons service - the reform and rehabilitation of convicts are to be done through a complicated set of mechanisms consisting among others: conscientization, group work, case work session, recreational activities, religious services and adult and remedial education programmes, educational development project, skills acquisition programme, mid-range industrial production, agricultural service and after-care service programme. The prison's services providers should not only identify the causes of the prisons' inmate's anti-social behavior but also endeavours to set them on the road to reform through induced self-rediscovery and eventual change for the better. According to Federal Government of Nigeria (1989), some of the specific objectives of rehabilitation services in Nigerian prisons are to: i. Ensure effective management of crisis situation of the prison inmates; ii. Ensure an appropriate training for the prison inmates in order to reduce dependency; iii. Promote the provision of adequate and accessible recreational and sporting facilities for the prison inmates.

More so, the Health and Social Welfare Directorate of Nigerian prisons (2011), prison inmates are provided with adult and remedial education programmes (AREP); this section tries not only to identify the causes of the inmate's anti-social behaviour but also endeavours to set them on the road to reform through induced self-rediscovery and eventual change for better. According to Sutton (1993) there are three main immediate objectives of prison education at the basic level, reflecting differing views of the purpose of a criminal justice system: a. To keep inmates meaning fully busy b. To change attitudes and behaviour c. To enable employment,

vocational skills and/or advance to further education and training the general assembly of the UN basic principles for the treatment of prisoners was adopted on 14 December, 1990 (Resolution 45/111). One of these principles is that all prisoners should have the right to take part in cultural activities and education aimed at full development of the human personality (No.6). It emphasized that: (i) The educational level of offenders be considered if education is to be provided. (ii) The education must be of the appropriate type. The importance of recreational activities to healthful living, particularly at this present age of technology, is no longer in doubt. In fact, literature is replete with the attributions of recreational activities to the maintenance of good health and longevity (Mgbor and Eneku, 2003).

The Inmate Training and Productivity (ITP) Directorate of Nigerian prisons is charged with the responsibility of training inmates specifically in prison farms and industries for the purpose of not only imparting self-sustaining skills on them but also in the process inculcating in them, the positive orientation of finding dignity in labour (ITP, 2011). There are also cottage industries which train inmates in mid-range industrial production. Some of these are furniture-making, soap-making, toilet roll production, manufacturing aluminum pots, and metal works fabrications and so on. These are geared towards giving the inmates practical skills that can help them live self-sustaining lives on discharge (ITP, 2011). To address the spiritual needs of inmates, activities include worship services, religious courses, prayer services and scripture study courses. Some prisons provide chaplains to assist inmates with crises intervention and to assist them during times of personal crises (Tanimu, 2010).

It is true that prison inmates can choose to change all by themselves, but giving them a helping hand is a lot better. Almost all prison

inmates who are thinking about changing don't know how to start anew. By providing prison religious rehabilitation programmes, they will be enlightened that a brighter future still awaits them (PRT, 2001). According to Enuke (2001) prison inmates prefer one rehabilitation service or activity to the other. This position was corroborated by Tanimu (2010) that rehabilitation or recreational activities prison inmates engaged in depends on whether they are inside or outside their cells and the one they prefer. He said when in their cells, prison inmates prefer games like draft, ludo and cards. Correctional education has been linked as a factor in reduction of recidivism and post-release employment. Steutrer and Smith (2003) surveyed 3170 inmates from Maryland, Minnesota and Ohio prisons in United States of America to compare correctional education participants in three States- Maryland, Minnesota and Ohio on a number of key socio-demographic and outcome variables.

### **2.2.2 Behaviour Modification**

Behavioural psychologists are of the view that human behaviour could be changed through behaviour modification. Behaviour modification refers to the approach used by behavioural psychologist to modify behaviour (Feldman, 1999). Earlier, Axelrod (1997) observed that behaviour modification is specifically concerned with change of behaviour in desirable direction. In other words, it is concerned with the correction of individual character. Similarly, Atherton (2001) affirmed that behaviour modification is based on the reinforcement of desired behaviour and the elimination of undesired behaviour. According to Feldman (1999), the principle behind behaviour modification is that, good behaviour is maintained by reinforcement and unwanted behaviour is eliminated by punishment. This principle therefore represents the basis of adopting behavioural approaches in

the treatment of inmates in correctional institutions. Correctional institutions are basically aimed at modifying the behaviour of inmates. Consequently, delinquent behaviours of inmates are modified through vocational rehabilitation.

### **2.2.3 Vocational Rehabilitation**

Vocational rehabilitation had been described by Ugwoegbu (1993) as the process of assisting an offender or someone who has been ill, back to normal life and normal standard of behaviour through vocational training. Similarly, Schollasser (1998) defined vocational rehabilitation as "a treatment programme conducted through education and vocational training, aimed at reducing or wiping out recidivism". Moreover, Nigeria Prison Service (1998) described vocational rehabilitation as the encouragement given to inmates to make them abstain from delinquent behaviour by providing them with social, educational and vocational facilities to such an extent as to enable them to conform to the social pattern of life outside correctional institutions. From the foregoing definitions therefore, it could be inferred that vocational rehabilitation is an elaborate undertaking; because, it involves the treatment of inmates through vocational training with a view to changing the delinquent behaviour of the inmate. Rationale for Vocational Rehabilitation in Correctional Institutions Basically, an inmate is just like a patient and therefore need treatment. Ugwoegbu (1993) observed that the treatment that is required of an inmate is essentially to make him be an active member in the city he belongs. This means that, the rationale for vocational training in correctional institutions is to develop an inmate to be an independent and self-reliant person. Therefore, reformation process conducted through vocational training will actually modify the behaviour of an inmate. Moreover, it will make him be more supportive

and responsible. As pointed out by Pownal (Quoted in Deighton, 1971), rehabilitation through vocational training will enable inmates to obtain skills needed for employment and therefore, be able to fight the poverty cycle which is highly correlated with criminal and delinquent behaviour. The main goal of vocational rehabilitation is to make an inmate, abandon his unbecoming behaviours (Ugwogebu, 1993). Thus, when this goal is achieved through vocational training, there is every likelihood that an inmate could pick a job and or establish his own business for the benefit of himself and the society at large. Socially, Vocational rehabilitation could make an inmate be a responsible citizen. In the view of Nyerere (1979), vocational rehabilitation helps an individual to Ways of Enhancing Behaviour Modification through Vocational Rehabilitation in Correctional Institutions<sup>4</sup> foster the goals of living together and working together for a common goal. Therefore, rehabilitation of inmates through vocational training helps to prepare an inmate to play a dynamic and constructive role in the development of him and the society he belongs. Socially, vocational training could make an inmate be a responsible citizen. Olaitan (1996) observed that the social dimension of vocational training is in the preparation of an individual for the world of work. On this basis therefore, vocational training is found in correctional institutions. Socially, Nyerere (1979) observed that; vocational rehabilitation helps an individual to foster the goals of living together and working for a common goal. Therefore, rehabilitation of inmates through vocational training helps to prepare an inmate to play a dynamic and constructive role in his development and the society he belongs. Ways of Enhancing Vocational Rehabilitation in Correctional Institutions It is the belief of the authors that, the following ways could enhance Vocational Rehabilitation in Correctional Institutions: -

1. Provision of adequate Vocational Guidance Counselling for the inmates
2. Provision of facilities for the Vocational Training in the correction institutions
3. Adequate provision of appropriate vocational trades in the correctional institutions
4. Provision of adequate vocational instructors in the correctional institutions
5. Participation of Governments and the Non-Governmental Organizations (NGOs) in the funding of Vocational programmes in the correctional institutions.
6. Provision of suitable or standard curricular for Vocational Training in the correctional institutions.

### **3.0 RESEARCH METHODOLOGY**

Survey research method was used for this study, the population of the study comprised 1,032 participants (consisting of staff/instructors, 240; ex-convicts, 263; and inmates, 529) at the Gusau correctional centre, Zamfara State. The sample size for the study was decided using Research Advisor (2006) at 95% confidence level and 5.00% Margin of Error. According to the Research Advisor, for a given population of 1,032 and above, a sample size of 322 is required. The sample size for this study was made up of 322 (comprising 75 staff/instructors; ex-convicts, 82; and inmates, 165) using proportionate stratified random sampling techniques. The main data collection instruments of this study were questionnaire. The instrument for this study was given to experts in the field of Guidance and Counselling, Educational foundation and Curriculum and instruction who determine the face and Content validity of the instrument to be used. The reliability index of this study was calculated based on the responses received on the two separate occasions through the *Test-Retest*

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*Reliability* method. The result of the study is to be correlated using Pearson Product Moment Correlation Coefficient, 0.8, for the purpose of this study, the researcher analyses the data collected from the research questions using descriptive statistics (mean, standard deviation and simple percentage) via SPSS package.

#### 4.0 Presentation and Data Analysis

##### 4.1.1 Ex-Convicts (N = 263)

Table 1: Showing demographic presentation of ex-convicts at the Medium Security Correctional Center, Gusau.

Variable	Category	Frequency	Percent (%)
Name of Facility	Medium Security Correctional Center Gusau	263	100
<b>Age (years)</b>	18–22	21	8.0
	23–27	194	73.8
	28–32	26	9.9
	38 & above	22	8.4
<b>Gender</b>	Male	234	89.0
	Female	29	11.0
<b>Status</b>	Ex-convict	263	100.0
<b>Years at Facility</b>	<1 year	22	8.4
	1–5 years	80	30.4
	6–10 years	130	49.4
	10+ years	31	11.8
<b>Educational Qualification</b>	No formal education	128	48.7
	Secondary School	135	51.3
<b>Rehabilitation Programmes Available</b>	Tailoring	140	53.2
	Welding	21	8.0
	Laundry	102	38.8

Most ex-convicts were male, making up 89% of the total. A majority, 73.8%, were young adults aged 23 to 27. Nearly half spent 6 to 10 years in custody and had low levels of education. Tailoring and laundry were the main rehabilitation programs.

##### 4.1.2 Inmates (N = 529)

Table 2: Showing demographic presentation of inmates at the Medium Security Correctional Center, Gusau.

Variable	Category	Frequency	Percent (%)
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<b>Name of Facility</b>	Medium Security Correctional Center Gusau	529	100
<b>Age (years)</b>	18–22	54	10.2
	23–27	425	80.3
	28–32	49	9.3
	38 & above	1	0.2
<b>Gender</b>	Male	529	100
<b>Status</b>	Inmate	529	100
<b>Years at Facility</b>	1–5 years	376	71.1
	6–10 years	153	28.9
<b>Educational Qualification</b>	No formal education	207	39.1
	Secondary School	290	54.8
	NCE/Diploma	32	6.0
<b>Rehabilitation Programmes Available</b>	Tailoring	254	48.0
	Welding	72	13.6
	Carpentry	48	9.1
	Laundry	100	18.9
	Tailoring & Laundry	54	10.2
	Tailoring, Welding, Carpentry & Laundry	1	0.2

The majority of inmates were male (100%) and aged 23 to 27 years (80.3%). Most had completed secondary education, spent 1 to 5 years in custody, and mostly participated in tailoring and laundry rehabilitation programs.

#### 4.1.3 Prison Staff (N = 240)

Table 3: : Showing demographic presentation of prison staff at the Medium Security Correctional Center, Gusau.

<b>Variable</b>	<b>Category</b>	<b>Frequency</b>	<b>Percent (%)</b>
Name of Facility	Medium Security Correctional Center Gusau	240	100
<b>Age (years)</b>	18–22	94	39.2
	23–27	39	16.3
	33–37	84	35.0
	38 & above	23	9.6
<b>Gender</b>	Male	220	91.7
	Female	20	8.3
<b>Status</b>	Correctional Officer	240	100
<b>Years at Facility</b>	<1 year	37	15.4
	1–5 years	81	33.8

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	6–10 years	43	17.9
	10+ years	79	32.9
<b>Educational Qualification</b>	No formal education	62	25.8
	Secondary School	69	28.8
	NCE/Diploma	109	45.4
<b>Rehabilitation Programmes Available</b>	Tailoring	119	49.6
	Welding	39	16.3
	Laundry	82	34.2

Staff were largely young and male. The workforce was moderately educated, with the majority supervising tailoring and laundry rehabilitation programs.

#### 4.2 Research Question 2: To what extent do rehabilitation services influence the vocational development of inmates and ex-convicts?

##### 4.2.1 Ex-Convicts (N = 263)

Table 4: Showing the extent of rehabilitation services influence in the vocational development of ex-convicts at the Medium Security Correctional Center, Gusau

Items	Weighted Average	Std. Dev.	Interpretation
Vocational skills acquisition programmes are designed and available	3.8175	0.6689	Strongly Agreed
Inmates are allowed to attend vocational skills programmes	3.8289	0.6339	Strongly Agreed
Confidence in applying skills in real-world jobs	2.9163	0.3915	Agreed
Skills learned increase chances of employment	2.9163	0.3915	Agreed
Skills are relevant to current job market	3.1293	0.5372	Agreed
Rehabilitation develops work habits (responsibility, punctuality, teamwork)	3.2015	0.6606	Agreed
Vocational service assists personal fulfillment	2.9316	0.4225	Agreed
Vocational service supports vocational development	2.9202	0.3774	Agreed
Inmates would pursue further vocational training	3.6266	0.5125	Strongly Agreed

Ex-convicts strongly agreed that vocational programs were available and that they wanted to participate in them. They were also open to further training. The programs moderately improved their employability, skills, and work habits.

##### 4.2.2 Inmates (N = 529)

Table 5: Showing the extent of rehabilitation services influence in the vocational development of inmates at the Medium Security Correctional Center, Gusau

Items	Weighted Average	Std. Dev.	Interpretation
Vocational skills acquisition programmes are available	3.66	0.31	Strongly Agreed
Allowed to participate in vocational skills programmes	3.83	0.37	Strongly Agreed
Confidence in applying skills in real-world jobs	3.25	0.44	Agreed
Skills increase employment chances	3.15	0.36	Agreed
Skills are relevant to current job market	3.00	0.10	Agreed
Develop work habits	3.14	0.35	Agreed
Vocational service assists personal fulfillment	3.28	0.45	Agreed
Vocational service supports vocational development	3.19	0.39	Agreed
Would consider further vocational training	3.18	0.38	Agreed

Inmates recognized the availability of vocational programs and their participation in them. They moderately agreed on topics like employability, relevance, and personal fulfillment.

#### 4.2.3 Prison Staff (N = 240)

Table 6: Showing the response of prison staff on rehabilitation services influence in the vocational development of inmates at the Medium Security Correctional Center, Gusau

Items	Weighted Average	Std. Dev.	Interpretation
Vocational skills acquisition programmes are designed and available	3.9208	0.4642	Strongly Agreed
Inmates are allowed to attend vocational skills programmes	3.9208	0.4642	Strongly Agreed
Inmates confident applying skills in real-world jobs	2.9542	0.3068	Agreed
Skills increase employment chances	3.0417	0.4270	Agreed
Skills relevant to job market	3.1208	0.4819	Agreed
Develop work habits	3.0083	0.4090	Agreed
Vocational service assists personal fulfillment	2.9500	0.3260	Agreed
Vocational service supports vocational development	3.0875	0.4716	Agreed
Inmates would pursue further vocational training	3.2917	0.6054	Agreed

Staff strongly supported the availability and participation in vocational programs. They moderately agreed about the usefulness of skills, employability, and the need for further training.

#### 4.4 Research Question 2: To what extent do rehabilitation services influence the social behavior and reintegration of inmates and ex-convicts?

##### 4.4.1 Ex-Convicts (N = 263)

Table 7: Showing the extent of rehabilitation services influence in social behaviour and reintegration of ex-convicts at the Medium Security Correctional Center, Gusau

Items	Weighted Average	Std. Dev.	Interpretation
Rehabilitation services exist in facility	3.6844	0.6141	Strongly Agreed
Changes in social interactions	3.4563	0.6690	Agreed
Improved attitudes toward authority	3.0837	0.5801	Agreed
Developed conflict management skills	3.1217	0.5246	Agreed
Prepared for reintegration	3.0418	0.4727	Agreed
Acquired new skills for post-imprisonment	2.9240	0.3628	Agreed
Overall social behavior improvement	3.2357	0.5906	Agreed
More socially responsible	3.1255	0.5416	Agreed
Positive impact on family/community relationships	3.0494	0.4296	Agreed

Ex-convicts agreed that rehabilitation services improved social interactions, behavior, and community reintegration. They strongly affirmed the availability of these programs.

##### 4.4.2 Inmates (N = 529)

Table 8: Showing the extent of rehabilitation services influence in social behaviour and reintegration of inmates at the Medium Security Correctional Center, Gusau

Items	Weighted Average	Std. Dev.	Interpretation
Rehabilitation services exist	3.84	0.36	Strongly Agreed
Changes in social interactions	3.26	0.44	Agreed
Improved attitudes toward authority	3.09	0.29	Agreed
Developed conflict management skills	3.16	0.36	Agreed
Prepared for reintegration	3.45	0.50	Agreed
Acquired new skills for post-imprisonment	3.32	0.47	Agreed
Overall social behavior improvement	3.17	0.38	Agreed
More socially responsible	3.16	0.36	Agreed
Positive impact on family/community relationships	3.11	0.31	Agreed

Inmates said that rehabilitation improved their social behavior, conflict management, attitudes toward authority, and readiness for reintegration.

#### 4.4.3 Prison Staff (N = 240)

Table 9: Showing the response of Prison Staff on rehabilitation services influence in social behaviour and reintegration of inmates at the Medium Security Correctional Center, Gusau

Items	Weighted Average	Std. Dev.	Interpretation
Rehabilitation services exist	3.8750	0.4851	Strongly Agreed
Changes in social interactions	3.4583	0.6190	Agreed
Improved attitudes toward authority	3.1167	0.4957	Agreed
Developed conflict management skills	3.2625	0.5582	Agreed
Prepared for reintegration	3.1500	0.4780	Agreed
Acquired new skills for post-imprisonment	3.0167	0.3655	Agreed
Overall social behavior improvement	3.0625	0.4195	Agreed
More socially responsible	3.2417	0.5333	Agreed
Positive impact on family/community relationships	3.1500	0.4780	Agreed

Staff recognized the program's presence and agreed that rehabilitation helped inmates improve their social interactions, responsibility, conflict management, and chances of reintegration.

#### 5.0 DISCUSSION OF FINDINGS

The discussion is organized around four research questions: socio-demographic characteristics, vocational influence, psychological influence, and social influence of rehabilitation services. The findings relate to existing literature and their practical implications for the rehabilitation and reintegration of inmates and ex-convicts.

##### Socio-Demographic Characteristics of Inmates, Ex-Convicts, and Prison Staff

The study showed that most inmates and ex-convicts were young adult males aged 23 to 27 years, with a higher concentration of secondary education. Nearly half of the ex-convicts had spent 6 to 10 years in custody, while most inmates had served 1 to 5 years. Prison staff were mainly young and male, with moderate education levels (NCE/Diploma).

These results are consistent with studies by Aina (2016) and Omolayo (2018). They found that young adults make up the largest part of the prison population due to socio-economic issues and involvement in petty crimes. The higher number of male participants aligns with global trends in correctional facilities, where males significantly outnumber females (World Prison Brief, 2021).

The results also show that tailoring and laundry were the main rehabilitation programs, suggesting these areas are prioritized for both skill development and employability. This supports Onifade and Adeyemi (2017), who say that vocational programs aim to give inmates practical skills relevant to local job markets.

##### Vocational Influence of Rehabilitation Services

The findings indicate that vocational rehabilitation programs were widely available and actively participated in. Both ex-convicts and inmates expressed strong interest in further training. Average scores for availability and participation were high across all groups, while perceived skill relevance,

employability, and development of work habits received moderate support.

These findings suggest that rehabilitation services improve employable skills and work habits. This echoes Okonkwo (2015), who found that vocational training in prisons boosts employability and decreases post-release idleness—a major factor in repeat offenses. Staff support also confirms that vocational programs are effectively implemented and monitored, providing structure and skill-building opportunities.

However, the moderate agreement on skill relevance and employability shows the need to update programs to meet current job market demands, as highlighted by Adebayo (2019). While tailoring, laundry, welding, and carpentry are beneficial, expanding into technology-driven or service-oriented vocational options could improve post-release job success.

### **Social Influence of Rehabilitation Services**

Rehabilitation services were shown to improve social behavior, conflict management, attitudes toward authority, and readiness for reintegration. Ex-convicts strongly affirmed that programs existed and reported better social interactions and relationships with family and the community. Inmates also noticed positive changes in social behavior, while staff backed these observations.

These results support Andrews and Bonta (2017), who argue that social skills training, mentoring, and vocational programs improve relationships and social responsibility among offenders. The positive impact on family and community relations indicates that rehabilitation helps with successful reintegration and lowers the risk of repeat offenses.

Nonetheless, the findings show there is still room for improvement in areas like conflict management and the development of post-release skills. Expanding programs that simulate real-world social and job

settings could better prepare inmates for reintegration into society.

### **6.0 CONCLUSION AND RECOMMENDATIONS**

The study found that the prison population at the Medium Security Correctional Center, Gusau mostly consists of young adult males aged 23 to 27 years. Most inmates have served 1 to 5 years, and nearly half of the ex-convicts have served 6 to 10 years. Educational levels were mostly low to moderate, with many inmates and ex-convicts having completed secondary school. The prison staff were mainly young males with moderate education, holding NCE or Diploma qualifications. The most common rehabilitation programs for both inmates and ex-convicts were tailoring and laundry, focusing on practical skills that improve employability.

The findings show that vocational rehabilitation services were widely offered and actively participated in by inmates and ex-convicts. Participants strongly agreed that the programs were well-organized, accessible, and offered chances for further training. However, there was moderate agreement on the relevance of skills, employability, and the development of work habits. This suggests that while the vocational programs are effective, they may need regular updates to match current job market demands. Staff confirmed the availability and effectiveness of these programs, stressing their importance in offering structured skill-building chances.

In terms of psychological impact, rehabilitation services positively affected the well-being of inmates and ex-convicts. This included improvements in stress management, self-esteem, motivation, and behavior change. Participants felt that the programs addressed mental health needs and led to lasting positive changes after release. Staff observations supported these findings, highlighting improvements in motivation, behavior, and a reduction in reoffending. Still, moderate scores in areas like stress management and unwelcome

behavior change suggest that additional psychological support, such as counseling and cognitive-behavioral programs, could be beneficial.

On the social side, rehabilitation services improved social behavior, interpersonal skills, attitudes towards authority, conflict management, and readiness for reintegration. Ex-convicts strongly confirmed the presence of programs and their positive effects on family and community relationships. Inmates and staff also noted enhancements in social responsibility and readiness for reintegration. However, there is still room for improvement in post-release skill acquisition and conflict management.

In summary, the study shows that rehabilitation services at the Medium Security Correctional Center, Gusau play a significant role in the vocational, psychological, and social development of inmates and ex-convicts. The programs effectively foster employable skills, psychological well-being, and positive social behavior, which improve the chances for successful reintegration while also pointing out areas for program enhancement and growth.

## 5.2 Conclusion

Based on the findings of this study, we can conclude that:

1. The prison population at Medium Security Correctional Center, Gusau is mostly young adult males with low educational levels. This highlights the socio-economic issues that lead to incarceration.
2. Rehabilitation programs, especially vocational skills training in tailoring, laundry, welding, and carpentry, are well-organized. They give inmates and ex-convicts practical skills that help with getting jobs and personal growth.
3. Psychological support in rehabilitation programs positively affects inmates' mental health, self-esteem, motivation, and behavior.

There are strong signs that these benefits last even after release.

4. Rehabilitation services also improve social behavior, relationships, attitudes toward authority, and readiness for re-entry into society. This shows their essential role in reducing repeat offenses and helping individuals reintegrate.
5. Despite these achievements, there is a need to update vocational programs to meet current job market needs. It is also important to introduce additional psychological and social support for a more complete rehabilitation process.

## 5.3 Recommendations

Based on the findings and conclusions, here are the recommendations:

1. Expansion of Vocational Programs: Correctional facilities should broaden their vocational training to include technology-driven and service-oriented skills. This will help increase post-release job opportunities.
2. Enhanced Psychological Support: Counseling services, cognitive-behavioral therapy, and mental health workshops should support existing rehabilitation programs. This will help build inmates' psychological resilience and lower recidivism.
3. Social Skills and Reintegration Training: Structured programs should simulate real-world social and work situations. This will improve conflict management, interpersonal relationships, and readiness for community reintegration.
4. Continuous Monitoring and Evaluation: Regular assessments of rehabilitation programs are important. This ensures they meet labor market needs, effectively develop skills, and support psychological and social goals.
5. Staff Training and Capacity Building: Correctional officers and rehabilitation staff should receive ongoing training in modern rehabilitation methods, mental health support,

and social reintegration strategies. This will help improve program delivery.

6. Community Engagement Programs: Partnerships with community organizations, employers, and vocational schools should be encouraged. This will smooth the reintegration process for ex-convicts and reduce the stigma around post-release employment and social participation.

Implementing these recommendations will improve rehabilitation services, support successful reintegration for inmates, and help reduce recidivism at the Medium Security Correctional Center, Gusau.

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