

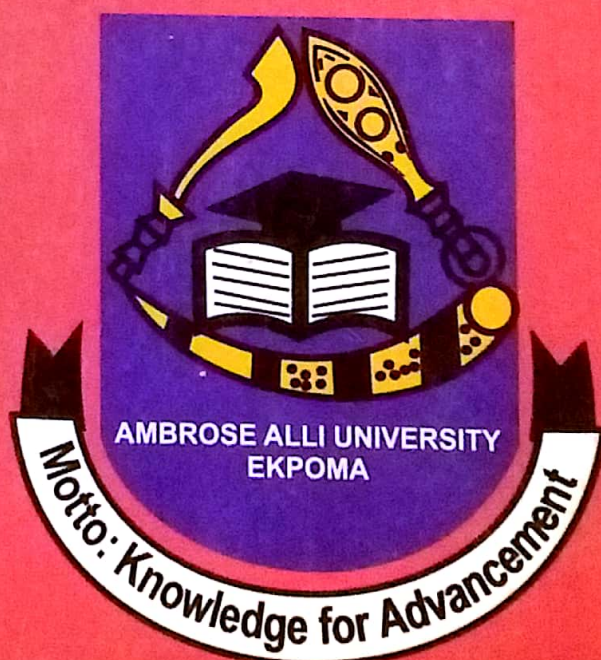
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INFLUENCE OF REHABILITATION COUNSELLING ON BEHAVIOUR OF PRISON INMATES AS PERCEIVED BY SECONDARY SCHOOL COUNSELLORS IN ILORIN METROPOLIS

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Abstract

This research was designed to examine the influence of rehabilitation counseling on the behaviour of prison inmates as perceived by secondary school counselors in Ilorin metropolis. Moderating variables such as years of experience and educational qualification were considered. One hundred and fifty (150) counselors were randomly selected from secondary schools in Ilorin Metropolis. The instrument adopted for the study was self-designed and tagged Influence of Rehabilitation Counseling on Behaviour of Inmates Questionnaire (IRCBQ). The content validity of the instrument was ascertained through vetting by five experts while, the reliability was established through test re-test reliability method. The data collected were analysed at 0.05 alpha level of significance using Analysis of Variance (ANOVA). The results showed that rehabilitation counseling has positive influence on the behaviour of inmates. Result also showed that respondents' years of experience have significant influence on their behaviour while, educational qualification of the respondents has no significant influence on their behaviour of inmates as perceived by secondary school counselors. Based on the findings, it was recommended among others that counselors should continue to provide rehabilitation counseling for inmates as this would bring immense benefits to the inmates and the public.

Keywords: Rehabilitation Counseling, Behaviour, Inmates, Ilorin Metropolis.

Introduction

Crime is common in all human societies; there is no society that is not confronted with one form of crime or the other. Hughes, Kroehel, and Zandels (2002) asserted that social life is characterized not only by conformity but also by deviance. They opined that deviance is a behaviour that a considerable number of people view as reprehensible and beyond the limits of tolerance. Once there is a violation of the law, the offender has committed a crime and he/she is liable of being arrested, tried and possibly pronounced guilty. However, the punishment of the offender or criminal depends on the law of the society.

In the traditional African society, there were much behaviours that were held to be morally wrong and evil, such as robbery, rape, telling lies, being cruel etc. The seriousness of the offences varies per its nature, and from society to society (Adelola & Atere, 2003). Offenders were dealt with in different ways, in some cases they were ostracized, stoned to death or kept out of the social circles of friends and relatives. These punishments were to serve as deterrent to others. Thus, crime in the traditional society was minimal and compliance was expected by society from everyone (Obioha, 2002).

According to Aghali (2004), before the 19th Century imprisonment was not punishment in itself, but rather a way to confine criminals until corporal or capital punishment was administered. It was only in the 19th Century, beginning in Britain, that prisons as it is known today became a common place. The modern prison system was born in London, because of the views of Jeremy Bentham (Davies, 2011). The first modern prisons of the early 19th Century were known by the term "penitentiary". As the name suggests, the goal of these facilities was that of penance by the prisoners, through a regimen of strict disciplines, silent reflection, and deliberate labour on tread wheels. It was not until the late 19th Century that education and skilled labour became the standard goal of prisons (Enuku, 2001).

Durosaro (2012) and Agali (2004) described the prison as a place where offenders are punished, transformed and reformed. An ex-convict is expected to be deterred from taking to crime after his or her prison terms. Loza and Loza-Fanous (2002) noted that after all the reformation services received in prison, the prisoner should leave the prison determined to change for better. Yet, the current trend of crime globally with specific reference to Nigeria shows a disturbing rate of relapses and recidivism. Agali (2004), Tenibiaje (2005) and Okwor (2010) in their various studies corroborated this high increase in crime and relapses. As at 2006, according to Wikipedia Encyclopedia, at least 9.25 million people are in prisons worldwide. Smith and Haddad (2000) opined that though the precise figure of relapses and recidivism cannot be ascertained, because some crimes go unreported and courts do not convict all offenders for various reasons including lack of evidence, nonetheless, of those in custody (prison), approximately 60% in Australia, 60% in the United States of America, 50% in the United Kingdom are recidivists.

In Nigeria, the rate of crime is also disheartening and disturbing. According to Sondenna (2010), the main function of the prison service is to provide rehabilitation and reformation services to inmates in order to make them well-adjusted so that they could become responsible citizens. Yet, some of these inmates on discharge still find their way back to the prison. This makes recidivism rate sometimes as high as 60% or 70% occurring three (3) years following the release from incarceration (Trulson, 2001).

The effects of imprisonment which has negative value on prison inmates result to psychological, emotional, mental, moral, personal and social problems during their incarceration and when they are released, call for the needs of counselling by prison inmates in Nigerian prison. Viano (2000) stated that the inmates in Nigerian prisons are

often faced with the problem of readjustment, re-socialization and the perception of people around them. Viano expressed further that most of the condition an inmate's is exposed to in the prison wall are contrary to nature, rather than being therapeutic but punishment factories. Also, Adegoke (2000), viewed that some inmates need help in coping with the length of their incarceration, dealing with being separated from loved ones and friends or accepting that the prison is going to be their abode for a period or forever, there is also the need to be taught how to live and survive in the prison environment, while there is need for supporting and prepare inmates for life outside prison. With counseling, all these problems will be fixed.

Inmates also exhibit depression and general emotional disorder during pre-detention and detention period and found that the psychological symptoms were higher during period of detention (Aghali, 2004)). In the same vein, Adegoke (2000) believed counseling provision is a necessity with the prison and must be an integral part of mental health policy for offenders, which follows their time in prison and continues after their release, this plays vital role in improving the mental health of offenders and developing their capacity not to re-offend. Helen and Popoola (2016) expressed further that counseling suits the needs of a high percentage of the prison population because many inmates suffer from relatively low level psychological disturbances- depression, anxiety and so on – an early intervention might prevent these inmates from developing into more deep seated mental health problem. While, Ayooade (2006) stated that prison inmates suffer decline in vocational, educational and personal social skill, independence, self-esteem and support services, which create gap in their integration to fit development in the society.

Problem and needs in society are nothing new, but today they seem to be proliferating unprecedented rate because of unique problem in the changing family, harsh economic situations, conflicts of personal and societal values, attitudes and moral pressure and demands, all contributed to the crimes by youth (Trulson, 2001). Some inmates, particularly youth, lack sense of direction, sense of purpose and sense of fulfillment which propel them in destructive activities, social damage and loss, so counseling facilities is the only answer to help and guide such inmates or ex-convicts to worthwhile channels and help them to realize their goal of optimum educational, vocational, personal and social development. According to Carl Rogers (1951), counseling is series of direct contact with aims to aid in changing the attitudes and behaviour. To understand inmate's behaviour or explain why inmates commit crime an analysis is required to understand these internal states.

The people behave as they do because of various attitudes, assumptions and beliefs they have about themselves. From these assertions an individual makes decision about the feasibility of various kinds of behaviour. Secondly, as an individual initiates behaviour he/she observes its effects. The feedback to the individual can either confirm or disconfirm his assertions. Thirdly, when assertions are disconfirmed, tension results which inhibit the reappraisal of assertions and fourthly, because of the inflexibility and rigidity resulting from tensions, the individual strives harder to confirm initial assertions

thus cause redundant behaviour. Counseling involves decision making constructs, assessment of both individual strength and weakness, conflict, intervention, making of right choice, high self-esteem and attitudinal change of behaviour which brings optimum development and growth that will help prison inmate's reform and rehabilitation (Durosaro, 2012).

Rehabilitation counseling can be defined as a process whereby a counselor assists individuals who have certain in-capabilities to adjust to their situations and maximize their potential and their independence. The rationale for rehabilitation counseling is the principle that in an organized society each member should have a right to an opportunity to work for a living and to make some contribution to the development of the society. A significant number of prison inmates may have been traumatized as children, that is, they were abused physically, sexually or psychologically, or all the three – leading to alienation and a distrust or authority, which culminating in subsequent anti – social and criminal behaviour (Viano, 2000).

The prison system seeks to understand offenders and reform their maladjusted behaviours, rehabilitate and reintegrate back to the society as law abiding citizens. Therefore, counseling must be an integral part of a coherent and long term for prison systems treatment of offenders begins as soon as convicts is sentenced and continues through their incarceration and then after they are finally released to the large society (Smith & Haddad, 2000). Provision of counseling services in the prison system will plug yearning gap of needs of inmates and form the bridge between before, during and aftermath of convicts sentence in a functional self-appraisal, problem solving, crises, intervention, decision making, attitudinal changes, coping strategies, adjusting and surviving in the prison, resolve of psychological, emotional, mental, moral, vocational, personal-social imbalance of prison inmates in Nigeria through therapeutic relationship that brought positive change, growth and optimally development of inmates to become useful to themselves and society at large. It is against this back-drop that the researcher intends to investigate influence of rehabilitation on behaviour of inmates as perceived by secondary school counselors in Ilorin metropolis.

Environments are capable of breeding aggressive behaviours. Many prisoners get things done by expressing their dominance through aggression and violence. This acts as a model for other prisoners to try and emulate. Hence, it becomes essential to modify their behaviours before they leave the prison. If not intervened, this may continue even in the community. It is unfortunate that in Nigeria, prison inmates are poorly fed and poorly clothed all in the name of inflicting on them a just punishment. In view of this critics and advocates, it is evident that the prison may not be enough in efficiently and effectively rehabilitate offenders. Furthermore, inmates suffer serious illness due to lack of exercise; women and men in prison have at least one chronic health condition and that the issue of right to health for prisoners is grossly being violated. Lack of continuous and effective rehabilitation counselling in prison environments had also worsened the situation of inmates.

The reserachers are aware that various studies have been conducted on inmates' overall wellbeing yet, the challenges of inmates seem to persevere. It is on this not that this study focused on influence of rehabilitation counselling on behaviour of prison inmates as perceived by secondary school counsellors in Ilorin metropolis.

Research Questions

The following research questions are generated to guide this research:

1. What influence does rehabilitation counseling have on the behaviour of inmates as perceived by secondary school counselors in Ilorin metropolis?
2. Is there any difference between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates?
3. Is there any difference between highly educated and educated school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates?

Hypotheses

1. There is no significant difference between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates.
2. There is no significant difference highly educated and educated school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates.

Methods

Design: The research design adopted for this study is the descriptive survey method. This method involves collection of information from the representative sample of the group(s) and based on the information collected, conclusion was drawn about behavior of the entire population.

Participants: In selecting participants for this study, the researchers adopted the purposive sampling technique to select counsellors both in private and public secondary schools in Ilorin metropolis. Those counsellors who did not show interest of participating in the study were exempted. This continued until 150 secondary school counsellors were selected.

Measures and Procedures: The instrument used for gathering the relevant data for this study was a self-designed questionnaire. The questionnaire is titled (Influence of Rehabilitation Counselling on the Behaviour of Inmates Questionnaire (IRCBIQ), and the instrument was divided into two (2) sections A and B. section A sought personal characteristics of respondents while Section B sought for information on influence of rehabilitation counselling on the behaviour of the inmates. Section B of the instrument consists of Twenty (20) items. IRCBIQ Consists of statement that were scored on a 4-point Likert type scale which is: SA: Strongly Agree (4); A: Agree (3); D: Disagree (2);

SD: Strongly Disagree (1). The mean score for interpreting result is 2.5 ($4+3+2+1/4$). The content validity of the instrument was determined by five experts in the Department of Counsellor Education, University of Ilorin; these experts affirmed that the instrument is valid for this study. The reliability was ascertained through test re-test reliability method and using the Pearson Product Moment Correlation formula, a coefficient of 0.77 was gotten which showed that the instrument is reliable for the study.

The questionnaire forms were administered to the respondents by the researchers. The researchers personally were involved in administering the questionnaire forms to the respondents to ensure that the questionnaire is well responded to by, explaining the items that may not be clear to the respondents. The questionnaires were collected immediately after completion. The t-test and Analysis of Variance (ANOVA) statistical methods were used in analyzing the data collected.

Results

Demographic Data

Table 1: Distribution of Respondents by Years of Experience and Educational Qualification

Variables	Variables	Frequency	Percentage%
Years of Experience:	1-5 years	64	42.6
	6-10 years	70	46.7
	11 years & above	16	10.7
	Total	150	100
Educational Qualification	B.ed	129	86.0
	M.ed	17	11.3
	Ph.D	4	2.7
	Total	150	100

Table 1 showed the distribution of the respondents based on years of experience and educational qualification. It is shown on the table that Table 4 shows the distribution of the respondents based on years of experience. It is shown on the table that 64 (42.6%) of the respondents have between 1-5 years of experience, 70 (46.7%) of the respondents have between 6-10 years of experience while 16 (10.7%) of the respondents has between 11 and above years of experience. The table also showed that 129 (86.0%) of the respondents had B.Ed. degree, 17 (11.3%) of the respondents had M.Ed. degree while, 4 (2.7%) of the respondents had Ph.D.

Research Question 1: What influence does rehabilitation counseling have on behaviours of inmates?

Table 2: Mean and Rank Order on Influence of Rehabilitation on Behaviours of Inmates as Perceived by Secondary School Counsellors in Ilorin Metropoli

Item No	Rehabilitation counseling can influence Inmates' behavior by helping them:	Mean	Rank
1.	integrate them fully in the society	3.65	1 st
5.	in job placement	3.60	2 nd
6.	provide vocational training	3.54	3 rd
7.	personal skills	3.54	3 rd
2.	modify their behaviours	3.53	5 th
18.	become functional members in the society	3.49	6 th
3.	adjust well in the society	3.45	7 th
17.	have hope in the future	3.44	8 th
12.	develop positive self-concept	3.43	9 th
11.	overcome psychological problems	3.38	10 th
10.	overcome feeling of inferiority	3.36	11 th
14.	restructure their cognition about life	3.33	12 th
19.	make rational decision on what to do after imprisonment	3.32	13 th
8.	overcome depression	3.31	14 th
2.	participate in partisan politics	3.31	14 th
15.	always think of the implication of all their actions	3.27	16 th
20.	gain emotional stability	3.25	17 th
16.	overcome evil thoughts	3.22	18 th
4.	coping with stigma	3.09	19 th
13.	adjust to prison environment	3.03	20 th

Table 2 showed the rank order on the influence of rehabilitation counseling on the behaviour of inmates as perceived by secondary school counsellors in Ilorin metropolis. The table shows that item 1 which stated that 'to integrate them fully in the society' ranked 1st with mean score 3.65. Item 5 which stated that 'in-job placement' ranked 2nd with mean 3.60. Item 20 which stated that 'to gain emotional stability' ranked 17th with mean score 3.25. It can be shown on the table that all the items have mean scores more than 2.5 therefore, it can be concluded that rehabilitation counseling has positive influence on the behaviour of inmates as perceived by Secondary School Counsellors in Ilorin Metropolis.

Hypothesis One: There is no significant difference between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counselling on the behaviour of prison inmates.

Table 3: ANOVA Showing the difference between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counselling on the behaviour of prison inmates

Source	df	SS	Mean Squares	Cal. f-ratio	Crit. f-ratio
Between Group	2	729.415	364.707	7.27	3.00
Within Group	147	7373.845	50.162		
Total	149	8103.260			

Table 3 showed that the calculated f-ratio of 7.27 is greater than the critical f-ratio of 3.00. This means there is a significant difference between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counselling on the behaviour of prison inmates hence, therefore, the hypothesis is rejected.

Table 4: Duncan Multiple Range Test (DMRT) Showing differences between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counselling on the behaviour of prison inmates

Duncan Grouping	Mean	N	Rank	Years of Experience
A	70.08	64	1	1-5 years
B	66.38	16	2	6-10 years
B	66.49	70	2	11 years & above

Table 4 presented the DMRT to show which of the variables brought about the difference observed in Table 3. The table showed that group A (with mean score of 70.08) differed significantly from group B (with mean scores of 66.38 and 66.49 respectively), which differed slightly from each other. Thus, group A (1-5 years of experience) is responsible for the difference noticed in the influence on the behaviour of inmates as perceived by secondary school counsellors in Ilorin Metropolis based on years of experience.

Hypothesis Two: There is no significant difference between highly educated and educated school counsellors in their perception of the influence of rehabilitation counselling on the behaviour of prison inmates.

Table 5: ANOVA Showing the difference between highly educated and educated school counsellors in their perception of the influence of rehabilitation counselling on the behaviour of prison inmates

Source	df	SS	Mean Squares	Cal. f-ratio	Crit. F-ratio
Between Group	2	77.364	36.682	0.70	3.00
Within Group	147	8025.896	54.598		
Total	149	8103.260			

Table 5 shows that the calculated f-ratio of 0.70 is less than the critical f-ratio of 3.00. This means there is no significant difference between highly educated and educated school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates hence, the hypothesis is accepted.

Discussion

The findings of this study showed that rehabilitation counseling has positive influence on the behaviour of inmates. This is in line with the view of Agali (2004) who stated that correction education are needed to help identify, clarify and resolve the issues confronting the Inmates. He further explained that there was need to build and restore the individual capacities including his or her vocational ability. This position was corroborated by Tenibiaje (2005) who explained that rehabilitation programmes for inmates has a positive influence on their lives both in prison and when they have served their terms.

This finding also corroborated the view of Davies (2011), who believed counseling provision is a necessity with the prison and must be an integral part of mental health policy for offenders, which follows their time in prison and continues after their release, this plays vital role in improving the mental health of offenders and developing their capacity no to re-offend. Helen and Popoola (2016) expressed further that counseling suits the needs of a high percentage of the prison population because many inmates suffer from relatively low level psychological disturbances- depression, anxiety and so on – an early intervention might prevent these inmates from developing into more deep seated mental health problem. The trend of this finding could be that counseling is a helping relationship. It fosters on assisting clients/ individuals to make the best use of their potentials. Therefore, it should be surprising if the result of this research is otherwise.

The hypothesis which stated that there is no significant difference between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates wasnot accepted. This implies that there is significant difference in the perception of secondary school counsellors who have experience and those who do not have, on the influence of rehabilitation counseling on the behaviour of prison inmates. The Duncan Multiple Range Test showed that respondents who have 1-5 years of experience is responsible for the difference noticed in the response of school counsellors who have experience and who do not have. This finding tallies with that of Obioha (2002) which showed that shows that counselors who have 1-5 years of experience could affect their perception of counseling issues. This others who have more years of experience are not as experienced as the positive influence on peoples' perception; the more one has experience, the better one is able to perceive issues.

The hypothesis which stated that there is no significant difference between highly educated and educated school counsellors in their perception of the influence of

rehabilitation counseling on the behaviour of prison inmates was accepted. This means that there was no significant difference in the perception of secondary school counsellors who are highly educated and those who are educated on influence of rehabilitation counseling on the behaviour of inmates. This finding negates that of Enuke (2001) which revealed that educational qualifications of counselors affect their perception on some issues in which counseling issue is not an exception. The reason for this could be that at all levels of counselor education; they are exposed to basics of counseling. These basics centered on the fact that counseling is a helping profession. Therefore, irrespective of different educational qualifications of counselors, the basics in counseling remain common.

Conclusion

It is concluded that rehabilitation counseling has positive influence on the behaviour of inmates as perceived by secondary school counselors in Ilorin Metropolis. However, there was a significant difference between experienced and inexperienced school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates but there was no significant difference between highly educated and educated school counsellors in their perception of the influence of rehabilitation counseling on the behaviour of prison inmates.

- ❖ Adequate and frequent orientation services in the Prison Service should be handled by professional guidance (rehabilitation) counselor. These services should be directed at providing relevant information and training to prison staff that would help in the provision of rehabilitation counseling to inmates.
- ❖ Up-to-date information should be collected and kept for meeting the needs of each prison inmate. This would also allow for the adequacy of rehabilitation counseling as a way of helping prison inmate adjust well and contribute their quota in the society.
- ❖ The role of counselor in achieving all the above objectives cannot be overemphasized or under estimated. Counselors need to help both the government and all prison stakeholders to ensure the success and progress of the programme in the Nigeria Prison Service. This could be done by ensuring that all stakeholders are coopted.
- ❖ Counselors should inform the Government on the influence of rehabilitation counseling on the behaviours of inmates. Government should in turn give adequate support to counselors to further give comprehensive rehabilitation counseling to inmates as it has been noted to have a positive influence.

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