

Analysis of Prevailing Practices of Prisoners' Rehabilitation in District Jail of Kohat

Dr. Mamoon Khan Khattak, Naveed Ullah

& Asif Mahmood

Abstract:

The prisoners' rehabilitation means to enable the prisoners to join back the society as normal, law-abiding and useful members. This study focuses on the process of prisoners' rehabilitation and its deficiencies. The study is significant for but not restricted to the fields of Social Work, Sociology and Criminology. The study attained its aims through analysis of relevant literature and through primary data collection and its analysis; the later was carried out through a pre-tested interview schedule. The purposive sampling of non-probability sampling technique was used to conduct study. A sample of 75 prisoners was selected for interviews from the target population of 321 prisoners from District Jail Kohat. The collected data was analyzed and tabulated. This research produced a number of key findings such as no proper procedure was followed for rehabilitation of prisoners, education was not imparted to the prisoners and there was almost no facility to train the prisoners in (different) skills. It is suggested that the Government and community should take a collective step to devise an effective strategy for rehabilitation of prisoners on regular basis.

Keywords:

Prisoners, Rehabilitation, Jail, Society, Education.

Introduction:

There is no society without crimes around the world. Hence, the crime remained a public issue because it threatens personal safety, property and fundamental rights of human being. It generates the conditions which ultimately result in economic decline, psychological sufferings and social issues etc. Moreover, the overall pattern of progress is disturbed in the society. The crime is a human act that is considered undesirable, bad and illegal, while, the commission of crime leads the offenders to be punished and kept in prison/Jail.

To control crimes, reduce number of prisoners in Jails and to ensure peaceful environment in society, rehabilitation of prisoners is one of the significant measures. The purpose of prisoners' rehabilitation is to motivate them to avoid repeating of the criminal behavior. This may help in reduction of crimes and in

creating a positive sense of self for making prisoners the useful members of society. Rehabilitation may be made through therapy, counseling, skills transmission and education etc.; this will create opportunities for prisoners to live productive life.

Islamic Republic of Pakistan is facing a number of problems including poverty, un-employment, illiteracy, crimes, terrorism, political issues and corruption etc. The Jails in Pakistan are also overcrowded due to increased crimes and lack of rehabilitation programmes. Hence, the rate of crime and number of inmates in Jails is increasing day by day. It is the responsibility of the state to devise programmes and strategies for prisoner's rehabilitation enabling them to regain their place in society. In fact, the rehabilitation may provide opportunity for the prisoners to learn alternative adaptive behaviors while curbing their deviant behavior.

Literature Review:

The Chief Justice of Pakistan chaired a committee on parole and probation found that the benefits of the laws on parole/probation are not given to the deserving convicts/offenders with good conduct. However, there is a serious lacking of parole and probation officers and there are no systematic programs to rehabilitate prisoners who are released (Asia Report, 2011). The systematic programmes for the capacity building of prison's staff is lacking in Pakistan, hence, the population in prison will continue to rise until the bail rights are granted fairly and until the accused persons are taken to court on their dates of trial (Bhutta & Akbar, 2012).

The jail, prison or the correctional facility is a place where the individuals are confined physically or held and commonly deprived of a variety of personal freedom. These institutes are an essential portion of the criminal justice system in a state. There are different kinds of prisons, for example those for adults only, for juveniles, for women, sentenced prisoners, under-trial captives and for psychologically ill offenders. The imprisonment is a punishment based on legal grounds which is imposed by the state on the citizens when commit crime or disobey state's rules. The purpose of imprisonment differs in varying states and may be punitive, incapacitation, deterrence, rehabilitative and reformatory (Bhutta & Akbar, 2012). Presently the purposes of modernized prison have been altered. The control, custody, correction, cure, care, citizens' involvement and fruitful re-adjustment in community are the core aims of prisons (Law and Justice Commission of Pakistan, 1997).

As earlier as possible, every criminal prisoner shall also be examined under the general or special orders of the Medical Officer, after admission. Basic facilities such as fans, benches, toilets etc. be provided in lockups. Provision of

education/school facility shall be made up to Metric inside Jails and Computer Lab for imparting I.T. skills to them. Provision of T.V. sets be made for each barrack of prisoners (Amendment in Prison Rule-680). Religious Teaching through Ulamas (religious Scholars) be imparted to the inmates. Periodic visits by consultants, specialists, psychologists, psychiatrists, etc. should also be arranged.

Permission for meeting of prisoners with their spouses in privacy is their right. A person who is a mental patient whether detained or confined in a prison shall be shifted to mental hospital for treatment and be kept separate from other prisoners" (Prison Act, 1894). Article 10 (2) states that each arrested juvenile (individual) d and captivated in custody shall be presented to a magistrate in a 24 hours period of such arrest (The Juvenile Justice System Ordinance, 2000).

The conception which justifies rehabilitation is that people who remain involved in crimes are not criminals permanently. It is likely to bring a criminal back to a useful life, to such a life in which he/she contribute to oneself and to the society. The aim of rehabilitation is to stop offending of habitual nature which can be termed as criminal recidivism. The rehabilitation is intended to bring a criminal into a more peaceful state of mind, or into an attitude which would be helpful to society by source of education therapy, rather than punishing the harm out of a criminal (Algora, 2002). In 1972, Criminon Programme was established in New Zealand for the rehabilitation of prisoners. This programme enabled the criminals to restore their self-respect and serve the purpose of preventing recidivism. Up to the 1970s, those working in the field of justice and researchers placed a greater level of confidence on the "rehabilitation ideal" which meant that the offenders' recidivism can be minimized through treatment (Illescas et al., 2001).

The globe has been transformed from retribution to rehabilitation and reformation. This ideology do also altered the functions and objectives of prisons around the globe. The functions of imprisonment are divers in varying countries relying upon their ideological philosophies about the objectives of penal system. These penal objectives are more often deterrence and incapacitation. The reformation and rehabilitation of prisons is too aimed to perform varying objectives regardless of detention and confinement. Prisons transformed into institutes of correction and learning, while the detention has taken shape of a chance of self-improvement (Scott & Gerbasi, 2005). Young (2012) believed that for reducing the number of prisoners as well as crime, the USA shall put greater emphasis on education. While in prison if the prisoner receives education then there are greater chance that he or she will remain free (from commission of crimes) when released.

The baseline step in rehabilitation is a correct personal evaluation of prisoners at time of admission to a prison. An overall evaluation of risks and needs is

crucial for a prisoner's entry to prison (House of Commons Home Affairs Committee, 2005). The sex offenders' treatment is inclusive in the comprehensive effort to increase society's safety. Department of Correction believes that the treatment of sex offenders is a major component of its re-entry to the society. It is an initiative that is framed to support offenders begins to receive education, treatments and employment skills they requires in prison in order to back to society while making choices that will help them to be out of prison (Department of Corrections Washington State, 2012).

In life skills courses, prisoners are taught how to perform basic tasks necessary for being a functional member of society, such as making a budget, preparing a resume, and paying bills (Wolf, 2012). For purpose of rehabilitation, keeping the criminals in isolation to a minor degree helps stop crime, hence the effects of imprisonment on individuals are conflicting. At one side, the condition of isolation help in stopping antisocial activities, while on the other side the former prisoners do face problem in acting independently post release. Due to this problem, the people released from prison require psychological support (MINTUM, 2010). Bonta (1997) argues that discounting in recidivism can be increased when programs select suitable candidates, the objective factors that are straightly linked to their offending, and are delivered in such manner that support learning Programs that observe these codes and target those at greater danger of reoffending. They provide greater-risk offenders the most rigorous interventions and try to alter the factors which are known to be directly linked with the reasons for offending, for example, attitudes of antisocial nature, usage of substance and condition of anger. Ross et al. (1988) found that cognitive training led to a major reduction in re-arrest and incarceration.

Study Design:

The data was collected both from primary and secondary sources. For secondary data source, the relevant literature was reviewed. While, for primary data source, the data was collected through interviews from the prisoners. The universe of the study was District Jail Kohat, Pakistan. There were total 321 prisoners in the district Jail Kohat at the time of primary data collection in August 2013. The overall Objective was to explore the prevailing process of prisoners' rehabilitation in Jail. A pre-tested Interview Schedule having close-ended questions was prepared. The face-to-face interviews were carried out. A sample of 75 respondents was selected through non-probability sampling technique. All of the respondents were male. Majority of the respondents (97%) were of above 20 years of age. The primary data was analyzed through making simple frequency tables of different variables and then descriptive analysis was carried out. For ethical considerations, the respondents were briefed about objectives of the

research and their willingness was sought before conducting interviews. They were assured regarding their confidentiality and usage of this data for research purpose only.

Results and Discussion:

The primary data has been tabulated and analyzed descriptively. The Table-1 provides the general demographic details regarding the interviewed prisoners.

Table-1: Age, Gender, Physical Condition, Marital status, Family Type, Family Size, Educational Status and Educational Level of Respondents

Age	Frequency	Percentage	Gender	Frequency	Percentage
Below 20 years	2	2.5	Male	75	100
20-30 years	19	26.6	Female	00	00
31-40 years	23	29.1	Total	75	100
41-50 years	12	15.2			
Above 50 years	19	24.1			
Total	75	100.0			
Physical condition	Frequency	Percentage	Marital status	Frequency	Percentage
Normal	73	97.3	Married	68	90.7
Abnormal	2	2.7	Unmarried	07	9.3
Total	75	100.0	Total	75	100.0
Family Type	Frequency	Percentage	Family Size	Frequency	Percentage
Nuclear	50	66.7	2-5 members	05	6.7
Joint	25	33.3	6-9 members	39	52.2
Extended	0	0	10 and above	31	41.3
Total	75	100.0	Total	75	100.0
Educational status	Frequency	Percentage	Educational level	Frequency	Percentage
Literate	13	17.3	Metric	09	69.2
Illiterate	62	82.7	Intermediate	03	23.0
Total	75	100.0	Bachelor	01	7.6
			Total	13	100.0

The primary data in Table-1 shows that 26.6% of the respondents were between 20-30 years of age, 29.1% of respondents were between age group of 31-40 years, 15.2% of respondents were between age group of 41-50 years, 24.1% of respondents were above 50 years of age. All of the respondents, i.e. 100% were male. The physical condition of 97.3% of respondents was normal and 2.7% of respondents were not in normal physical condition. The 90.7% of the respondents were married and 9.3% were unmarried. The 66.7% of respondents belonged to nuclear family consisting of 2-5 members, 33.3% belonged to joint family system consisting of 6-9 members and no one belonged to extended family system. The 17.3% of respondents were literate out of which 69.2% were matriculate, 23% were intermediate and one had bachelor degree. The rest of the respondents i.e. 82.7% were illiterate.

Table-2: Prevailing State of Prisoner's Rehabilitation Procedures in Jail

S. No.	Statements	Agree	Disagree	Undecided	Total
1	You are satisfied with the discipline in Jail	55(73.3)	20(26.7)	00(0)	75(100)
2	Education is imparted to you	00(0)	75(100)	00(0)	75(100)
3	You are given training in various skills/trades	00(0)	75(100)	00(0)	75(100)
4	You have completed any rehabilitation-program	00(0)	74(98.7)	01(1.3)	75(100)
5	You were accurately assessed on first admission to prison	20(26.7)	50(66.7)	05(6.7)	75(100)
6	You have trust on yourself	09(12)	51(68)	15(20)	75(100)
7	You are given proper health care facility	47(62.7)	28(37.3)	00(0)	75(100)
8	Drug addicts are taken to rehab-centers	21(28)	49(65.3)	5(6.7)	75(100)
9	Jail inmates are released on parole/probation	0(0)	56(74.7)	19(25.3)	75(100)
10	you are given training in life skills e.g. preparing bills/budgeting	00(0)	75(100)	00(0)	75(100)
11	You are given unnecessary physical torture	03(4)	72(96)	00(0)	75(100)
12	You are brought to court properly	61 (81.3)	13(17.3)	01(1.3)	75(100)
13	All types of prisoners are placed in same place	13(17.6)	59 (79.7)	02(2.7)	75(100)
14	You were examined by Medical officer on your admission to prison	44(58.7)	31(41.3)	00(0)	75(100)
15	You are examined by Medical officer before punishment is given	49(65.3)	24(32)	02(2.7)	75(100)
16	Religious teaching is imparted by Ulemas	43(57.3)	32(42.7)	00(0)	75(100)
17	You go to your family for 2-3 days after four	00(0)	75 (100)	00 (0)	75(100)

	months				
18	Political prisoners are placed in separate place	62(82.7)	12(16)	01(1.3)	75(100)
19	Prisoners with psychological problems are shifted to hospitals for treatment	47(62.7)	24(32)	04(5.3)	75(100)
20	Juvenile are kept in borstals	75(100)	00(00)	00(00)	75(100)
21	You were presented before magistrate within 24 hours of arrest	48(64)	27(36)	00(0)	75(100)
22	You are engaged in hard labor	05(6.7)	65(86.7)	04(5.3)	75(100)

The Table-2 shows that in response to question that whether the respondents were satisfied from the discipline in jail, the 73.3% were satisfied and 26.7% were dissatisfied. In response to question that whether they were being imparted with education in Jail, no response was affirmative and 100% of the respondents replied that they were not given education. In response to question that whether they were given training in various skills, no one's response was affirmative and all replied that they were not given training in various skills e.g. preparing bills/budgeting. In response to question that whether they have completed any rehabilitation programme, no one agreed and all were of the view that they did not complete any rehabilitation programme. In response to question that whether they were assessed accurately on their first admission to prison, 26.7% were accurately assessed, 66.7% were not accurately assessed and 6.7% were un-decided about the statement. In response to question that whether they had trust on themselves, 12% had trust on themselves, 68% were not having trust over themselves and 20% were un-decided. In response to question that whether they were given health care facility, 62.7% were given health facility, 37.3% were not given health facility and no one of them was un-decided. In response to question that whether the drug addicts were taken to rehabilitation centers, 28% were agreed that drug addicts are taken to rehabilitation centers, 65.3% were of the view that drug addicts are not taken to rehabilitation centers and 6.7% were un-decided. In response to question that whether the Jail inmates were released on parole/probation, no one agreed, 74.7% were of the view that they were not released on parole/probation and 25.3% were un-decided. In response to question that whether they were given undue physical torture, 4% agreed while 96% were of the view that they were not given physical torture and no one was un-decided. In response to question that whether they were brought to court properly, 81.3% agreed while 17.3% were of the view that they were not brought to court properly and 1.3% were un-decided. In response to question that whether all types of prisoners are placed in the same place, 17.6% agreed while 79.7% were of the view that they were not brought to court properly and 2.7% were un-decided. In response to question that whether

they were examined by medical officer on their admission to prison, 58.7% were examined while 41.3% were not examined and no one was un-decided. In response to question that whether they were examined by medical officer before giving punishment, 65.3% were examined while 32% were not examined and 2.7% were un-decided. In response to question that whether they were given religious education, 57.35% were of view that they were given religious education while 42.75% disagreed and no one was un-decided. In response to question that whether they go to their family for 2-3 days after four months, no one of them went. In response to question that whether political prisoners are placed in separate place, 82.7% respondents agreed that political prisoners were placed separately, 16% disagreed and 1.3% were un-decided. In response to question that whether prisoners with psychological problems were shifted to hospitals for treatment, 62.7% agreed, 32% disagreed and 5.3% were un-decided. In response to question that whether juveniles were kept in borstals, 100% agreed. In response to question that whether they were presented before magistrate within 24 hours of arrest, 64% were agreed, 36% disagreed and no one was un-decided. In response to question that whether they were engaged in hard labour, 6.7% were engaged, 86.7% were not engaged and 5.3% were un-decided.

Table-3: Deficiencies in the Prisoners' Rehabilitation within Jail

S. No	Statements	Agree (%)	Disagree (%)	Undecided (%)	Total (%)
1	You are taught writing and reading skills	01(1.3)	74(98.7)	00(0)	75(100)
2	You face difficulty in getting meal	12(16.2)	61(82.4)	02(2.7)	75(100)
3	Moral behavior of staff is fair	55(73.3)	17(22.7)	03(4)	75(100)
4	Staff response positively	47(62.7)	28(37.3)	00(0)	75(100)
5	Space is sufficient for existing number of prisoners	54(72)	21(28)	00(0)	75(100)
6	You consult your lawyer	52(69.3)	19(25.3)	04(5.3)	75(100)
7	Prison's staff is qualified	33(44)	30(40)	11 (14.7)	75(100)
8	Bail right is given to you	34(45.3)	24(32)	17(22.7)	75(100)
9	You meet your relatives	73 (97.3)	2 (2.7)	00 (0)	75 (100)
10	Proper medical facility is available in Jail	75 (100)	0 (0)	00(0)	75 (100)
11	Medical staff examine you regularly	56 (74.7)	19(25.3)	00(0)	75 (100)

12	You meet your spouse in privacy	00 (0)	75 (100)	00 (0)	75 (100)
13	Television set is available in barrack	00 (0)	75 (100)	00 (0)	75 (100)
14	Water filtration plant is available	00 (0)	75 (100)	00 (0)	75 (100)
15	Computer lab is available	00 (0)	75 (100)	00 (0)	75 (100)
16	Your self- respect is restored to some extent	03 (4)	43 (57.3)	29 (38.7)	75 (100)
17	You are given psychological counseling	12 (16)	53 (70.7)	10 (13.3)	75 (100)
18	The games or playing facility is available	00 (0)	75 (100)	00 (0)	75 (100)

Table-3 shows that in response to question that whether the respondents were given training in writing and reading skills, 1.3% were given and 98.7% were not given. In response to question that whether they faced difficulty in getting meal, 16.2% faced difficulty while 82.4% did not and 2.7% were un-decided. In response to question that whether moral behavior of staff was fair, 73.3% were agreed, 22.7% did not agreed and 4% were un-decided. In response to question that whether staff responded positively, 62.7% agreed, 37.3% disagreed and no one was un-decided. In response to question that whether space was sufficient for existing prisoners, 72% agreed, 28% disagreed and no one was un-decided. In response to question that whether they consulted their lawyers, 69.3% agreed, 25.3% disagreed and 5.3% were un-decided. In response to question that whether the staff for prisoners was qualified, 44% agreed that staff was qualified, 40% disagreed and 14.7% were un-decided. In response to question that whether bail right was given to them, 45.3% agreed, 32% disagreed and 22.7% were un-decided. In response to question that whether they meet their relatives, 97.3% agreed, 2.7% disagreed and no one was un-decided. In response to question that whether proper medical facility is available, 74.7% agreed while 25.3% disagreed. In response to question that whether medical staff examined them regularly, 25.3% were examined, 74.7% were not examined regularly and no one was un-decided. In response to question that whether they met their spouses in privacy, all of the respondents disagreed. In response to question that whether Television set was available in barrack, all disagreed. In response to question that whether water filtration plant was available, all disagreed. In response to question that whether computer lab was available, no one agreed. In response to question that whether their self respect is restored to some extent, 4% agreed, 57.3% disagreed and 38.7% were un-decided. In response to question that whether they were given psychological counseling, 16% were given, 70.7% were not given and 13.3%

were un-decided. In response to question that whether the games or playing facility is available for them, all respondents disagreed.

Conclusion:

The prison is an important organ of criminal justice system that reflects the society's socialization level, as the Fyodor Dostoyevsky (1821-1881) said "The degree of civilization in a society can be judged by entering its prison". It is concluded from the study that there is lack of rehabilitation programmes for prisoners, to enable them to re-adjust in society as its useful members, in the study area. The improper prison conditions and lack of facilities lead the prisoners to low self-esteem which also causes their personal degradation. Rehabilitation of prisoners is significantly necessary in order to reduce the rate of crimes and to strengthen peaceful environment in the society.

References:

- Asia Report, (2011). *Reforming Pakistan's Prison System*. International Crises Group Working to Prevent Conflict worldwide.
- Bhutta, M. H. & Akbar, M. S. (2012). *Situation of Prisons in India and Pakistan: Shared Legacy, Same Challenges*: South Asian Studies, A Research Journal of South Asian Studies Vol. 27, No. 1, 171-181.
- Bonta, J. (1997). *Offender Rehabilitation: From Research to Practice*, Public Works and Government Services Canada Cat. No. JS4-1/1997-1, ISBN: 0-662-62937-X.
- Department of Corrections Washington State, (2012). *Sex offender Treatment in Prison*. Retrieved on 07-08-2015 from <http://www.doc.wa.gov/community/sexoffenders/prisontreatment.asp>
- House of Commons Home Affairs Committee, (2005). *Rehabilitation of Prisoners*. First Report of Session 2004-05, Volume I. The stationary office limited. House of Commons, London.
- Illescas, S. R., Meca, J. S. & Genoves, V. G., (2001). *Treatment of Offenders and Recidivism: Assessment of the Effectiveness of Programmes Applied in Europe*. Psychology in Spain, 2001, Vol.5, No.1, 47-62.
- Law & Justice Commission of Pakistan, (1997). *Jail Reforms Revised (Report 23, 1997)* Retrieved on 25-07-2015 from [http://www.ljcp.gov.pk/MenuItems/Publications/Reports of the LJCP/reports/73-89/80.doc](http://www.ljcp.gov.pk/MenuItems/Publications/Reports%20of%20the%20LJCP/reports/73-89/80.doc)
- MINTUM, (2010). *Global Security: Motion to Stable Future*. Instructional Guide, Economic and Social Council. Minsk International Model United Nations 2012.

- Ross, R. R., Fabiano, E. A. & Ewles, C. D., (1988). *Reasoning and Rehabilitation*. International Journal of Offender Therapy and Comparative Criminology. 1988, 32: 29-35.
- Scott, C. L., & Gerbasi, J. B., (2005). *Handbook of Correctional Mental Health*. Washington, DC. American Psychiatric Publishing.
- The Juvenile Justice System Ordinance*, (2000). Retrieved on 03-06-2015 from <http://sparcpk.org/pdf/Juvenile%20Justice%20System%20Ordinance%202000.pdf>
- The prison Act*, 1894. Retrieved on 02-03-2015 from <http://punjablaws.gov.pk/laws/13.html>
- Wallace, V.C., (2002). *Eating the Ashes: Seeking Rehabilitation within the US Penal System*. Algora Publishing, New York.
- Wolfe, M., (2012). *Types of Rehabilitation Treatment in Criminal Justice*. eHow. Retrieved on 06-05-2013 from http://www.ehow.com/list_6638745_types-rehabilitation-treatment-criminal-justice.html.
- Young, A. (2012). *Rehabilitation & Education: The keys to Reduce crime, High Incarceration*. emPowerKnowledge.Vision.Power. Retrieved on 27-07-2015 from <http://www.empowermagazine.com/rehabilitation-education-the-keys-to-reduce-crime-high-incarceration/>

About the Authors:

Dr. Mamoon Khan Khattak is an Assistant Professor-Social Work & Incharge Chairperson, Department of Social Work & Sociology, Kohat University of Science & Technology (KUST), Pakistan. He can be reached at mamoonkk@gmail.com

Mr. Naveed Ullah is an MPhil Scholar-Social Work, Department of Social Work, University of Peshawar, Pakistan. He can be reached at unaveed90@yahoo.com

Mr. Asif Mahmood is a Lecturer-Social Work, Department of Social Work & Sociology, Kohat University of Science & Technology (KUST), Pakistan. He can be reached at asif_socialwork@yahoo.com