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Assessing the Components of Rehabilitation Programmes in Ankpa Prisons of Kogi State – Nigeria: Counselling Implications

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Abstract

This study focused on the assessment of rehabilitation programmes in Ankpa prison of Kogi State and the counseling implications. All the fifty-three (53) available inmates were purposively sampled for the study. The instrument used was a self-developed questionnaire tagged “Components of Rehabilitation Programme Questionnaire (CORPQ) generated from the contents of the various components of rehabilitation programme. The instrument yielded a correlation coefficient of .82 on test-retest reliability. Three (3) hypotheses were generated and tested with t-test statistic. It was found that only Religious activities and Welfare services met the required standard of rehabilitation. Vocational training and educational programmes were below standard while Counseling services were completely out. Significant differences were not found among the paired components of rehabilitation programmes. Recommendations, among others, include making provision for a trained counselor in the prison system to counsel the convicts for a proper rehabilitation and the improvement of the rehabilitation programme that are below standard.

An assessment is a judgmental position about a situation, event or issue, programme, person, e.t.c. An assessment of the rehabilitation programme of Ankpa prisons, therefore signifies the extent to which it is meeting the stipulated purposes for its establishment. The prison harbours miscreants, psychopaths, people whose life style are diametrically opposed to society’s whims and caprices and hence the need for rehabilitation which occurs when a criminal is returned to a useful citizen after a period of treatment through a well articulated intervention strategies for the purpose of reduction in criminal tendencies. This could be observed through changes in the total personality disposition of the convict. Rehabilitation, therefore, should not be perceived

as a punishment factory that could inflict pain. Every undesirable behaviour has an antecedent cause that could be unveiled through intervention strategies in counseling. However, is counseling really in place in the Nigerian prisons?

The Federal Government of Nigeria in 1989 came out with a blue-print on effective management of criminal activities and through a very effective and improved training of the inmates so as to provide an all round rehabilitation programme that includes the following:

- Vocational training
- Religious activities
- Welfare
- Counseling services and other educational programmes.

It is very important to note that an individual prisoner is bedeviled with a lot of hetero-enormous forces that have affected his/her personality negatively therefore, needs to be assisted to overcome them through proper rehabilitation programmes instead of churning out more hardened, hopeless, helpless and highly stigmatized ex-convicts and only to find solace again in the prison after criminal act.

However, the focus of this study is on the most important reason for imprisonment – rehabilitation. To what extent have they fulfilled the purpose for which it is meant in Ankpa prisons? This study is an attempt to assess the componential parts of the rehabilitation programmes in Ankpa prisons – Kogi State.

Statement of the Problem

In recent times, there has been a serious upsurge in the criminal activities in Ankpa town; some of these vices include cases of armed robbery, kidnapping and even jailburdism. Worthy of note, recently, was an ex-convict who was entangled in a robbery case and subsequently wasted the following day after release. It is germane to note that a prisoner needs to overcome the internal and the hetero-enormous forces that have influenced the negative behaviour. This can only be achieved when a proper rehabilitation is in place through imprisonment.

Imprisonment is supposed to have reformative, deterrent and rehabilitative effect on a convict which encompasses educational, welfare, religious, vocational and counseling services. Experience have shown that prisoners get discharged from prison or jail terms more hardened, hopeless, helpless and stigmatized. Therefore, they faithfully find solace in getting back to prison.

However, the focus of this study is on the assessment of the rehabilitation programmes in Ankpa prison which includes educational programmes, counseling services, vocational training, welfare service and religious activities and counseling implications. This study sought to answer to the following research questions:

- i. Are the components of the rehabilitation programme in Ankpa prisons actually rehabilitative enough?

- ii. Is there any significant difference between vocational training and religious activities in terms of rehabilitation in Ankpa prison?
- iii. Is there any significant difference between welfare services and vocational training in terms of rehabilitation in Ankpa prison?
- iv. Are counseling services available in Ankpa prisons?
- v. Is there any significant difference between vocational training and educational programmes?

Purpose of the Study

The purpose of the study is to assess the components of rehabilitation programme in Ankpa prison. Specifically, the study aims at finding out whether the rehabilitation programme in:

- Ankpa prisons are actually rehabilitative.
- Counseling programmes are actually in existence in Ankpa prison yard.
- Any significant difference exists between vocational training and religious activities.
- Any significant difference between vocational training and educational programmes.
- Any significant difference between vocational training and welfare services.

Significance of the Study

This study is important in that it will serve as an eye-opener to social workers and the prison department on how to improve their services to the inmates. It will equally give a revelation to the various flaws inherent in the present rehabilitation programme in Ankpa prisons and probable solutions to be offered so as to make it more beneficial to the inmates. It is a pathfinder to other researchers who are interested in prison studies as it will give them a valuable guide for their research. Finding from the research will be of help to policy makers in the federal ministry of interior on how to fashion out appropriate rehabilitation programmes. Rehabilitation counselors will also find this study interesting and educative.

Hypotheses

The following hypotheses were formulated for the study and tested at a .05 alpha level of significance

1. There is no significant difference between vocational training and religious activities in rehabilitation, programmes in Ankpa prisons.
 2. There is no significant difference between vocational training and welfare services in rehabilitation programmes in Ankpa prisons
- There is no significant difference between vocational training and educational programme on components of rehabilitation programme in Ankpa prisons.

Methodology

It is a case study which provides an intensive picture of Ankpa prisons. This approach is equally justifiable because of the uniqueness of a prison terrain. Again, the prison system in Kogi State is centrally controlled and so there is uniformity in their operational machinery. The population is made up of all the fifty three (53) inmates in Ankpa prisons and all of them were purposively selected.

The instrument for the study was a self developed questionnaire made up of thirty three (33) items tagged “Components of Rehabilitation Programmes in Ankpa Prisons Questionnaire” (C.O.R.Q) generated from the various components of the rehabilitation programmes. The instrument yielded a correlation coefficient of .82 on a test-retest reliability when it was administered on another prison in Kogi State. Scoring of the instrument was based on four (4) points scale based on the following options;

- ✓ Strongly Agree (4)
- ✓ Agree (3)
- ✓ Disagree (2)
- ✓ Strongly Disagree (1)

Any of the componential parts with a mean of 2.50 shows a good performance and significant.

The questionnaire is sub-divided according to the various components of the rehabilitation performance. They are positive in nature and a high figure is reminiscent of the fulfilled aspect of the rehabilitation programme.

Results

Descriptive data of the respondents

Table 1: Classification of the Respondents by Sex

Sex	Frequency (f)	Percentage (%)
Male	51	96.22
Female	2	3.7

As at this time, the inmates were 53.51 (96.22%) of them were males while 2 (3.7) were females.

Table 2: Educational Qualifications of the Respondents

Qualifications	Frequency (f)	Percentage (%)
B. Sc.	1	1.8
H. N. D	2	3.8
N. C. E	8	3.15
S.S.C.E (W.A.E.C/N.E.C.O)	31	58.5
F.S.L.C	11	20.8
Total	53	100

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Table 2 x-rays the educational qualifications of the respondents. Most of the respondents have only Secondary Education comprising of 31 (58.5%) of the respondents followed by those with First School Leaving Certificate (F.S.L.C) comprising 11(20.8%), N.C.E, 8(15%), H.N.D, 2(3.8%) while only one of the inmates had a First Degree (1.8%) of the total respondents.

Table 3: Response of the inmates of Ankpa prisons to the functionality of vocational training in the yard.

Here, there are enough facilities to acquire functional vocational training.

S/N	Item	SA	A	D	SD	\bar{x}	Std. D	Decision
1.	Carpentry	30	15	3	5	3.32	0.86	Agree
2.	Manson work	8	15	26	4	2.51	0.85	Agree
3.	Cabinet work	25	15	8	5	3.13	1.00	Agree
4.	Poultry	3	3	6	41	1.40	0.80	Disagree
5.	Weaving	3	4	5	41	1.89	1.84	Disagree
6.	Blacksmithing	3	4	6	40	1.43	0.87	Disagree

Table 3 above revealed responses of the inmates as it concerns vocational training. Carpentry has an average of 3.32 and a standard deviation of 0.86, mansion work has a standard deviation of 0.85 with an average score of 2.51, cabinet work ended with an average of 3.13, standard deviation of 1.00, for poultry, the standard deviation stands at 0.80 with an average of 0.80 while weaving had a standard deviation of 1.84 with an average of 1.89 and lastly Blacksmithing with an average of 1.45 and a standard deviation of 0.87. The overall mean for vocational training was 2.4 with a standard deviation of 6.33. The mean score was determined by the average of the values assigned the options. Any response mean score by 2.5 and above is regarded as been in line with the benchmark and agreed on while scores falling below that are disagreed. Therefore, carpentry, mansion and cabinet works are the functional aspects of the vocational training for the purpose of rehabilitation in Ankpa prisons while poultry, weaving and blacksmithing are yet to find their feet.

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Table 5: Response of inmates to counseling services as part of rehabilitation programmes provided in Ankpa prisons.

S/N	Item	SA	A	D	SD	\bar{x}	SD	Decision
Educational Guidance								
11.	Stirring habits	-	-	-	53	1	7.14	Disagree
12.	Note taking	-	-	-	53	1	7.14	Disagree
13.	Preparation/writing exams	-	-	-	53	1	7.14	Negative
14.	Correspondence exams	-	-	-	53	1	7.14	Negative
15.	Requirement for future educational pursuit	-	-	-	53	1	7.14	Negative
Vocational Guidance								
16.	Preparation needed for different occupation	-	-	-	53	1	7.14	Negative
17.	Available workplaces	-	-	-	53	1	7.14	Negative
18.	Method for entering Occupations							
19.	Suitability for employment	-	-	-	53	1	7.14	Negative
Personal-Social Guidance								
20.	The society will welcome me after discharge	-	-	-	53	1	7.14	Negative
21.	I can still find fulfillment in life	-	-	-	53	1	7.14	Negative
22.	I will start from somewhere after my release	-	-	-	53	1	7.14	Negative
23.	Only God would forgive me of my wrongdoing	-	-	-	53	1	7.14	Negative

Overall Mean (\bar{x}) = 7.00

SD = 7.14

From the above table, counseling services are virtually non-existent in Ankpa prisons.

Table 8: t-test to determine the difference between vocational training and educational programme of the rehabilitation of inmates in Ankpa prisons.

	Mean (\bar{x})	SD	DF	t-cal	Table	Decision
Vocational Training	2.28	.86	51	.88	2.009	Accepted
Educational Programmes	1.54	.6				

The above result shows a calculated *t*-test value of 88. The table value of 2.009 is greater than the calculated *t*-test value (88) $DF < 0.05$ which indicates a non-significant difference. The Null hypothesis is therefore, upheld that:

There is no significant difference between Vocational Training and Educational Programmes for the rehabilitation of inmates in Ankpa prisons

HO₂: There is no significant difference between Vocational Training and Religious Activities for the rehabilitation of prison inmates in Ankpa prisons.

Table 9: t-test to determine the difference between vocational training and religious activities for the rehabilitation of prison inmates in Ankpa prisons

	Mean (\bar{x})	SD	DF	t-cal	Table	Decision
Vocational Training	2.28	.91	51	51	2.009	Accepted
Religious Activities	3.3	.78				

The above analysis in Table 9 shows a calculated *t*-test value of 1.54. The table value of 2.009 is greater than the calculated *t*-test value (1.54) $DF < 0.05$ which upholds the hypothesis that:

There is no significant difference between Vocational training and Religious activities for the rehabilitation activities of prison inmates in Ankpa.

HO₃: There is no significant difference between vocational training and welfare Services for the rehabilitation of prison inmates in Ankpa

Table 10: *t*-test to determine the difference between Vocational activities and Welfare service for the rehabilitation of inmates in Ankpa prisons.

	Mean (\bar{x})	SD	DF	<i>t</i> -cal	Table	Decision
Vocational Training	2.28	.91	51	1.053	2.009	Accepted
Welfare services	3.14	1.1				

In table 10 above, the calculated *t*-test value is 1.053. The table value of 2.009 is greater than the calculated *t*-test value (1.053) DF $P < 0.05$ which indicates an acceptance of the hypothesis that is.

There is significant different between vocational training and welfare services for the rehabilitation of prison inmates in Ankpa.

Discussion of Findings

Three hypotheses were generated and tested in this study using *t*-test statistics. It was discovered in the study that only Religious activities and Welfare services are the effective, functional and potent components of rehabilitative programmes in Ankpa prisons.

It was discovered in the course of the study that a significant difference does not exist between Vocational training and Educational activities towards the rehabilitation of prison inmates in Ankpa. Education in this context encompasses all the formal learning activities designed for the inmates for the purpose of updating their knowledge and to be able to sit and pass external exams that will enable them to further their education upon their discharge.

Central to any functional education, is the acquisition of skills that will make an individual to earn a living. It is therefore, not surprising that a significant different was not found between them. Through Vocational training, an inmate's is able to develop and accept a realistic picture of him/her and what to do in world of work. To a large extent, education smoothens one's success in Vocational training.

Providing ex-convicts with a place to live and new clothing can ease their transition from prison to the world. It is often not easy to trigger ex-convicts to look for work and retain a job, their lack of job skill often mean that only most unskilled jobs are open to them and because they may not be sincere with their expectations.

No wonder then that Gilbert (1982) averred that rehabilitation programmes have positive effect on educational and vocational adjustment.

A significant difference was also not found between vocational training and Religious activities. Religious activities for the inmates act as moral compass for them to navigate, a life of integrity, usefulness to the society and hatred for iniquities; acts that are capable of sending them back to prison after discharge. Any vocational training that is not accompanied with moral sanctity may not survive with time. Therefore, it is not just enough to be vocationally up-to-date; there is the need for moral guide to sustain the tempo.

A significant difference was not found between Vocational training and Welfare service. Vocational training is equally geared towards the Welfare of the inmates and so, there couldn't have been differences between them. Conklin (2009) remarked that once an individual is criminally sanctioned, the welfare seriously becomes part of the rehabilitation programme just like Vocational training and the likes.

Counselling Implications

John Locke's tabularassa picture of a human being goes thus in Nwaogu (2002):

- i. *At birth, an infant has a neutral character; it is neither good nor bad.*
- ii. *There is an intervention between the individual and the environment.*
- iii. *In the course of the above, all behaviours are acquired.*
- iv. *Whatever that is learnt impinges on the inherited characteristics.*
- v. *The God-given integrity of a human being endows him/her to be able to take decisions, communicate with the mind and having a symbolic transaction with the environment.*

This Writer is in agreement with above philosophical underpinnings. Therefore, the anti-social behaviour of the prisoners that resulted in jail terms is learnt and what is learnt can be unlearned. In this case, behavioural counseling becomes important which gives an insight on how to solve behavioural abnormalities so as to be in good standing with the victims and caprices or the society and eventual reintegration. The prisoners are emotionally traumatized. They need to be healed. This was why Okeke (2002) averred that behavioural counseling is encapsulated with a life of teaching the individual to resolve crisis. She went further to remark that as a corrective system, it has a way of assessing the extent of goal realization and corrections.

The role of counseling of the total personality rejuvenation was reiterated by Nwaogu (2002) who averred that:

Counseling is about help and it is necessary in life without which an individual trapped in a particular uncomfortable situation thinks the world is not dealing adequately with him. Counseling/helping therefore, when given by a well-oriented person (Professional) provides a fast relief to the person who has found himself/herself in trouble (Pg.1)

A prisoner who is confined and with a regimented period of activities and freedom withdrawn obviously needs help. It is a truism from the submissions of the behavioural counseling that criminal behaviour is learnt and it is well built on the principle of classical and operant conditioning which can be suppressed through the principle of behaviour modification. A well trained counselor, therefore, is needed in the prison. Enough counseling will help to lessen prison disciplinary problems and the rate at which they are returned to the prison. It will make the inmate to thread realistic life goals without injuring the feeling of others or encroaching on the decorum of the society, bearing in mind that the only way man can articulate and properly package his being is through his acceptable interaction with other people and things of the world.

There can be no rehabilitation without the healing virtue of counseling for the convicts. Therefore, the absence of counseling services in Ankpa prison is a serious aberration. What is going on there right now is nothing but punishment and not rehabilitation.

Conclusion

In conclusion, Ankpa prison harbours criminal who are undergoing very serious process of depersonalization. There can be no way a discharged prisoner from the prison can become law abiding and useful being in the society if counseling services were not incorporated in the course of imprisonment. This is the pathetic story of Ankpa prison. The lack of counseling services in this prison yard is a serious *gorgon medusa* that has convulsed the essence of imprisonment.

Recommendations

The following recommendations are made in line with the findings of the research;

There can be no rehabilitation if counseling services are absent as evident in the study. Counseling has a healing virtue that can turn around a convict positively. Therefore, professionally trained counselor on rehabilitation should be employed in Ankpa prison yard and cater for this gap. To a large extent, Ankpa prison is a punishment factory and not rehabilitation centre.

Apart from the above, vocational training and educational programmes in the Ankpa prison yard have been found or be sub-standard and not meeting the requirement of rehabilitation programme.

Therefore, let there be a well articulated and robust structure towards these direction to guarantee the future of these inmates when they are released back to the world.

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