THE INTERNATIONAL JOURNAL OF HUMANITIES & SOCIAL STUDIES

Selected Institutional Reforms and Change of Behavior of Inmates in Correctional Facilities in Nairobi County, Kenya

Koome Solomon Gikundi

Ph.D. Candidate, School of Open and E-learning, University of Nairobi, Kenya

Dr. Charles Wafula Misiko

Senior Lecturer, School of Open and E-learning, University of Nairobi, Kenya

Raphael Ondeko Nyonje

Professor, School of Open and E-learning, University of Nairobi, Kenya

Abstract:

The study focused on selected institutional reform and change of behavior of inmates in correctional facilities in Nairobi County, Kenya. The study tested hypothesis; target population was 10,111 individuals. Sample of 385 was drawn. Participants were picked, data gathered. Descriptive statistics were computed and inferential statistics done were person's product moment correlation(r) T -tests were used to test hypotheses in the study and the results With $r=0.725$, $t=36.234$, at $p=0.000, 0.05$, H_1 was found that selected institutional reforms had a statistically significant influence on change of behavior of inmates Findings are crucial to policy makers regarding formulation and implementation of the prison reforms.

Keywords: *Selected institutional reform, change of behavior, inmates, correctional facilities*

1. Introduction

Since the conception of the modern state, prison reform has been an issue raising national and international concern. Prisons worldwide are faced with the problem of adjusting their attitude and adapting a proactive system in order to attain their goals and objectives (Prison handbook, 1997). Prisons serve a valuable role in society, by providing a rehabilitative environment for those who break the rule of law in an effort to better them as people. They encourage peace and allow for reform (Adler and Longhurst, 1994). Prison reform in Germany is geared towards deterrence, reformation, and the protection of society. These factors are emphasized differently in different countries. Emphasis has been laid chiefly upon punishment and the protection of society. Empowerment of officers through education is manifested through numerous libraries found in most prisons (Anderson and Overly, 2010).

Prison is seen as a physical structure situated in a certain specified geographical location that provides distinct communal environment where people live in accordance to specific conditions (McCorklen & Korn, 2004). Globally, prisons are established reformatory and rehabilitation institutions with a core goal of reforming and re-orientating prisoners, and make them useful members of the public. The neglect of the prison institutions over the years is reflected by the attendant myriad of challenges it grapples with especially on infrastructural decay and logistic constraints. In most cases the vehicles that are supposed to cater for the prisoners going to various courts scattered all over the local government areas of the country as well as for the welfare of prison officers are hardly sufficient or operational (Ogwezzy, 2011). In Nigerian prisons, the Federal Government inaugurated 239 assorted operational vehicles and farm tractors as part of plans to rehabilitate and fast-track access to justice for inmates. While inaugurating the operational vehicles in Abuja, the measures were part of efforts to reform the operations of the Nigerian Prisons Service (NPS) as it was revealed that the fleet capacity of the prisons stood at just 268 vehicles in various stages of disrepair (Opafunso and Adepoju, 2016). A report on Asian prisons revealed that about 65 percent of inmates have never faced conviction to any form of crime, and some have been waiting for court trial for ten years or more. The report added that most prisoners were from poor backgrounds or were themselves very poor afford paying a lawyer and the bad prison settings made their life behind bars even more unbearable. Effectiveness of prison reforms can be guaranteed only if the three instrumentalities of the criminal justice system which includes the police (who arrest and present the suspects in court) the court (that hears the suspects out and sentence them) and the prison (where the criminals are held to serve their jail term) must be correctively responsive. A clear indication of co-existence of this system was demonstrated in a momentous ruling by the Indian Supreme Court (2014) put an order to all prisons to free pre-trial offenders detained for over half of maximum jail term they could earn if verdict found them guilty (Penal Reform International, 2015). In the Kenya Prison In-charge stores and transport is responsible to the commissioner general of prisons for all matters appertaining to organization and administration of transport which include; allocation of vehicles, maintenance and repair facilities as well as efficiency of all technical staff and drivers. However there is a challenge to most prisons that lack resources such as vehicles and

personnel to facilitate transfer, transportation of inmates to the court when needed and other movements of prisoners. This at times contributes to delayed justice to the inmates (KNCHR, 2010). Acute shortage of inmate's uniform is experienced in many prisons. This shortage also affects the prison staff who have to wait for a long time to be supplied with work uniform and sometimes they result to using their own resources to purchase uniform. Tools and equipment needed for training and work by instructors and inmates are not adequate and some are worn out or obsolete. It should be noted with great concern that securing lives and protecting properties remains an utmost duty of the state and because crime is functional, citizens unconsciously or consciously rub with the law. The concern is whether the structures are well equipped to assure reform of offenders. As such, prison still remains indispensable in reform, correction and rehabilitation of convicts. As reflected in many countries, in Nigeria it was identified that failure to implement prison reform recommendations and congestion presented major challenges that confront prisons (Obioha, 2011). While people living behind bars are entitled to a right to access of standard healthcare comparable to that accessible to those living outside the prisons. The 'principle of equivalence' is among those enjoying extensive consensus amongst human rights instruments and international health organisations. Amidst severe health problems evidenced in prisons globally, the state has a legal obligation of safeguarding lives and health of people it confines. This notwithstanding, prison healthcare standards compared to that prevailing in the community in most cases fail to meet public health needs and human rights obligations (Rick, 2006). The contest concerning reform in healthcare contains problems of sustainability, fairness, right to access healthcare, quality of healthcare offered as well as government spending on healthcare (Helen and Deborah, 2011). As postulated by Toon (2005) efficiency in macro-economic links to the share of resources allocated and channelled to healthcare in aggregate and the benefits that accrue in terms of individual or household health outcomes. General argument is that countries that direct more spending on healthcare and maintain same outcomes are less efficient while those that spend less on healthcare and post better results are termed to be more efficient.

In most prisons, inmates (especially those serving a short jail term) are allowed to spend time in the open air space at least once a day, nonetheless their participation in organized physical education in some prisons normally very low. Older prisons and those in low income countries normally have lesser facilities and the capacity of older gymnasiums and sports halls can be restrictive although some prisons have outdoor sports pitches. In the U.S, inmates use their leisure time constructively where prisons avail activities such as sports, arts and hobby crafts, movies, wellness, games, individual and group social activities that are lacking in most prisons worldwide (Brown, 2012). The Kenyan law has elaborate provisions on the accommodation, drinking water, food, clothing and bedding of male and female prisoners. Prison facilities and buildings in particular that aid in restriction of inmate movement must have enough space to live in, access to enough air and light. This notwithstanding, the Kenyan jails are faced with a common challenge of overcrowding and improper bedding (IED, 2004). Where male and female persons are kept for long periods in overcrowded conditions, the danger of physical violence and strong prisoners taking advantage of the weaker ones increase. In extreme conditions where there is no bedding the weaker prisoners are forced to sleep on the floor and go through unnatural sex acts in order to access basic provisions like bedding and food (Abuyeka, 2014). In instances where large number of prisoners is kept together for long periods, they sometimes turn on each other as a way of relieving tension. Overcrowded prisons in Kenya also pose dangers of illness and

2. Literature Review

Institutional reforms comprise the processes of coordinated and controlled activities such as health activities, infrastructural facilities, educational programme, which are intended to influence the delivery of effective and efficient change of behavior of inmates in correctional facilities. These reforms are state commitments that attempts to improve the prison conditions implement alternatives to imprisonment and establish more effective penal systems. While prisons have always been regarded as main institutions for punishing unlawful acts, Thom (2007) puts forward that constitutional commitment towards a rehabilitation system that reforms its lawbreakers is very critical concern for building and safeguarding communities. Nevertheless the basic task for legislation is to make sure that prison institutions becomes the places where such goal can be actually realized.

Many lives of ordinary prison inmates are struggling with a prison reform lawsuit, from the beginning to the aftermath. In such cases, the inmate-plaintiffs often go for years without hearing from their court-appointed attorneys, who are busy negotiating consent decrees for these inmates (Lloyd, 2000). One of the major challenges facing prisons in Kenya has been lack of proper and adequate means of transport. This has resulted in delays and sometimes even death among inmates who sometimes require urgent medical attention. The introduction of the bail information system is in line with the core mandate of the probation services which is to provide courts with information on defendants necessary for the adjudication of criminal cases especially in sentencing (Gehring, 2007).

Departments also deal with supervision and rehabilitation of offenders as prescribed by the courts through specific judicial orders, re-integration and rehabilitation of ex-offenders within the community. Implementation of this kind of system enables probation officers to prepare standardized pre-bail reports and ensure proper systems for supervision of the accused on bail. The system sees remand custodies kept at the essential minimum and prevent offenders from falling back into crime while still on probation. Under the system, probation officers ensure that offenders appear in court thus leading to reduction in delays Republic of Kenya (1981).

Due to the nature of work performed by prison officers transport is key in the achievement of tasks. Vehicles are needed to transport inmates to courts, hospitals and to other prisons when on transfer. Vehicles are also needed to transport goods from the prison industries and farm produce from the farms to the market. Officers require vehicles for transport. This includes hearses for transporting bodies of deceased officers. Currently the service has a total of 133

vehicles leaving a deficit of 64 to meet the current needs. Wrongful use of vehicles is common in prisons, for instance where ambulances are used to run other errands completely unrelated to medical services due to scarcity of vehicles (KPS, 2013).

It is the responsibility of the service to provide inmates with food, uniforms, beddings and toiletries. Similarly, the service is obligated to provide officers with proper uniforms and equipment. However, this has not been adequately fulfilled leading to challenging situations such as: Poor health due to exposure to harsh conditions and insufficient food supply which at times may be fatal. Limited numbers of inmates being deployed to duties and/or sent to training programs due to inadequate uniforms since only those properly dressed in prison uniform is deployed and/or sent to training.

High incidences of conflicts among inmates over scarce uniforms and bedding, poor hygiene due to limited supply of toiletries and sanitary facilities, exposure to harsh weather conditions leading to poor health affects prisoners and the prison officers' productivity. Officers risk catching diseases due to limited supply of protective gear (gloves, dust coats, masks and boots), improper dressing and inadequate skills in handling the equipment (Institute for Education in Democracy, 2004).

There is need therefore for adequate funding to enable the service procure enough stores and supplies. Although currently not in use, there is need to procure beds for all inmates. As the analysis has indicated, the Kenya Prisons service is facing inadequacies in virtually all its undertakings. The most underlying factor is insufficient budgetary allocation. This is worsened by the existing bureaucracies who delay access to funds leading to underutilization of allocated funds (IED, 2004).

This has to date manifested in unavailability of stores, facilities, equipment and housing and accommodation for both staff and inmates. The ultimate effect has been low staff morale and ineffective inmates' rehabilitation programs due to lack of required facilities. Utilities such as water electricity and telephone have accumulated huge bills for the service at times leading to disconnections which in turn undermine security, rehabilitation and general operations in most Kenyan prisons (Abuyeka, 2014).

Jails in most countries are marked with overcrowding, lack of privacy, poor sanitation, mistreatment of prisoners, general mismanagement and insensitive arrogance of prison officials. The despicably high number of under trials and suspects languishing in remand for many years without charges or evidence of their offence, contributes to the challenge of prison administration (Bhalerao, 2000). Prison reforms in the republic of China faced challenges of overcrowding and underfunding, while in countries such as United States and Britain the image of prison reform was tainted with extensive violence, armed struggle and wide political strife.

Usually prison overcrowding is defined technically by situation of occupancy rate and recommended capacity of prisons. Congestion in prisons refers to situations where the placement number of prisoners exceeds the official prison capacity. Lack of adequate space is among the various challenges experienced as a result of overcrowding in prisons which has a negative impact on sanitation, quality and quantity of nutrition, programmes, health services, and activities for prisoners as well as the needed attention for vulnerable prisoners or prisoners with special needs. Lack of adequate space affect mental and physical wellbeing of prisoners, causes tension and violence among prisoners, aggravates existing physical and mental health problems and introduces huge challenges to management of prison facilities (Theresa, 2000). In a very general way, overcrowding has a detrimental effect on public safety because it affects the ability of the prison service to design and deliver meaningful programmes and interventions to prepare offenders from their successful return to the community and ensure their desistance from crime (Gehring, 2007). Prisons' reports indicate that hygiene is stressed and prisoners are expected to bath daily, cut their hair short and wash their clothes. However, this is not the reality in Kenya's prisons because most of the prisons do not have sufficient running water. The cells which are holding inmates who are double their capacity are very filthy and unhygienic leading to outbreaks of epidemics. Bunde (1991) in his book 'Birds of Kamiti' talks of human filth in the living cells, poor ventilation and sanitation at Kamiti Maximum Prison where he had served his sentence. Overcrowding is rampant and living conditions are pathetic. Prison authorities further argue that on admission to prison, a prisoner is explained what rights and privileges he/she has during the term of imprisonment.

The rate of congestion in prisons shows that there are variations in occupancy between different prisons. While some are overstretched by 700 % others operate below capacity. Urban prisons have high occupancy rates as compared to the prisons in the rural areas. Fair distribution of inmates therefore needs to be undertaken (Sahrdc, 2011). A number of countries have however adopted prudent ways of dealing with prison congestion which could be domesticated in Kenya and other developing countries. In Canada, the parole system has widely been adopted with much success. This is provided for in the Canadian law where inmates committed to jail sentences of less than three years are constantly reviewed for consideration to serve their sentences outside prison. Their character and ability to cope with the community is always under watch. Correctional officers recommend the inmates who qualify for parole. The system has worked well and most of the inmates have been released after showing remarkable ability to co-exist in the society (Kiira, 2014).

Sweden on the other hand sends prisoners to custodial sentences subject to the availability of vacancies in other prisons. The courts liaise with prisons authorities to confirm the availability of space to accommodate more offenders. In the case of Russia, inmates infected by diseases like HIV/AIDS and TB are normally given amnesty to prevent the spread of the diseases within prisons thus reducing the mortality rate. Sentences for pregnant women or those with children under the age of eight years are suspended. Female petty offenders also benefit from such amnesty (Hill, 2008).

In Kenya, periodic reviews by the board of review and the presidential amnesty serve to decongest prisons. Terminally ill prisoners are also considered for release upon recommendation by the medical officer as per the prisons Act Cap. 90. The community service orders (CSO) programme is hailed as one of the best ways to handle the rising number of inmates. This requires the full cooperation of the judiciary and the executive in the management of offenders. The programme enables magistrate as to fully participate in the sentence and follow up of the offenders regarding their performance. The programme has been supported by the reform program on governance, justice, law and order sector (GJLOS).

Many institutions also lack proper offices in terms of structures and furniture for staff. There is need to refurbish and in most institutions construct new offices and furnish offices in majority of the facilities and at the County commands. Prison wards and cells need to be improved through refurbishment and construction. There is need to establish new prisons to provide more space to ease congestion in the existing institutions. Specifically, there is need to adopt international standards of prisoner accommodation in cells for their enhanced safety (Abuyeka, 2014). Kenya prisons seeks to update various infrastructures, the prison department should recover illegally alienated land and acquire more so as to put up new facilities (Kibui, 2007). The land status constrains infrastructural development as well as rehabilitation which primarily require agricultural land. Besides housing and accommodation, the service needs to develop other physical facilities including educational facilities such as academies, nursery schools, maternity facilities, canteens, recreational facilities, multipurpose hall with kitchens, offices, furniture, administration block armories, workshops, dispensaries and gymnasiums in all prisons. According to International Covenant (2010) parties agreed that education shall aim at development of human personality and sense of its dignity, as well as strengthening value for fundamental freedoms and human rights. They are also in agreement that provision of education shall empower people to partake in free society, enhance understanding and promote tolerance amongst nations, races, ethnic, religious groups, and maintain peace (Cole, 2002).

With a view of fully realizing basic rights, access to primary education becomes compulsory and freely availed to all persons and secondary education is possible in different forms, such as vocational and technical, is generally availed and accessed by all, based on their capacity (International Covenant, 2010). The articles further state that college education to be accessed on equal standing by all based on learners capability by all possible means, and particularly by progressively introducing and supporting free basic education. Elementary education shall be intensified and encouraged to enable persons who did not complete entire period of their primary education to be able to do so and as such, teaching staff to be improved continuously through provision of material conditions (Kiira, 2014).

2.1. Theoretical Framework

The study was anchored on the following theories; Theory of Change developed by Weiss (2000), Theory of Planned Behavior and the Unified Theory of Punishment by Brooks (2015) the theories are suitable for study because they involve change, program and punishment respectively. Theory of change popularized by Weiss, theory of change describes a set of assumption that explain the stages that result to long term interest goals and the links between activities and outcomes of the program that happen at each phase. A theory of change came about as a result of progressive critical thinking exercises that presents a comprehensive depiction of early and transitional term changes in a certain community that are required to arrive at long-term goal that a community articulates (Weiss, 2000). A theory of change creates a candid image of steps required to attain a goal. It provides a good premise for improving overall evaluation plans and strengthens a community's ability to claim recognition for results that their theory predicted. This is based on the fact that change takes time and therefore, accomplishment may not be recognized as they arise (Connell and Kubisch, 1998). Laying down precisely what you intend to accomplish and how to know whether you are progressing is what would ensure that all the efforts are recognized. Theory of change elucidates the change process through delineating causal linkages in a programme, for instance its short-term, middle-term and long-term results. The acknowledged changes are mapped as the 'outcomes pathway'- presenting each outcome in rational relationship to others, as well as sequential flow. Links between outcomes are then explained through statements that show the reason of one outcome being thought as a prerequisite for another (Clark and Taplin, 2012). The improvement of theory of change lies first in distinguishing between actual and desired and outcomes, and second in necessitating stakeholders to model the outcomes they desire before deciding on interventional forms of achieving the required outcomes. Other than outcomes directly related to program, the theory would envisage outcomes that control and those that influence outcomes. This approach could thus aid in avoidance of mapping outcomes that involve expansive shifts in values and behaviour amongst populations which could sometimes difficult to monitor and to attribute to a particular program. Theory of change has identifies three forms of outcomes; influence, impact and leverage, and it could be valuable to identify such outcomes as an approach to focus on change on achievements that are measurable. When using theory of change to guide reform projects, it helps to direct the group's effort on outcomes, which when achieved, can convincingly be attributed to program success (Chen, Mathison and Chen, 2005). The theory of change is also suitable for this study since it involves change particularly in service delivery in prison institutions with specific focus on rehabilitation and reformation, change in attitude, character, behaviour and acquisition of new skills in the short term and long-term.

2.2. Conceptual Framework

Figure 1: Conceptual Framework

3. Research Methodology

Pragmatism is viewed as a deconstructive paradigm that backs the use of mixed methods in research, a paradigm that circumvents the contention in reality and truth and instead directs focus on 'what is plausible' as the truth concerning the research questions being investigated (Biesta, 2010). The shift of researchers to mixed methods approach showed research designs that adopted 'mixing' of quantitative or qualitative approaches when gathering data of a study for instance. This study adopted causal comparative research designs and descriptive cross-sectional survey. The cross-sectional survey design incorporates qualitative and quantitative approaches. The quantitative approach consists of closed-ended questions which prompted information for inferential and descriptive purposes. The qualitative approach with open-ended questions obtained in-depth information to validate inferential and descriptive results (Mwanje, 2001). Across-sectional survey design is argued to be cheaper than longitudinal designs hence they are most appropriate for academic investigators, who in most cases work under strict budget responses rather than ones that reflect their own true opinions (ASA, 1999; Rindfleisch et al., 2008).

Uma (2003) defines a target population as the actual hypothetical set of events, people or objects which the researcher seeks to generalize the findings. There were 9 prison institutions in Nairobi County, Kenya with a total target population of 10,111 individuals which was spread as 7,158 prisoners and 2,953 prison officers (including 9 officers in-charge, 9 deputy officers in-charge) who formed the population of this study, the sample was gotten from the population using formula below. This decision was based on Cooper and Schindler (2003) regarding the need to purposely include elements in a population in a study, to gather appropriate data for a particular study. They were arranged alphabetically and selected randomly from the list.

Study sought both primary and secondary data. In this regard, three sets of instruments were applied to source requisite data, including a survey questionnaire, an interview schedule and focus group discussion. The application of multiple instruments is important for enhancing validity of data obtained and minimizing the possibility of experiencing interviewer biases. Such biases often arise from non-verbal cues that may influence participants to give misleading responses by reporting positive aspects even where negative aspects are predominant (Jaeger, 1984). The study applied a questionnaire that targets prisoners who were informed about the study and consented to ensure voluntary participation. The instrument contained closed-ended and open-ended questions structured according to objectives of the study. The questionnaire was structured into two parts. Part 1 details the demographic information, part 2 is divided into six sections A, B, and C that captures the two variables of the study.

The instrument captures information that meets the requirements for positivistic paradigm and quantitative approach. The information captured in the simplest variable forms was objective and used to confirm or refute hypothesized influence of health-related reforms on change of inmate's behavior in correctional facilities. An interview schedule was applied on officers' in-charge and their deputies who are key informants. The investigator sought consent from officer's in-charge and deputy officer's in-charge and booked appointments which was to be used to develop a data collection itinerary. Participants were given an outline of the topics that were discussed at least a day earlier to ensure constructive deliberations. The tool was sought information on the institutional reforms and change of behavior of inmates. As noted by Toulaitos and Compton (1988), evaluating perceptions, views, attitudes, opinions and feelings of individuals can be done best through in-depth interview schedules.

Focus discussions are a form of group interviews that capitalize on sharing information between facilitators and participants so as to generate data (Best & Khan, 2004). Mugenda (2010) view focus group technique as a research method that gathers information through interaction of members of a group on a particular topic that is chosen by the investigator; the interest of investigator guides the focus while the information emanates from group interactions (Morgan, 1997). Though group interviews are frequently used as a convenient and quick way to gather data from numerous people concurrently, focus groups explicitly utilize interactions by groups as part of the method (Creswell, 2008). In this study, FGD guide will target prison officers in different prisons. A group comprising of twelve officers was formed and questions raised from the variables of study were raised and discussed.

Recruited research assistants were guided by the investigator to aid in collecting data. To enhance familiarity with the instrument, the researcher held training sessions with research assistants who also refreshed them on research ethics,

enable sharing of essential data sourcing skill especially on the right approach to participants and building rapport with the respondents. Data collection commenced on approval by relevant authorities such as the commissioner general of prison and also acquire authorization to carry on research from the National Commission for Science and Technology (NACOSTI).

Both quantitative and qualitative approaches were applied in processing, analyzing, and interpretation of the data. Quantitative data processing involves coding close-ended data, cleaning, entry, transformation, analyzing and interpretation (Obure, 2002). To generate percentages, frequency distributions, and measures of central tendency, the SPSS programme was used to run analysis. In addition, charts, graphical presentations and tables were produced using MS-Excel package. Descriptive and multiple regressions were run especially to assess the relationship among independent variable and dependent variable. To test for the hypothesis; H_01 : There is no significant relationship between infrastructural reforms and change of behavior of inmate in correctional facilities in Nairobi County, Kenya. Regression analysis by Alexopoulos (2010) was used.

$$Y_1 = a + BX + \varepsilon$$

Where; Y_1 = change of behavior of inmates in correctional facilities

a = constants/Intercept β = Coefficient

X = selected institutional reforms

ε = Error term

Coefficient β denote the change of behavior of inmates in correctional facilities from a change in health reform. Relationship exists if β is statistically significant.

4. Findings

This chapter presents the study results which have been discussed based on thematic and sub-thematic areas of study objective. Thematic areas are idealized as, health related reforms and change of behavior of inmates in correctional facilities. Both quantitative and qualitative approaches were applied in processing, analyzing, and interpretation of the data. To generate percentages, frequency distributions, and measures of central tendency, the SPSS programme was used to run analysis. In addition, charts, graphical presentations and tables were produced. Descriptive and multiple regressions were run to assess the relationship among independent variables and dependent variable. First, data was organized and summarized in accordance to study objectives. Secondly, description of the summary sheets in order to produce a preliminary report was done. Data was collected through focus group discussion, questionnaire and informant interview schedule and were presented as per respective thematic areas.

Out of the 273 questionnaires administered to inmates, 233 were dully filled giving a response rate of 85%. Out of 108 prison officers targeted for focus group discussion, 99 were available and fully took part in the discussion, representing a response rate of 92%, while out of 4 officers in-charge and their deputies reached out for interview were all available and participated giving a response rate of 100% and therefore all these response were regarded as the responsive instrument for subsequent analysis. This was in line with the views of Cooper and Schiendler (2005) who observes that 75% and above response rate is reasonable enough for statistical generalization. In order to understand the characteristics of prisoners category respondents, the researcher was dealing with in the study, their background information was necessary, especially in relation to prison facilities in which the respondents were held. The study sought to elicit first information from the respondents on distribution by gender, age, number of years imprisoned, academic qualification section deployed. These are further discussed in the following sub sequent sub-themes. The demographic characteristics of the prisoners that were considered by the study were facilities, gender, age group, level of education, length of jail term in the prison facility. Distribution by facility was important to check capacity or whether the facilities were overstretched or if respondents were evenly distributed across the facilities under consideration. Distribution of respondents by gender was done to ascertain if health related reforms was in tandem with the specific needs of respondents and that none of the two genders was given preferential consideration in the selection of the respondents. Distribution of respondents by age group was done to ascertain that respondents held were of majority age and the minors were held in institutions where health related reforms were tailor made to suit their needs. Distribution of respondents by length of jail term in the prison facility was done to indicate how long the respondents had stayed in the facility to be able to see the reforms overtime and whether the health related reforms were designed to suit short and long sentence inmate needs. The distribution further indicated inter institution transfer which was necessary to check the variation on implementation as per facility.

5. Data Analysis, Presentation, Interpretation and Discussion

This chapter presents the study results which have been discussed based on thematic and sub-thematic areas of study objectives

5.1. Change of Behavior of Inmates in Correctional Facilities

Change of behavior of inmate in correctional facilities was identified in the current study as the dependent variable. Re-offending, recidivism, jail breaks, riots and unruly habits as well as escapes while in prisons were identified as indicators of change of behavior of inmate in correctional facilities. Respondents were given items rated on a five-point Likert scale ranging from strongly agree (SA); agree (A); moderately agree (MA); disagree (DA); strongly disagree (SDA) from which to choose relating to each indicator. The findings were presented in Table 4.4.

The research findings indicated that majority of the respondents disagreed that the number of riots by inmates has increased since the prison reforms were initiated in 2002 (64.37%), were in disagreement that the number of unruly behavior cases has increased since the prison reforms were initiated in 2002 (67.38%), while majority of the respondents agreed that the number re-offending within prison has been satisfactorily addressed (68.66%), most respondents agreed only moderately. Majority of respondents further agreed that timely reporting of cases emanating from prison has improved satisfactorily (80.67%) with bigger response being moderate however majority were in disagreement that jailbreaks has increased since inception of reforms in prisons (67.37%). A small proportion of respondents agreed that the number of inmates who have escaped from prison have increased in the last ten years (16.73%), while only half of respondents (50.63%) disagreed that the number of inmate facing multiples cases in court has increased drastically with almost similar sentiments on whether the number of inmates who have committed offence again after release have increased drastically (56.65%) were in disagreement. Regarding whether frequency of fights within prisons has significantly increased since the prison reforms were initiated in 2002 most of the respondents were in disagreement (55.64%), and majority agreed that death cases resulting from riots has significantly reduced (69.95%), most respondents were in agreement that the general living conditions in prisons has satisfactorily improved (73.80%). Regarding change of behavior of inmates, there were varied responses with a big group of respondent agreeing only to a moderate extent in almost all items. This implies that there are several issues that need to be addressed to enable facilities to be able to impact positively on inmate's behavior change underlying issues.

Statement	N	Min	Max	Mean	Std. Deviation
The number of riots by inmates has increased since the prison reforms were initiated in 2002	233	1	5	2.13	1.242
The number of unruly behavior cases has satisfactory increased since the prison reform were initiated in 2002	233	1	5	2.24	1.187
The number of re-offending within prison has been satisfactorily addressed	233	1	5	3.07	1.065
Timely reporting of case emanating from prison has improved satisfactory	233	1	5	3.30	1.089
Jailbreaks has increased since inception of reforms in prison for the last ten years	233	1	5	2.20	1.308
The number of prison who have escaped from prison have increased satisfactory since the last ten years	233	1	5	2.18	1.304
The number of inmate facing multiple cases in court have increased drastically	233	1	5	2.57	1.116
The number of inmate who have committed offence again after release have increased	233	1	5	2.39	1.255
The death cases resulting from riots has significantly reduced	233	1	5	3.66	1.308
The number of fight within the prison has increased since the prison reform were initiated in 2002	233	1	5	2.19	1.074
The general living conditions in prisons has improved	233	1	5	3.53	1.390
Composite mean	233	1	5	2.68	1.219

Table 1: Means and Standard Deviation for Inmates Change of Behavior in Correctional Facilities

The research findings in table 4.5 showed that the mean score for the indicators used to measure inmates change of behavior was 2.68 and standard deviation of 1.219. The study revealed a moderate agreement with the sentiment in each question item $M (=2.68)$. Based on individual questionnaires item responses, the results showed that to a great extent, respondents disagreed the number of riots by inmates has increased since the prison reforms were initiated in 2002 ($M=2.13$, $SD=1.242$). The number of unruly behavior cases has increased since the prison reform were initiated in 2002 ($M=2.24$, $SD=1.187$). The number of re-offending within prison has been satisfactorily addressed ($M=3.07$, $SD=1.065$). Timely reporting of case emanating from prison has improved satisfactory ($M=3.30$, $SD=1.089$). Jailbreaks has increased since inception of reforms in prison for the last ten years ($M=2.20$, $SD=1.308$). The number of prison who have escaped from prison have increased satisfactory since the last ten years ($M=2.18$, $SD=1.304$).

The number of inmates facing multiple cases in court have increased drastically ($M=2.57$, $SD=1.116$). To a moderate extent, the number of inmates who have committed offence again after release have increased drastically ($M=2.39$, $SD=1.255$). Agreed that death cases resulting from riots has significantly reduced ($M=3.66$, $SD=1.308$). Disagreed that the number of fight within the prison has significantly increased since the prison reform were initiated in 2002 ($M=2.19$, $SD=1.074$). Agreed that the general living conditions in prisons has satisfactorily improved ($M=3.53$, $SD=1.390$).

5.2. Analysis of Combined Influence of Selected Institutional Reforms on Change of Behavior of Inmates in Correctional Facilities

In this study a combination of health reforms, infrastructural reforms and educational programs reform were considered the selected institutional reforms. The combined effect of the three factors on change of behavior of inmates in correctional facilities was tested using inferential statistics.

5.2.1. Correlation Analysis of Selected Institutional Reforms and Change of Behavior of Inmates in Correctional Facilities

Correlational analysis using Pearson's Product Moment technique was done to determine the relationship between institutional reforms and change of behavior of inmates in correctional facilities. This was meant to identify and establish whether there existed a relationship between institutional reforms and change of behavior of inmates in correctional facilities. The results were presented in Table 4.16.

Inmates	Change of behavior of		
	Pearson correlation	Sig (2-tailed)	N
Health reforms	0.429	0.000	233
Infrastructural reforms	0.604	0.000	233
Educational programmes	0.4250	0.000	233
*correlation is significant at the 0.05 level (2-tailed)			

Table 2: Correlation Matrix for Institutional Reforms and Change of Behavior of Inmates in Correctional Facilities

The study findings presented in Table 4.16 on correlation analysis indicated significant positive coefficients among the study variables (health reforms 0.400, infrastructural reforms 0.360 and educational programs reform 0.370; p-values of 0.000). The three variables had a moderate positive correlation that was significant on change of behaviour of inmates in correctional facilities. This implied that institutional reform (health reforms, infrastructural reforms and educational programs reform) had a positive influence on the change of behavior of inmates in correctional facilities.

5.2.2. Regression Analysis of Selected Institutional Reforms and Change of Behaviour of Inmates in Correctional Facilities

In order to understand the influence of infrastructural reforms on change of behavior, the researcher computed the analysis as shown in Table 3

Model	R	R Square	Std Error	t	P-Value
Constant	0.725	0.526	0.2640	36.234	0.000
Unstandardized	standardized	t	P-Value		
	Coefficients		coefficients		
	B	Std. Error	Beta		
Constant	1.875	0.196		8.558	0.000
Health Reforms	0.271	0.050	0.400	8.306	0.000
Infrastructural reform	0.294	0.058	0.360	8.572	0.000
Educational programmes reform	0.204	0.059	0.370	8.412	0.000
a. Predictors: (Constant), Health reform, Infrastructural reform and Educational programmes reform					
b. Dependent Variable: Change of Behavior of Inmates in correctional facilities in Nairobi County, Kenya					

Table 3: Regression Results Concerning Influence of Selected Institutional Reforms on Change of Behavior of Inmates in Correctional Facilities in Nairobi County, Kenya

The results in Table 4.17 indicates that institutional reforms combined explained 52.6% of the variation in change of behavior of inmates (R-square = 0.526). The t values were statistically significant $t=36.234$, $p\text{-value}= (0.000<0.05)$ suggesting that institutional reforms have a statistically significant influence on change of behavior of inmates in correctional facilities in Nairobi county, Kenya. Beta coefficients indicated that health reforms had the strongest influence (0.400) followed by educational programs reform (0.370) and lastly infrastructural reforms (0.360). All the three factors forming institutional reforms had a positive and significant relationship with change of behavior of inmates in correctional facilities; health reforms ($r=0.429$, $p=0.000<0.05$), infrastructure ($r=0.604$, $p=0.000<0.05$) and educational programs reform ($r=0.425$, $p=0.000<0.05$) respectively. From the findings, this study accepted alternate hypothesis that combined

influence of selected institutional reforms had significant influence on change of behavior of inmates in correctional facilities in Nairobi County, Kenya.

From the statistical analysis in Table 4.17 the regression model one represented as follows;

$Y = 1.875 + 0.184X_1 + 0.365X_2 + 0.181X_3$ Where;

Y = change of behavior of inmates in correctional facilities

$\beta_1, \dots, \beta_3$ = Beta coefficients

X_1 = health reforms

X_2 = infrastructural reforms

X_3 = educational programs reform

e = error term

The findings of this study were consistent with those Sarkin (2009) that found a positive and significant link between prison reforms and rehabilitation success. The findings by Batiuk et al. (2005) established that confined men who earned an associate's degree were 32 percent more likely to reoffend and return to prison and also disclosed that inmates receiving correctional education had reduced likelihoods of procuring better jobs upon release. The Gaes (2008) and Vacca (2004) also found that correctional education while confined reduces chances of recidivism and contributes significantly to enhancing employment prospects of formerly incarcerated persons which is reflected in positive behaviour change. Asiedu (2001) put forward that prison authorities have a responsibility of providing inmates with facilities that promote their wellbeing within prison institutions and an environment that would foster positive behaviour and rehabilitation.

In line with findings of this study, Abuyeka (2014) found there is a need to adopt international standards of prisoner accommodation in cells for their enhanced safety, better health and general achievement of rehabilitating the offenders. It was further stressed that overcrowding brings about the element of distress and aggression which contributed to prison unrest and more crime. As established by Gehring (2007), overcrowding has a detrimental effect on public safety because it affects the ability of the prison service to design and deliver meaningful programmes and interventions to prepare offenders for their successful reintegration to their immediate families and communities and ensure their desistance from crime, hence infrastructure within correctional institutions is a major contributor to behavior change.

6. Recommendations

Considering the government of Kenya as well as many other developing countries were gearing towards implementation of reforms that will ensure correctional facilities are run in humane manner putting into consideration international standards. This study has implication to government agencies and especially ministry of interior and coordination of national government in which the prison department is placed. Study findings indicated that each of the infrastructural related reforms variables had an influence on change of behavior of inmates in correctional facilities in Kenya.

7. References

- i. Abuyeka, R. O. (2014). Inmates' and Warders' Perception of Prison Reforms in Kenya: A Case of Eldoret Gk Prison, in Eldoret, Kenya. *Public Policy and Administration Research*, Vol. 4(11), 17-20.
- ii. Achu, A., Owan, E. J., & Ekok, O. C. (2013). The impact of prison reform on the welfare of Inmates. A case study of Afonkong prison Calabar, Cross River State, Nigeria. *Global Journal of Human social science sociology and culture*, 13, 1-7.
- iii. Adler, M., & Longhurst, B. (1994). *Discourse, power and justice: Towards a new sociology of imprisonment*. Routledge. London.
- iv. Adlerstein, D. M. (2001). In Need of Correction: The 'Iron Triangle' of the Prison Litigation Reform Act. *Columbia Law Review*, Vol. 101(7), pp. 1681-1708.
- v. Alexopoulos, E. C. (2010). Introduction to Multivariate Regression Analysis. *Quarterly Medical Journal*, 14(1), 23-28.
- vi. Bayens, G. J., Williams, J. J., & Smykla, J. O. (2012). Jail type and inmate behavior. A longitudinal analysis. *Federal Probation*, 61(3), 54-59
- vii. Becker, K. L. (2003). HIV and AIDS in prisons. *British Medical Association Foundation for AIDS*. London: 2, (6), 35-41.
- viii. Behn, R. (2003). Why measure performance? Different purpose requires different measure http://www.coe.int/t/dghl/cooperation/cepej/thematiques/Measuring_perf/Whymeasureperformance [online]
- ix. Behn, R. (2003). Why measure performance? Different purposes required different measures. *Public Administration Review*, 63, 586 -606.
- x. Bhalerao C. N. (2000). Urgent Need for Prison Reforms. *Economic and Political Weekly*, Vol. 35(10), p. 746-751.
- xi. Brown, A. (1993). *Economic and qualitative aspects of prison privatization in Queensland*, in Moyle, P. (Ed.), *Private Prisons and Police*, Pluto Press, Sydney, NSW
- xii. Brown, E. (2012). Diet, exercise, obesity in prisons worldwide, Los Angeles Times
- xiii. Bryce, W. (2003). Evaluating Government Regulations. *A Journal of Policy Analysis and Reform*, Vol. 10, 4, 325-339
- xiv. Bryman, A., & Bell, E. (2003). *Business Research Methods*. New York: Oxford University Press
- xv. Bryman, A., & Cramer, D. (1997). *Quantitative Data Analysis with SPSS for Windows: A guide for social scientists*. London: Routledge.

- xvi. Creswell, J. W., & Clarke, V. L. (2007). *Designing and Conducting Mixed Methods Research*. Los Angeles: Sage.
- xvii. Denzin, N. (2010). Moments, mixed methods, and paradigm dialogs. *Qualitative Inquiry*, 16, 419-427.
- xviii. DiPrete, T. A. & Eirich, G. M. (2006). Cumulative advantage as a mechanism for inequality: a' review of theoretical and empirical developments, *Annual Review of Sociology*, Vol. 32, pp. 271-97
- xix. Isaac, S., & Michael, W. (2002). *Handbook in Research and Evaluation: For Education and the Behavioral Sciences*. San Diego: Ed. ITS Publishers
- xx. KNCHR (2010). *Integration of human rights provisions in African prisons*. Kampala Uganda
- xxi. Koech, J. K. (2009). *The Effect of Open Door Policy on Service Delivery in Prisons*, Independent Paper, Day Star University
- xxii. Kothari C. R. (2005). *Research Methodology: Methods and Technology*, New Age International Publishers
- xxiii. Nachmias, C.F. & Nachmias, D. (1996). *Research Methods*, Departmental Heads in Social Sciences. (5thEd.) London: St. Martin's Press.