

UNIVERSITY OF EDUCATION, WINNEBA

**EMOTIONAL INTERVENTIONS AND ADMINISTRATIVE INITIATIVES IN
THE REFORMATION AND REHABILITATION OF PRISONERS AT
OSAMKROM CAMP PRISON**



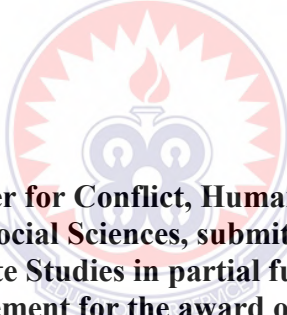
MASTER OF PHILOSOPHY

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**EMOTIONAL INTERVENTIONS AND ADMINISTRATIVE INITIATIVES IN
THE REFORMATION AND REHABILITATION OF PRISONERS AT
OSAMKROM CAMP PRISON**

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(202114546)**

The logo of the University of Education, Winneba, is a circular emblem. It features a central figure that appears to be a stylized bird or a similar creature, with its wings spread. Above the figure is a flame or a similar symbol. The entire emblem is set against a background of radiating lines, suggesting a sun or a starburst. The colors are primarily red, white, and blue.

**A thesis in the Center for Conflict, Human Rights and Peace Studies,
Faculty of Social Sciences, submitted to the School of
Graduate Studies in partial fulfillment of the
requirement for the award of the degree of
Master of Philosophy
(Conflict, Human Rights and Peace Studies)
in the University of Education, Winneba**

AUGUST, 2023

DECLARATION

STUDENT'S DECLARATION

I, Sarfo George, declare that this thesis is the result of my own research with the exception of quotations and references contain in published works which have all been identified and duly acknowledged, and that no part or whole of it has been presented for another degree in this university or elsewhere.

Signature

Date

SUPERVISOR'S DECLARATION

I hereby declare that the preparation and presentation of this work was supervised by me in accordance with the guidelines for supervision of thesis as laid down by the University of Education, Winneba.

SUPERVISOR'S NAME: DR. MAXWELL ACHEAMPONG

Signature

Date

DEDICATION

I dedicate this work to my late grandparents Mr. Kwame Tei and Madam Helina Ataa of blessed memory.



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My uttermost gratitude goes to my supervisor Dr. Maxwell Acheampong for his patience, commitment and the valuable time spent on reading through this work in spite of his tight schedules. My next appreciation goes to all the Lectures at the Center for Conflict, Human Rights and Peace Studies (CHRAPS) for their critics, support, advice, corrections and guidance throughout the course and not forgotten the administrator Madam Jernifer Arkoh and Priscilla Mensah of CHRAPS 2021/2022 batch.

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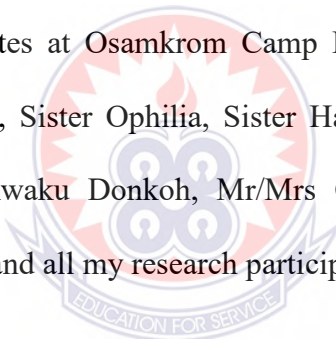
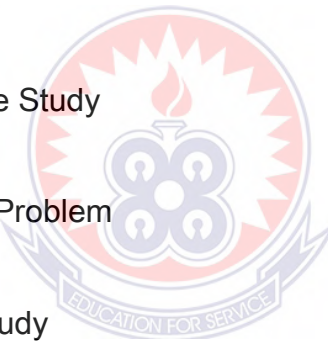


TABLE OF CONTENTS

Content	Page
DECLARATION	iii
DEDICATION	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
ABSTRACT	xii
CHAPTER ONE: INTRODUCTION	13
1.1 Background to the Study	13
1.2 Statement of the Problem	15
1.3 Purpose of the Study	17
1.4 Research Objectives	17
1.5 Research Questions	18
1.6 Significance of the Study	18
1.7 Operational Definition of Terms	18
1.8 Delimitation	20
1.9 Organization of the Study	20



CHAPTER TWO: LITERATURE REVIEW	20
2.0 Introduction	20
2.1 Theoretical Framework	21
2.1.1 Retributive theory	21
2.1.2 Theory of Reformation	22
2.2 Empirical Review	29
2.2.1 The Mandate of Ghana Prison	29
2.3 Human Rights and standards in Reformation and Rehabilitation of Prisoners	30
2.3.1 Rights to Compensation upon Violation of Rights	31
2.3.2 Right to Life and Security	31
2.3.3 Right to Health	32
2.3.4 Right to Dignity/Humane Treatment	33
2.3.5 Right to protection against torture	34
2.4 Prison Service and Human Rights on International Instruments on reformation and rehabilitation of prisoners.	36



2.5 Prison Service and Human Rights on Local Instrument of rehabilitation and reformation of prisoners	37
2.5.1 Reformation and rehabilitation of prisoners	38
2.5.2 Emotional interventions to reformation and rehabilitation of the Prisoners	42
2.5.3 Administrative initiatives in the reformation and rehabilitation of prisoners	50
2.6 Setbacks in the emotional and administrative support for the rehabilitation and reformation of the prisoners	58
2.7 Overcrowding and Congestion	63
CHAPTER THREE: METHODOLOGY	69
3.0 Introduction	69
3.1 Philosophical Underpinning	69
3.2 Research Approach	69
3.3 Research Design	70
3.4 Population	71
3.5 Area of Study	71

3.6 Sample	71
3.7 Sampling Technique	73
3.8 Data Collection Procedure	74
3.8.1 Primary data	74
3.9 Data Analysis	75
3.10 Trustworthiness	76
3.11 Ethical Consideration	77
3.12 Positionality	77
CHAPTER FOUR: DATA ANALYSIS AND PRESENTATION OF FINDINGS	77
4.0 Introduction	77
4.1 Findings	78
4.1.1 Availability of Emotional Interventions in place for Rehabilitation and Reformation of Prisoners	78
4.1.1.1 Psychology and counselling unit	78
4.1.1.2 Social Welfare Department	79
4.1.1.3 Chaplaincy Section	80

4.1.2 Administrative initiatives in place for rehabilitation and rehabilitation of Prisoners	81
4.1.2.1 Agriculture Training	81
4.1.2.2 Vocational Training	82
4.1.2.3 Formal and Informal Education	83
4.1.2.4 Prison labour	84
4.1.2.5 Health Services	85
4.1.3 Setbacks in offering emotional and administrative support for the rehabilitation and reformation of the prisoners	86
4.1.3.1 Overcrowding and Congestion	87
4.1.3.2 Lack of professionals and inadequate staff	88
4.1.3.3 Lack of funds and feeding grant for prisoners	89
4.1.3.4 Poor working conditions	90
CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS	92
5.0 Introduction	92
5.1 Summary	92

5.2 Key Findings	92
5.3 Implications of the Findings	93
5.4 Conclusion	94
5.5 Recommendation	95
5.6 Limitation of the Study	96
REFERENCES	97
APPENDICES	
8	10
APPENDIX I: INTERVIEW GUIDE FOR RISON OFFICERS	
8	10
APPENDIX II: INTERVIEW GUIDE FOR SOCIAL WORKERS	
0	11



APPENDIX III: INTERVIEW GUIDE FOR PRISONERS

11

1



ABSTRACT

The purpose of the study was to assess the emotional interventions and administrative initiatives in the reformation and rehabilitation of Prisoners at Osamkrom Camp Prison. Existing literature had shown that prisoners go through a lot of challenges. Hence, they require psychological and administrative support in their rehabilitation and reformation. Apparently, in Ghana, scholarly works on the emotional and administrative support services are limited. This research sought to explore the emotional intervention and administrative initiatives on the reformation and rehabilitation of prisoners at Osamkrom Camp Prison in the Central Region of Ghana. Based on this, the study wanted to fill the gap in literature by placing emphasis on Camp Prison's emotional and administrative initiatives in the reformation and rehabilitation of prisoners at Osamkrom Camp Prison in the Central Region of Ghana. A qualitative research approach was employed for this research to assess the role of emotional interventions and administrative initiatives in the reformation and rehabilitation of prisoners and presented as a case study for one prison unit. The study used convenience sampling technique in selecting the sample for the study. The study found that there are emotional and administrative support services available at Osamkrom Camp Prison. It also identified some setbacks that undermine the complete reformation and rehabilitation of prisoners such as overcrowding and congestion, lack of nutritional diet, poor working conditions of the prison staff, inadequate funding of the Ghana prison service, lack of in-service training for officers. It was discovered that prisons are inadequately resourced to offer vocational and technical training to the prisoners. It is recommended that Government should make enough funds and logistics available to the Ghana Prison Service for its operations and channel some of the projects it embarks on, such as the construction of Schools, Classroom furniture, school uniforms and others to the Ghana Prison Service as contracts. Also other organizations like churches, social clubs, benevolence, and NGOs should also come in the aid of the Ghana Prison Service to compliment the efforts of the central Government in offering effective emotional interventions and administration initiative of the prisoners. It was recommended again that, Ghana Prison Service should employ and recruit the services of qualified and enough professionals like doctors, nurses, electricians, masons, agric officers, tailors, social workers, psychologist, counsellors, pastors and imams to facilitate the reformation and rehabilitation process of the prisoners.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Prisons are known to have existed throughout history and their existence can be traced back to the colonial period. It is commonly believed that rigorous isolation and custodial measures would reform the offenders. On the contrary, experience, however, contradicted this expectation and often imprisonment had the negative effect. With the development of psychological and behavioural sciences, it began to be recognized that detention alone cannot ensure the reformation of offenders (Rote, 2014).

Criminal attitudes and activities of offenders are detrimental to the safety and security of the members of societies we live in. Crime control is the work of Legislature and Police, and punishing the guilty is the work of the Judiciary. Administration and management of prisons is the responsibility of respective Prison Service. However, the Ministry of interior provides regular guidance and advice to States on various issues concerning prisons and prison inmates (Rote, 2014). The Ghana Prison Service as an adjunct of the Criminal Justice system of Ghana performs the role of maintenance of internal security by maintaining an efficient, humane and safe reformatory penal system operated within the laws of Ghana (Ghana Prison Service, 2012).

According to Tajudeen and Yushau, (2017), overcoming the problem of reoffending, modern nature of imprisonment should concentrate the effort on rehabilitation and reformation by placing emphasise on the psychological aspect of human relation such as their emotions, feelings, and mood. The psychological support is used to help them for mental regulation due to

the expose to high risk of mental instability because of prison environment and its requirements (Siddhartha 2020, Randall, Nowakowski and Jason 2019, Saman and Munjula, 2007).

Emotional interventionist such as psychologists, counsellors, social workers, religious department, etc. in the prisons are enabled to facilitate the adaptation of prisoners in new life with prison environment and its orientations, in order to reduce psychological issues which can breed insecurity in the prison (Tajudee and Yushua 2017). Health care, one of the administrative initiatives, is also a key in the reformation and rehabilitation process as it complements the health needs of the prisoners (Article 25 of United Nations Standard Minimum for the Treatment of Prisoners. 2015)

Psychological stability of the inmates provide good condition of self-stability, determination and capacity as key elements require in rehabilitation and reformation process, that inmates can be able to choose which activity to follow in the interest of his future to survive. Emotional supports are used to promote and protect mental health of inmates because, their guide the thinking which reflects on behaviours and guides the attitudes with other inmates in the prison (Ngowana, 2017). It is necessary to have prisoners who are mentally stable because there is a need to consider individual inmates capacity and confidence to meet the requirement of rehabilitation process. Behavior change requires individual determination which leads to rehabilitation of inmates with capacity to gain different skill which could be used after imprisonment.

Rehabilitation and reformation services through emotional interventions promote and protect mental health or psychological disorder of prisoners and treat some cases of mental health disorders in order to facilitate the adaptation of prisoners in prison environment which impacts on their rehabilitation to change behaviours (RCS, 2020).

According to Vidit (2017), the successful rehabilitation and reformation of the offender is the responsibility of the criminal justice system. It is essential to address the emotional and psychological well-being aspects of the prisoners and individuals with criminal attitude in order to bring about the much needed transformation of such members of the society to achieve a reduction in crime rate. Addressing the root cause of crime together with emotional and psychological imbalances could be effective in reformation process. By identifying these factors as soon as an inmate enters custody, the Prisons administration can ensure that the individual receives appropriate services and can monitor his or her progress throughout the term of incarceration.

Prison institutions are aimed at providing among other things opportunities for prisoners to be rehabilitated and reintegrated into the society from which they had been convicted. It is expected that the rehabilitation programmes would change the prisoners into law-abiding citizens and keep them off crimes when discharged. This has not worked well because many prisoners discharged are soon re-convicted and brought back to prison because prisoners are neither highly educated nor intelligent nor have equipped with educational and social skills necessary to function successfully in the society (Kwachnowski, 2005). It is based on this background that this work has become relevant for the researcher to explore the emotional support services and administrative initiatives to compliment rehabilitation and reformation of prisoners in Osamkrom Camp Prison.

1.2 Statement of the Problem

The rehabilitation and reformation of prisoner's aims to change criminal behaviour of individual to law abiding citizens by placing emphasize mainly on their psychological aspect. It requires some prerequisite as self-commitment, self-esteem and capability which the inmates have to be

committed to rehabilitation programmes for behaviour change as law abiding citizen (Shanta, 2019; Robinson and Crow, 2009).

Reformation and rehabilitation of inmates has different strategies to meet the vision in all prison in Ghana. One of the requirements to meet for successful rehabilitation is mental health stability through psychological support programmes to be able to follow planned programmes of education for change. Emotional interventionists such as Psychologist, Counsellors, Pastors and Imams have been put in place in the various prisons to seek to the psychological and spiritual area by promoting, protecting and handling some mental instability through counselling, psychoeducation, and group therapy, focusing mainly on promotion of mental health stability of inmates, which is considered as more vulnerable than others (Shanta, 2019; Robinson and Crow, 2009).

Incarceration itself tends to have several “collateral effects” upon offenders they may have lost their livelihood, their personal belongings and their ability to maintain housing for themselves and their family; they may have contracted a serious disease while in custody; incarceration may have damaged their social networks and they may have lost important personal relationships; and they may have experienced mental health difficulties or acquired self-defeating habits and attitudes (UNODC, 2016). Moreover, the conditions of imprisonment and the prison regime are known to contribute to the institutionalization of offenders and other personal problems that make their reintegration more difficult. Without effective programmes to help offenders face these multiple challenges, the likelihood of their successful social reintegration is very poor. Prison-based rehabilitation programmes are most effective when they are based on a full diagnostic and individual assessment of the offender and his or her situation. Such an assessment needs to occur as soon as possible after the offender’s admission to an institution and their social

reintegration. Some of those challenges result from the offenders' own circumstances and experiences. Other challenges are the direct consequences of incarceration and the community's attitude and disposition towards released offenders (UNODC, 2016).

Researchers like Ndwanyi (2021) and Addai-Boateng (2015) have studied the psychological and administrative support in rehabilitation of inmates, however, literature on the emotional and administrative support services are limited, and for that matter, this research seeks to explore the emotional intervention and administrative initiatives on the reformation and rehabilitation of prisoners at Osamkrom Camp Prison in the Central Region.

Base on this, this study want to fill the gap in the literature by placing emphasizes on Camp Prison's emotional and administrative initiatives in the reformation and rehabilitation of prisoners using Osamkrom Camp Prison in the Central Region of Ghana as a case study.

1.3 Purpose of the Study

The purpose of the study is to assess the emotional interventions and administrative initiatives in the reformation and rehabilitation of prisoners at the Osamkrom Camp Prison in the Gomoa Central District in the Central Region.

1.4 Research Objectives

The specific objectives are to;

1. Ascertain the emotional interventions available to facilitate the reformation and rehabilitation of the prisoners.
2. Explore the administrative initiatives in place for reformation and rehabilitation of the prisoners

3. Identify the setbacks in offering emotional and administrative support for the rehabilitation and reformation of the prisoners.

1.5 Research Questions

1. What are the emotional interventions available to facilitate the reformation and rehabilitation of the prisoners?
2. What kind of administrative initiatives target the reformation and rehabilitation of prisoners?
3. How has the emotional and administrative support for the rehabilitation and reformation of the prisoners become a challenge?

1.6 Significance of the Study

This study is to assess the emotional interventions and administrative initiatives in the reformation and rehabilitation of convict prisoners in the Osamkrom Camp Prison. The study will contribute to addressing the emotional needs of prisoners as part of their rehabilitation and reformation process. Thus, the Ghana Prison Service could initiate policies that would facilitate the rehabilitation and reformation of prisoners. Again, the study is meant to direct the social, religious, political authorities, policy makers and NGO's in initiating policies that would offer assistance to inmates in the reformation and rehabilitation processes.

Finally, the results from this research will serve as a guide to other researchers who would like to conduct further research into similar phenomenon.

1.7 Operational Definition of Terms

ASP: Assistant Superintendent of Prison (performs the role of staff duties, supervision, custody, treatment, and training of inmates confined in a prison facility).

CONVICT: Inmate who has been tried and sentenced to terms of imprisonment by a court of competent jurisdiction.

CP: Convict Prisoner. (a person who commits an offence against the state, found guilty by a court of justice, sentenced and sent to Prison to undergo his sentence).

I of I: In-charge of Industries. (the senior/junior officer who is in-charge of all trade works in the prison facility).

INCARCERATED: A state of being confined in prison.

INMATE: One of the people living in an institution such as a prison or mental home.

NRCD, 46: National Redemption Council Decree 46. (one of the prison service act's used to regulate and manage the treatment of prisoners and officers).

OFFICERS: Staff of the prisons service, both senior and junior.

OFFENDER: Any person who acts in a manner that contravenes state rules

OIC: Officer In charge (a senior prison officer who is the overseer of a particular prison).

PRISON: A building in which people are legally held as a punishment for a crime they have committed or while awaiting trial.

PRISONER: A person legally committed to prison as a punishment for a crime or while awaiting trial.

REHABILITATION: Any correctional intervention that aims to help somebody to have a normal, useful life again after they have been in prison for a long time.

REFORMATION: Voluntary, self-initiated transformation of an individual lacking in social or vocational skill into a productive, normally functioning citizen.

RECEDIVISM: Repeated or habitual relapses into criminal behaviour. A system in prison where a prisoner has been there for more than three times.

REMAND: Inmate who is standing trial and yet to be convicted in any competent court.

SEGREGATION: Placing one in a cell within a prison which is meant for that particular inmate but not mixing convict prisoners with unconvict prisoners.

TRAFFICKING: Sneaking contraband or prohibited articles into the prison with the intention of selling, dashing and or trading with a prisoner.

1.8 Delimitation

The study was focused on exploring the emotional interventions and administrative initiatives in the reformation and rehabilitation of prisoners at Camp Prisons.

1.9 Organization of the Study

The study is organized into five chapters. Chapter one talks about the background of the study, statement of the problem, purpose of the study, research objectives, research questions, significance of the study, delimitation of the study and organization of the study. Chapter two concerns with the review of related literature which covers relevant information on works related to the topic. Chapter three covers the methodology section while the chapter four is made up of presentation of findings and analysis as well as the discussion of findings. Chapter five the last chapter covers the summary, conclusion, recommendation and suggestions.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter deals with the theoretical and empirical approaches of broad overview about literature related to the study. The empirical review concentrated on secondary information from

books, newspapers, thesis, internet and journal articles to discuss major themes which include; emotional intervention available to facilitate the reformation and rehabilitation of prisoners, administrative initiatives in place for reformation and rehabilitation of the prisoners and the setbacks in offering emotional and administrative support for the rehabilitation and reformation of the prisoners. Under the theoretical approach, retributive theory and theory of reformation were used to explain the study.

2.1 Theoretical Framework

2.1.1 Retributive theory

This theory has been used in this research to explain the treatment of prisoners and factors influencing such treatment. The study takes note of the fact that imprisonment and other measures which result in cutting off an offender from the outside world are afflictive by the very fact of taking from the person the right of self-determination. This explains the forms and nature of treatment of prisoners.

This theory as espoused by Kant (2015) posits that, people who commit crime must have an equal measure of punishment. This is to ensure that society or individuals whom the crime has been committed against have paid back in due measure to the criminals. For example, anybody who commits murder or tortures another must in turn be murdered or undergo torture. The concept is found in most cultures around the world and in many ancient texts. Prevalence of retributive justice in the ancient Jewish culture is shown by its inclusion in the Law of Moses, especially in Deuteronomy 19:17-21, and Exodus, 21:23-21:27, which includes the punishment of “life for life, eye for eye, tooth for tooth, hand for hand and foot for foot. In the early period of all systems of code, the retribution for crime took precedence over the enforcement of rights. A

rough sense of justice demanded that a criminal should be punished with the infliction of proportionate loss and pain as he inflicted on his victim (Nagda, 2016).

In the 18th century, philosopher Immanuel Kant argue in *Metaphysics of Morals*, that retribution is the only legitimate form of punishment the court can prescribe. He said that, “Judicial punishment can never be used merely as a means to promote good for the criminal himself or for civil society, instead it must in all cases be imposed on him only on the ground that he has committed a crime”. Kant regarded punishment as a matter of justice, which must be carried out by the state for the sake of the law, not for the sake of the criminal or the victim. He argue that if the guilty are not punished, justice is not done and if justice is not done, then the idea of law itself is undermined (Nagda, 2016).

2.1.2 Theory of Reformation

This theory is used in the study to explain the effects of prisoner treatment on reformation. The theory brings to light the effects of denying prisoners the right to make complaint and seek redress, the right to education, recreation, health, proper sanitary condition, good accommodation and nutrition. The denial of these rights turns the prison into a place of hell and this creates a defiant attitude in the prisoners. Such a situation impedes the development of the prisoner defeating the aim of ensuring the prisoner returns into society as better person. The theory points to the fact that reformation must be the top most goal of imprisonment. This will help to reduce drastically the rate at which ex-convicts return to prison (Bwana, 2005).

The term “Reformed” first arose in the sixteenth century to define those churches which were reorganized according to theological principles that distinguished them from the Roman Catholic Church. At that time, the complete name was “churches that are reformed on the basis of

Scripture.” Since then the shortened form “Reformed” has become part of the official designation of numerous churches around the world. Generally speaking, these churches promote the doctrines that were discovered during the age, this is labeled “Reformation” (Christian Study Library, 2012).

According to Christian Study Library (2012) it is not yet clear whether or not the term “reformation” became more limited in meaning and use at the turn of the sixteenth century. Most students of the period think that the broad sense of “renewal” used in the medieval period remained. Whatever the case, the reformers themselves did not invent the term to describe the developments in which they were involved. They used various expressions for the changes they advocated. However, reformation used in this study denotes the renewal of the values and norms of people imprisoned for various methods used to change anti-social behavior or people with criminal tendencies. Before the 18th century, correctional ideas and practices varied, however, all shared similar goals-the taking of vengeance, the reduction of crime, and the protection of self and society. Sanction for outlaws focused on retribution, banishment, isolation and death were all based on the reasoning that the offenders were enemies of the society and that they deserved tougher punishment to eliminate the recurrence of future crime. This punishment ideology has endured throughout recorded history (Inciardi, 2005). During the 18th century-the age of enlightenment, a new ideology began to emerge. It was a reform movement that stressed the dignity and imperfection of human condition, it recognized the crudity of criminal law and procedure, and it fought against cruelty of many punishment and condition of confinement (Inciardi, 2005).

Similarly, the Quakers of Pennsylvania, under William Penn, saw imprisonment as a sufficient severe penalty in itself and they insisted that prisoners should be assisted in their effort to

become rehabilitated (Sutherland and Cressey, 1978). They criticized the association of all types of criminals in prison as disastrous and proffered alternative approach of criminal punishment, which is prisoners, being kept in solitary confinement. In their view, hand work, moral and religious instructions were basis for the reformation of the criminals. Apart from the Pennsylvania system, there is the Irish system. The system is called the progressive stage system and was design to provide a powerful incentive to the prisoners. Prisoners earned marks for good conduct, behaviour and in addition they were placed in an improved diet, provided with better dresses and special commendation badges, they were also given more liberty. This system place more emphasis on reformation of criminals (Igbo, 2007).

Furthermore, inmates hoping to better themselves during their incarceration, normally have the opportunity to participate in a number of rehabilitating programs offered by religious institutions and civic groups, work programs, educational and vocational training and counseling therapy (Bohm and Haley, 1999). The idea captured in this new thinking is that prisons should be for reformation, correction and rehabilitation of offenders. Thus, the prisoners are no longer treated as social misfits. Imprisonment therefore becomes a process of preparing such offenders towards reintegration into the society at the end of their sentence, as such curbing the problem of recidivism.

The theory which has its foundation in theology believes in reforming people with criminal tendencies or people inclined to social vices. It holds the view that criminals are sick people and therefore, must be treated through laid down procedures. This theory is used to rehabilitate and reform inmates in the prison in order for them to come out of the prisons as changed persons (Priya, 2014). This theory agrees that punishment is the coercion applied to enforce the law of the land, which is the one of the pillars of modern civilization. Providing a peaceful society and

life is the duty of the state. Lack of punishment causes the law to lose its force and eventually creates a society unable to maintain law and order. In this case the government is unable to protect its people (Priya, 2014).

However, the reformatory theory to curb crimes has come up in order to protect the basic rights of humans is entitled to. This has developed by psychologist, sociologist and physiologist in order to create a system where the convicts could be reformed and released back into the society as citizens. Reformation and rehabilitation seeks to bring about fundamental changes in offenders and their behaviour, rehabilitation generally work through education and psychological treatment to reduce the likelihood of future criminality (Priya, 2014).

The advocates of this theory argue that by a sympathetic, tactful, and loving treatment of the offenders, a change may be brought about in their characters. They believe even the cruel hardened prisoners can be reformed and converted into helpful friends by good words and mild suggestions. Severe punishment can merely debase them. Also, according to this theory as expatiated by Priya (2014) threat will result in resistance. Prison hell may create the spirit of defiance of God and man. Hanging a criminal is merely an admission of the fact that human beings have failed to reform the erring citizen. Corporal punishments like whipping and pillory destroy all the finest sentiments and tenderness in man. Therefore, if criminals are to be sent to prison to be transformed into good citizens by physical, intellectual and moral training, prisons must be turned into comfortable dwelling places (Priya, 2014).

According to reformatory theory, the object of punishment should be the reform of the criminal, through the method of individualization. It is based on the humanistic principle that even if an offender commits a crime, he does not cease to be a human being. People may have committed a

crime under circumstances which might never occur again. Therefore an effort should be made to reform prisoners during the period of their incarceration. The object of punishment should bring about the moral reform of the offender. Prisoners must be educated and taught some art or industry during the period of his imprisonment so that they may be able to start their life again after he/she release from jail. While awarding punishment the judge should study the character and age of the offender, his early breeding, his education and environment, the circumstances under which he committed the offence, the object with which he committed the offence and other factors. The object of doing so is to acquaint the judge with the exact nature of the circumstances so that he may give a punishment which suits the circumstances (Priya, 2014).

According to Priya (2014), if criminals are to be sent to prison to be transformed into good citizens by physical, intellectual and moral training, prisons must be turned into comfortable dwelling places. There are many incorrigible offenders who are beyond the reach of reformative influences and with whom crime is not a bad habit but an instinct and they must be left to their fate in despair. But people criticize; the primary and essential end of criminal justice is deterrence and not reformation. The reformative theory is also known as rehabilitative sentencing. The purpose of punishment is to “reform the offender as a person, so that he may become a normal law-abiding member of the community once again. Here the emphasis is placed not on the crime itself, the harm caused or the deterrence effect which punishment may have, but on the person and the personality of the offender.”

The Reformative theory is supported by criminology. Criminology regards every crime as a pathological phenomenon a mild form of insanity, an innate or acquired physiological defect. There are some crimes which are due to willful violation of the moral law by normal persons. Such criminals should be punished adequately to vindicate the authority of the moral law.

In terms of the theory, offenders largely commit crime because of psychological factors, personality defects, or social pressures. Sentences are consequently tailored to the needs of the individual offender, and typically include aspects of rehabilitation such as community service, compulsory therapy or counseling. The pre-sentencing report by a probation officer or psychologist plays a substantial role in assisting the judicial officer to arrive at an appropriate sentencing decision. According to the supporters of the Reformatory theory, punishment is not imposed as a means for the benefit of others. Rather, punishment is given to educate or reform the offender himself. Here, the crime committed by the criminal is an end, not a means as in the Deterrent theory. This view is commonly accepted in the present time (Priya, 2014). Punishment is inflicted on a criminal for his reformation. This theory does not justify capital punishment. Punishment is inflicted only to educate or reform the criminal himself. Punishment does not always make reform in a criminal. On the other hand, kind treatment sometimes produces a better result than punishment. It may be more favorable to the reformation of the criminal. Forgiveness can change the nature of the criminal and give the scope of repentance and reformation to the criminal. It is clear that the reformatory theory does not justify capital punishment. It supports the reformation of the criminal. According to this theory, a crime is committed as a result of the conflict between the character of a man and the motive of the criminal (Priya, 2014).

One may commit a crime either because the temptation of the motive is stronger or because the restraints imposed by character is weaker the reformatory theory wants to strengthen the character of the man so that he may not become an easy victim to his own temptation this theory would consider medicine. According to this theory, crime is like a disease so you cannot cure by killing. For this reason, a punishment like imprisonment should be given to criminal and all

prisons should be transformed into residences where physical moral and intellectual training should be given in order to improve the character of criminal. A crime is committed as a result of the conflict between the character and the motive of the criminal. One may commit a crime either because the temptation of the motive is stronger or because the restraints imposed by character is weaker (Priya, 2014).

This theory would consider punishment to be curative or to perform the function of medicine. According to this theory, crime is like a disease. This theory maintains that you can cure by killing. The ultimate aim of reformists is to try to bring about a change in the personality and character of the offender, so as to make him a useful member of society. It must be noted that the reformatory theory shows a radical departure from the earlier theories and seeks to bring a positive change in the attitude of the offender so as to rehabilitate him as a law-abiding member of society. Thus punishment is used as a measure to reclaim the offender and not to torture him. This theory condemns all kinds of corporal punishments (Priya, 2014).

Priya (2014) intimated that, major thrust of the reformist theory is rehabilitation of inmates in penal institutions so that they are transformed into law-abiding citizens. It focuses greater attention on humanly treatment of prisoners inside the prison. It suggests that instead of prisoners being allowed to idle in jail, they should be properly taught, educated and trained so as to adjust themselves to normal life in the community after their release from prison. This purpose may be achieved through the agencies of parole and probation which have been accepted as modern techniques of reforming the offenders all around the world. Thus the advocates of this theory justify imprisonment not solely for the purpose of isolating criminals and eliminating them from the society, but to bring about a change in their mental attitude through effective measures of reformation during the term of their sentence Reformatory approach to punishment should be the

object of criminal law, in order to promote rehabilitation without offending community conscience and to secure social justice.

2.2 Empirical Review

2.2.1 The Mandate of Ghana Prison

In recent times, conditions in the prisons have become a matter of public debate. Journalists like Seth Kwame Boateng (*Locked and Forgotten*) have come up with a number of revealing documentaries about the poor state of the prisons which violates the international and local laws that regulates the treatment and administration of the prisons. (Myjoyonline.com, 2015). Also, Commission on Human Rights and Administrative Justice (CHRAJ) has also published a number of reports about the poor state of the prisons but no significant progress has been made over the years. In 2005, the Commission's Regional and District officers inspected about 31 prisons. The report reveals the conditions in majority of prisons across the country which violated numerous clauses in the international instruments such as International Covenant on Civil and Political Rights (ICCPR), International Covenant on Social and Economic Rights (ICESR), the United Nations Minimum Rules for the Treatment of Prisoners, the 1992 Constitution of Ghana and other related standards (CHRAJ Report, 2005). It has to be recalled that in 2013, the United Nation's Rapporteur on the question of torture, visited Ghana and came up with very unfavourable accounts of our prisons. The Service structures including its Council took very much concerned with these developments since a country's civilization is measured by the way it treats its vulnerable.

Under section 1 of NRCD 46 of 1972 it is the duty of the Prisons Service to ensure "the safe custody and welfare of prisoners and whenever practicable to undertake the reformation and rehabilitation of prisoners". In pursuance of its reformative rehabilitative objective, the Ghana

Prisons Service has treatment programs designed to inculcate moral and social values in prisoners as well as group of individual counselling therapy programs. In conformity with section 40 of the Prisons Service Act, NRC 46 of 1972, inmates are free to practice religion and their spiritual well-being is catered for by the chaplaincy department and visiting priests, Imams and other religious groups. However, most inmates become worse off for which reason several studies have been undertaken. The service runs formal and non-formal education programs in the prisons to assist inmates.

2.3 Human Rights standards Relating to Reformation and Rehabilitation of Prisoners

There are various rights and standards involved in the treatment of prisoners from the time of admitted to the time of discharged. These rights and standards serve as a guide to prison officers in their function of safe custody, ensuring the welfare of prisoners and reformation and rehabilitation of the prisoner. The rights and standards have been documented to ensure that the fundamental human rights of people who for one reason or the other have fallen foul of the law and incarcerated are properly observed. These documents include Universal Declaration of Human Rights (UDHR), International Covenant on Civil and Political Rights (ICCPR), Basic Principle for the Treatment of Prisoners, Body of Principles for the protection of all persons under Any Form of Detention or Imprisonment, Code of Conduct for Law Enforcement Officials, and Mandela Rules for the Treatment of Prisoners. The following are rights and standards involved in dealing with prisoners in reformation and rehabilitation process that Officers must ensure in their line of duty to ensure complete reformation and rehabilitation of prisoners (Bellson, 2021)

2.3.1 Rights to Compensation upon Violation of Rights

Apart from liberty that is taken away from the prisoner, he/she is entitled to all the rights that human being enjoy. Prisoners' rights include right to education, health, recreation, culture, religion, decent food and accommodation. Member states such as Ghana that have ratified the international human rights treaties are obligated to respect, protect and promote the rights of prisoners (Edudzi and Chelsea, 2006). Some of these rights are violated with impunity, but the prisoner has the right to compensation upon violation of his/her rights. This is spelt out clearly in the Universal Declaration of Human Rights article 8 that "Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him/her by the constitution or by law." The Body of Principles for the Protection of All Persons under Any Form of Detention or Imprisonment also states in principle 1 that "Damage incurred because of acts or omission by a public official contrary to the rights contained in these principles shall be compensated according to the applicable rules or liability provided by domestic law." Moreover, our domestic law which is the 1992 constitution of Ghana asserts in article 14 clause 5 that "A person who is unlawfully arrested, restricted or detained by any other person shall be entitle to compensation from that other person." Therefore, prisoners have a rights to compensation upon violation of their rights in the process of rehabilitation and reformation (Bellson, 2021).

2.3.2 Right to Life and Security

According to the Universal Declaration of Human Rights "everyone has the right to life, liberty and security of person." The International Covenant on Civil and Political Rights (ICCPR) reiterates that "every human being has the inherent right to life." All States have committed to

respect, protect, promote, and fulfil the right to life. This entails, at the very least, that States should take effective measures against foreseeable and preventable loss of life (Bellson, 2021).

The right to life is a fundamental right to all persons regardless of race, color, sex, language, religion, opinion, national or social origin, property, birth, political or other status. In this light, prisoners have the same right so the government together with the prison administration must do everything possible to safe guard the life of prisoners. Moreover, international human rights documents such as the Universal Declaration of Human Rights and the International Covenant on Civil and Political Rights grant right to life and security of person in article 3 and 6 respectively. The documents emphasis that this right shall be protected by law (Bellson, 2021).

However, the 2015 United State Department report state clearly that the overcrowding in Ghana prisons is “alarming.” The report indicated that while prisoners had access to potable food and water was inadequate. Officials held much of the prison population in buildings that were originally colonial forts or abandoned public or military buildings, with poor ventilation and sanitation. The Prison Service periodically fumigated and disinfected prisons, but sanitation remained poor (Bellson, 2021).

2.3.3 Right to Health

All individuals are entitled to live an environment adequate for their health and well-being. Everyone has the right to an adequate environment. An adequate environment is considered a precondition for the realization of other human rights including health and an adequate standard of living this is partly reference in the right to health set out in the International Covenant on Economic, Social and Cultural Rights (ICESCR), which notes that States must realize the right to

health through, among other steps, improvement of all aspects of environmental hygiene (Bellson, 2021).

The overcrowding in most of our prisons in Ghana have serious implications on prisoners' health. Overcrowding in the various prison establishments across the country which is associated with heat most a times results in body rashes and other heat related diseases which have effects on the reformation and rehabilitation of the prisoners (Bellson, 2021).

Everyone should be able to live in an environment conducive for their health and well-being. States should take concrete and progressive steps, individually and in cooperation with each other, to develop, implement and maintain appropriate framework to enable all components necessary for a healthy, sustainable environment, which encompasses all parts of the natural world.

The human right to health is articulated in the Universal Declaration of Human Rights and in Article 12 of the ICESCR provides that all persons have the right “to the enjoyment of the highest attainable standard of physical and mental health. Rehabilitation and reformation would be hampered if inmate’s state of health is not in good state (Bellson, 2021).

2.3.4 Right to Dignity/Humane Treatment

Dignity is our inherent value and worth as human being; everyone is born with it. The prisoners have a right to human treatment as espoused in the various human rights documents. For example, the Universal Declaration of Human Rights in article 4 stipulates that “No one shall be held in slavery or servitude.”, the ICCPR in article 10 states that “All persons deprived of their liberty shall be treated with humanity and with respect for the inherent dignity of the human

person”, The Basic Principles for the Treatment of Prisoners Principle 1 stipulates that” All prisoners shall be treated with respect due to their inherent dignity and value as human beings.” Moreover, the Body of Principles for the Protection of All Persons under Any Form of Detention or Imprisonment Principle 1, asserts that “All persons under any form of detention or imprisonment shall be treated in a humane manner and with respect for the inherent dignity of the human person”, and the Code of Conduct for Law Enforcement Officials also buttressed it by saying in article 2 that “in the performance of their duty, law enforcement officials shall respect and protect human dignity and maintain and uphold the human rights of all person (Coyle, 2009).

The principle of dignity affirms the fundamental value of every human being, or of human beings as such. It enjoys general acceptance all-round the globe as a basic ethical and legal principle because it draws upon the universal experience of the dynamics of recognition. People who are detained or imprisoned do not cease to be human beings, no matter how serious the crime of which they have been accused or convicted. The court of law or other judicial agency which dealt with their case rule that they should be deprived of their liberty, not that they should be deprived of their humanity. Prison staff should not forget that prisoners are human beings. They must continually resist the temptation to regard the prisoner merely as a number rather than as a whole person.

In light of this, prisoners when they arrived at the prison and other interaction with the prisoner must be done with utmost respect for their right to dignity (Coyle, 2009).

2.3.5 Right to protection against torture

“Torture is the deliberate, systematic, or wanton infliction of physical or mental suffering on one or more persons acting alone or on the orders of any authority, to force another person to yield

information, to make a confession, or for any other reason” (World Medical Association, 2017). For the purpose of this research torture will be defined as “any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purposes as obtaining from him or a third person information or a confession, punishing him for an act he or a third person has committed or is suspected to having committed, or intimidating or coercing him or a third person, or for any reason based on discrimination of any kind, when such pain or suffering is inflicted by, or at the instigation of, or with the consent or acquiescence of a public official or other person acting in an official capacity” (United Nations, 1987).

The closed and isolated nature of prison can lead prison officers to commit abusive actions with impunity, sometimes in an organized manner and at other times through actions of individual members of staff. It is clear that the act of torture is forbidden by the Universal Declaration of Human Rights and the International Covenant on Civil and Political Rights in article 5 and 7 respectively. Both documents stipulate that no one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment (Coyle, 2009).

Moreover, The United Nations Code of Conduct for Law Enforcement Officials states in Article 5 that no condition be it state of war or a threat of war, a threat to national security, internal political instability or any other public emergency should necessitate the use of torture. It is also, important to note, that the fifth paragraph of the preamble of the UDHR states, “Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for the observance of human rights and fundamental freedoms (OHCHR, 1948). This means that, member states are obligated to under no circumstances tolerate torture or create an environment that supports torture (Coyle, 2009).

2.4 International Human Rights Instruments Relating to Reformation and Rehabilitation of Prisoners.

The Article 10 of the International Covenant on Civil, Cultural and Political Right (ICCPR) stipulate that “All persons deprived of their liberty shall be treated with humanity and with respect for the inherent dignity of the human person.” The Principle 1 of both Basic Principles for the treatment of prisoners and the Body of Principle for the Protection of All persons under Any Form of Detention or Imprisonment have reiterated article 10 of the ICCPR (Coyle, 2009). The Mandela rule has declared no discrimination on grounds of race, color, sex, languages, religion, political views or other opinion, national or social origin, property, birth or any other status. In the same vein, it strongly advocates for respect for prisoner’s religious belief and moral percepts to which they belong. The Mandela rules ensures separation of the different categories of prisoners. It is indicating that the men and women must be detain in separate institutions. The under-trial prisoners must be kept separate from the convicted prisoners. Further, it advocates the complete separation between the prisoners detained under civil law and the criminal offences made by them. Moreover, the African Charter on Human and Peoples’ Rights, Article 5 also stipulate that “Every individual shall have the right to the respect of the dignity inherent in a human being and to the recognition of legal status (Eduodzi and Chelsea, 2006).

2.5 The 1992 Constitution of Ghana and the reformation of prisoners

Article twelve (12) of the 1992 constitution of Ghana captioned “the protection of fundamental human rights and freedoms” enjoins the Executive, Legislature, Judiciary and all other organs of government and its agencies including Ghana Prison Service to respect and uphold the fundamental human rights as enshrined in the constitution.

Moreover, it stipulates in the same article, that these fundamental human rights shall be applicable to all natural and legal persons in Ghana and shall be enforceable by the courts as provided by the constitution. In other words, fundamental human rights are justiciable. Also, clause two (2) of article twelve (12) grants and details clearly non-discrimination in the application of the fundamental human rights. It says thus; “Every person in Ghana, whatever his race, place, of origin, political opinion, color, religion, creed, or gender shall be entitled to the fundamental human rights and freedoms of others and for the public interest.” Furthermore, the preamble of the constitution touts the rule of law, equality, justice, accountability and the preservation and protection of fundamental human rights (Bellson, 2021).

Again, clause two (2) of article one (1) states thus: “this constitution shall be the supreme law of Ghana and any law found to be inconsistent with any provision of this constitution shall, to the extent of the inconsistency, be void,” these are keys to the proper implementation of prisoners’ rights. The 1992 constitution of Ghana grants the right to life in article 13(1); the right to personal dignity in article 15(1); right to be free from torture or other cruel, inhuman or degrading treatment or punishment in article 15(2)(a); and the right to privacy in article 18(2). The strong worded constitution in the area of ensuring fundamental human rights obligates the government and the Ghana Prison Service to respect, protect and promote the human rights of prisoners (Bellson, 2021).

2.5.1 Reformation and rehabilitation of prisoners

The fundamental problem is that the prison services are meant to keep prisoners reformed, re-oriented, and rehabilitate them to avoid recidivism, and empower them to be law abiding and productive members of the society on release from prison. But the situation in most much Africa countries is the opposite. In several African nations, several prisoners go back to crime soon after discharge from prison to terrorize the society, despite the vocational training such as electrical work, shoe making, agriculture, carpentry, and ceramic making etc. most ex-convicts return to prisons to worsen the financial crisis of the prison (Nwolise, 2010).

According to Maltz (2001), the rate of recidivism has drawn the attention and interest of stakeholders from all disciplines in criminal justice. Recidivism has been conceptually defined as the reversion to criminal behaviour by an individual who was previously convicted of a criminal offence. This trend in the high prevalence of recidivism shows that Nigeria and in many other African countries, prison has either lacked or had inadequate reformatory and rehabilitative programs which do not only empower, but also certified that prisoners return to the society morally changed (Nwolise, 2010).

Siegel (2005) posits that, rehabilitation forms the idea that given the proper care and treatment, criminals can be reformed into productive, law-abiding citizens. Influenced by the positive criminology, the rehabilitation school suggests that people commit crime through no fault of theirs. Rather criminals themselves are product of social injustice; poverty and racism. These are responses to a society that has betrayed them and because of their disturbed and improvised upbringing, may be suffering psychological problem and personality disturbances that further enhance their committing capacities. The aim of this theory is the retraining of convict so that they can live an independent and lawful life on discharge. Offenders are seen as people who,

because they have failed to exercise self-control, need the help of the state to return to the right track. According to Opara (2008), it does appear that the very institution whose purpose is ostensibly to correct the deviant seem more likely to confined him in his deviant behavior. The argument against punitive imprisonment is that it is incompatible with reformation of offenders. This situation is in contrast with the new ideology behind the penal system. Braggins and Talbot (2007) argued that a prisoner should leave prison in a better state than he/she came in. They noted that this notion is enshrined in the service statement of purpose.

Contrary, the threats to security and safety posed by overcrowding have not engendered any speed in Africa to enforce prisoner's rights to sufficient space (Sarkin, 2009). Adu (2009) contend that, Ghana's prison facilities where criminality is expected to end have become revolving corridors for recidivism. He asserted that the current 47 prison facilities across the country, whatever form they take, do not seem too correct, reformed, rehabilitate or treat criminal offenders to become useful citizens after they have served their sentence and released. In this view, they rather make them more embittered because of degrading human conditions such as lack of food, water, clothing, poor medical facilities and lack of detergents for inmates to wash and bath. In his view the prisons in Ghana serves as warehouse for real human beings who have been detained by the state. Rehabilitation aims to be the key function of correctional facilities in African countries, especially in handling offenders (Dissel, 2008). Various approaches are identified in offender rehabilitation McNeil (2012) for example psychological, judicial, moral and social rehabilitation.

The Kampala Declaration on Prison Conditions in Africa (1996) concurs that rehabilitation facilitates social reintegration through allowing offenders access to education and skills training, which equips them for employment opportunities. Dissel (2008), however, indicates that in

Central African Republic, Tanzania and Zimbabwe to mention a few, rehabilitation offices have a shortage of staff while the few available staff members lack proper training regarding the rehabilitation and reintegration roles to implement for offenders, thus failing to create a conducive environment for rehabilitation. Kusada and Gxubane (2014) support the assertion that rehabilitation of offenders encompass various issues such as educational programs, vocational skills training, recreational activities and psychosocial services. It appears that offenders' rehabilitation tends to equip them with vocational skills and educational programs, thus improving their social relationships with their significant others, including facilitating for their socially responsible character.

Bruyns (2007) however found that rehabilitation programs were not provided in a specialized and integrated manner, affirming that more attention was focused on spiritual care and the provision of employment opportunities, which aimed to prevent offenders from idleness. It can be noted that in some instances, educational programs are meant to keep offenders busy from boredom. However, a major problem with this kind of rehabilitation is that it is not compulsory, therefore, adult offenders may or may not attend the programs. On the other hand, some offenders may simply attend the rehabilitation programs just to impress the correctional officials who may, in return, facilitate for offenders parole, which can shorten their served sentences. In addition, Bruyns stated that very little was done to enhance offenders' educational and vocational skills. On the other hand, it can be argued that Swaziland inmates' contributions to the planning of their rehabilitation programs enhances their ownership to the latter, which also address and meet their learning needs (Biswalo, 2011).

In Lesotho, the Ministry of Justice and Correctional Services offers education and training to the inmates as mechanisms to rehabilitate and reintegrate them with their communities (Setoi, 2012).

These education programs are provided as formal literacy classes; basic and continuing education classes that are meant to assist the inmates to acquire qualifications for job opportunities in various correctional facilities. Ngozwana (2016), Setoi (2012) and Tsepa (2014) state that the inmates are further provided with skills training such as carpentry and joinery, stone cutting, building, welding, leatherwork, electrical installation, plumbing, plastering and brick making, upholstery and sewing. The juvenile centers in Maseru provides formal schooling for youth between the ages of 14 and 18 and skills training in building, carpentry, handicrafts, tailoring, horticulture and poultry (Ngozwana, 2016; Tsepa, 2014; Setoi, 2012). Also, the female inmates are trained in skills like sewing, grass weaving, crochet, cookery, recycling of tins, plastic and paper, hairdressing, housework and poultry. However, it is not stated whether the inmates are involved in planning their educational and rehabilitation programs in order to address their needs and interests.

Mokoteli (2005), in her study that was conducted in the Lesotho Correctional Services with juveniles at the Juvenile Training Centre (JTC) found that there was shortage of staff in the rehabilitation section, especially qualified social workers, therefore sociologists were employed. Additionally, Mokoteli found that few rehabilitation staff members had opportunities for in-service training, while the security officers were placed in the rehabilitation section to perform the work there (Mokoteli, 2005). From the literature, it can be concluded that rehabilitation in Lesotho is not done like in Swaziland where inmates are involved in program planning.

In South Africa, Mkosi (2013) found that managing a full-time school within the correctional facilities was challenging because education is not respected and not prioritized by correctional facilities management. More focus is on security with activities of lockdowns, head count and handing over all hindering the school learning process (Jules-Macquet, 2014; Mkosi, 2013).

Nonetheless correctional education has been suggested as an empowerment tool for rehabilitating and reintegrating offenders into their communities as reformed members of society (Quan-Baffour and Zawada, 2012).

In Zimbabwe, Kusada and Gxubane (2014) found that male offenders participate mostly in agricultural and vocational skills training more than other components of rehabilitation programs. The authors revealed that Zimbabwean inmates are provided with psychosocial therapeutic programs that aim at transforming inmates' behaviours generally. Other programs offered were stated as recreational, vocational, educational and spiritual in nature. However, it is not shown whether these rehabilitation programs are addressing offenders' needs or not, or assisting in their behaviour change.

Research in correctional facilities has tended to focus on rehabilitation, looking at its different components rather than stating how it addresses the needs and interests of offenders. Little is known about whether offenders have a say in what they want to do and learn, which can change their lives, particularly in the context of Lesotho where there is a lack of formalized policy regarding how rehabilitation programs for offenders are provided.

However, the human rights abuse of prisoners such as overcrowding, improper segregation, inadequate medical care, lack of job opportunities, discrimination and lack of nutritional food impair complete reformation and rehabilitation of prisoners.

2.5.2 Emotional interventions to reformation and rehabilitation of the Prisoners

In psychology, Emotion has proven remarkably difficult to define. According to Reeve (2015), emotions are short-live, feeling purposive expressive bodily responses that help us adapt to the opportunities and challenges we face during important life events. This definition supports that

emotions have both physical and psychological dimensions. It makes reactions to the outside world. It exists for a reason and has a purpose. Reeve's definition is representative of the field because it allows for emotions to be more than the sum of their parts, reflecting the complexity of emotional experience.

Historically, biologically oriented theories have proposed a small number (2-8) of basic, universal emotions. Cognitively-oriented theories have taken a different track, emphasizing the wide diversity of felt emotion, distinction between similar emotions (Reeve, 2015). At the most basic level, there are only two types of emotions, positive (pleasant) and negative (aversive), each of which triggers the other. The opponent emotional process can be considered both complex and inherently conflicted or ambivalent (MacIntyre, 2007). Izard (2007) offered a broader theoretical approach, differential emotions theory which features a combination of basic emotions and higher order through processes. According to Izard (2007), there are only six basic emotions: interest, joy/happiness, sadness, anger, disgust, and fear which are generated by patterns of physical responding which are more or less automatic and hard wired, and may or may not be registered consciously. The exact number of basic emotions has been widely debated and different theorists use different types of evidence (e.g., patterns of neural firing, facial expressions, neural-chemical reaction inside the body) to support their viewpoints. (Izard, 2007)

Craig (2002) intimated that, incarceration is so stark and psychologically painful that it represents a form of traumatic stress severe enough to produce post-traumatic stress reactions once released. However, it is clear that there are certain basic commonalities that characterize the lives of many of the persons who have been convicted of crime in our society. A "risk factors" model help to explain the complex interplay of traumatic childhood events like poverty, abusive and neglectful mistreatment, and other forms of victimization in the social histories of many

criminal offenders. The presence of these background risk factors and traumas in childhood increases the probability that one will encounter a whole range of problems later in life, including delinquency and criminality (Craig, 2002).

Moreover, the fact that a high percentage of persons presently incarcerated have experienced childhood trauma means, among other things, that the harsh, punitive, and uncaring nature of prison life may represent a kind of “re-traumatization” experience for many of them. That is, some prisoners find exposure to the rigid and unyielding discipline of prison, the unwanted proximity to violent encounters and the possibility or reality of being victimized by physical and/or sexual assaults, the need to negotiate the dominating intentions of others, the absence of genuine respect and regard for their well-being in the surrounding environment, and so on all too familiar. Time spent in prison may rekindle psychological reactions and consequences of these earlier damaging experiences (Craig, 2002).

In order to keep hope and live of the prisoners due to bad states of some of our prisons, long confinement of the inmates and other conditions in the prisons sometimes impedes the complete reformation and rehabilitation of the prisoners. In order for the Prison Service to achieve their mandatory role of equipping the inmates with reformatory and rehabilitative programs the administration has put in place some emotional interventions to ensure physical and internal wellbeing of the inmates which will help them to re-integrate successfully back into the society after their discharge (Craig, 2002).

The emotional intervention which are available to the inmates in the prison establishments to cater for the inmate wellbeing includes: psychologist, chaplaincy, counselling and guidance, moral teachings, show of care, compassion and love for inmates. These may be demonstrated in

the act of giving a listening ear to inmates, enquiring about the health of inmates and offering financial assistance among others. The officers are trained to love and respect the prisoner in order to promote a peaceful and cordial relationship for successful reformation and rehabilitation (Craig, 2002).

2.5.2.1 Chaplaincy unit and Religious service

There is freedom of worship in the prisons; ministers of all faiths are permitted to visit their adherents in prison. This is also an entrenched right. Since the prison administration cannot interfere with religion, and is conscious of its relevance to reformation, religious leaders are encouraged to offer moral and religious instruction during their visits (Aseidu, 2000).

Religious instruction is an important means of giving a positive belief system and values to the prisoner, thus helping them to reform. The Service has a chaplaincy serviced by ordained priests. This unit coordinates religious activities and liaises with religious groups and civic organizations like the Rotary Club, who donate food, clothing, medicine and equipment for industrial training to supplement the efforts of the government. These organizations show films with reformatory and rehabilitative messages to the inmates. They also offer entertainment facilities like television sets to the prisons. The prison libraries are also usually equipped by the religious groups who help finance educational and training programmes in the prisons (Aseidu, 2000).

Article 18 of the Universal Declaration of Human Rights provides that: Everyone has the right to freedom of religion; this right includes freedom to change his religion or belief, and belief, either alone or in community to manifest his religion, worship and observance. Article 18 of the United Nations International Covenant on Civil and Political Rights (ICCPR) also offers for religious rights and freedom. It provides that, no one shall be subject to coercion which would impair their

freedom to have religion of their choice. The United Nations Standard Minimum Rules for the Treatment of Prisoners (1955) make specific reference to the need for prison authorities to allow prisoners to observe their religion and to have access to a minister of that religion. Access to a qualified representative of any religion shall not be refused to any prisoner. On the other hand, if any prisoner should object to a visit of any religious representative, his attitude shall be fully respected. So far as practicable, every prisoner shall be allowed to satisfy the needs of his religious life by attending the service provided in the institution and having in his possession the book of religious observance and instruction of his denomination (Yin, 2018).

Part (8) of the Prison Regulations of 1958 on divine service states that; the Chaplain or such other person as may be appointed by him with the concurrence of the officer-in-charge of the prison, shall perform the appointed service of his denomination every Sunday, and on Christmas Day and on Good Friday moral and religious instruction shall be given to prisoners who are willing to receive Ministers of any recognized religion may be admitted at reasonable and proper times to the prison prisoners who may wish their services (Yin, 2018)

Prison Regulation of 1958, Chapter IX of the 1960 Prisons Standing Orders intimated that, arrangements shall be made by Officer-in-Charge for Divine Services for all the recognized religious denominations to be held on Sunday mornings and afternoons. Attendance of prisoners at these services is voluntary, but no prisoner shall be allowed to attend the service of any denomination other than that he declared to be his persuasion on admission. Moreover, no prisoner shall be allowed to change his religion without reference to the Minister of his declared religion and the Minister of the religion to which he wish to change.

The Prison Service Decree, 1972 NRC 46 also recognizes the need for religious freedom and religious tolerance as well as access to outside clergies at various times. It mentions that no prisoner shall be hindered in the reasonable exercise of his religious observances. Every prisoner shall be entitled to attend every religious service of his faith held within the prison. However, recognized Ministers of any religious faith shall be admitted in the prison at reasonable and proper times to visit prisoners who may wish their services. Moral and religious education instruction shall be given to prisoners who are willing to receive it. Hierarchically superior to all these laws, and taking normative priority over them, is the 1992 Constitution of the Republic of Ghana, which guarantees all persons freedom of religion. Article 21 (1) (c) stipulated that, all persons shall have the right to freedom to practice any religion and to manifest such practice (Yin, 2021)

The prison; a secular state agency, rational-legal bureaucracy and religion; Church/Mosque/sacred space, are separate entities. The prison is a confinement centre for people deemed dangerous to society. It is meant to punish and reform offenders. Religion in the prison creates a sense of belonging based on shared norms and moral values. Apart from these norms and moral values, religious codes guide prisoner's behavior and actions by helping them to become useful members of society. The prisoners considered a social outcast, eschewed by the public, but the religious experience of conversion promises to transform the prison experience from 'you are caught to you are free'. It is important to note that, despite the differences, it is the prisons administration that provide the space for religious practice (Yin, 2021).

Ghana Prison Service Regulations No.50, allows ministers from recognized religious institutions to visit and worship with the inmates in the prison. The Ghana Prison Service employs Pastors and Imams as officers to provide for the spiritual needs of inmates. The chaplains serve as the

coordinators between the religious bodies and the prisons. This is to show that inmates are not deprived of their need for spiritual development. Chaplains also augment the effort of the counselling and guidance officers (Prison Regulations, 1958)

Religious ministries and bodies are prolific in Ghana, as they are elsewhere in the world. They are often more visible in the prisons and have greater access than non-faith based service providers. While they do provide badly needed contact with the outside world, as well as a range of service, supplies and support, they come with a particular religious agenda. Their acceptance by the prison authorities indicates greater faith in rehabilitation as measured through religious conversation rather than through dealing with the many other risk factors associated with offending (Aseidu, 2000).

2.5.2.2 Psychology and counselling unit

Delivering counselling services in prison can be extremely challenging for the counsellor, both ethically and personally. Counsellor burnout can happen very quickly. Counsellors need to be resilient, both physically and emotionally, and have adequate means of support. On a daily basis, the counsellor working in the prison environment wrestle with a range of diverse and complex issues, including security, confidentiality and, perhaps most significant of all, how to develop the therapeutic relationship to promote psychological growth in an environment that mitigates against such processes (Jones, 2013).

The primary function of a prison is the identification of the reason or cause of the inmate anti-social behaviours and to train these offenders to become useful citizens when they are eventually released from the prison. This function makes correctional counselling services more imperative in Ghanaian prisons. However, sufficient attention is not given to this all-important service. This

is because there are not many trained or professional correctional counsellors in Ghanaian prisons (Asante, 2015). The net result is that inmate on admission are not given proper personality appraisal and training, adjustment training and career counselling to facilitate participation in vocational skills training while in prison and to make room for adequate preparation for post-sentence life in society. The importance of correctional counselling service lies on the need to re-orientate prison inmates towards active participation in correctional education programmes. It must be realized that the previous social learning experiences of prison inmates may not permit effective participation in correctional education programmes.

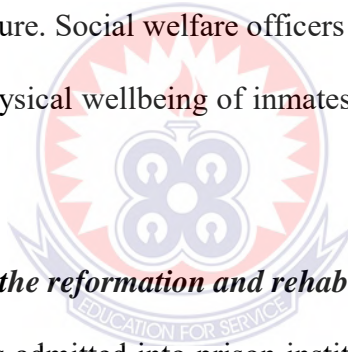
According to Lankard (2013), many prisoners are likely to have negative early school experiences and may lack self-confidence or have poor attitude about education.” When this persists, no meaningful learning can take place. The solution lies in effective correctional counselling services. The need for a research into the above observation is therefore necessary to empirically assess the effectiveness of correctional counselling programme in prisons in Ghana.

2.5.2.3 Social Welfare Department

The work of the social workers in the prison is very paramount. This is so because, they use the acquired knowledge and skills in social work practice to analyze, intervene and evaluate the circumstances of inmates (Dale, et al, 2006). They include prisoners in working relations and identifying their needs, problems and what they can do. They also gather information on inmates who they assess and draw the appropriate service delivery require in individual situation as well as groups. The Social Welfare Department at strategic level, after critical analysis draw up empirically structured interventions to be implemented at the prison for the wellbeing of the prisoners (Dale, et at, 2006). Social workers empower inmates to access social and economic justice at their disposal.

Another role played by the Social Welfare Department in the prison is to identify the individual need of prisoners so as to apply the necessary professional assistance in addressing these needs. The work of social welfare officers play a key role in the reformation and rehabilitation of the prisoners. Social welfare officers provide assessment and intervention services for prisoners. They conduct individual counselling, provide treatment assessment for appropriate programs, assess at risk prisoners and facilitate group programs all designed to enhance and support rehabilitation. Social welfare officers address the factors associated with offending behavior and assist with daily life especially within prison environments (Dale et al 2006).

The social welfare officers play a major role in promoting the social and emotional needs of inmates as an administrative structure. Social welfare officers are professionally trained to ensure and promote the emotional and physical wellbeing of inmates for their effective reformation and rehabilitation (Dale et al 2006).



2.5.3 Administrative initiatives in the reformation and rehabilitation of prisoners

It is globally accepted that persons admitted into prison institutions are entitled to adequate care during incarceration, to reform, correct and rehabilitate them for post-sentence life. This is evidenced by the United Nations' Minimum Standards for the treatment of Prisoners, which stipulates that "Prisons should seek to utilize all remedial, educational moral, spiritual and other forces and forms of assistance, which are appropriate and available and should seek to apply them according to the individual treatment needs of the prisoners" (United Nations, 1977). Moreover, the International Covenant on Civil and Political Rights (ICCPR) stressed in article 10 that all persons deprived of their liberty should be treated humanely and with respect to their dignity. The United Nations high commission on human rights (2005) also contends the entire

time in prison can be used to teach prisoners to read and write and engaged in other activities that can make them more confident in their ability and reformed.

According to Section (1) (i) of the Prison Service Act, 1972 (NRCD 46), it shall be the tradition role/function of Prison Service to ensure the safe custody and welfare of prisoners and whenever practicable to undertake the reformation and rehabilitation of prisoners. This means the Prison Service is enjoined to perform four major functions: safe custody of prisoners, welfare of prisoners, reformation of prisoners and rehabilitation of prisoners (Manual for Recruit Officers, 2019). In line with the Prison Service Decree, NRCD 46 of 1972, the Ghana Prison Service as an institution has put in place administrative initiatives geared towards the reformation and rehabilitation of its prisoners. It secures the physical security of the prisoner and most importantly provides the environment which would guarantee their health and welfare. To operationalize the functions of reforming and rehabilitating the prisoners, the service has adopted some initiatives to help the service to realize their mandatory role.

2.5.3.1 Agriculture training

In the Camp Prisons, prisoners are taken through modern techniques and practices in agriculture; farming, poultry-keeping and rearing of animals (livestock). The Ghana Prison Service engages in agriculture for two main reasons: for knowledge and skills acquisition in agriculture by the prisoners and to produce food for consumption. (Agbelengor, 2011). It is assumed the modern techniques and practices in agriculture acquired by the prisoners will be of great benefit to the prisoner's reformation and rehabilitation while in prison custody and even when discharge from prison custody.

2.5.3.2. Educational and skills training for inmates

Another important initiative which the Prison Administration has put in place to aid the rehabilitation and reformation of the prisoners is the establishment of Training Workshops. Intended to equip prisoners with employable trade skills. Unemployment is a factor which contributes to crime or deviant behaviour in society (Aseidu, 2000). Ross (2002) explains that one main reason for the rehabilitation of inmates is for them to acquire skills that will help them to find jobs. Another reason is for inmates to behave well in prison. According to Craig and Rogers (2010) a major goal of vocational training programmes is to instill in the inmates some productive role in society. Vocational programmes are mainly designed to empower the participants to earn income. In view of this, Willson et al (2000) assert that money or income obtained from engaging in a trade learnt in prison would keep the offender away from crime. Thus equipping inmates with skills that can make them self-employed after discharge is crucial to the rehabilitation efforts of the Service. Vocational training in the prison is backed by Section 41 of NRCD 46, 1972 (Aseidu, 2000).

The Prison Service charged to “establish in every prison courses of training and instruction assigned to teach simple trades, skills and crafts to prisoners who may benefit from such training.” Initially, vocational training was carried out only in the walled prisons, but currently vocational training is been done in all the prison establishments in Ghana. As a result, various workshops are established in most of the central prisons so as to offer the prisoners an opportunity to learn one trade or the other (Aseidu, 2000). Trade such as carpentry and joinery, cane and basket making, black-smiting and masonry are undertaken, as well as taught. Other areas include shoe-making, tailoring and dress-making, textile manufacturing, ceramics, automobile repair electrical and electronic goods repair. The Service relies exclusively on

specialist prison officers for trade instruction and supervision of the industries. Trade training is in the form of theoretical instruction and practical experience in the workshop or on the field where the inmates serve as apprentices. Inmates who are already skilled are engaged as workers and are given incentives (Aseidu, 2000).

Educational programmes are among the most basic rehabilitation programmes prisons can offer to inmates (McKean and Ransford, 2004). Since the inception of the prison, educational programmes have been the main form of rehabilitation although the programmes were mostly religious (MacKeanzie, 2008). It was during the reformation era that religious education in the prison was replaced with basic literacy and communication skills.

According to (MacKenzie, 2008), Brockway, who is credited with the reformation and rehabilitation of the prison, believed that people in prison could change for the better through industry and education. Hull et al, (2003) explain that correctional education or academic education in prisons do actually work even if not for all offenders.

Education promotes a sense of self efficacy and accomplishment for inmates who are discharged thereby providing a tool for reducing recidivism (Morano, as cited in Mackean and Ransford, 2004). McKean and Ransford (2004) observe that lack of high school degree positively correlate with criminal activity. Thus, providing education to inmates could reduce their criminal tendency. Mackenzie and Willson (2000) assert that education improves the cognitive skills of inmate thereby empowering them to deal with crime.

By 1967, the Ghana Prison Service had established schools for the inmates at all the central prisons. The central prisons hold long-term prisoners who stand to benefit from such long-term schemes. Libraries have been established in some of the prisons to facilitate education. At the

Borstal Institution, certified teachers were involved in the general, technical and vocational education of the inmates. As far back as 1967, nine (9) out of eleven (11) inmates presented for national examinations passed. As a major training centre, the Borstal Institution has industrial installations comparable with the largest factories in the country. At present, some Junior High Schools in the nation's capital use the facilities of the Institution for their practical training, under the guidance of specialist prison officers (Aseidu, 2000).

The 1967 Commission of Enquiry into the conditions of the Service, (the Asafo Adjei Commission), while acknowledging the role of education in the prisons, urged the prison administration "to provide prisoners with facilities to promote their formal and informal education within the prisons service and institutions under its administration". The Commission further stressed: "Although prisoners may be incarcerated as a punishment, everything done to avoid creating bitterness and resentment in them is ultimately for the good of the society to which they will eventually return. All programmes for civic or social education for the rest of the community may diminish in value, if prisoners, for whom there is ample opportunity now for their reform and help to become more responsible citizens than they have ever been, are neglected in the national effort for general re-education (Aseidu, 2000).

Following the recommendations of the Asafo-Adjei Commission, the Service intensified its efforts by recruiting more qualified teachers to undertake the urgent task of educating the mass of illiterate inmates. Ghana has a large population of illiterates and this is naturally reflected in the prison population. It has long been felt that ignorance prevents a large number of the incarcerated from presenting their cases properly. The Service has adopted measures to enable illiterate prisoners to learn to read and write, and to afford teaching in preparation for advanced studies to prisoners who may so desire (Aseidu, 2000).

Prisoners are permitted to engage in studying for self-improvement and are provided with books and stationery by benefactors like the churches and the non-formal education division of the Ministry of Education, which has extended its national programme to the prisons. Prisoners are encouraged to prepare and sit for educational examinations. For the purpose of education, library services have, since 1967, been extended to all the prisons. Since the promulgation of this decree, a massive drive has been made towards improving the education of inmates. A batch of professional teachers were recruited in 1976 to teach prisoners. Professionals and technicians are recruited annually (Aseidu, 2000).

Inmates' education program is a broad term that encompasses any number of educational activities occurring inside a prison. These educational activities include both vocational training and academic education. The goal of such activities is to prepare the prisoner for success outside of prison and to enhance the rehabilitative aspect of prison. As part of measures to promote the reformation of inmates, the Ghana Prison Service has implemented some measures, including the setting up of workshops in most prison facilities across the country (Aseidu, 2000).

Some of the prisons have work programs for inmates and prisoners are encouraged to participate in some of these training programs including carpentry, tailoring, block-laying and concreting, auto mechanic, textile weaving, batik tie and dye, doormat weaving, soap making, bakery and agriculture. Apart from instilling in the inmates work ethics, these various training programs offer them the opportunity to acquire appropriate life and employable skills requisite for social re-integration. Also most of the big prisons have schools that offer formal education where students are prepared to sit for external examinations. These educational programs are to help stark illiterate inmates in our prisons to acquire the skills of literacy and numeracy as well as assist those who dropped out of school to continue with their education (Aseidu, 2000).

2.5.3.3 Prison labour

Prison labour is used in two ways in Ghana. One way is where prisoners are generally hired out for physical labour on farms and in industry. Skills are not required and the objective is to raise income for the state. The other form involves utilizing prisoners on contracts, especially for building constructions. Prisoners are placed on the field and work alongside the officers on such projects. These prisoners return to the prison in the company of their escort each working day (Aseidu, 2000).

Contracts are also taken for the manufacture of various items inside the prison, for instance, furniture and cabinets, tools, garment and baskets. Prisoners who have gained trade skills are exposed to the practical side of their training and are given work incentives (Aseidu, 2000).

Prison Labour is governed by Section 42 of the Prisons Service Decree (NRCD 46) 1972, which requires every prisoner convicted of a criminal offence to perform work beneficial to the community or the Prison Service, or to assist them to lead a responsible life after release. Only the very strong prisoners get the chance to work outside. Even in the yard, sick, weak and old prisoners are not allowed to perform any duties. Prisoners are not forced to do any kind of work. Medical Officer is always available to check prisoners claimed they are ill and again detect malingering prisoners (Aseidu, 2000).

Deployment of prisoners on jobs outside of the prison is becoming increasingly difficult. With a large mass of unemployed people, labour is cheap and readily available outside of the prison. Prisoners who perform duties in the yard, those who go on outside labour (if any) and those working in the shops are expected to be paid, but the very low level of income from the labour

charges and the industrial activities make this almost impossible. In Ghana the problem is not getting prisoners to work; the issue is getting work for the prisoner (Aseidu, 2000).

2.5.3.4 Communication Department

Communication is indeed one of the major elements in human relationship. People are by nature social animals, and the means of living in a manner that is healthy and would enhance this social life of the human person is through proper communication. It has been documented that one of the most potent means of psychologically and socially killing a person and cutting him off any community or organization is through negative communication (Afful-Broni, 2007).

In Namibia for instance, to facilitate visits by distant relations, the Namibian authorities have relaxed the regulations to allow for longer visits which may occur less frequently. Despite this, prisoners complained that this relaxation was not always fairly applied. In one prison, staff shortages were cited as a reason why visits were sometimes restricted (ACHPR 2001.d). In Ghana Prison for example, if a Prisoner receives a visitor he or she can received another visit after two month (Ghana Prison Service Regulations No. 55).Prisoners are mostly allowed to write and receive letters every month after he or she has served two months of their sentences (Ghana Prison Service Standing Orders No. 395).

In case of Ghana, prisoners are now allow to make calls to their relative with a closed guild and directions from officers. Access to radio, television and newspapers is another form of maintaining contact with society is now allowed in Ghana prisons with rules and regulations govern them (Ghana Prison Service, 2012)

2.5.3.5 Health care services

Health care service offered by the administration aimed at promoting the health of the prisoners as well the officers in general. In this process, the prisoners with health problems are identified so that their needs can be assessed for them to be given the necessary treatment. This treatment is offered for free to all inmates.

Prisons Regulation No. 134 (1) enjoins the Prisons Service to ensure that a medical officer shall, if necessary attend to prisoner at least once a day. This show how important the issue of medical care is when it comes to the administration and management of prisoners. This is an area which requires urgent intervention if the service is to operate efficiently. The existing healthcare facilities in our prisons are far below the minimum standards for even the country let alone meeting international standards for keeping offenders. The Prison Service has put in place infirmaries in the prisons to provide basic first aid to inmates before they are finally referred to the hospitals. These few health professionals manage the infirmaries and give first Aid to sick prisoners and refer serious cases to the government hospital.

2.6 Setbacks in the emotional and administrative support for the rehabilitation and reformation of the prisoners

The functions of the Ghana Prison Service as spelt out in the NRCD 46 of 1972 are to ensure the prisoners safety, their welfare and also undertake their reformation and their rehabilitation whenever applicable through execution of sentences in a humane manner to reduce recidivism, offering opportunities to prisoners to develop their skills through vocational training, moral and formal education, encouraging public/private participation in the provision of skills training, improvement in the welfare of prisoners (i.e. healthcare, clothing, bedding, feeding, recreation, library facilities, etc) and protection of the rights of prisoners.

Prisoner well-being is the foundation upon which treatment efforts and programmes are based. Every state is responsible for guaranteeing the well-being of all individuals incarcerated by state authorities, not least because prisoners are deprived of their ability to take care of themselves and so become dependent on others (Dunkel, 2016). Rehabilitation and reformation programmes ought to be offered by the prison system from the onset of detention, during incarceration and after release, to limit the detrimental effects of imprisonment through adequate activities and services (Scheirs, 2016).

In many of the African countries, the prison system as it is known today was established by the colonial government since the legal system of the pre-colonial African societies did not have a prisons set up (KHRC, 2002). However, the performance of this vital cog in the criminal justice system as it is today in many other African countries is interfered or impeded with by several factors.

The harsh prison conditions in developing countries in Africa which is characterized by overcrowding and congestion, poor diet, degrading clothing and beddings, lack of clean water, poor sanitation, infectious diseases, homosexuality, lack of conjugal rights among others (Omboto, 2010) can be attributed to several factors. Historians for instance opine that the colonial government established and maintained prisons in poor state because the prisoners were Africans, particularly the rebel such as the militants who had put resistance to the white rule. In Kenya, such resistance necessitated the declaration of state of emergency in 1952 which led to arrest and incarceration of about 24,000 natives who were confined in crowded camp which served as prison institutions then (KHRC, 2002).

However, even in post-colonial period, over population is the root cause of decay in prisons in Kenya. First, due to the rise in crime rate, the rate of conviction and length of sentences have proportionally risen, and so the prison population is always quite high. This pushes up the cost of prisoner's maintenance beyond what the economy can support (KHRC, 2002).

In the case of Ghana, a prison built to accommodate 700 people, now houses approximately 4000 inmates almost six times the number of people intended. All the prisons in Ghana should house not more than 8000 people and currently they accommodate more than 14,000 inmates, the end result is overcrowding and unhygienic prison condition that cause rampant deaths because of insufficient medical care (Darkwa 2020). A statement by public relation officer Superintendent Vitalis Aiyeh which was reported by Ghanaian Times stated that, Ghana's prison overcrowding hit 55.49 per cent as the prison population currently is 15,461 instead of 9,945 standard capacity for prison. He expressed worry about the situation stating that it promoted infections, spread of communicable disease, contamination and poor sanitation. This situation is one of the major problem concerning reformation and rehabilitation of the prisoners (Ghanaian Times, 2020).

Homosexuality, abuse of tobacco and drugs smuggled by dishonest prisons staff has also become a menace in our prison institutions. The harsh conditions in prisons and work without pay negate on rehabilitation of prisoners are also make them bitter and rebellious. Consequently, at the end of their prison term, they commit crimes of revenge against the society, which also does not offer much support to them as ex-convicts (Omboto, 2010).

Another setback in rehabilitation rest on the people entrusted with the responsibility to reform the prisoners. It is important to appreciate that the officers who come in contact with prisoners on a daily basis, both junior and senior officers should be people of integrity, well-educated and

specifically trained for the job. The profession that requires an in-depth understanding of human behaviour, human motivation, human worth and human destiny. The absence of these critical ingredients will make the rehabilitation of offenders quite difficult (Omboto, 2010).

In terms of training for the job, the core function of reformation and rehabilitation require that prison officers must first accept that prisoners are incarcerated as a punishment and not for punishment, and they must have the ability to facilitate behaviour and attitude change. This requires that professionals such as psychiatrists, psychologists, pastors, professional counsellors, social workers, sociologists, criminologists and other social scientists should serve as uniformed officers who come into contact with the prisoners daily because only such experts have what it takes to make positive changes in the human mind: where criminality is fostered. This is not the case as studies show that a good number of prisoners have attained university and college education compared to the prison officers (Omboto, 2010).

On the integrity of the prison officers, prison department like any other organization has some dishonest employees, for example, the report titled “Warder seized over bang smuggling” and another “Prison Officer is seized over robbery” confirm the existence of such prison officers. These dishonest officers have shamelessly enabled some prisoners to continue with illegal activities such as drug abuse right inside jails as mentioned earlier, therefore making rehabilitation of such offenders impossible. The use of mobile phones by prisoners also is illegal but such officers have smuggled them into prison institutions thus enabling prisoners to communicate freely with the outside world in the end maintaining criminal links and carrying out criminal acts such as defrauding (Omboto, 2010).

Another challenge why our prisons cannot reform inmates established by Omboto (2003) is related to the poor working conditions of the prisons staff. Morale of the lower officers is at the lowest ebb for the delicate work. Though the government slightly improved the salary, housing is a serious problem while for security reasons, prison warders cannot rent houses outside the prisons" compound; yet what is available for the majority of prison staff in towns are structures which are not comfortable both in cold and warm weather because they get either too cold or too hot houses, these very structures are in most cases shared by at least two families where privacy is unaffordable luxury (Omboto, 2003).

On promotions for instance, staff with similar academic qualifications, experience and personal file records and sometimes even served more years in the service are not of the same ranks. This situation de-motivates and demoralizes, it is worst when one realizes that his/her senior is of lower qualifications academic and professional experience. The frustrations imposed on the prison officers by such conditions cannot enable them to reform the prisoners, even if they were skilled for the work; this is because they are not emotionally stable themselves as they go about their duties (Omboto, 2010).

Again, the rehabilitation mandate of prisons is difficult to achieve in an environment where inmates abuse drugs and substances this is because cases of inmates" indiscipline and infractions rises. These drugs and substances are smuggled into prison institutions by the prison staff. That the expensive and highly addictive drugs such as heroin and cocaine are also available in our prisons compounds the problem because the inmates who use them will only crave for more when they get addicted thus increasing their demand in prison (Omboto, 2010).

However, the problem of illicit drugs in prisons and related indiscipline is not restricted to only developing countries but is a global phenomenon. For instance in United Kingdom, rioting Ford Open Prison inmates caused heavy damage to a low-security prison in 2010, smashing windows and setting fires that engulfed buildings and spewed clouds of black smoke. Mark Freeman, deputy general secretary of the Prison Officers Association, said the riot started after some prisoners refused to take breath tests after a large amount of alcohol had been found at the prison (Mbugua, 2011). In another incident at the same prison two inmates were captured on CCTV injecting drugs intravenously in a prison laundry (Mbugua, 2011).

2.7 Overcrowding and Congestion

One major challenge that pose treat to rehabilitation and reformation of prisoners is the overcrowding. To eliminate the problem of congestion in prisons requires a broader perspective which include taking into account how the other actors within the criminal justice system such as the Police, the Office of the Attorney General, Prosecution, the Judiciary, Children's Department, and the Lawyers contribute to the problem. For instance, shortage of judicial staff, prosecution officers and investigators, and their frequent transfers, missing court files, and fewer courts, and unnecessary adjournments by advocates do greatly negate on the trial process by making the cases to drag in courts for a long time. Thus the high number of un-convicted offenders in prison custody has contributed to the rise in prison population (Omboto, 2010).

In ability to pay fines in cases where offenders have the option due to poverty and underutilization of alternative methods such as Community Service Order (CSO) by courts also contribute to overcrowding in prison institutions (Omboto, 2010).

Another cause of congestion in prison institutions in Kenya is the presence of a large number of prisoners who have been sentenced to death over the years but have not been executed. The Advisory Committee on the Prerogative of Mercy whose task is to advise the President as per Section 28 and 29 of the Constitution should advise on what to be done with these offenders, and the country decides on the way forward as concerns the death penalty given that since 1985 /1986, no executions have been done yet prisoners on death row in thousands significantly contribute to the prison congestion currently experienced. By 2008 the death row inmates were 3481 with 360 awaiting execution and 3121 having pending appeals (Madoka. 2008).

Again, even when countries aspire to bring about the rehabilitation or development of prisoners, the realities facing the prison system often made any attempt extremely difficult. Extreme conditions of overcrowding, resulting in inadequate sleeping space, lack of proper sleeping mats or beds, lack of ventilation and lighting, and limited time out of the cell were some of the factors that oppose complete reformation and rehabilitation of prisoners (Madoka. 2008).

Another setback of reformation and rehabilitation process is the failure to separate prisoners sentenced for serious crimes from those convicted of less serious offences. These factors have an impact on the mental and physical health of a prisoner and fail to create an environment conducive for rehabilitation. Overcrowding also has a negative impact on the staffing and management of a prison and it seriously affects reformation and rehabilitation of prisoners (Dissel, 2008)

The UN's Chief Inspector of Prisons noted in his 2001/2002 Annual Report: Prison overcrowding is however, undoubtedly making it more difficult to build and sustain progress

(with assessing prisoners and placing them in appropriate programs). It is more difficult to get prisoners out of cell and into activities (Dissel, 2008)

Frequent Prisoner movement made the completion of courses and skilled-based qualifications much more difficult. These concerns are more starkly illustrated on the African continent. In many countries, the prisons are understaffed and few personnel have received training that helps them to understand their role in terms of facilitating offender development and reintegration (Dissel, 2008)

Commenting on the kind of correctional staff, the commissioner of correctional services in South Africa was recently quoted as: 'Correcting inmates is an extraordinary responsibility that needs extraordinary citizens. I don't have extraordinary citizens as yet, at the moment we have got people that have got a metric and have got no criminal records. He added that his staff had no respect for prisoners and still believed that they 'must lock them up and throw away the key' (Dissel, 2008)

Rehabilitation programs which are targeted at criminogenic causes of offending often require the services of properly trained professionals. Those include programs which target cognitive - behavioural functioning, substance abuse, psychosocial dysfunction, and the development of new attitudes. Social workers are also needed to facilitate reintegration into the community, particularly through re-establishing contact with the family and dealing with family difficulties. Many African Prison regimes have recognized the importance of qualified social workers and other professional staff but all are still understaffed (Dissel, 2008)

The growth of the world prison population has exceeded the rate of general population growth since 2000, and, in many countries, this increase has led to more overcrowded prisons. Data

suggests that the number of prisoners exceeds official prison capacity in at least 120 countries. This is an underestimate, as some systems base their calculations on minimal space per prisoner (Global Prison Trends, 2018).

Prison overcrowding is largely a consequence of dysfunctional criminal justice systems and punitive responses to crime. Overcrowding also occurs in transportation of detainees; for instance, a recent report by Amnesty International found that prisoners in Russia can spend up to 60 hours in a space of just 0.29 square metres while being transferred between facilities. A small number of countries have seen a drop in their prison populations in recent years, including Russia and Mexico. But the general trend of over-incarceration and prison overcrowding continues (Global Prison Trends, 2018).

A report issued by the UN High Commissioner for Human Rights in 2017 detailed the causes and effects of over-incarceration and prison overcrowding, citing violence and abuse as ‘by-products’ of the latter. It also pointed out links between overcrowding and inadequate healthcare and facilities for training, as well as a lack of opportunity to enjoy the right to freedom of religion or belief. The report detailed how vulnerable groups are impacted differently and more severely by studies that examined this link, and concluded that ‘the crux of the matter is that tougher sentences hardly deter crime, and that while imprisoning people temporarily stops them from committing crime outside prison walls, it also tends to increase their criminality after release. As a result, “tough on crime” initiatives can reduce crime in the short run but cause off-setting harm in the long run overcrowding. While there is a great deal of evidence that the mental health of prisoners is affected by prison overcrowding, including from the UN, a new academic study that assessed 4,000 prison suicides in 24 countries found no link between suicides and overcrowding (Global Prison Trends, 2018).

The long-term solution to prison overcrowding lies in the reform of policies and laws and the use of alternatives to imprisonment, as required by the UN Tokyo Rules. However, more immediate responses, such as amnesties and pardons, continue to be implemented. Amnesties were recently announced in Macedonia and Kuwait, and, in the Gambia, more than 250 prisoners received a pardon. In Kenya, the President directed the release of petty offenders, citing huge costs as the reason for decongestion. A decongestion initiative began in 2017 in Nigeria, led by a newly established national committee on prison reform, and in 2020, the President of Ghana granted a total of 1,602 inmates presidential pardon as part of measures to decongest the cells and mitigate the impact of overcrowding (Global Prison Trends, 2018).

While amnesties and pardons produce short-term relief, they are not a sustainable solution and can also erode public confidence in the criminal justice system. In the Czech Republic, approximately 2,000 of the 6,500 people released in a 2013 amnesty subsequently returned to prison. In Burundi, a pardon to release around a third of the prison population in early 2017 was criticized as only making space for political prisoners (Global Prison Trends, 2018).

Some countries look to the construction of new prisons to reduce overcrowding. Turkey has announced plans to build 228 prisons over the next five years, after its Justice Ministry admitted to a 'severe' overcrowding problem. The extra prisons will increase the total prison capacity by 137,000 beds. In Slovakia, a new prison is planned to house a further 832 prisoners (Global Prison Trends, 2018). Nigeria announced that six 'ultramodern' prisons will be opened across the country (Global Prison Trends, 2018). A European Parliament report which deplored prison overcrowding in EU member states noted that 'increasing prison capacity is not the sole solution to overcrowding, as the prison population tends to rise at the same rate as increases in prison capacity (Global Prison Trends, 2018).

The use of non-custodial measures at the pre-trial stage and post-conviction is increasingly understood to be an effective way to reduce overcrowding. Several countries struggling with overstretched prisons took steps to keep people out of prison. For example, following a European Court of Human Rights ruling that it take steps to address prison overcrowding, Romania planned to introduce early release and electronic monitoring for certain categories of prisoners (Global Prison Trends, 2018).



CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter emphasized on the research methodology adopted for the study. This includes research design, sources of data, population, area of study, sample and sampling technique, data collection procedure, data analysis, trustworthiness, ethical consideration and positionality.

3.1 Philosophical Underpinning

Interpretivism paradigm

Interpretivism paradigm is concerned with understanding the world as it is from subjective experiences of individuals. It uses methodologies, such as interviewing or participant observation that rely on a subjective relationship between the researcher and subject. Interpretivism paradigm is thus focused on understanding the meaning that those studied give to their beliefs, values, actions, behaviors, and social relationship with people and institutions (Weber, 2019).

3.2 Research Approach

The researcher employed qualitative research approach to allow for participant observation through interviews (semi-structured interview) and observation in order to acquire in-depth information about the phenomenon. Participant's observation allows the researcher to be part of the sample population and get actively involved in the issues they are studying. Qualitative research provides a more realistic feel of the world that cannot be experienced in the numerical data statistical analysis used in quantitative.

Denzin and Lincoln (2005) posit that qualitative research entails interpretive and naturalistic approach to the world. This according to them means, “qualitative research study things in their natural setting, attempting to make sense of, or interpret phenomena in terms of the meanings people bring to them” (quoted in Creswell, 2007:36). Qualitative data are usually difficult to graph or display in mathematical terms. The researcher’s role needs a great amount of critical attention because in qualitative research the possibility of the researcher taking a neutral position is seen as more rear in practical terms. Therefore, qualitative researchers are often admonished to reflect on their role in the research process and make this clear in the analysis.

3.3 Research Design

Case study as a qualitative research approach was used because ‘case study’ is a mode of understanding an authentic life happening in its deepest form. Creswell (2007) admits that, in case study, the researcher explores a case or multiple cases over time through detailed, in-depth data gathering by way of observation, interview, audiovisual material and documents. In this vein, qualitative approach, using case study aids the understanding of the study.

Leedy and Ormrod (2005) noted that, case study is especially suitable for learning a lot about a little known or poorly understood situation. The case study is thus suitable in studying life in prison communities in Ghana. Berg (2007) tends to endorse the fact that case study can provide an in-depth understanding of phenomenon, events, people and organizations and eventually gives real meaning to processes created and used by individuals involved in such settings. Yin (2009) defined the case study research method as an empirical inquiry that investigates a contemporary phenomenon within its real-life context when the boundaries between phenomenon and context are not clearly evident; and in which multiple sources of evidence are used.

3.4 Population

According to Babbie (2007), the study population is the collection of people that the researcher is interested in gathering data and generalizing about for the basis of analysis. Lope and Whitehead (2013) intimated that, population of the study is defined as a group of individuals or objects targeted for a scientific reason. Amin (2003) argue that population of the study is the population who will be concerned by the results of the study. The study's population is Officers and Prisoners at Osamkrom Camp Prison and Social Workers from Social Welfare at Agona Swedru

3.5 Area of Study

The Osamkrom Camp Prison land was confiscated from a former Inspector General of the Police Mr. Kwakye in 1979 and handed over to the Ghana Prison Service on lease to be used as a settlement Camp Prison. It is an Agricultural Station, which engages in food crop production such as maize, oil palm plantation, vegetables and piggery production. As Ghana Prison Service is advancing in technology, personnel and infrastructure, the station has now engaged in other rehabilitation and reformation programs such as tailoring, masonry, weaving etc. for its prisoners. Osamkrom Camp Prison is located in Central Region of Ghana, in a town called Osamkrom. It is situated on the main road off-Agona-Swedru and Winneba Junction. It is on the left side when travelling from Winneba Junction to Agona Swedru and on the right side when coming from Agona Swedru to Winneba Junction. The Prison occupied a total of 57.43 acres of land.

3.6 Sample

Mujere (2019) argue that a sample is a group of people, object or items that are taken from a large population for a measurement. McCombes (2019) by way of reiteration suggested that a specific group of individuals in a research population that a researcher will collect data from in a

study. McCombes further explained that in a research, the large size of research population makes it not feasible to collect data from all persons in the entire group. Thus, he argued for the use of a sample to further define the individuals who will actually participate in the research and address the research questions set for the study.

In this study, the researcher used the convenience sample technique to select a sample size of fourteen (14) respondents in totality from Prison Officers, and Prisoners at Osamkrom Camp Prison and Social Workers from Social welfare from Agona Swedru. These reasons informed the selection of this sample size. First, Borrego, Douglas & Amelink (2009) argued that to enhance manageability, stay economical and understand in details a phenomenon under study in a qualitative research, it is important to focus on just a minor group out of an entire population.

McCombes further argue that, the sample size for a qualitative research should not be too small nor excessively large because it has significant effect on the quality of a research's findings. Following this logic, he suggested an average sample size of between 10-30 as the ideal sample size for an interview-base qualitative research. Hence the researcher used a sample size of fourteen (14) to be able to work within the stipulated time-frame for this study and also gain in-depth information from participants on why emotional interventions and administrative initiatives complement reformation and rehabilitation of prisoners at Osamkrom Camp Prison.

Again, the point at which data saturation is reached also helped to define the number of respondents selected for the study. Malterud (2012) argued that the more pertinent information the sample holds, the lower the number of participants needed. In this study, the required information power needed to answer adequately the research questions was attained on speaking

to the 5th person in each case. Thus, additional information were not forth-coming except for a consolidation of ideas already shared by other respondents and taken notice of.

Sample size of fourteen (14) participants were selected for the purpose of gathering qualitative data through individual in-depth interviews. It was made up of Six (6) Prison Officers, Two (2) Social Workers from Social Welfare Department, and Six (6) Convicted Prisoners. The officers were selected on the bases of their background, position and or rank in the prison service, duties and responsibilities such as counselling unit, chaplaincy, operations, administration, inmate welfare and industries in the reformation and rehabilitation of Prisoners. However the other participants were selected on the bases of their willingness, availability and accessibility for the study.

3.7 Sampling Technique

According to Creswell (2012) non-probability sampling specifically convenience sampling means investigators use personal judgment, based on people and place of central phenomenon. In convenience sampling, the researcher selects participants because they are ready and available to be studied (Creswell, 2012).

Convenience sampling is non-probability sampling strategy. Convenience sampling technique was used to select the sample for the study. The convenience Sampling involves the use of members of the population who are most easily contacted and readily available to take part in the study. According to Kothari (2004), sampling technique is a definite plan for obtaining a sample from a given population. It refers to the technique or procedure the researcher adopted in selected items for the sample.

3.8 Data Collection Procedure

Data refer to the fact that some information and knowledge is represented for better use, it is collected and analyzed, they can help to know deeply the situation and facilitate decision making (Ajayi, 2007). The researcher must collect relevant data using appropriate instruments. Data collection is the process of getting data related to the research questions to evaluate outcomes using tools, techniques or procedures which are appropriate to the nature of research and population of the study (Kabil, 2016). In research methodology, there are two types of data; primary and secondary data (Mahto, 2011).

3.8.1 Primary data

Primary data are those afresh data getting as first-hand information from the field or ground, by the researcher him/her self-related to the study (Bulmann 2004; Mahto, 2011). The researcher gathered primary information from the selected participants at Osamkrom Camp Prison.

The researcher used interview in gathering primary data from the interviewees. It was organized in order to get information with deeper understanding of different point of views from interviewees. The interviewer used interview guide during the process of conversation as suggested by Bryman (2012). The secondary information was obtained from documentary sources, including reports, books, thesis, newsletters, internet and journals.

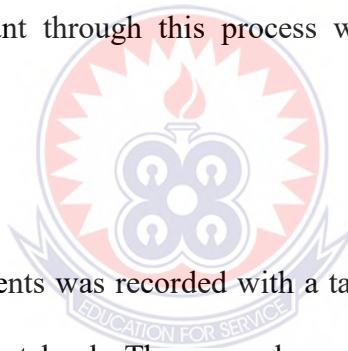
Semi-structured interview guide was used as a data collection instrument for the study. Semi structure interview is about conversation of interviewer and interviewee to get data with deep understanding of the problem under study. The researcher pre-prepare the questions to ask as a guild to be used which should be flexible depending on the reactions of respondents (Dawson, 2002). The interview guide helped the interviewer to stay focus on the aims and objectives of the

study. Thus; the questions included on the interview guide was carefully coined to get credible answers to the research questions and the research problems. Voice recorder was employed to record the interviews. The use of voice recorder made it easier to document and report the responses accurately. In addition to the voice recorder, a reporter's note book was used to write down the very salient responses of the interview of the participants.

Before embarking on the data collection exercise, the researcher sent introductory letter to both the social welfare department and the officer-in charge of the prison to sought permission to conduct the study. Two weeks was used for the interviews. Their consent was also sought in order to record the interview and the record interview was also played back to them. The researcher and a research assistant through this process was able to assure respondents of confidentiality of their responses.

3.9 Data Analysis

Responses gathered from respondents was recorded with a tape recorder and other observations were written down in a research notebook. The researcher and a research assistant put all these responses together and thematic analysis was used to analyze information from the field. Thematic analysis is a method for identifying, analyzing and reporting patterns within data (Braun and Clarke, 2006). Braun and Clarke (2006) state that, thematic analysis is a foundational method of analysis that needed to be defined and described to solidify its place in qualitative research. It however allows for flexibility in the researchers choice of theoretical framework. Thematic analysis therefore allow for rich, detailed and complete description of data (Braun and Clarke, 2006).



3.10 Trustworthiness

Cope (2014) observed that the truth value of qualitative research otherwise known as trustworthiness and transparency of the conduct of the study are crucial to the usefulness and integrity of the findings. Pilot and Beck (2014) cited in Connelly (2016:6) defined trustworthiness as the degree of confidence in data, interpretation, and methods used to ensure the quality of a study. Thus, the research should be able to establish the protocols and procedures necessary for a study to be considered worthy of consideration by readers. These criteria and protocols include credibility, dependability, confirmability and transferability.

Credibility refers to the truth of the data or the participant's views and the interpretation and representation of theme by the researcher (Polit and Beck, 2012). The researcher established credibility by engaging the participants through an interview guide to enable them to express their views about the problem under study.

Dependability refers to the constancy of the data over similar conditions. With the rigorous research methodology through the descriptions and the processes employed for the study, the study findings could be replicated with similar participants in similar conditions to achieve similar results. An appropriate method of measurement was chosen for the study which is a case study design from the qualitative approach.

Again, for the researcher to apply confirmability, the study demonstrated that the data represent the participants' responses and not the researcher's biases or viewpoints. The information was obtained directly from the respondents and was not under any form of coercion or pressure to satisfy the researcher. Rich quotes from the participants that depict each emerging theme were extensively provided in the study.

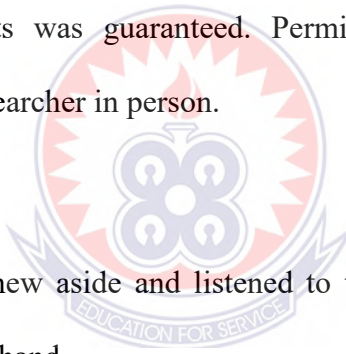
Houghton et al. (2013) opined that transferability refers to findings that can be applied to other settings or groups. Thus the results have meaning to individuals not involved in the study and can be associated with the results by others' own experiences. The study provided sufficient information on the informants and research context to enable others to access the findings' capability of being fit or transferable. Thus the study drew certain conclusions with the findings of the study.

3.11 Ethical Consideration

The principle of voluntary participation was strictly adhered to. The participant was not coerced to participate in the research. The respondents were informed about the purpose of the study. The confidentiality of the participants was guaranteed. Permission was also sought from the authorities of the Prison by the researcher in person.

3.12 Positionality

The researcher placed what he knew aside and listened to the participants for their divergent opinions and views on the issue at hand.



CHAPTER FOUR

DATA ANALYSIS AND PRESENTATION OF FINDINGS

4.0 Introduction

This chapter discusses how data was analyzed for the study. The findings in this chapter were obtained through individual in-depth interviews. Hence, the information given in this chapter was purely from a primary source. The data were presented in three main themes based on the

research objectives; emotional interventions available to facilitate reformation and rehabilitation of the prisoners, administrative initiatives in place for reformation and rehabilitation of the prisoners and the setbacks in offering emotional and administrative support for the rehabilitation and reformation of the prisoners. Sub-themes were generated out of the findings to give clarity on the main theme discussed in the study.

4.1 Findings

4.1.1 Availability of Emotional Interventions in place for Rehabilitation and Reformation of Prisoners

The first objective of this study was to examine the emotional interventions available to facilitate the reformation and rehabilitation of prisoners. The field data from the one-on-one interview with the participants revealed the following emotional interventions; psychology and counselling unit, social welfare department and chaplaincy section. The details are below.

4.1.1.1 Psychology and counselling unit

The psychologist and counsellors in the Ghanaian prisons was available to cater for the inmate emotional and psychological needs, but with some challenges which hampered their work. For example, in a study conducted by Jones, (2013) as cited in chapter two, the author argue that, psychology and counselling services in prison can be extremely challenging for the counsellors and psychologists both ethically and personally. On a daily basis, the psychologists and counsellors working in the prison environment wrestle with a range of divers and complex issues, including security, confidentiality and, perhaps most important of all, how to develop the therapeutic relationship to promote psychological growth in an environment that mitigate against such process. The information gathered from my responders (officers) refute this assertion of security and, confidentiality challenges faced by the psychologists and counsellor.

Officer (A), tell the researcher that;

“Now the issue of security and confidentiality challenges have significantly reduced because the Prison Service now has qualified counsellors and psychologists who are officers who take care of the psychological and counselling needs of the prisoners and it is having a great impact of the reformation and rehabilitation of the prisoners” [Participant (officer), Field Interview, 2022].

“The psychologist/counsellors are the people who talk to the prisoners when a prisoner is been admitted into custody, so the psychologist are those who mostly identify the prisoners qualities to facilitate their reformation” [Participant (Prison Officer), Field Interview, 2022].

“I once remember I wanted to quit from going to the tailoring shop because I taught if I could not make it outside how I could make it in prison. They were able to advice and encourage me to change my decision and perception” [Participant (prisoner), Field Interview, 2022].

4.1.1.2 Social Welfare Department

Workers from the social welfare department play a very significant role in the reformation and rehabilitation process of the inmates. This position is backed by literature as explained by Dale et al. (2006) earlier in chapter two. The work of the social workers in the prison is very paramount. This is so because, they use the acquired knowledge and skills in social work practice to analyze, intervene and evaluate the circumstances of inmates. They include prisoners in working relations and identifying their needs, problems and what they can do. They also gather information on inmates who they assess and draw the appropriate service delivery require in individual situation as well as groups. The Social Welfare Department at strategic level, after critical analysis draw up empirically structured interventions to be implemented at the prison for the wellbeing of the prisoners. Social workers empower inmates to access social and economic justice at their disposal. Another role played by the Social Welfare Department in the prison is to identify the individual need of prisoners so as to apply the necessary professional assistance in addressing these needs.

Officer (B), admitted to this assertion when he noted that;

“The Ghana Prisons Service respects this role and is under obligation to allow social welfare officers to pay routine working visit to inmates to ascertain their general welfare and wellbeing. [Participant (Prison Officer), Field Interview, 2022].

“The strategy we use to ensure rehabilitation and reformation is the professionalism and the experience we have acquire all these years” [Participant (social welfare officer), Field Interview, 2022]

“Sometimes it takes the effort of the social welfare officer to connect the prisoners to the family members and sometimes sent some of them to their homes when they are been discharged from prison” [Participant (social welfare officer), Field Interview, 2022].

“There are some challenges we faced concerning discharging our duty, lack of funds from the government, we have vehicle challenges and also shortage of personnel, these are few I can say for now” [Participant (social welfare officer), Field Interview, 2022].

4.1.1.3 Chaplaincy Section

Rules 41 and 42 of the UN SMR and Ghana Prison Service Regulation 50, as cited in chapter two provides that, prisoners shall have access to religious practitioners of their choice, that, they should be able to attend services of that person, and that they should be able to satisfy the needs of religious life. Ghana Prison Service allow ministers from recognized religious institutions to visit and worship with the inmates in the prisons. The Ghana Prison Service employs the services of Pastors and Imams as officers to provide the spiritual, physical and psychological needs of the inmates. The chaplains serve as the coordinators between the religious bodies and the prisons. This is to show that inmates are not deprived of their need for spiritual development. Chaplains also augment the effort of the counselling and guidance to the inmate in their reformation and rehabilitation process. Field data gathered through the one-on-one interview with the inmates confirmed that Ghana Prison Service allow every prisoner to access religious practitioners of

their choice. Some of the inmates who were interviewed narrated to the researcher how religious activity impacted on their life.

“Through some churches that comes to organize workshops and skill training in the prison, I have able to learn soap making, shower gel, liquid soap and other products in the prison”. [Participant (prisoner), Field Interview, 2022].

“The morning and evening devotions and the Sunday services have positive impacts on our Islamic and Christian life” [Participant (prisoner), Field Interview, 2022].

“We the Muslim here also do not feel deprived from worshipping Allah. Every Friday we have “Jummah Prayer” as Christians also worship on Sundays” [Participant (prisoner), Field Interview, 2022].

4.1.2 Administrative initiatives in place for rehabilitation and reformation of Prisoners

This section addresses the administrative initiatives in place for rehabilitation and reformation of prisoners. Data from field interview revealed the following administrative initiatives in place for rehabilitation and reformation of prisoners; agriculture training, vocational training, formal and informal education, prison labour, communication department and, health services.

4.1.2.1 Agriculture Training

In the Camp Prisons, prisoners are taken through modern techniques and practices in agriculture; farming, poultry-keeping and rearing of animals. It has already been pointed out in chapter two that the Ghana Prison Service engages in agriculture for two main reasons: for knowledge and skills acquisition in agriculture by the prisoners and to produce food for consumption (Agbelengor 2011). Data from the field affirmed that the modern techniques and practices in agriculture acquired by the prisoners is a great benefit to the prisoner’s reformation and rehabilitation while in prison custody and even when discharge from prison custody.

The prisoners attest to this assertion.

“The knowledge that I have acquired from the rearing of pigs as well as the cultivation of crops and vegetables have greatly help me, even when I leave the prison to my hometown I will go into farming” [Participant (Prisoner), Field Interview, 2022].

“I have not wasted my time, as I can boast of learning of new technologies in agriculture” [Participant (Prisoner), Field Interview, 2022].

4.1.2.2 Vocational Training

Another important initiative which the prison administration has put in place to aid the rehabilitation and reformation of the prisoners is the establishment of Training Workshops. Ross (2002) noted in chapter two that one main reason for rehabilitation of inmates is for them to acquire skills that will help them to find jobs and also behave well in prison. Rogers (2010) as well affirmed in chapter two that a major goal of vocational training programmes is to instill in the inmates some productive role in society. Training prisoners in employable trade skills is the focus of rehabilitation and reformation. Willson et al (2000) further intimated that money or income obtained from engaging in a trade learnt in prison would keep the offender away from crime. Thus equipping inmates with skills that can make them self-employed after discharge is crucial to the rehabilitation efforts of the Service. Vocational training in the prison is backed by Section 41 of NRCD 46, 1972.

The Prison Service is charged to establish in every prison courses of training and instruction assigned to teach simple trades, skills and crafts to prisoners who may benefit from such training. Trades such as carpentry and joinery, cane and basket making, black-smitting and masonry are undertaken, as well as taught. Other areas include shoe-making, tailoring and dress-making, textile manufacturing, ceramics, automobile repair, electrical and electronic repair. The Service relies exclusively on specialist prison officers for trade instruction and supervision of the industries. Skill training is in the form of theoretical instruction and practical experience in the

workshop or on the field where the inmates serve as apprentices. Inmates who are already skilled are engaged as workers and are given incentives. These are responds from some of the participants concerning vocational training in the prison.

“I got interest in learning tailoring and now I know how to sew a dress and I can now even sew officer’s uniform” [Participant (Prisoner), Field Interview, 2022].

“If the officers get construction work they use me as an apprentice and I get some incentive after the work” [Participant (Prisoner), Field Interview, 2022].

“I have save some money in the reception office from the outside labour which I will go for it when my time is due for discharge” [Participant (Prisoner), Field Interview, 2022].

4.1.2.3 Formal and Informal Education

McKean and Ransford (2004) as cited in chapter two averred that, educational programmes are among the most basic rehabilitation programmes prisons can offer to inmates. According to Reagan and Stoughton (as cited in MacKenzie, 2008) who is credited with the reformation and rehabilitation of the prison, believed that people in prison could change for the better through industry and education. Hull et al, (2003) explain that correctional education or academic education in prisons do actually work even if not for all offenders. Mckean and Ransford (2004); Mackenzie and Willson (2000) also noted in chapter two that lack of high school degree positively correlate with criminal activity. Thus, providing education to inmates could reduce their criminal tendency and improves the cognitive skills of inmate thereby empowering them to deal with crime. Ghana has a large population of illiterates and this is naturally reflected in the prison population. It has long been felt that ignorance prevents a large number of the incarcerated from presenting their cases properly. The Service has adopted measures to enable illiterate

prisoners to learn to read and write, and to afford teaching in preparation for advanced studies to prisoners who may so desire.

The field data gathered confirmed the last paragraph assertion that high illiteracy account to large prison population. From the field interviews, it was revealed that majority of the prisoners are illiterate, but was quick to add that the service is trying their best to bridge the gap.

The officers interviewed revealed to the researcher that;

“The Osankrom Camp prison do not have classrooms for formal education but sometime seminars are organized for prisoners to educate them on some contemporary issues by Ghana AIDS Commission, PPAG, Ghana Health Service, Churches and, NGOs” [Participant (Officer), Field Interview, 2022].

“Some organizations pay a routine visit to the prison to educate the prisoners. Some of the organizations take the education through drama form and others through skill training” [Participant (Officer), Field Interview, 2022].

Another officer again revealed to the researcher that;

“Arrangements are done for the inmates that learn trade or a skill especially tailoring to write NVTI examination” [Participant (Prison officer), Field Interview, 2022].

4.1.2.4 Prison labour

Prison Labour is governed by Section 42 of the Prisons Service Decree (NRCD 46) 1972, as cited in chapter two that, every prisoner convicted of a criminal offence are to perform work beneficial to the community or the Prison Service, or to assist them to lead a responsible life after release. Prison labour is used in two ways in Ghana. One way is where prisoners are generally hired out for physical labour on farms and in industry. Skills are not required and the objective is to raise income for the state and the service. The other form involves utilizing prisoners on contracts, especially for building constructions. Prisoners are placed on the field and work alongside the officers on such projects. Contracts are also taken for the manufacture of various

items inside the prison, for instance, furniture and cabinets, tools, garment and baskets. Prisoners who have gained trade skills are exposed to the practical side of their training and are given work incentives. Prisoners who perform duties in the yard, those who go on outside labour and those working in the shops are been given incentive. The field data gathered confirmed the notion that, the prison labour help both the prison and the prisoners as well. The prison labour generate internal fund for the prison and as well generate income for the individual inmate as the inmate is been paid on any service rendered outside the prison.

Some participants who have been going to the Prison Labour averred that;

“The Prison Labour is one of the avenues that give us money to buy our basic needs to support ourselves in the prison.” [Participant (Prisoner), Field Interview, 2022].

“Through the Prison Labour I have able to save some money in the office. I will used some of the money to cater for myself when I am released from the prison.” [Participant (Prisoner), Field Interview, 2022].

“Because of the Prison Labour there are works or jobs that I can perform now which I did not know how to performed them when I came here” [Participant (Prisoner), Field Interview, 2022]

4.1.2.5 Health Services

Health of individual is a matter of daily concern. Regardless of our social-economic circumstances and background, health is part of basic and essential asset for improving the human condition. Bad health, on the other hand, can prevent us from carrying on our everyday life or from participating fully in the activities of our community (Kunbour, 2021).

The prison regulation enjoins the Prison Service to ensure that a medical officer attends to prisoner at least once a day. This shows how important the issue of medical care is when it comes to the administration and management of prisoners. This is an area which requires urgent

intervention if the service want to ensure proper reformation and rehabilitation of the prisoners. This point is backed by literature as explained by Prison Regulation No 134 (1) earlier in chapter two

The research finding confirmed that to ensure proper reformation and rehabilitation of the prisoners their health must be taken care of. It was further revealed that the service has establish infirmary in the prison to cater for the health and safety needs of both the prisoners and the officers to compliment rehabilitation and reformation process.

The officer Nurse who is the in-charge of the infirmary tell the researcher that;

“The infirmary is one of the administrative initiative established to cater for the health needs for both officers and prisoners” [Participant (Officer), Field Interview, 2022].

The infirmary is the first point of contact if inmate or officer is sic. Sometimes, serious cases are refer to the government hospital due to lack of equipment” [Participant (Officer), Field Interview, 2022].

4.1.3 Setbacks in offering emotional and administrative support for the rehabilitation and reformation of the prisoners

This section addresses the setbacks associated with offering proper emotional and administrative support for the rehabilitation and reformation of the prisoner. The setbacks faced by the offering successful emotional and administrative support for the prisoners include; overcrowding and congestion, poor diet, inadequate funding of the Ghana Prison Service, improper segregation of inmates, ineffective after-care services, lack of in-service training of officers, poor working condition service.

Data from the field interviews suggested that the Ghana Prison Service have make the necessary arrangements and the various emotional and administrative support services available for inmate's reformation and rehabilitation but the aforementioned setbacks are making the idea of successful reformation and rehabilitation difficult.

4.1.3.1 Overcrowding and Congestion

Due to the rise in crime rate, the rate of conviction and length of sentences have proportionally risen, and so the prison population is always quite high, this pushes up the cost of prisoners maintenance beyond what the economy can support. Again, even when countries aspire to bring about the rehabilitation or development of prisoners, the realities facing the prison system often made any attempt extremely difficult. Extreme conditions of overcrowding, resulting in lack of proper sleeping mats or beds, lack of ventilation and lighting, and limited time out of the cell were some of the factors that oppose complete reformation and rehabilitation of prisoners.

In the case of Ghana a prison built to accommodate 700 people, now houses approximately 4000 inmates almost six times the number of people intended. All the prisons in Ghana should house not more than 9,000 people and currently they accommodate more than 14,000 inmates, the end result is overcrowding and unhygienic prison condition that caused deaths because of insufficient medical care (Darkwa 2020). A statement by the public relation officer Superintendent Vitalis Aiyeh which was reported by Ghanaian Times said that, Ghana prison overcrowding hit 55.49 per cent as the prison population currently is 15,461 instead of 9,945 standard capacity for prison. He expressed worry about the situation stating that it promoted infections, spread of communicable disease, contamination and poor sanitation, and this situation is one of the major problem concerning reformation ad rehabilitation of the prisoners (Ghanaian Times, 2020).

These are what the participants told the researcher;

“Overcrowding is one of the major challenge we are facing here as it happens almost all the prisons. Due to overcrowding the station finds it difficult to monitor the progress of each prisoner” [Participant (Officer), Field Interview, 2022].

“Overcrowding makes it difficult to assign every prisoner to a particular work, vocation skill or education etc. So the government should expand the prisons and setup or construct more workshops in the prisons” [Participant (Officer), Field Interview, 2022].

Due to prison over population the reformation and rehabilitation is difficult as the number and space of workshops and industries can't contain all the inmates at a go” [Participant (Officer), Field Interview, 2022].

“Boss the overcrowding is not helping matters here for us at all. We have crowded here and we are feeling the impact in the evening, in our cells where we sleep is like hell fire we are really suffering” [Participant (Prisoner), Field Interview, 2022].

4.1.3.2 Luck of professionals and inadequate staff

Rehabilitation rest on the people entrusted with the responsibility to reform the prisoners. It is important to appreciate that if the officers who come in contact with prisoners on a daily basis, (both junior and senior officers) are not people of integrity who are well educated and specifically trained for this job that require an in-depth understanding of human behaviour, human motivation, human worth and human destiny then it is impossible for them to rehabilitate the offenders (Omboto, 2010).

Omboto further intimated that, in terms of training for the job, the core function of reformation and rehabilitation require that prison officers must first accept that prisoners are incarcerated as a punishment and not for punishment, and they must have the ability to facilitate behaviour and attitude change. This requires that professionals/specialists such as psychiatrists, psychologists, pastors, professional counsellors, social workers, sociologists, criminologists and other social scientists should serve as uniformed officers who come into contact with the prisoners daily

because such experts have what it takes to make positive changes in the human mind: where criminality is fostered. This is not the case as studies show that a good number of officers have not attained university and college education (Omboto, 2010).

From the field interview, it was revealed that, now the service is doing much better of recruiting professionals into the service as compare to years back.

“The service has recruited professionals/specialists like doctors, nurses, pharmacist, agric officers, psychologists etc. into the service but the service still needs more of such professions” [Participant (Prison Officer), Field Interview, 2022].

“Yes the professionals are available but not enough, when it comes to the various sectors/departments at least we can boast of one or two professionals in each sector/department who are helping with other officers for the rehabilitation and reformation of the prisoners” [Participant (Prison Officer), Field Interview, 2022].

4.1.3.3 Lack of funds and feeding grant for prisoners

One key setback that was revealed by a Prison Officer (A) during the field interview was lack of funds. It was revealed by the senior officer that, the administration of the service solely depends on the funds release by the state. Mostly the funds that supposed to come to the service for the various station to have their share either delays or cut-off. The Officer reiterated that whole station without a fund is very worrisome and a threat to security

Another pressing issue which was revealed again by Officer (M) to the researcher was the feeding grant for the prisoners. One major setback which have emotional, psychological and physical effect on reformation and rehabilitation is the Ration of the inmates. Lack of nutritional and inadequate diet has negative effect on the prisoners who need to be rehabilitated. An amount of GHc1.80p spent on an inmate for three square meals is woeful not enough. If a prisoner was

not fed well it will affect the person output and the prisoner cannot have sound mind and body prepare for reformation.

The officers who spoke about this matter told the researcher that;

“One setback I would like to talk about is lack of funds from the central government to the prison administration to operationalized their mandate of reformation and rehabilitation of the prisoners” [Participant (Officer), Field Interview, 2022].

“The money given to provide three square meals a day for each prisoner is GHS1.80, what will it buy. It cannot buy even one ball of kenkey and prison authorities are expected to provide three square meals with that” [Participant (Prison Officer), Field Interview, 2022].

“One setback I will talk about is the lack of nutritional food for the inmates. Per the feeding rate per inmate by the government of gh1.80p is inadequate, if inmate do not feed well psychologically they would be tortured and even that would affect their work output concerning rehabilitation and reformation process” [Participant (Officer), Field Interview, 2022].

4.1.3.4 Poor working conditions

Omboto (2003) intimated that, poor working condition of the prison staff affects reformation and rehabilitation of prisoners. Morale of the officers are at low when the officer in-charge for reformation and rehabilitation of the offender’s welfares are not improved. It was further revealed to the researcher by Officer (B) that, the service is faced with accommodation challenges. Some of the buildings that houses officers are old and week, thus making them death trap. Inadequate accommodation has become significant feature of prison barracks as officers’ belongings and other personal effects can be seen on the verandas of their apartment. Officers occupying rented quarters are constantly harassed with threats of ejection from landlords for unpaid rent which the Service has failed to provide due to dwindling budgetary allocations and if those in charge of prisoner’s reformation and rehabilitation don’t have sound mind and body at home it affects their work output (Kwodam, 2015).

This is what the officers told the researcher;

“The welfare of the officers have improved compared to when I joined the service five years ago. Though the single spine has brought some changes in the salary, but still something can be done to improve the Officers condition of service.” [Participant (Prison Officer), Field Interview, 2022].

“The government used to rent the accommodation for the service but now the government pays the rent allowance to the officers to rent by themselves, but the money don’t come regularly” [Participant (Officer), Field Interview, 2022].

“Some officers face eviction notices from some landlords and it’s very shameful” [Participant (Prison Officer), Field Interview, 2022].



CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

This chapter provides a summary of key findings, and the key findings based on the objectives that guided the study. This chapter also looks at implications and the conclusions drawn on the study of emotional interventions and administrative initiatives in the reformation and rehabilitation of prisoners at Osamkrom Camp Prison. It also presents recommendations for the consideration of the central Government, and other stakeholders to provide and support the Ghana Prison Service for effective reformation and rehabilitation of Prisoners, and again touches on the limitations of the study.

5.1 Summary

The purpose of this study was to assess the role of emotional interventions and administrative initiatives in the reformation and rehabilitation of inmates at Osamkrom Camp Prison. It was found that the Osamkrom Camp Prison has made available both emotional and administrative interventions and initiatives services which include, chaplaincy, counselling department, social welfare, vocational training, infirmary, communication unit, health services, games and entertainment, agriculture training, livestock rearing and reception office.

5.2 Key Findings

Availability of Emotional Interventions for Rehabilitation and Reformation of Prisoner

It study found that Osamkrom Camp Prison has the following emotional interventions available for rehabilitation and reformation of prisoners; Psychologists, chaplaincy department (Pastors and Imams), counsellors, social welfare department, moral teachings. These were available to

give the prisoners emotional, spiritual and psychological support and connect the prisoners to the outside world.

Administrative Initiatives in place for Rehabilitation and Reformation of Prisoner

The research established a number of administrative initiative in place for rehabilitation and reformation of prisoners at Osamkrom Camp Prison. These includes; vocational and technical trainings such as carpentry, masonry, weaving and electrical, agriculture training, livestock rearing. These initiatives are all available to serve the inmate in their reformative and rehabilitative process.

Setbacks in offering emotional and administrative support for the rehabilitation and reformation of the prisoners

The research identified the following setbacks in the reformation and rehabilitation of prisoners: Overcrowding and congestion, lack of nutritional diet, degrading clothing and beddings, lack of qualified professionals and inadequate staff, poor working conditions of the Prison Staff, inadequate funding of the Ghana Prison Service,

5.3 Implications of the Findings

Though the study established there are emotional and administrative initiatives available in the reformation and rehabilitation of prisoners at Osamkron Camp Prison. The findings show some setbacks that affect effective reformation and rehabilitation of the prisoners. For the Ghana Prison Service to achieve their mandate of reformation and rehabilitation the central government should make available funds to the Ghana Prison Service. Moreover, other stakeholders like benevolence, NGOs, Clubs, Christian societies should also support the Prison Service as

imprisonment is a shared responsibility for all to ensure that the society is safe by offering assistance to the prisoners so they can reintegrated into the society.

5.4 Conclusion

In conclusion, the prisons are doing their best to provide technical and vocational training and skills to inmates in order to ensure that they are well rehabilitated. Even though these services are available to the prisons, it lacks the raw materials, tools and equipment.

Discharged prisoners are released to return to their communities without resourcing them with funds and equipment to ply their acquired trade or vocation. This makes it difficult for the ex-convicts to fend for themselves and to a large extent integrated well in the society.

It takes proper administrative initiatives as well as emotional interventions to achieve reformation and rehabilitation. Moreover, administrative measures must be improved to facilitate a more regular communication between inmates their families and relations. Reformation and rehabilitation of inmates is a shared responsibility and the process extends beyond the confines of the prison. The true test of reformation and rehabilitation of a prisoner is ascertained when he is discharged and brought back into the society. Therefore, rehabilitation and reformation is a joint and continues duty of all stakeholders. There is the need for the services of 'After Care Agents' to engage to monitor ex-convicts and also assist them to re-integrate well in the society.

5.5 Recommendation

The following recommendations were made based on the findings of the study;

- I. Government should make enough funds and logistics available to the Ghana Prison Service for its operations and channel some of the projects it embarks on, such as the construction of Schools, Classroom furniture, School Uniforms and others to the Ghana Prison Service as contracts.
- II. Other organizations like churches, social clubs, benevolence, and NGOs should also come in the aid of the Ghana Prison Service to compliment the efforts of the central Government in offering effective emotional interventions and administration initiative of the prisoners
- III. The Ghana Prison Service should employ and recruit the services of qualified and enough professionals like doctors, nurses, electricians, masons, agric officers, tailors, social workers, psychologist, counsellors, pastors and imams to facilitate the reformation and rehabilitation process of the prisoners.
- IV. Again, the Prison Administration and After Care Agencies like social welfare department and the society should make monitoring system available to check and make follow ups on ex-convicts to ensure that they are well integrating into the society and applying what were taught I the prison.
- V. One of the major setbacks affecting proper reformation and rehabilitation and the administration of the prisons at large is overcrowding. The government should construct and expand the accommodations of the prison. Other organizations should emulate the church of Pentecost for their tremendous initiative of building prisons in some selected

areas to de-congest the prisons for effective reformation and rehabilitation of the prisoners.

5.6 Limitation of the Study

The study was focused on exploring the emotional interventions and administrative initiatives in the reformation and rehabilitation of prisoners at Camp Prisons.



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APPENDICES

APPENDIX I

EMOTIONAL INTERVENTIONS AND ADMINISTRATIVE INITIATIVES IN THE REFORMATION AND REHABILITATION OF PRISONERS AT OSAMKROM CAMP PRISON

INTERVIEW GUIDE FOR RISON OFFICERS

1. What are the emotional interventions that have been put in place to facilitate reformation and rehabilitation of prisoners?
2. Do prisoners feel secured and comfortable to share their problems to the psychologists/counsellors?
3. What role does the psychologists/counsellors play in the reformation and rehabilitation process?
4. What work do the social workers do promote reformation and rehabilitation in the prison?
5. Do Osamkrom Camp Prison have classrooms for formal and informal education?
6. How Osamkrom Camp Prison do organizes formal and informal classes for the prisoners?
7. How do the prisoners who take part in the vocational training acquire certificate of participation?
8. Do the prison has clinic/hospital to take care of the officers and prisoners health needs?
9. What is infirmary and the purpose of the infirmary?
10. What are the setbacks I offering emotional and administrative support for the reformation and rehabilitation of the prisoners?
11. What account for over population in the prisons?



12. How does over population of prisoners affects reformation and rehabilitation of prisoners
13. How does the overcrowding affecting the reformation and rehabilitation of the prisoners?
14. Which professions do Ghana Prison Service employ into the service? Are they available?
15. How is the welfare of the officers at Osankrom Camp Prison?

NB

Please note that probing questions may be asked in the cause of this academic interview.

Your objective and professional opinions are very much cherished.



APPENDIX II

EMOTIONAL INTERVENTIONS AND ADMINISTRATIVE INITIATIVES IN THE REFORMATION AND REHABILITATION OF PRISONERS AT OSAMKROM CAMP PRISON

INTERVIEW GUIDE FOR SOCIAL WORKERS

1. What is your position as social worker?
2. How many years have you served as an officer?
3. How many time in a year do you visit the Osamkrom Camp Prison
4. Do you have any strategies to ensure rehabilitation and reformation of prisoners?
5. What are the challenges faced in discharging your work/duty?



APPENDIX III

EMOTIONAL INTERVENTIONS AND ADMINISTRATIVE INITIATIVES IN THE REFORMATION AND REHABILITATION OF PRISONERS AT OSAMKROM CAMP PRISON

INTERVIEW GUIDE FOR PRISONERS

1. What is your educational background?
2. What impact does psychologists/counsellors have on the prisoner reformation and rehabilitation process?
3. What role does some of the churches, NGOs, and other benevolent play to help the prisons?
4. What are the emotional interventions available for the reformation and rehabilitation of the prisoners?
5. What are some of the administrative initiatives in place for the rehabilitation and reformation of prisoners?
6. What impacts have the agriculture training impacted on your reformation and rehabilitation process?
7. Do you have any skill training before coming to prison?
8. How does the prison labour help the prisoners in the reformation and rehabilitation process? Thank you for your co-operation.
9. How is overcrowding affecting the prisoners?

