

THE INTERNATIONAL JOURNAL OF HUMANITIES & SOCIAL STUDIES

Efficacy of Rehabilitation Programmes on Psychosocial Adjustment of Elderly Male Offenders in Kakamega Main Prison, Kenya

Kathryn Langat

Ph.D. Student, Department of Peace and Conflict & Criminology and Social Work,
Masinde Muliro University of Science and Technology, Kakamega, Kenya

Egara Kabaji

Professor, Department of Journalism and Mass Communication,
Masinde Muliro University of Science and Technology, Kakamega, Kenya
Deputy Vice Chancellor, Research Planning and Innovation, Masinde Muliro University of Science Kakamega, Kenya

Dr. Moses Poipoi

Lecturer and Coordinator, Department of Education Psychology,
Masinde Muliro University of Science and Technology, Kakamega, Kenya

Abstract:

The graying population is a global problem facing correctional institutions. Just like any other African countries, Kenya prisons have not been left out. The purpose of Kenya Prison Service is to provide rehabilitation programmes aimed at changing the criminal behaviour of offenders to become better citizens. The objective of the study was to determine the influence of educational and vocational programmes on psychosocial adjustment of the elderly male offenders inside prison in Kakamega Main Prison in Western Kenya. The literature reviewed included some rehabilitation programs from global, Africa and Kenya context. The study utilized qualitative and quantitative research methods. The target population comprised of 235 elderly offenders, 400 prison staff and 5 incharge officers. The sample size comprised of 50 elderly male offenders, 30 prison officers and 2 officers in charge sampled purposively. The study target were sampled and put in sub groups by use of stratified random sampling. The research instruments included interview schedule, questionnaires, and focused group discussion. Validity and Reliability of the instruments was determined by piloting the instruments in Shitkusa farm prison in Kakamega County. Data collected was analyzed using descriptive statistics in form of percentages, frequencies by computing using Statistical Package for Social Science (SPSS) version 20. The findings indicated that there was need to revamp rehabilitation programmes targeting the criminogenic needs of elderly offenders so as to increase their level of participation in educational and vocational programmes. Findings also revealed that educational and vocational programmes influence was minimal since majority of the elderly offenders were found to be recidivists. The study recommended that rehabilitation of psychosocial adjustment of elderly offenders can be best achieved by reinstating parole and early release. It is hoped that the findings would assist correctional institutions and criminal justice to come up with policies and strategies useful in psychosocial adjustment of elderly offenders.

Keywords: *Elderly offender, Rehabilitation, correctional, educational and vocational programmes, recidivism, Prison and Incarceration*

1. Introduction

1.1. Background to the Study

The soaring number of elderly male offenders inside prison is a global problem facing correctional institutions. Rehabilitating an elderly offender by educational and vocational programme requires immense psychosocial support. Rehabilitation for prisoners has been a subject of controversy dating back to publication of Martison in 1974. According to him, rehabilitation programmes “do not work”. However, Martison theory was dismissed by Mackenzie (2006) who found out effective in rehabilitation on Meta physics as working. According to Farabee (2006), rehabilitation is a process of teaching the skills needed for successful living, while rehabilitation, according to Robinson and Crow (2009), is providing educational assistance or career training to prisoners to make them less likely to engage in future criminal activities. United Nation defines rehabilitation as treatments or interventions. The definition adopted in this study for rehabilitation programmes is derived from Robinson and Crow (2009), Farabee (2006) and UN definition.

Elderly, population inside prison is very high in USA, Canada and United Kingdom. According to Reimer (2008), America has the highest imprisonment of the elderly male offenders in the world followed by Canada. According to International Centre for Prison Studies ICPS (2011), South Africa tops in African with the highest number of elderly offenders in prisons followed by Ethiopia. The elderly offender population in Kenya prison in 2008 was 11,301 while females were 283. In 2009 the male elderly offenders were 8286 while females were 482. In 2010 the prison population for the elderly offenders was 6557 while 628 were female offenders (Kenya Prisons Service, 2010). These figures are on the increase and this call for the need to address urgent rehabilitation programmes targeting psychosocial adjustment of elderly male offenders.

Kenya Government through the Ministry of Home Affairs has participated fully in attending and signing of Pan African Conference on Prisons & Penal Reform in Africa in (2002). Kenya Prisons Service is an active member of African Correctional Services Association (ACSA) launched on 24th September 2010 in Zambia. Kenya hosted a conference by Institute International of Special Needs Offenders and Policy Research (IISNOPR) from Canada in 2011 to share knowledge and experience on interventions that will effectively address the concerns of special needs offenders during rehabilitation. However, the declarations have not come up with a clear policy on how to develop effective rehabilitation programmes targeting criminogenic needs of the elderly offenders. Typical Kenyan prisons were built in 1911 to accommodate 16,000 prisoners, but as at June 2013 Kenya prison population stood at 52,000 (Kenya National Bureau of Statistics KNBS, 2013). Kakamega main prison similarly, was built in 1950s as a maximum prison serving Western region of Kenya by the colonialists with a bed capacity of 600 inmates. It is one of the largest maximum prison in western Kenya housing men and female offenders in the same compound. The prison receives remandees from the following law courts Kakamega, Butali, Mumias, Webuye, Vihiga, and Butere. The prison suffers from congestion and sometimes those inmates serving short term sentence are transferred to Shikutsa farm prison to ease congestion. The prison has about 400 staff members trained to carry out rehabilitation programmes with a welfare unit of 6 prison staff counselors trained to provide counseling to prisoners. Like the rest of Kenya prisons, Kakamega is facing one of the worst congestion, in 2011, Kakamega male prison was reported to hold more than 900 inmates (Kakamega Main Prison, 2011). During the research study on 28th February 2015, the prison population was 1114 inmates. According to Gray (2003), he described Kenya prisons are the worst hell on earth suffering from congestion and dilapidated old buildings.

Despite the promulgation of the new constitution in Kenya, graying population continues to increase and it is a national epidemic afflicting congested Kenyan prisons, which calls for the need to address efficacy of rehabilitation programmes. It was against this background that the current study sought to examine the efficacy of rehabilitation programmes on psychosocial adjustment of elderly male offenders inside prison.

1.2. Statement of the Problem

The Kenya Prisons Service has established rehabilitation programmes which have moved from punishment to interventions based on treatment in the form of educational and vocational as means to reform prisoners during their sentence inside prison. However, rehabilitating an elderly offender is a challenging experience for correctional institutions. Kenya is experiencing increase of elderly male offenders inside prisons, which were designed without the old in mind, according to Ngare, (2006) prison is not the best place to keep an elderly person. One significant aspect that has been overlooked is the rehabilitation programmes targeting criminogenic needs of elderly prisoners. This is most evident in education and vocational rehabilitation programmes, which often tends to concentrate on the basic literacy and numeracy skills which most elderly prisoners may not be interested especially if they are past retirement ages, illiterate and suffering from old age ailments such as diabetics, dementia, loss of sight and hypertensive. According to UNODS (2009), during rehabilitation programmes the elderly offenders face discrimination from prison officers on the basis that older prisoners were past improvement stage and therefore any additional effort to facilitate their participation in meaningful activities and therapy programmes were a waste of time. While educational and vocational rehabilitation programmes remain popular among the prison set up in Kenya, they are dangerous and biased on psychosocial adjustment of the elderly offenders. It was in view of this, that this study sought to examine the efficacy of rehabilitation programmes on psychosocial adjustment of the elderly male offenders inside prison.

1.3. Purpose of the Study

The purpose of the study was to determine the efficacy of rehabilitation programmes on psychosocial adjustment of elderly male offenders in Kakamega main prison in Kenya.

1.4. Research Objective

The purpose of the research study was to determine the influence of educational and vocational rehabilitation programmes on psychosocial adjustment of the elderly male offenders inside correctional institution.

1.5. Significance of the Study

The study may shed light on the need of reinstating parole and halfway homes for elderly offenders in Kenya. The study would be of value not only to correctional practitioners, but also Criminal Justice System (CJS) in having a better understanding of dilemma faced by correctional institutions when an elderly person is incarcerated. This study may be a useful material for reference to other researchers and other readers in gerontology studies since it is the only study that has focused on elderly male offenders incarcerated in prison.

1.6. The Scope of the Study

The study focused on rehabilitation programmes such as educational and vocational on the psychosocial adjustment of elderly male offenders. The study was conducted during the month of February 2015 in Kakamega male prison in Kenya.

1.7. Limitations of the Study

Availability of current literature on elderly offenders in the libraries was another limitation to the study. Although the researcher tried to access the best libraries, literature on elderly offenders was scanty. Special authorization to gain access to Kakamega main prison, prison took longer time than expected. Despite the above limitations, various measures were taken by the researcher to ensure that the study process remained objective and was accurately brought to completion

2. Literature Review

2.1. Introduction

Influence of Educational and Vocational Programmes on Psychosocial Adjustment of the Elderly Offenders

This study sought to explore successful educational and rehabilitation programmes from other parts of the world under education and vocational programmes to gain insight on how psychosocial adjustment of elderly offenders in other parts of the world have been achieved.

2.1.1. Educational Programme

Educational programmes in USA prisons are provided under pre-release programmes. Pre-release programmes provide inmates with information on social security access, job seeking skills, contacts for housing, a vocational building and property maintenance training course after prison (Aday, 2003). Education and literacy courses provide instructions about the physical, psychological, social processes of ageing and self-caring courses offer inmates greater skills for dealing with ageing, (Rikard & Rosenberg, 2007). Early release of elderly offenders in USA has reduced congestion inside prison. According to Aday (2003) and Rikard and Rosenberg (2007) early release of the elderly offenders are placed on parole programmes. Similar early release of elderly offenders in Kenya would reduce congestion in prisons. Educational programmes in USA are aimed at developing basic educational skills which have been offered in correctional institutions for a decade and are widely acknowledged as a key component of rehabilitation (Stojkovich, 2007). Apart from educational programmes, animal rehabilitation programme was introduced in USA as part of psychosocial adjustment for the elderly offenders. Use of bonding with pet animals is a therapy that has decreased depression among the elderly offenders in Indianapolis prison (Earl, 2009). The elderly benefit from companionship that the dog provide since most of the elderly offenders in prisons are isolated by the young prisoners, the dog remains the only man's companion with regular contact and providing security. Introduction of animal programme is low cost and provide benefits to inmates and possibly reduce recidivism according to (Harkrader, et, al., 2009). However, animal programme in Kenya may not be accepted by different communities' cultures.

South Africa in 1986, divided their rehabilitation programmes into detention and development programmes as part of educational rehabilitation programmes. Examples of detention programmes include privileged programmes that aim to regulate the behaviour and cooperation of prisoners through privilege system (Zoliswa, 2011). Discipline programme focuses on promotion, maintenance of sound discipline and order in prison. Labour programmes helps to keep prisoners busy with productive labour and reintegration programmes that aims to ensure the successful release of prisoners into the community. Developmental programmes include drug dependence programmes, education programme that aims to increase the level of education of prisoners, interpersonal and social skills programme which aims to develop and improve these skills in prisoners (Morodi, 2004).

Kenya prisons, programmes offered under educational rehabilitation programmes are primary education, secondary, tertiary and social education. Primary education refers to Adult education or literacy programmes which focus on reading, writing and numerical skills for elderly offenders (Kenya Prisons Service, 2013). However, education in correctional institutions is marred by challenges since majority of the elderly are illiterate (Wekesa, 2013). According to Ogeto (2009) social education which is referred to cognitive skills training such as daily living, hygiene, social interaction and basic financial management is rather appealing to the elderly offenders than the current system of education that is provided in Kenya prisons.

In 2006, the first prisoner from Naivasha prison sat for Kenya Certificate of Primary Education (KCPE) and since then, the programme has attracted young inmates all over Kenya compare to the elderly offenders (Kenya Prison Service, 2013). Educational programme in Kenya prisons does not attract majority of the elderly who are past market employment. According to Iguna (2010), correctional educational programmes need to be tailored to the individual education levels of offenders.

2.1.2. Vocational Programmes

Kenya Prisons have formulated necessary strategies in vocational programmes with the purpose of developing skills to assist the elderly offenders to be become self-employed when they leave prison (Kenya Prison Service, 2013). Among vocational rehabilitation programmes are Livestock production, which encompasses dairy production, rabbit rearing, bee keeping, fish farming, floriculture, sericulture, mushroom production, carpentry, garment making, upholstery, metalwork, soap making, saloon management, cosmetology, masonry, painting, knitting, pottery and brick making. All these activities are aimed at equipping the inmates with necessary skills that would enable them to actively participate in positive socioeconomic engagement upon release and to reduce

recidivism among the offenders being released to the community (Kenya Prisons Service, 2013). However, some of these rehabilitation programmes exist only on paper according to Odera (2009) and have not been implemented. According to Iguna (2009) most vocational programmes are designed around available resources and not around the needs of offenders while according to Wekesa (2013), Personal awareness and development programme was found to cut across all inmates irrespective of age. According to him, Kenya prisons do not have special rehabilitation programs targeting psychosocial adjustment of the elderly offenders. In summary, educational and vocational rehabilitation programmes should be provided in a way it targets the criminogenic needs of the elderly offenders.

3. Methodology

3.1. Research Design

Descriptive research design was used in the study because data was collected using one or more appropriate methods such as questionnaires, interviews and focused discussion groups on a large group of respondents. According to Kothari (2004), descriptive research design allows for the collection of data from a large number of respondents in a relatively short period with minimum cost.

3.2. Study Area

The study was conducted in Kakamega main Prison in Kakamega County western region of Kenya. The prison was preferred because of the availability of the required number of prison officers and elderly male offenders that provided the required sample size. The prison was selected purposively because it is one of the largest maximum prison in the western region with a mixture of elderly offenders from all parts of the country and since its inception no research has been undertaken in the prison (Kakamega Main Prison, 2015)

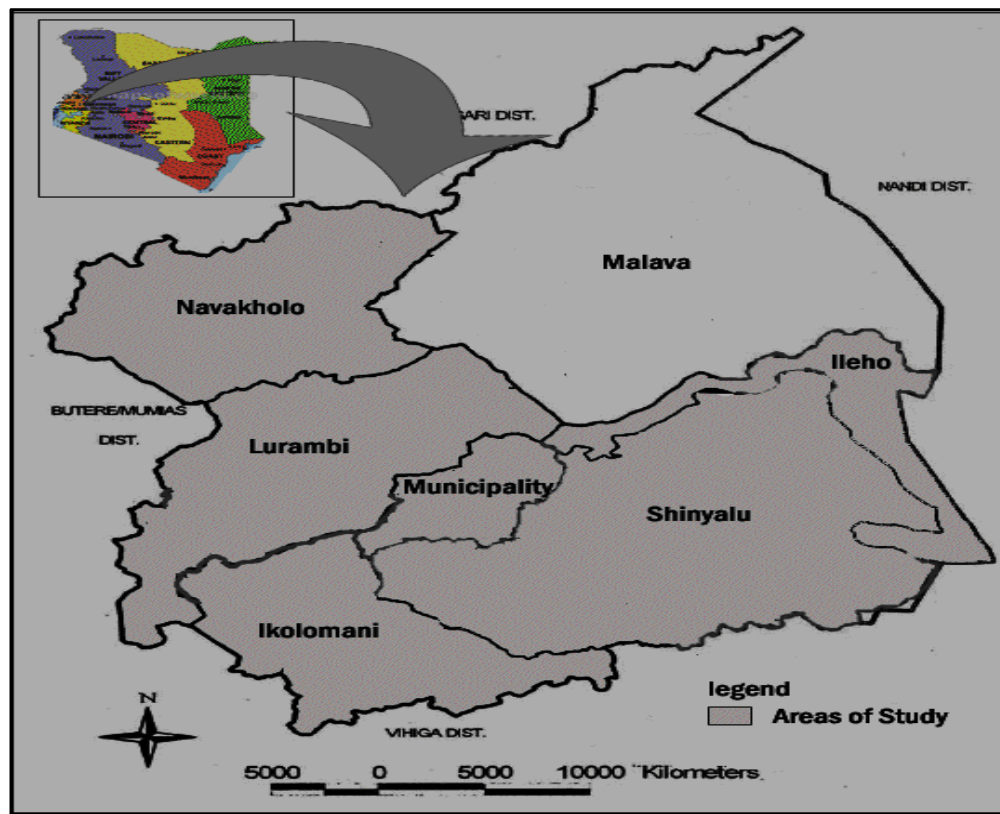


Figure 1: A map of Kakamega County showing administrative divisions. Source: GoK (2002: 5)

3.3. Study Population

The study population consisted of 235 elderly male offenders incarcerated throughout the past ten years to date in Kakamega main prison, 400 prison officers and 5 prison officers in charge. Ten year period was considered to yield more results on the influence of rehabilitation programmes on psychosocial adjustment of elderly offenders.

3.4. Sampling Techniques and Sampling Size

Stratified random sampling was used to identify the subgroups of the target population who were over 50 years to ensure that subgroups of elderly offenders were proportionately represented. Stratified random sampling was used to select 50 respondents from a target of 235 elderly offenders to constitute homogenous sub groups that formed three major strata. The sample consisted of three strata's of the elderly male offenders based on the following, those who have grown old inside correctional; second strata were

recidivist and thirdly geriatric offenders who committed the crime when they were over 50 years in the third strata. Being a descriptive research, 10% of elderly offenders from each substrata were selected for the study using stratified random sampling.

Purposive sampling was used to sample key informants 2officers' in-charge out of 5 who were on duty while 30 prison officers were sampled out of 400. A descriptive survey study requires at least 10% - 30% of the accessible population, according to Mugenda & Mugenda (2003), one may use a sample size of at least 10%, but for better representation a higher percentage is better.

3.5. Research Instruments

Information was gathered through in-depth interview with key informants. The researcher also made use of questionnaires to collect data. The questionnaire were directly administered by the researcher in the field for the purpose of standardization and one focused group discussion was held

3.6. Pilot Study

The pilot study was conducted among the elderly male offenders serving in Shikusa farm prison for short term offenders situated, north of Kakamega town within Kakamega County. The prison farm was picked for piloting and was not included in the final research. Piloting of the instruments was done to identify weakness such as unclear questions in the questionnaire and rectified. Piloting revealed deficiencies such as spaces for answering questionnaires and buying pens for filling interview schedule since prisoners are not allowed to keep sharp objects.

3.7. Validity and Reliability of Research Instruments

Validity is the degree to which the results obtained from data actually represents the phenomenon under study, (Oson&Onen, 2009). To validate the tools two members of staff from Department of Criminology and Social Work at Masinde Muliro University of Science and Technology who were experts scrutinized the research instruments for advice on the structure and content suitability. All their suggestions were incorporated in the questionnaires and interview schedules before preparing final copy.

Reliability refers to the proportion of variance attributable to the true measurement of variable and estimates the consistency of such measurement over time (Kothari, 2004). To ensure items on the questionnaire and other research instruments are reliable, test- retest reliability was used to establish the correlation co-efficient test reliability.

3.8. Data Collection Procedures

The researcher obtained a research approval letter from School of Graduate Studies of Masinde Muliro University of Science and Technology to proceed and process permit. A research permit was obtained from National Commission for Science, Technology and Innovation (NACOSTI) that allowed the researcher to collect data. Letters notifying the prison officer in charge of Kakamega main prison from County Commissioner Interior and National Government was dispatched two weeks before the research commenced. This was followed by an approval letter from Prison County Commandant to access Kakamega main prison.

3.8.1. Data Analysis

Descriptive statistics were calculated to describe the demographic characteristics of the respondents under study and presented in form of distribution frequencies and percentages. Data was analyzed using Statistical Package for Social Sciences (SPSS) program version 20. This program gave a very steady and close indicative clearance for different variants being analyzed. Qualitative data was received in verbatim, transcribed and reported in themes and sub themes. For analysis purpose the quantitative responses were given different codes which have analytical meaning. The data was analyzed using both qualitative and quantitative.

4. Results

4.1. Demographic Information about Respondents

A total of 50 elderly offenders over 50 years were sampled and interviewed and focused group discussions of not more than 10 respondents was held and information they gave was used in data analysis.

The respondents were told to indicate the age. The results are summarized in the Table 1.

Age Bracket (years)	Frequency	Percentages
50-55yrs	20	40.0
56-60yrs	18	36.0
61-70yrs	10	20.0
Over 71years	2	4.0
Total	50	100.0

Table 1: Elderly Offenders Age
Source: Field Data

Table 1 shows that 40 % of the respondents were between the age of 50 - 55 years. Another 36 % ranged between 56-60 years while 20% were between 61-70 years. About 4% were above the age of 70 years. The forementioned age range shows that participants were justified as respondents in the study.

4.1.1. Respondents Marital Status

The study considered the marital status of the elderly offenders as it was presumed that this had a bearing on the imprisonment and hence a factor in considering how they respond to rehabilitation programmes

	Marital Status	Frequency	Percentage
	Single	13	26.0
	Married	16	32.0
	Divorced/Separated	17	34.0
	Widower	4	8.0
	Total	50	100.0

Table 2: Respondents Marital Status

Source: Field Data

Table 2 indicates that 32 % of elderly male offenders were married while 34% were either divorced or separated. Some 26% were single while 8% were widowers. Basing on the findings, it can be concluded that majority of the elderly offenders were either single, divorced or separated. This finding confirms what Njeru (2009) found out in his research study that crime was relatively caused by family breakdown. One elderly offender had this to say “ my wife left me when i was arrested and taken to prison. My neighbours burned my houses because of the crime i had committed by killing my brother over a land dispute.”It can be concluded that majority of the elderly offenders though married were either single separated or divorced.

4.1.2. Level of Education

Elderly offenders were required to indicate their level of education. The level of education was deemed to be a significant factor in the ability of the respondents to respond to educational and vocational rehabilitation programmes.

	Level of Education	Frequency	Percentages
	Primary	18	36.0
	Secondary	11	22.0
	University	1	2.0
	None	20	40.0
	Total	50	100.0

Table 3: Education

Source: Field Data

Table 3 indicates that 36% of the elderly offenders had attained primary level of education while 22% had attained secondary level. 2% was a graduate who was a retired civil servant. However the study found out 40% said they did not know how to read or write. This is an indicator that majority of the elderly offenders were illiterate. Other studies have found a negative relationship of crime and education, meaning that the lower the level of education completed, the more likely an individual is to engage in crime (Njeru, 2009). This finding concurs with that of Omboto (2013) that crime was very high among the illiterate fraternity as part of the challenges facing efficacy of rehabilitation programmes. It can be concluded that there is a significant relationship between illiteracy and crime.

4.1.3. Level of Recidivism

The elderly offenders were asked to indicate how many times they have been imprisoned before the current term they were serving so as to determine efficacy of rehabilitation programmes. The findings are recorded in Table 4

	No of times Jailed	Frequency	Percentages
	First time	25	50.0
	Twice	15	30.0
	Thrice	6	12.0
	More than Thrice	4	8.0
	Total	50	100.0

Table 4: Number of Times Jailed

Source: Field Data

The findings in Table 4 indicate that 50% of the respondents were serving their first time imprisonment while 30% have been imprisoned more than once in the past. About 12% said they have been put in prison thrice while 8% of the respondents have been to prison more than thrice. The study noted that the majority of the elderly offenders had served different sentences in different prisons in Kenya for the same crime or different offence. However, this study found out that there was a high percentage of recidivism among the elderly who have undergone rehabilitation programmes and were finding their way back to prison this finding concurs with Miriti,

(2005) and it can be concluded that prison life was favourable to some offenders who enjoyed the good life and food provided in prison a view that has been expressed by Iguna (2010) that Kenya prisons were becoming comfortable for repeated offenders.

4.1.4. Common Crimes Committed

The elderly offenders were asked to indicate the type of crime they committed. It was presumed this had a bearing on rehabilitation programmes targeting criminogenic needs.

Type of Crime	Frequency	Percentages
Assault	2	4.0
Theft	5	10.0
Rape	29	58.0
Murder	8	16.0
Burglary	3	6.0
Traffic	1	2.0
Drugs	2	4.0
Total	50	100.0

Table 5: Crimes Committed by Elderly Offenders
Source: Field Data

Table 5 shows that 58% of the respondents had committed the crime of rape while 10% were charged with theft. 4% were assault cases while 16% were capital offenders. 6% had been charged for burglary while 2% had committed traffic offence and had failed to raise the bail money. Among the respondents, 4% were drug traffickers. It can be concluded that, common crime committed by elderly male offenders was rape, theft and assault. According to prison officers sampled purposively most elderly offenders had either defiled, raped or charged with theft. And that those offenders committing sexual offences later in life, are unlikely to target adults but their own grandchildren. According to Pravin (2014), advocate of the high court, Sexual Offences Act came into force in 2006 and the Act provides for sentences, not less than 10 years to life imprisonment in cases of rape and sexual assault. On cases of defilement ranges from 15 years to life imprisonment. This therefore calls for the need to introduce effective sexual programmes so that psychosocial adjustment of the elderly offenders can be achieved.

4.2. Influence of Educational and Vocational Programmes on Psychosocial Adjustment of Elderly Offenders

Elderly offenders were asked to react to several statements intended to describe the efficacy of educational and vocational programmes in prison. Efficacy was measured in terms of awareness, relevance, attendance, popularity, relationship with prison officers and who decides for them to attend rehabilitation and whether the programmes were useful and compulsory considering their age.

4.2.1. Rehabilitation Programmes Awareness

The respondents were asked to state if they were aware of existence of rehabilitation programmes, inside prison. The findings are explained in Table 6

	Frequency	Percentages
Aware	43	86.0
Not Aware	7	14.0
Total	50	100.0

Table 6: Programmes Awareness
Source: Field Data

In Table 6, the respondents were asked if they were aware of rehabilitation programmes. The study found out that 86% of the elderly offenders were aware of Educational and Vocational rehabilitation programmes while 14% said they were not aware. When probed further during Focused Group Discussion why they were not aware the respondents said they never participated in any. The high level of awareness was attributed to the prison mission statement displayed on the walls of prison. However, Odera (2009) arguments do not concur with the finding of this study. According to him, prison reforms and rehabilitations were on paper and far from implementations. It can be concluded that educational and vocational programmes awareness had been achieved in prison although there was low participation.

4.2.2. Relevance of Educational and Vocational Programmes

In order to assess the relevance of educational and vocational programmes, elderly offenders were presented with a questionnaire to state if these programmes were relevant to their age groups.

	Relevance	Frequency	Percentages
	Relevant	14	28.0
	Not relevant	46	92.0
	Total	50	100.0

*Table 7: Relevance of the Programmes
Source: Field Data*

Findings in Table 7, shows that 28% of the respondents said rehabilitation programmes were relevant while 92% said they were not relevant. When asked whether these programmes should be scrapped since they were not relevant to their age group, the respondents said no citing they were useful for the young offenders whom they claimed they still have time to be rehabilitated. It can be concluded that while the elderly offenders did not value these rehabilitation programme to them, they saw it benefiting the young offenders. These findings concurs with that of Omale (2011) who carried out a research in prisoners reformation, rehabilitation on selected prisons in Nigeria.

4.2.3. Popular Programmes among the Elderly Offenders

Elderly offenders were asked to indicate which rehabilitation programmes were popular among them. The researcher compared the independent variables with recreational and religious programmes.

	Type of Programmes	Frequency	Percentages
	Educational	4	8.0
	Vocational	5	10.0
	Recreational	2	4.0
	Religious	39	78.0
	Total	50	100.0

*Table 8: Part of Popular of Rehabilitation Programmes
Source: Field Data*

Table 8 shows that apart from educational and vocational programmes 78% of religious programmes were popular among the respondents, while those who attended recreational programmes were 4%. Vocational programmes attendance was 10% while educational programmes attendance was 8% that means it was poorly attended. However, the study confirmed the existance of activities such as music, which was provided under educational programmes was popular. This finding on how music is soothing is in agreement with Zoliswa (2011) who found out that music behind bars was a powerful tool for rehabilitation in a study he carried out in Mthatha medium correctional centre in South Africa. It can be concluded that elderly offenders were more likely to be involved in musical activities and less likely to engage in vocational or educational programmes.

4.2.4. Attendance Timetable

In order to assess the number of times the elderly offenders attend educational and vocational programmes, the respondents were asked to indicate the number of times they attend rehabilitation programmes in one year.

	No of times	Frequency	Percentages
	Daily	2	4.0
	Once a week	3	6.0
	Once a month	5	10.0
	Sometimes	2	4.0
	Never	38	76.0
	Total	50	100.0

*Table 9: Rehabilitation Programmes Attendance
Source: Field Data*

Table 9 shows the findings in terms of daily, once a week, once a month once a year or never. The study revealed that 76% have never attended educational or vocational rehabilitation programmes while 4% said they attended sometimes. Another 6% said they attended once a week. Those who attended on daily were 4% and once a month were 10%. These results indicate that there was poor participation of elderly offenders in educational rehabilitation programmes. According to Kenya prison Act Cap 90, Section 38, rehabilitation programmes are compulsory for all offenders inside prison regardless of age. However, this study found out that the decision to participate on these programmes was purely determined by the prison staff. This dismal participation in rehabilitation programmes concurs with Gerezani (2012) report on skunks in Kenya prison and Omale (2011) who found the same rot in Nigerian prisons. These findings are in agreement with Omale and Gerezani that low participation was attributed to the following, old age ailments, loss of memory, poor eye sight, diabetic, blood pressure, prison congestion and discrimination from other young offenders.

Decision Maker	Frequency	Percentages
Prison Officers	45	90.0
Myself	5	10.0
Total	50	100.0

Table 10: Decision Maker to Participate in programmes
Source: Field Data

Table 10 shows that 90% of the respondents said they do not have the option of choosing programmes instead it was dictated by the prison staff whom they referred to as “*sirkal*” referring to prison staff as the one who decides which programmes they should be enrolled in. However, 10% of the respondents said they decided for themselves. It can be concluded that the decision to participate on rehabilitation programmes purely the function of prison staff. This however, can cause conflict if an elderly offender is placed on a programme not relevant to his age or kept away from attending programmes. It can be concluded that although the Prison Act clearly states that rehabilitation programmes are compulsory most of the elderly offenders did not take part in them.

4.2.5. Relationship between Prison Officers and Elderly Offenders

In order establish the level of participation of elderly offender during rehabilitation programmes, elderly offenders were asked to rate their relationship with prison staff in terms of good, fair, poor and very poor. Table 11 shows the distribution of their responses.

Relationship	Frequency	Percentage
Good	2	4.0
Fair	9	18.0
Poor	19	38.0
Very Poor	20	40.0
Total	50	100.0

Table 11: Relationship Overview
Source: Field Data

Table 11 shows that 38% of the elderly offenders rated the relationship between them and prison officers as poor, while 18% rated it as fair. About 4% rated it as good while 40% rated it as very poor. When asked why they rated the officers very poor they cited mistreatment from young prison officers who have come from training saying they were not handling them with respect. They cited cases where they were called by demeaning names like “*mende*”, “*wheelbarrow*”, “*kiwete*” by prison officers whom they equated to be the age of their children or grandchildren. The researcher asked whether they also had nicknames for prison officers and the respondents had these to say “*armoury*, *marufuku*, *tumbo*, *al-shabaab*, *mrefu* and *katiba*” the study noted that these names were mentioned among themselves in low tones. This study found a huge gap between prison staff and offenders which confirms Gerazani (2012) report and Ogeto (2009) findings on the same. Therefore, it can be concluded that the relationship between elderly offenders and staff should be enhanced to encourage good healthy working relationship and effective rehabilitation programmes.

5. Summary

The study established that elderly offenders were aware of vocational and educational rehabilitation programme. However, educational and vocational programmes were popular with elderly offenders serving short term sentence while those serving life imprisonment saw no need to take part in these rehabilitation programmes. Majority of the elderly offenders were found to be illiterate and were not keen to take adult classes. Little information existed on the actual time they attended classrooms and achievements obtained. While no records were available to show how many have been rehabilitated through each programmes This calls for sensitization of officers to enhance good working relationship.

5.1. Conclusion

In reference to the objective of the study and its findings, the following conclusions were drawn. The influence of educational and vocational programme on psychosocial adjustment of the elderly offenders was very low. The level of participation was very low in educational and vocational programmes and very high in faith based programmes. The low participation of the elderly offenders was attributed to discrimination and the fact that they were past retirement age coupled up by old age complications such as dementia, poor eyesight, diabetics and blood pressure.

5.2. Recommendations

On the strength of the summary of the findings and conclusions made in foregone sections, the following recommendations are put forward:

- i. That educational and vocational programme should be revamped to address criminogenic needs of elderly offenders and records should be digitalized to show how many elderly offenders have recidivated after undergoing rehabilitation.
- ii. That the prison should reinstate parole programmes and halfway homes for elderly offenders

5.3. Acknowledgement

I acknowledge all the people who contributed immensely in their respective capacities towards this work. Most specifically, I wish to extend my sincere gratitude to my supervisors Prof. EgaraKabaji and Dr. Moses Poipoi for their untiring guidance and advice.

6. References

- i. Aday, R. H. (2003). *Aging Prisoners: Crisis in American Corrections*. Westport, CT: Praeger.
- ii. Crawley, E. & Sparks, R. (2005). *Older men in prison: survival, coping an identity*. A. Liebling & S. Maruna (Eds.), the effects of imprisonment. Cullomton: Willan Publishing
- iii. Earl, O.S., (2009). *A history of prison inmate- Animal Interaction Programmes*. Sage Publications
- iv. Farabee, D. (2005a). *Rethinking Rehabilitation: Why Can't We Reform Criminals?* Washington DC: the A.E.I Press.
- v. Frazer, L. (2002). *Ageing Inside. A Study of Older Prisoners in England and Wales: Prevalence, Profile and Policy*. Unpublished MSC Dissertation University of Bristol.
- vi. Gerezani, J. (2012, October 27th). "Skunk at Prisons must be removed once and for all." *Standard Newspaper*, p. 15.
- vii. GOK, (2009). *The Prisons Act Chapter 90 –Revised edition*. Published by the National Council for Law Reporting with the Authority of the Attorney General.
- viii. GOK, (2011, October 25th). *Office of the Vice President and Ministry of Home Affairs report on Special Needs Offenders: Daily Nation*, p.40.
- ix. GOK, (2010). *The New Constitution: Nairobi: Government Press*.
- x. GOK, (2008). *Report of the high level committee on the prison crisis*. Government press
- xi. Gray, P. (2003, March 4th). *Kenya has the worst prison*. BBC News Africa.
- xii. Harkrader, T., Burke, T., & Owen, S. (2004). *Pound Puppies: the rehabilitative uses of dogs in correctional facilities*. *Corrections Today*, 66(2)-74-60
- xiii. Iguna, J.K. (2010). *Factors influencing perceived acceptance of change in prisons reforms in Kenya: a case of Nyeri Command Prison*. (Unpublished Master's Thesis). University of Nairobi. Kenya. URI://http://erepository.uonbi.ac.ke/8080/handle/123456789/5035 Kenya Prison Service, (2013). *Handbook*. Government Press
- xiv. Kenya National Bureau of Statistics (KNBS), (2010). *2009 Kenya population and Housing Census. Population distribution by Political Unit*. Vol. 1B Nairobi. Government Printers
- xv. Kothari, C.R. (2004). *Research Methodology Methods and Techniques*. New Delhi: New Age International.
- xvi. Mackenzie, Doris L. (2006). *What works in corrections: reducing the criminal activities of offenders and delinquents*. Cambridge University Press. Pg. 251.
- xvii. Madoka, (2008). *Report of the high Level Committee on the Prison Crisis*. Government Press.
- xviii. Martison, R. (1974). *What works? Questions and answers about prison reform*. *Public Interest*, 35, 22-54
- xix. Miriti, F. (2005). *Recidivists perception of the attitude of the public towards them and its influence on recidivism- a case of randomly selected recidivists in Kenya*. (Master's thesis, University of Nairobi, 2005)
- xx. Morodi, L.R (2004). *The Constitutional Rights of Prisons within the South African Criminal Justice System*. From: <http://www.crisa.org/download/rights.pdf> accessed
- xxi. Mugenda & Mugenda, A.G. (2003). *Research methods: Qualitative and Quantitative Approaches*. Nairobi, Kenya: Acts Press.
- xxii. Ngare, P. (2006, May 4th). *Kenya prisons not designed for the aged*. *Nation media*, p. 8
- xxiii. Njeru, M. (2009). "Factors responsible for violent crimes among the prisoners in Kamiti and Langat prisons" in Kenya. Master's Thesis of University of Nairobi.
- xxiv. Ogeto, A.N. (2009). *The Impact of Prison Reforms on the Inmate Rehabilitation Programs in Kenya. A Case Study of Kamiti & Langata Prisons*. Master's Thesis, University of Nairobi.
- xxv. Odera, O.L. (2009, May 8th). *Much highlighted reforms in Kenya prisons is still far away from being fully implemented and the changes so far introduced are just a cosmetic*. *Nation Newspaper*, page 5.
- xxvii. Omale, M. (2011). "Prison Reformation, Rehabilitation and Reintegration programmes in Nigeria". A study of Selected Prisons in Nigeria. *Nigeria Correctional Reports*.
- xxix. Omboto, J.O (2013). "The challenges facing rehabilitation of prisoners in Kenya and mitigation strategies". *Journal of Beginning Researchers*. Nairobi: The Jomo Kenyatta Foundation
- xxx. Oso, Y.N., Onen. D. (2009). *A general Guide to Writing Research Proposal and Report*. A Handbook for Beginning Researchers. Nairobi: The Jomo Kenyatta Foundation
- xxxi. Pravin Bowry, (2014, July 2nd). "Criminal Sentencing set for Overhaul". *The Standard Newspaper*, page 15
- xxxii. Robinson, G., & Raynor, P. (2009). *Why Help Offenders? Arguments for Rehabilitation as a Penal Strategy*. Vol.1 No1. *European Journal of Probation* Retrieved from www.ejprob.ro
- xxxiii. Reimer, G. (2008). *The Graying of the U.S. Prison Population: Journal of Correctional Health Care*.
- xxxiv. Rikard, R. V. & Rosenberg, E. (2007). *Aging Inmates: A convergence of trends in the American criminal justice system*. *Journal of Correctional Health Care*.
- xxxv. Stojkovic, S. (2007). *Elderly prisoners: A growing and forgotten group within Correctional Systems vulnerable to elder abuse*. *Journal of Elder Abuse & Neglect*, 19(3): 97-117

- xxxvi. United Nations Office on Drugs and Crime, (UNODS), (2009). Hand Book on Prisoners with Special Needs. United Nations: New York Publication.
- xxxvii. Wahidin, A. (2010). How best should we meet the needs and understand the experiences of older offenders. Paper presented at The Centre for Public Policy Seminars, The Royal Commonwealth Society.
- xxxviii. Wekesa, E. (2013). “The role of prisons in the administration of custodial rehabilitation of inmates in Kenya” a case of Thika main prison, Kiambu County.
- xxxix. Zoliswa, T. (2011). “Music behind Bars”: Exploring the role of music as a tool for Rehabilitation and empowerment of offenders at Mthatha Medium Correctional Centre.South Africa.