Chapter-VI
SUMMARY AND CONCLUSIONS

An ardent attempt is made in the present investigation to study the influence of Gender, Age, Education, Period of Imprisonment, Habits, Father Education and Size of the Family on Stress, Coping Style and Personal Relations and Emotional Stability of the Prisoners. In addition, the influence of Occupation and Father Occupation on Stress, Coping Styles, Personal Relations and Emotional Stability also studied.

Statement of the Problem

Stress and Coping Behavior among Middle Aged Prisoners

OBJECTIVES

1. To assess the impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family on stress among middle aged prisoners.

2. To investigate the impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family on appraisal focused coping, problem focused coping and emotional focused coping styles of the middle aged prisoners.

3. To examine the impact of gender, age, educational status, period of imprisonment, habits, father education and family members on middle aged prisoner’s personal relations (mental health).
4. To investigate the impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family on emotional stability (mental health).

5. To examine the impact of occupation of the prisoners on stress, coping styles and personal relations and emotional stability.

6. To examine the impact of father education on prisoners stress, coping styles, personal relations and emotional stability.

**HYPOTHESES**

1. There would be significant impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family with regard to stress experienced by middle aged prisoners.

2. There would be significant impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family with regard to appraisal focused coping style of the prisoners.

3. There would be significant impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family with regard to problem focused coping style of the prisoners.

4. There would be significant impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family with regard to emotional focused coping style of the prisoners.

5. There would be significant impact of gender, age, educational status, period of imprisonment, habits, father education and family members with regard to the personal relations.
6. There would be significant impact of gender, age, educational status, period of imprisonment, habits, father education and size of the family with regard to the emotional stability of the prisoners.

7. Occupation of the prisoners would significantly influence their stress, coping styles, personal relations and emotional stability.

8. Father occupation would significantly influence stress, coping styles, personal relations and emotional stability of the prisoners.

Sample

Sample of the study consisting of 252 male and female prisoners in the age group of 40-60 years are selected in the Central Prison, Rajamundry, East Godavari District of Andhra Pradesh. The sample of the prisoners for the study were selected by Systematic Random Sampling Technique.

Tools Used

1. Perceived Stress Questionnaire

2. Coping Styles Questionnaire

3. Mental Health Analysis

Method

The investigator met the subjects and distributed the questionnaires and explained them the importance of the study and collected the data from them.
Variables Studied

Independent Variables

Gender, Age, Education, Period of Imprisonment, Habits, Father Education Size of the Family.

Dependent Variables

Stress, Coping, Personal Relations, Emotional Stability

Statistical Analysis

To assess the impact of independent variables on several dependent variables Means, SDs and ‘t’ test was applied. Analysis of Variance (ANOVA) were also applied wherever necessary.

Findings of the Study

1. Female prisoners experienced more stress compared to male prisoners.
2. Prisoners in the age group of 50-60 years experienced more stress than 40-50 age group of prisoners.
3. Prisoners with above 10th class educational qualification experienced more stress.
4. Prisoners with 5 years of imprisonment experienced more stress than prisoners with below 5 years of imprisonment.
5. Prisoners with poor habits experienced more stress.
6. Prisoners whose father education is above 10th class experienced more stress.
7. Prisoners whose family size is more than 4 members experienced more stress.
8. Male prisoners used appraisal focused coping and emotional focused coping more frequently than female prisoners.
9. Prisoners in the age group of 40-50 years used all the coping strategies more frequently.
10. Prisoners whose education is below 10\textsuperscript{th} class used Appraisal Focused Coping, Problem Focused Coping and Emotional Focused Coping more often than prisoners whose education is above 10\textsuperscript{th} class.

11. Prisoners with below 5 years of imprisonment used all the coping strategies more frequently than prisoners with above 5 years of imprisonment.

12. Prisoners with good habits used appraisal focused coping and emotional focused coping styles more frequently than prisoners with bad habits.

13. Prisoners whose father education is below 10\textsuperscript{th} class used all the three coping strategies more frequently.

14. Prisoner's family size has no significant effect on the coping styles of the prisoners.

15. Male and female prisoners did not differ significantly with regard to their personal relations.

16. Prisoners in the age group of 40-50 years have better personal relations.

17. Prisoners whose occupation is below 10\textsuperscript{th} class have better personal relations.

18. Prisoners who are imprisoned for less than 5 years have better personal relations.

19. Habits of the prisoners, father education and size of the family have no significant influence on personal relations of the prisoners.

20. There is no significant difference between male and female prisoners in their emotional stability.

21. Prisoners in the age group of 50-60 years are emotionally stable compared to the younger group.
22. Prisoners whose education is above 10th class are emotionally stable than the other group of prisoners.

23. Prisoners who are imprisoned more than 5 years are emotionally stable than the other group of prisoners.

24. Habits and size of the family have no significant influence on emotional stability of the prisoners.

25. Prisoners whose occupation was job experience more stress whereas prisoners whose occupation was labor experience less stress.

26. Prisoners whose occupation was labour use all the three coping strategies more frequently than the other groups whereas prisoners whose occupation was job use all the coping strategies less frequently.

27. Prisoners whose occupation was labour have better personal relations whereas prisoners whose occupation was job have poor personal relations.

28. Prisoners whose occupation was job is emotionally stable than other groups.

29. Prisoners whose father occupational is job experienced more stress when prisoners whose father occupation is labour experienced less stress.

30. Prisoners whose father occupation was labour used all the coping strategies more frequently whereas prisoners whose father occupation was job used all the three coping strategies less frequently.

31. Prisoners whose father occupation is labour have better personal relations than the prisoners whose father occupation is job have poor personal relations.

32. Prisoners whose father occupation is job are emotionally stable whereas prisoners whose father occupation is labour have poor emotional stability.
IMPLICATIONS AND SUGGESTIONS FOR FURTHER RESEARCH

IMPLICATIONS

The present investigation is an attempt to examine the impact of gender, age, education, period imprisonment, habits, father education, size of the family on stress, coping, personal relations and emotional stability of the prisoners. In addition the impact of occupation of the prisoners and father occupation on prisoners stress, coping, personal relations and emotional stability also studied.

The results of the study imply a need to develop interventions and implement programmers to boost the low mental health and high stress groups.

Research in this area is yet to receive its due recognition as a special area of this country.

There appears an urgent need for counselors to help the prisoners by extending the expertise in developing behavior modification techniques and intervention programmes to reduce the stress.

SUGGESTIONS FOR FURTHER RESEARCH

The study was shown that there are variations in the experience of stress related factors by male and female middle aged prisoners. Therefore, there is a need for effective management of the stressors by making use of different management strategies by providing effective guidance and counseling. More research is required into the coping strategies employed by female prisoners. While this study aimed to shed light on this area, more in-depth research is required to examine not only the coping strategies utilized but also their effectiveness. Future studies would also benefit from employing a longitudinal design to ascertain the coping strategies utilized throughout female prisoners imprisonment.