REFERENCE
1. Future studies would benefit from employing a longitudinal design to both identify and examine changes in the problems encountered by female prisoners and the coping strategies they employ.

2. A major effort should be undertaken by prison health services with regard to inmates needs for health promotion. They should be offering the same type of programs available to the general public in relation to stress management.

3. The present study has examined impact of gender, age, education of the prisoners, period of imprisonment, habits, father education and size of the family on stress, coping, personal relations and emotional intelligence. It also examined the impact of occupation and father occupation on prisoners stress, coping, personal relations and emotional stability. These results suggest further research to be carried out as follows.

4. Examination of several other factors related to personality factors and socio-economic factors.

5. Developing intervention programmes to improve mental health, stress management techniques to reduce stress of the prisoners.

6. A study on level of stress and management techniques among prisoners is suggested for the future investigation.

7. Similar study was suggested to carry out with large sample size.

8. Developing intervention programmes to improve mental health to reduce stress among prisoners.

9. The study demonstrated a need for continued research in this area. In particular, there is a need for longitudinal research documenting the needs of older men before, during and following imprisonment.


