Chapter -5

Conclusion and Suggestions

Rehabilitation has been a failure in the eyes of the policy makers. In the words of Martinson (1974), “Nothing works”. Even though Martinson (1979) eventually recanted his views, the anti rehabilitation approach.

Principles of Effective Intervention

Services

Services should be intensive and behavioral in nature.

a. Intensive services occupy 40% to 70% of the offender’s time while in a program and are of 3 to 9 months duration.
b. Behavioural strategies are essential to effective service delivery.

Three types of positive reinforcers are used to strengthen behaviour. They may be tangible (money, material goods) or activities (shopping, sports, music, television, socializing) or social (attention, praise, approval). Behaviour modifiers usually employ the last two types of reinforcers because they are natural consequences of a person’s life. Positive reinforcers fit nicely into a powerful concept called the Premack principle, which simply states that making a high probability behaviour contingent on a lower –probability behaviour will increase the frequency of the latter. Social reinforcers are much to be preferred because they are cost effective and require little effort to satisfy contingency management practices. Most programs include a general menu of reinforcers, with efforts made to individualize them where possible.

There are many types of behavioural programs. The three described next are prevalent in the offender behavioural treatment literature. A well designed program will employ at least two of the following, as each overlaps to some degree with the others.
a. **Token economics**- Tokens can be tangible or symbolic, that is points. They are often used with groups.

b. **Modeling** – The offender observes another person demonstrating a behaviour that he or she can benefit from imitating.

c. **Cognitive behavioural**- There are several schools of cognitive behavioural therapy. Fundamentally, they are intended to change the offender’s cognition, attitudes, values. Cognitive therapists stress that a good therapeutic relationship, involving empathy, openness, and warmth, is necessary for effective cognitive therapy.

**Behavioral Programs**

If these factors undergo positive changes, the offender’s criminal behaviour will be reduced. Some of these criminogenic needs involve antisocial behaviour (e.g. lack of self esteem and feelings of personal inadequacy such as anxiety and depression)

It is critical that behavioural programs employ risk assessment measures that measure a wide range of criminogenic need factors. Of the measures in widespread use that have been identified as comprehensive, reliable and valid (Gendreau 1995) the measure with the best predicted validities is the Level of Supervision Inventory.

**“Punishing Smarter Strategies”**

The programs that resulted are commonly known as **Intensive Supervision Programs (ISP)** ISP usually include some or all of the following components

a. Punishment only trains a person what not to do.

b. When punishment is inappropriately applied, several negative consequences can occur, such as producing unwanted emotional reactions, aggression or withdrawal or an increase in the frequency of the behaviour that is punished.

c. All of these characteristics are to be found in varying degrees, among offenders more that other clinical groups.

a. The social psychology of attitudes and attitude change nicely documents how many people inoculate themselves from threats and coercion by the way they choose to
interpret “evidence” employing self relevant reasons that this regard negative consequences, and have affective stigma, that is free will arguments or ego defenses, that are resistant to attitude change. The social psychological literature on influence has established that the principles of reciprocity, liking, authority, and commitment, among others are necessary to change behaviour.

The evidence is persuasive that specifies styles of service delivery can reduce offenders criminal behaviour to a degree that has profound policy implications. In fact, some of the programs that do not work, such as ISPs, have also been shown be very costly and contribute to prison overcrowding. The next goal of rehabilitative agenda besides adding to the principle as more data accrue, is to address how we can overcome the socio political barriers.

**Some Specific Recommendations**

- The feeling of group increases the sense of belongingness and also to make them problem solving by themselves introduction of the *Self Help Group Concept* in the prison is needed. Bureaucratic structure should be changed into *cooperative structure* with a feeling of belongingness.
- Conditional Privatization of the prison like involvement of other organizations i.e. giving the reformation aspect to one organization, after care services to other, etc.
- More interaction with the *Non government organizations and to involve more NGO's by making liberal policies specially in U.P.* There should not be overlap in the programme and there is a great need to ensure that all aspects of overall development of convicts are covered. There are 8 NGO’s working on the meditation in both the jails.
- Regular *research studies for evaluation, monitoring and improvement* of the system and also implementation of any policy needs pretesting and should be followed by small research. For example, In model jail the meeting time reduce to half an hour from one hour.
- *Housing and employment problem* after release is very severe. The DUDA builds the low cost houses to the poor living in the slums. If these houses can be given to the convicts after release so in the colonies they can also take up some self employment. Or during the period of their sentence they can bring their families to the cities those
convicts want. This will really a landmark step in reintegration into the society. The minimum contribution which they have to give can be meet out from their wages.

- **Meditation, prayers, religious feeling** needs to be strengthen with the help of print and audio visual media

- To find out **the ways for economic growth and autonomy** of the prison. Actually the prison has sufficient manpower and infrastructure but there is a need to re organized these and we should not forget in British period the prisons were made to be profit making. For this purpose the BOMP is discussed in detail in chapter five. Making the strategy and technique to be labour intensive rather than capital intensive by decreasing economic dependency.

- Encouraging the offenders to **perform community service** by making reparations to the victims for damage.

- More **operational flexibility**

- More **comprehensive planning** that is with more attention to the social aspects of development and greater control of resources that what has been attempted in the part with a view to attaining the objectives of equity, social justice and self reliance.

- More support and **follow up of programmes after release**

- Correctional research should be systematic enquiry aimed at strengthening the empirical knowledge concerning control of deviant behaviour and reintegration through corrective, protective and preventive devices.

- Relevant motivational factors to change the tendency of deviant behaviour

- Cultural factors associated with the criminal and non-criminal.

- Use of Autobiographical material from offenders by correctional counselors

- Factors in prison life that have greatest impact on the offenders residing there.

- Tools for selecting the convicts for correctional activities

- Meeting time should be increased and there must be **some hostel like transit homes** for the relatives coming from distant places and reaches in odd time on nominal payment basis.

- **Food and sex are the two very basic needs** and the practice of homosexuality is present in the jails in hidden form. The other most important point to consider that if an offender comes to jail after few years of marriage then in most of the cases wife involves with some other persons outside or get into second marriage that effects the convicts a lot. During the British period there were two types of meetings Kaccci and pakki mulakat. In pakki mulakat the convict and his wife gets a chance to spend some
time in isolation to fulfill their sexual needs. This seems to be very odd but in this way the human rights of a wife can be saved and also the convicts will more psychologically fit and will participate in treatment and rehabilitation.

- **Training in Micro enterprises** because in the trades like powerloom, paper industry etc. will not benefit them after release and even they can not afford to establish such set up. So the convicts must be trained in the trades like tailoring, auto repair, typing etc so that they can take a self employment after release. **New Micro level activities according to the need and interest** of individual convicts

- **Public booth facility** under close watch can be provided to the convicts in order to make their contact with family regular. There is a reason that writing habit in the people reducing day by day and the convicts feel depressed when they did not get any letter from their family members.

- **Jail premises is now within the heart of the city and if some shopping complex can be opened** outside the jail to sell the products exclusively prepared by convicts and by them only.

- **Convicts must be encouraged to participate in the different Melas, Exhibitions etc.**

- It is important that the issue must not be considered in the context of a homogeneous group. The socio-cultural background of the inmates, the different criminal profiles and different social histories must inform the strategies for change.

- **Training, sensitization of prison staff** to the special needs of different groups of prisoners is important. Introduction of **training and development of prison officials** at regular interval so as to achieve the correctional aspect of the prisons.

- **More openness is needed.** The secrecy surrounding these places – like the prison makes them closed places and the staff becomes often inward looking. In most cases the families too want to hide the fact that they have a relative in prison, because of the social shame that imprisonment brings. So the potential for ill treatment on the inmates who are dependent on the authorities for all their basic needs is immense.

- The economic problem the prison face can not be ignored and as the result the effect on the reformation and rehabilitation programmes of the convicts suffers in the first priority. Prison has sufficient manpower and Space. I have suggested to interlink the rehabilitation programme through **Business Process Outsourcing** in the chapter 5 in detailed manner.

- **The rights of the prisoners should be display on the prison walls** so that they may aware about their rights. More than 90% convicts don’t know about their rights.
• There must be some **awareness programmes of the govt. schemes** related to employment, women empowerment, education, housing etc. for the convicts also. This will solve the problem in two way. One the family facing the problem outside can seek some help from these programmes and other is that after release the convict also can get the advantage of the govt. schemes.

• There must be **a proper system of allotment of prison labour**. The convicts must be allotted the work in which they trained. There are examples that the convicts are trained in tailoring trade and put into the powerloom.

• There must be **some reward for the convicts shows good behaviour** and set example for the fellow convicts. Motivation and encouragement of these type of convicts is very necessary. It may be money or a thing or a certificate but with this system they will feel proud.

• **Wages entry system must be more transparent and proper.** In fact wages are the channel of corruption also.

• **Most of the convicts are from the poor family background.** This shows that the poor suffers even though he is innocent because he can not afford the cost of justice.