

Research Paper

## The Effectiveness of Rehabilitations in Prisons and the Criminal Justice System

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### ABSTRACT

Rehabilitation programs are a crucial part of the criminal justice system, aiming to reduce recidivism rates by providing inmates with the tools and resources necessary to reintegrate into society. This research focuses on understanding the need for rehabilitation in prisons and the criminal justice system. Effective rehabilitation programs provide inmates with education and vocational training, mental health and substance abuse treatment, and life skills training. These programs not only improve inmates' chances of successful reintegration but also benefit society as a whole by reducing crime rates and associated costs. Studies suggest that inmates who participate in rehabilitation programs are less likely to reoffend and return to prison compared to those who do not participate. These programs not only improve inmates' chances of successful reintegration but also benefit society as a whole by reducing crime rates and associated costs. Overall, while rehabilitation programs have the potential to reduce recidivism rates and benefit society, their effectiveness is contingent on adequate resources, funding, and support. The data analysis was done using a questionnaire where the questionnaire consists of 20 sets of questions where the individuals need to answer all the questions. Analyzing the responses, it was found that the highest number of respondents agreed that establishing rehabilitation centers in prisons can leave a huge impact in the prisoner's life.

**Keywords:** *Rehabilitation, Recidivism, Prisons, Vocational program, Mental health*

The basic goals of confinement square measure to safeguard society from crime and to cut back relapsing. International standards create it clear that these will solely be met if inmates' time in jail is employed to assure their reintegration into society following hardship, permitting them to guide law-abiding and independent lives.

It is in everyone's best interests for inmates to come to the community with the abilities and attitudes necessary to remain out of jail within the future. Prisoners square measure an area

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of society; the nice majority are going to be free, and it's thus helpful to the larger community and within the interest of public safety that they're ready to play a productive role in society. If people leave jail with additional problems and while not having the information and skills to modify them, there'll definitely be long-run implications for them, their families, and their communities, in addition to further expenses for the state.

Female convicts structure a modest, however growing fraction of all prisoners globally They confront special challenges to getting programs and services in jail, and that they often have restricted rehabilitation choices. Programs that do exist square measure often to a fault gendered and don't address their specific backgrounds and rehabilitation necessities. feminine inmates confront gender-specific obstacles once they're free.

According to the statement to Rules 57–58 of the world organization Rules for the Treatment of girls Prisoners and Non-custodial Measures for girls Offenders (the port Rules), 'a vital proportion of girls offenders don't essentially cause a risk to society, and their imprisonment might not facilitate, however hinder their social reintegration.' whereas this guide doesn't move into detail regarding alternatives to imprisonment, it ought to be noted that for the overwhelming majority of feminine prisoners, community-based alternatives that offer help, support, and treatment square measure the foremost effective method of serving to them build positive lives away from crime within the future.

There are unethical and ethical practices that can be noted in prison systems. Some ethical practices include allowing spouses to visit inmates often and providence of education. Prisoners are also given training in practical skills such as carpentry and given religious teachings that transform their lives. Unethical practices in prison include rape, homosexuality, emotional and physical abuse, the death penalty and escapes from prisons among other issues. These issues need to be corrected if these facilities are to improve the lives of prisoners.

### REVIEW OF LITERATURE

According to research done by Andrews & Bonta, et al. Women are increasingly involved in the criminal justice system, yet few programs and services are tailored specifically to their needs. Furthermore, even with gender-specific programming, a risk management paradigm has dominated rehabilitation policy, with the major focus on criminogenic needs or harm avoidance. It is vital to develop a theoretical framework that encompasses gender-specific treatment and acknowledges the realities of women's life. The enhancement model (Ward & Stewart, in press) provides such a framework to guide the development of rehabilitation programs for female offenders, according to this research. This concept shifts the emphasis away from criminogenic demands and toward enhancing offender capabilities in order to assist women in living balanced and meaningful lives. A review of female-specific treatment needs is included.<sup>[1]</sup>

According to Siti Muhaza, et al. Throughout Peninsular Malaysia, out of 422 girl detainees Foreigners account for extra than 1/2 of the girl convicts, the maximum of them are from Indonesia and Thailand. This observation examines the respondents' backgrounds and identifies variables that can have led them to dedicate the crimes. Female convicts in Malaysia, especially foreigners, nevertheless match the traditional photograph of Nineteen Seventies girl prisoners. They assist the financial marginalization thesis provided with the aid of Steffensmeier and Strife (1992), in step with which ladies dedicate crimes because of poverty and economic difficulties. They additionally supported Merlo's declaration that

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poverty and pills have been key members to girl criminality. Physical abuse, ingesting and drug abuse, coming from sad homes, and having own circle of relative's participants who're criminals are all threat elements for recidivism. <sup>[2]</sup>

According to Mackenzie, et al. Recidivism can be reduced with the resource of the use of the use of support, rehabilitation, and supervision programs. However, the effectiveness of these services is determined with the resource of the use of how well the personnel who supply them adhere to "what works" requirements and practices. Because the majority of this research has been executed on men, this has a examine focused on how the one's mind and practices relate to ladies. The examination focused on services supplied to a set of ladies in jail in Victoria, Australia, and upon their release into the community, similarly to the relationship amongst the one's ladies' perceptions of the services, recidivism, and the tendencies of the services. The findings have been typically steady with previous research. Women preferred services offered with the resource of the use of experts who are dependable, holistic, collaborative, and knowledgeable. <sup>[3]</sup>

According to Tasmania, the girl jail population has grown by 57% since 2000. Sexual victimization is one of the maxima usually stated types of victimization amongst girl convicts in Australia. This examination examines how seven Tasmanian correctional group of workers and programmed facilitators interpret the connection among sexual victimization, [offending, and rehabilitation pathways, and makes hints for the way correctional establishments may manipulate sports which could re-victimize ladies. As a result, the item is the primary to have a look at how correctional officials and jail programmer practitioners coping with jailed ladies in Tasmania apprehend the desires in their girl clients. The findings display that the prison and aftercare programs to be had in Tasmania do now no longer bear in mind the unique desires of ladies, in particular people with a record of sexual victimization. <sup>[4]</sup>

According to Faith E Lutze, et al. There have been rather little empirical studies at the different traits and desires of lady offenders that might assist manual rehabilitative procedures which might be gender precise. This observation took into consideration a pattern of lady offenders (N = 886) and male offenders (N = 1,435) who were launched from incarceration and furnished with evaluation offerings as a part of the network reentry process. Comparisons have been carried out using the employment, companions, and economic domain names of the Level of Service Inventory (LSI-R and LS-CMI). Female offenders obtained notably better rankings in accomplice and economic deficits, with a few previous studies suggesting that social and economic danger elements for offending can be greater widespread in women. Implications for studies and the exercise of gender-precise rehabilitation procedures are discussed. <sup>[5]</sup>

According to Cynthia Garcia Coll PhD et al. The jail population in the United States has grown considerably as a result of "war on drugs" and "take a bite out of crime" programs. One of the repercussions of these policies that is rarely discussed is its influence on women. Between 1980 and 1994, the female jail population climbed 386 percent, while the male prison population increased 214 percent. Before being committed to prison, the bulk of these women were moms with minor children. This article gives a backdrop for understanding the challenges that women in jail and their children face. <sup>[6]</sup>

According to Susie Adams, et al. Substance abuse is a main contributing thing to ladies being incarcerated withinside the United States, and substance abuse is a vital thing in

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recidivism. Although lady's offenders have one-of-a-kind motives for drug use, drug use patterns, lifestyles, circumstances, and parental obligations than guys, remedy strategies for lady's offenders were in large part evolved from research of remedy for incarcerated guys and non-offending ladies withinside the fashionable community. The motive of this text is to summarize the latest literature at the remedy desires of lady's offenders with substance abuse issues and significantly look at the six empirical research that examine gender-unique programmatic interventions designed for ladies' offenders.<sup>[7]</sup>

### *Scope of Study*

The study focuses on the effectiveness of rehabilitations in prison and the criminal justice system. The method used was quantitative analysis within the population size of 50. It encompasses a broad field of disciplines and effectiveness of rehabilitation v\s punishment. Rehabilitations not only keep the inmates from the outside world but they play a decent role in shaping the inmate's behavior in a healthy manner.

In the past 25 years recidivism has been increasing because recidivism is due to lack of proper education, developing skills. According to the national institute of justice, almost 44 percent of criminals released return before the first year out of prison.

The main aim of this research is to help shift the focus from punishment to rehabilitation which includes amalgamation of theoretical aspects with clinical application approach based upon evidence evaluation of new procedure well-presented information based on articles and available sources.

## **METHODOLOGY**

### *Problem Statement*

Effectiveness of rehabilitation center inside the prison. The research is regarding rehabilitation programs provided in prisons.

### *Data Collection*

A questionnaire was conducted to extract the data from lawyers, law enforcement agencies, forensic teachers and law students for the effectiveness and satisfaction of prisoners in rehabilitation in prison. Sample size was a minimum of 50 respondents. The questionnaire contained 20 questions with 5 options 1. Strongly agree 2. Agree 3. Neutral 4. Disagree 5. Strongly Disagree.

### *Objectives*

The objective of the study was to find out the prison inmates' perception of the effectiveness of rehabilitation programs in the prisons service. Questionnaire was the instrument used for data collection. 10 questions were asked in the questionnaire with options to be marked as agree, not sure or disagree.

### *Purpose*

To give prisoners another chance it's true that they violated the laws in some way or the other, but to give them an opportunity to work on their thoughts and correct their mistakes, rehabilitation is done.

Some culprits who are not of evil mentality but rather circumstantial: rehabilitation gives them a way to proceed in life with good dignity and right approach.

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Prisoners regretting what they did and often carrying burdens of guilt with them, rehab offers them a peaceful atmosphere.

### DISCUSSION

The survey was conducted to understand the impact effectiveness of rehabilitation in prisons and the criminal justice system. The sample size was 52 individuals, and a questionnaire was circulated to people involved in the criminal justice system. Out of 52 respondents 12 were forensic teachers, 15 were law students, 15 were lawyers, 10 were law enforcement agencies.

On the response sheet the lowest score could be 20 and highest score could be 100. So, the average score of the respondents could be 60. So, the respondents scoring more than 60 were listed as high, respondents scoring 60 were listed as average while respondents scoring less than 60 were listed as low. The mean score of all respondents was found to be 61.69. The standard deviation of the entire respondents was 9.97.

### CONCLUSION

According to the study conducted on rehabilitation in the criminal justice system, it is possible to draw the conclusion that rehabilitation programmes can help lower recidivism rates among offenders. According to studies, offenders who take part in substance addiction treatment, cognitive-behavioral therapy, and educational and vocational training programmes are less likely to commit crimes again than those who do not. Programmes that emphasize the acquisition of life skills and the provision of mental health treatments have also been demonstrated to lower recidivism rates. The quality of the programme, how long the offender participates in the programme, and the level of assistance offered after release are just a few of the variables that may affect how effective rehabilitation programmes are. Additionally, some criminals might not be interested in rehabilitation or might have underlying problems that need more intense therapy.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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