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## Research Article

### COUNSELING FOR INMATES IN OKE KURA PRISON: AN EXPLORATION OF QUALITATIVE STUDY, KWARA STATE, NIGERIA

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#### ABSTRACT

Prison have many capacities yet the two noteworthy and fundamental ones are (1) to upgrade well-being and security in the general public by keeping without end individuals with unsafe criminal and ruthless practices, and (2) change the convicts preceding returning them back to the group as profitable and valuable individuals. Recidivism issues that is, backslide, or re-culpable, or rehash acts are frequently normal halfway because of the way detainees are dealt with while in prison and what transpires in the public eye upon discharge. Directing and psychotherapy are methodologies proposed to help the detainees to change their practices in attractive conduct. In light of meetings, the present investigation found that both individual and gathering directing are led in Oke Kura prison. Nonetheless, prove recommended that the nature of advising should have been moved forward. This should be possible from various perspectives including expanding budgetary help and giving further preparing to advisors. It gives the idea that family guiding and the part of different re-reconciliation programs should be underlined. This is the place more consideration, endeavors, and need ought to be coordinated. We prescribed additionally blended strategies research to increase extra experiences into the issue and its conceivable arrangements.

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## INTRODUCTION

The quality of correctional education given to these inmates is of great importance, in Oke Kura prison, there is provision of prison education programme under the Department of Social Works/Welfare established by the prison act. However, there have been no adequate and specialized trainers who will help in promoting the programme for effective actualisation of the inmate's ambitions. Thus the prison education is not really effective and because it's not made compulsory, inmates only participate at their own will. There is therefore the need for effective prison educational programme to educate these inmates on how they can make use of their knowledge, skills and competence to reinstate them back to the society positively. With all the strategy for rehabilitation, reintegration and empowerment of prisoners into society, prison authority has not made prison education compulsory and interesting for all incarcerated persons (Davis, Bozick, Steele, Saunders and Miles, 2013). Inmates who have relevant trade skills are not encouraged or motivated by prison education and training programmes department to maximise their potentials while they were incarcerated.

The Nigerian Prison department's vision is to be an excellent rehabilitation institution while its mission is to protect society with safe humane custody and ideal rehabilitation of the inmates to foster useful and responsible members of society (Out and Nnam, 2014). In accordance with this standard, since the initiation of the prison benefit in Kwara State, there have

been next to zero orderly instructive arrangements for prisoners because of restricted asset designation and defilement, this was against the foundation and development of the prison has supported by different statutes from the provincial time frame to the present.

Among these are the Prisons Ordinance of 1916; Laws of Nigeria (1948 and 1958) and the Prison Decree No. 9 of 1972. A Government White Paper in 1971 delineated the elements of the prison administration to include: care, analysis, remedy, preparing and restoration of detained guilty parties, (Eze and Dike, 2014). The Nigerian Prison Service Staff Duties Manual recorded an extra capacity, era of assets for the legislature through prison homesteads and businesses. Correspondingly, the pioneer statute of 1916 and the Laws of Nigeria 1948 and 1958 distinguished the capacity of the prison to incorporate the protected guardianship of a prisoner. A nearby investigation of provincial and post-frontier laws appear to accentuate the custodial elements of the prison while quiet on restorative elements of the cutting edge prison.

In view of the increasing emphases on restorative instruction in many nations, this examination concentrates on the need to adapt the Nigerian prison framework through instructive arrangements. This, it is accepted, will assist the ex-wrongdoer with developing social abilities and a superior comprehension of their lives and the general public. In perspective of the minor way of instructive projects, and the barbaric conditions in Oke Kura penitentiaries, there is a critical requirement for an

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acculturating way to deal with corrective organization by means of training and other socio-social methodologies (Farley, Pike, Demiray and Tanglang, 2016). Such an approach is energized by United Nations Declaration of the right to education, work, wellbeing administrations and culture, and five resolutions received at the United Nations in 1990.

Oke Kura prison run five main categories of rehabilitative programs such as: physical rehabilitation; psychological rehabilitation; social rehabilitation; moral rehabilitation; and civic rehabilitation. All these efforts are intended to persuade inmates to repent, become law-abiding, and productive citizens. The implementation of rehabilitative activities is not only limited to the correctional institutions but also extends to additional external outreach programmes to assist families of inmates and encourage whole recovery as well as social reintegration of the inmates (Wronka, 2016). The Nigerian government has prepared prison staff in all restorative offices in essential advising abilities to help detainees in distinguishing their introducing standoffish issues and encourage their reintegration into society. In-prison guiding is along these lines a method for decreasing the negative impacts of detainment. Investigation demonstrates that numerous detainees experience the ill effects of generally low-level mental aggravations, for example, gloom, nervousness, stress, and dozing issue. Early identification and intervention could help prevent these prisoners from developing more deep-seated mental health problems.

#### ***Counseling in Kwara state prisons***

In Kwara state prison, counseling is relatively still new as the education of the inmate is new and hence studies on counseling activities in the state are uncommon. There are many explanations this condition persist. First, although there is a counseling degree program at all the University in Kwara state, the number of counselors in the state is still lesser. In addition, there are only few registered counselors in Nigeria generally with legal practicing certificates or licenses as reported by Rafiu, (2014). Second, it is difficult to do psychological and counseling research in Nigeria using western instruments that are written in English standard because there are many languages in Nigeria this difficulties met with instrumentation are discussed in some of the few available work. For example, Aliyu, (2014) found that many major instruments were not yet translated into the local languages and doing translations (advancing and regressive) and validating all the editions was a monotonous task. Technical problems also often arise when using western instruments for psychological and counseling research in some part of Nigeria.

The higher the educational level of the research participants the better the reliability and validity. For research participants to have enough time to read the items, reflect and make meaningful responses, Correctional education personnel are not exposed to any training on how to understand and cope with the specific needs and circumstances of correctional education practice in the civilised society (Eze and Dike, 2014). Thus, all trainers and programme planners for prison education were not given any reasonable training on elements of andragogy or pedagogy, psychology of adult and children learning, as this will help them to understand the needs, problems, thus appreciate the interests of the inmate participants. However, all the laws and decrees backing correctional education programmes, it still receives limited funding and attention or political will; therefore, the aim of this study would be to

evaluate the educational programmes in the prison. It is pertinent to consider how to best the practice of correctional education programs can be carried out. So as to have a better orientation in a form of rehabilitation for re-integration back to the society and then the ex-offender can be useful again).

#### ***Categories and effectiveness of prison counseling programmes***

Counseling or Guidance services in the Kwara state and Nigeria prisons at large are intended to help the detainees to change themselves by settling on pertinent choices that will repair the inadequacies in them with the goal that they can come back to society and wind up plainly gainful individuals. While well-being and security are principal in prisons, the Prison Administration additionally has a duty to give detainees chances to take an interest in programs that can give them the attitudes they have to lead wrongdoing free life after discharge. These projects ought to give numerous self-change roads, such as work in prison industries and other institutions, vocational training, education, drug abuse treatment, religious observance, parenting, anger management, guidance and counseling, and other programs that teach essential life skills (Wicks, 2016).

Two categories of counseling occur in Oke Kura prison both individual and group. Individual or Personal counseling is to assist the clients in resolving personal issues that may be preventing them from achieving their potential and everything discussed with a counselor is strictly confidential. On the other hand, group counseling involves a small number of people (usually 10-20) who meet together, along with one or two counselors to talk about their struggles and problems. These groups can take a variety of forms. Some focus on a specific topic or problem, while others address a number of different concerns (Lee, 2014).

The two modes of counseling, group counseling is thought to be more effective than individual counseling. At the point when individuals come into a gathering and cooperate unreservedly with other gathering individuals, they have a tendency to reproduce those troubles that acquired them to advising the primary spot. Under the gifted course of the gathering facilitators, the gathering can give bolster, offer choices, or delicately go up against the person. Thusly, the trouble is settled, elective practices are found out, and the individual grows new social abilities (Wicks, 2016).

Gathering directing has been observed to be extremely compelling methods for treatment and, now and again, the best type of treatment for a specific individual or a specific kind of concern. Gathering advising creates positive companion weight that will impact its individuals to change. This is so since customers take in more about how they are seen by others and experience a feeling of acknowledgment and having a place. They will likewise find that they are not the only one in the challenges they are encountering as they hear thoughts from others which upgrade their capacity to settle on choices and take care of the issue. The affiliation will empower them to encounter the advantage of being useful to others and figure out how to valuable express their sentiments and thoughts to others (Eze and Dike, 2014). All the more along these lines, they get support by watching the triumphs of others. The duty is shared among the gathering pioneers and all gathering individuals.

### **Objectives of the study**

The objective of the research work was to find out the status of counseling and guidance in Kwara state prison. Specifically and generally, the researcher wanted to determine the types of counseling provided to inmates.

### **METHODS**

We concisely explain below the research design, sample, data collection, data analysis, and procedures used in conducting the research work.

#### **Design**

The study was a qualitative research of ten counselors working in Oke Kura prison. The rationale and justification for using this approach was to get in-depth information from the informants. The case studies have their own difficulties which are discussed below under the limitations section.

#### **Sample**

As indicated above, the nonprobability sample consisted of 10 counselors working in Oke Kura prison. Since the sample was too small ( $N = 10$ ), the demographic characteristics of the informants are withheld and kept confidential for ethical reasons to prevent ascertaining the individual informants.

#### **Instruments**

Information was gathered through inside and out casual meetings which were directed with the prison staffs. All the 18 things on the meeting plan were open-finished to enable them to react uninhibitedly. Such meetings permitted no place for distortion as the interviewees were, through tests, made a request to clarify their answers all the more unmistakable. Proper prompts were therefore utilized at whatever point important to request facilitate reactions from the interviewee if delayed answers were required or to clear up the reactions. The dependability of the acquired information was resolved through intra-coder assertion unwavering quality which was 75%. Having been gotten from a prison domain and to be utilized to take care of issues in jail settings, the information was expected to have had both great environmental legitimacy and satisfactory social legitimacy, separately.

#### **Procedures**

Prior to collecting the data, prison authorities and the participants were told about the purpose and objectives of the study. No trickiness was included in the investigation. Furthermore, the members were educated both verbally and in composing regarding the moral conditions or prerequisites for being required in the investigation. The exchange on this point fixated on issues of deliberate investment, protection, secrecy, classification, physical and mental damage, questioning, and educated assent. Members were given sufficient time to ponder and pull back from the examination in the event that they felt awkward with the exploration's motivation and target. The members deliberately consented to take an interest in the investigation. With regard to language problems, all the interviews were conducted in English language. The study met the ethical requirements for using human participants in research stipulated by the participants Kwara state prisons service

#### **Data analyses**

The interviews was collected, transcribed, and then analysed qualitatively using content analysis and constant comparison

techniques (Onwuegbuzie, Leech and Collins, 2012) to generate categories, themes, and quotations.

### **Results of the study**

The informants' responses to the 18 interview questions are presented in the table below. The questions and answers are clearly presented below the following manners.

### **DISCUSSION**

As earlier stated, only few counselors are available in Kwara state. Only a slight number of them are involved or allocated to prison institutions even in Nigeria as a whole. Below is a summary of the above counselor responses to the 18 interview items.

#### ***An Overview of counselor/social worker responses on the interview items***

Virtually all the 10 counselors were mindful that incarceration, as a form of punishment, does not prime to long-term transformation and that inmates have to be helped through counseling to change their lifestyles of crime. Punishment is defined in a modern situation as the "pain, suffering, loss and confinement or other penalty that is inflicted on someone for an offence by the authority to which the offender is subjected". However, such definition does not satisfy the motive or tenets of punishment, thus, this exhibits the flaws in the definition of punishment in terms of excluding the cause and purpose. Hence, analyzing the function of punishment should unavoidably result back into the process of punishing a person whose punishments were rather based of instinct instead of motive (Zaibert, 2016). The punishment for crime committed by person, whose rights and security has been protected in the absence of the cooperation of corporate society, should be distinctly significant. In (item 1), most of the in-prison counseling occurs as a result of an inmate being referred although on few occasions offenders volunteer to undergo counseling for a reason best known to them but such self-referral is rare or unusual happen as most of them are recommended the care giver in the prison yards. In these next stage three items are combined (Item 2, 5 and 7), according to the ten interviewed counselors, all categories of prisoners need counseling and they can only be help because of the challenges that they are currently faced with in the prison yard.

Also followed by these two items (Item 4 and 6), offenders with highly personal and private problems receive treatment in form of individual counseling while those with common problems such employment skills training and career seeking skills receive therapy under the group counseling section so as to help them learn from other group members that have gone through and overcame or those that failed so as to examine why they failed on what went wrong in the process doing counseling session with other. On the next one is this (Item3), on counseling services do you offer the prisoners which majority prefer individual to group counseling session for the closeness and confidentiality among the inmates and the counselors. The next item is (Item 8), prisoners in Oke Kura prison have a wide range of problems that bring them to prison due to ineffectiveness of the prison staff and logistic in the prison services however, counseling has little positive effect and does not make inmates to change substantially but conditions of the room is not conducive for long session and many more is a challenge.

Responses to interview items	Question	Response
<b>1 What motivate you offer counseling services to prisoners?</b>		
Counselor A		As a social worker it is my duty to encourage them
Counselor B		It is my duty as a counselor no matter who they are
Counselor C		It is my joy when I see people been reoriented to live right
Counselor D		To help the inmates in understanding their problem, provide solution so their behaviour change
Counselor E		The task of counseling is entrusted on me as counselor
Counselor F		I feel no one should be condemned or abandon in life
Counselor G		Counseling prisoners is key to their rehabilitation
Counselor H		I can't but to help them because most of them lack it when they are outside and refuse to seek help
Counselor I		Prisoners suffer from stress and emotional disturbance
Counselor K		To help inmates how to handle problems
<b>2 When do you counsel inmates?</b>		
Counselor A		Whenever there is a call for counselling section with inmates
Counselor B		When there is a plan for any discharge of inmates
Counselor C		Sometime by appointment in few cases of inmates behaviour
Counselor D		When an inmate is down emotionally because of court ruling
Counselor E		During working hours from 8.00am to 5.00pm every day
Counselor F		when they are referred to undergo counseling due to any action
Counselor G		When the inmate is ready to be re-tried in any court of law
Counselor H		Whenever there is a referral for counseling for inmates
Counselor I		On weekend basis when they attend worship services
Counselor K		When inmate requested for, or upon inmate released
<b>3 What type of counseling services do you offer the prisoners?</b>		
Counselor A		Career Counseling, and Group Guidance sessions.
Counselor B		Individual Counseling, Group Guidance and life Orientation.
Counselor C		Career Counseling, Family Counseling and love Guidance.
Counselor D		Group Counseling and Group Guidance.
Counselor E		Individual Counseling, Group Counseling, on any challenge
Counselor F		Individual Counseling, Peer Support Group and Orientation.
Counselor G		Individual Counseling on life of crime
Counselor H		Individual Counseling for change of character
Counselor I		Individual and Group Guidance.
Counselor K		Family counseling and Society norms and believe
<b>4 Can you tell us categories of prisoners offer counsel to?</b>		
Counselor A		Any prisoner serving sentence but not condemned to die
Counselor B		Counseling is voluntary to any prisoners who is identified.
Counselor C		Prisoners referred who are willing to have counseling section.
Counselor D		All categories of inmates in the prison serving sentence.
Counselor E		All categories of inmates that indicate interest to participate.
Counselor F		Those who need a character adjustment and to follow rules
Counselor G		Any inmates who seek counseling section to get over issues
Counselor H		For all you desired to have a section on been talked with
Counselor I		Ordinarily for short sentence inmates and pre-released inmates
Counselor K		Everyone can love to be counsel can have a section
<b>5 How often do you counsel prisoners?</b>		
Counselor A		Depending on issues being shared by the inmates at a time
Counselor B		Individual counseling depending on the type of the problem
Counselor C		As many time as authority feel any inmates needs counseling
Counselor D		Twice a week if they are good behaviour prisoners.
Counselor E		Subjects to the problems faced by prisoners at a given time.
Counselor F		As often the need arises with any of the prisoners
Counselor G		Group Counseling up to 3 to 4 times a week.
Counselor H		It depends on availability of time and space to accommodate all
Counselor I		Minimum of 4 section with inmate in a month.
Counselor K		As many time as there is a need for counseling section.
<b>6 Where do you offer the counseling services to the prisoners?</b>		
Counselor A		In the welfare office most times
Counselor B		In worship centre (church and mosque) in the prison yard.
Counselor C		In my office at times
Counselor D		In the rehabilitation area during orientation session with them.
Counselor E		Outside the office at times when office is occupied by others.
Counselor F		Special room for individual counseling.
Counselor G		Wherever we can find little privacy with the prisoners

	Counselor H Counselor I Counselor K	It depends on the personality or sensitivity of issue on ground In the welfare room if it is available at that time Any available office at a given time
7	<b>What inspire you when counseling the prisoners?</b> Counselor A Counselor B Counselor C Counselor D Counselor E Counselor F Counselor G Counselor H Counselor I Counselor K	Whenever the inmate open up to be helped in a sincere manner When referred inmates voluntarily seek to be counsel. I am inspired by seeing prisoners adjusting after two meetings. When the environment is conducive for both parties. Referred inmate for counseling service is ready for the session. Sincerity of heart most time boost my moral in counseling time Punctuality and timeliness to every session is a plus Ability to affect the inmates most time inspires me even more When the inmates requested and subject to availability of time. Especially when they are to be released back into the society
8	<b>Mention problems encountered during counseling sessions.</b> Counselor A Counselor B Counselor C Counselor D Counselor E Counselor F Counselor G Counselor H Counselor I Counselor K	Conditions of the room is not conducive for long session. Adaptation problem among inmates in prison with recidivism Marriage, career and financial challenges of many inmates. Limitations of counseling due to the shortage of escort. Inmates being referred are not ready to have counsel session. Personal problems related to family and marriage issues Limited space or place of counseling the inmates Inmates who stubborn or naturally an insubordination person Complexity of counseling techniques and success. Cross-cultural and religious believe of inmates.
9	<b>State a problem encountered as a counselor in counseling the inmates</b> Counselor A Counselor B Counselor C Counselor D Counselor E Counselor F Counselor G Counselor H Counselor I Counselor K	Inmates have less privacy and often complaining about it. Counselors cannot do follow up sessions due to space and time I don't experience any problem at all. Inmates' behavior remains the same after some good session. No problem at in my own view because it is a requirement Lack enabling environment for a good counseling session Inmates had difficulties in understanding the techniques. Feedback of cases being referred to other mostly take long time Inmates hardly able to practice whatever they are told in prison. Short session with inmates because of population of inmates
10	<b>State the benefits that inmates derived from counseling</b> Counselor A Counselor B Counselor C Counselor D Counselor E Counselor F Counselor G Counselor H Counselor I Counselor K	They are being motivated and encouraged to change behaviour. Inmates change behaviour of negative to a positive reaction Inmates are able to plan and obtain satisfaction with counseling The inmates after counseling session have a passion to live. Inmates can think rationally and make a decision in live. They are relieved and relaxed after counseling session. Inmates can build their own live all over again after sessions. Inmates gain intellectual and emotional stability. Inmates able to determine the best option for their life. Inmates can solve their problems and concerns on their own.
11	<b>Do your counseling session reduced the tendency of crime?</b> Counselor A Counselor B Counselor C Counselor D Counselor E Counselor F Counselor G Counselor H Counselor I Counselor K	Through counseling some inmates has changed their life style. Most of them are well behaved even while in prison. Most inmates realize the importance of discipline. Inmates can think rationally and emotionally in life goals. Some had a better days even when are in prison. Yes it reduced fighting with other inmates. In some cases yes it does reduce level of crime. Inmates are able to create harmony in their cell block. Some times with the inmates you can see improvement. For individual counseling yes crime has been reduced.
12	<b>Have you been able to reintegrate an inmate back to society?</b> Counselor A Counselor B Counselor C Counselor D Counselor E Counselor F Counselor G	Through family counseling sessions. Yes upon release after serving their term Inmates are taught how to deal with the community issues Educates inmates to be independent and self-sufficient. Not really most of them has more years to spend Through motivation sessions their character was changed Non yet from my session

	Counselor G	Non yet from my session
	Counselor H	The involvement of various agencies during counseling time
	Counselor I	Not really
	Counselor K	Very soon some will be coming out of prison yard.
13	<b>Have you seen any ex-convicts been accepted back in a community</b>	
	Counselor A	Inmates welcomed by family especially parents and siblings.
	Counselor B	Inmate's family are supportive in business financing.
	Counselor C	Some of the are good employer of labour with their knowledge
	Counselor D	Some inmates own their own business in the state now
	Counselor E	Returned to their family and still live happily upon released.
	Counselor F	Through the career built skills gained while in the prison.
	Counselor G	Some inmates were able to secure job upon been released.
	Counselor H	The inmates get a job due to good behavior and working skills.
	Counselor I	No comment.
	Counselor K	Yes, some inmates had returned to work in the private sector.
14	<b>Do you have a counseling room designated for the purpose</b>	
	Counselor A	Not really
	Counselor B	Not at all, we use offices
	Counselor C	Not that I know off anyway
	Counselor D	No
	Counselor E	Not yet
	Counselor F	I doubt if there is anyone in all the prison here
	Counselor G	Not at all
	Counselor H	I don't think so
	Counselor I	No
	Counselor K	For where, we most times use welfare office
15	<b>Is the counseling room appropriate and confidential for the inmates?</b>	
	Counselor A	No.
	Counselor B	Yes, to some extent the door and window at times half closed
	Counselor C	No special room but it is conducive and safe.
	Counselor D	Just little convenient space and not big anyway.
	Counselor E	We can only manage what we have but not conducive
	Counselor F	That can be a mirage anyway for me
	Counselor G	Confidential anyway but not appropriate for counseling
	Counselor H	Confidential when there are no people around the room
	Counselor I	It can be confidential if the inmates is not the shouting type
	Counselor K	It does not conform to the tenacity of counseling services.
16	<b>What type of counseling most effective in your own view?</b>	
	Counselor A	Group counseling strengthen and enhance good relationships.
	Counselor B	Individual Counseling focuses on individual comprehensively.
	Counselor C	Listening to other can make their own goals achievable in life.
	Counselor D	Individual session with counselor privately is more effective.
	Counselor E	Individual Counseling is appropriate for in terms of safety.
	Counselor F	Most people don't like to share problem with many people.
	Counselor G	Group counseling is good but may not be effective in nature.
	Counselor H	Individual is more effective than group anytime.
	Counselor I	Group Counseling some inmates are willing to see others too
	Counselor K	Individual Counseling is very effective explore their issues.
17	<b>Any suggestion on how to improve counseling services in the prison</b>	
	Counselor A	Counseling should be on a regular basis by qualified counselors
	Counselor B	Build a counseling centre in the prison will make it effective.
	Counselor C	Good training in handling hard inmates will help counselors
	Counselor D	The availability of escort to smoothen the counseling sessions.
	Counselor E	Employing more qualified counselors into the job will help.
	Counselor F	Staffs should be exposed to more training in counseling.
	Counselor G	The requirement for monitoring the effectiveness is important.
	Counselor H	Prison Counselors should be exposed to more training.
	Counselor I	Providing a specific block for activities related to counseling.
	Counselor K	The requirement of Counseling Centre in the Prison is good.
18	<b>What would you like to see in the life of an inmate upon been released</b>	
	Counselor A	Commitment to a life free of criminal act
	Counselor B	To be hard working and face life in a manner that is good
	Counselor C	To do things that will not bring them back to prison yards
	Counselor D	I will like to them been productive in their various skills
	Counselor E	I will like some of them to be a motivational speakers in prison
	Counselor F	I will like to see reborn persons who hate crime and criminality
	Counselor G	A vibrant men and women who will rise up against criminality
	Counselor H	To see them making progress in all their legitimate work.
	Counselor I	To see them doing well outside the prison wall affecting lives
	Counselor K	To see good ambassador of the counseling department out there

Let us consider the next item on the list (Item 9), problem encountered as a counselor in counseling the inmates have less privacy and often complaining about it, Counselors cannot do follow up sessions due to space and time as a result there is not much reduction in crime rate and this contributes to high recidivism.

The next two items would also be interpreted together for similarity of purpose (Item 10 and 11), benefits that inmates derived from counseling and counseling session reduced the tendency of crime, through counseling some inmates has changed their life style, they are being motivated and encouraged to change behaviour, the main benefit to convicts is that counseling enables those to be heard but does not lead to real or effective re-integration but partially. In the next is the reintegration of inmates back to society (Item 12 and 13) been able to reintegrate an inmate back to society and any ex-convicts been accepted back in a community, through motivation sessions their character was changed, through motivation sessions their character was changed, returned to their family and still live happily upon released, the inmates get a job due to good behavior and working skills, yes, some inmates had returned to work in the private sector and inmates are not really accepted by the society as they carry a stigma all around them even with some family member.

The next the three items on the list (Item 14, 15 and 16), counseling room designated for the purpose counseling room appropriate and confidential for the inmates and is counseling most effective in your own view, some of the said they doubt if there is anyone in all the prison here or elsewhere, yes, to some extent the door and window at times half closed, confidential anyway but not appropriate for counseling, a group of the believe that group counseling strengthen and enhance good relationships and individual session with counselor privately is more effective, once a week, hourly therapy sessions were provided for approximately 30 inmates. Inmates were interviewed, assessed, and screened for individual treatment, and referred to other services within the institution, individual session with counselor privately is more effective, it shows that counselors need better counseling facilities as well as a counseling center and more training in counseling skills.

The last but not the least is the remaining two items (items 17 and 18), on how to improve counseling services in the prison and what would you like to see in the life of an inmate upon been released, Counseling should be on a regular basis by qualified counselors, build a counseling centre in the prison will make it, employing more qualified counselors into the job will help, to be hard working and face life in a manner that is good with seeing them making progress in all their legitimate work upon been release from prison either by completion of term or by been pardon.

Considered as an obstacle, the family or society reliably made expansive utilization of the open door for open presentation. Considered in the light of an infringement of the sovereign's will, the open door and motivating force for broad open presentation and dissatisfaction was completely improved. Since such intentions remaining solitary outfit an unsound premise of discipline and are simply subjective, it is found that their dubious direction has driven men forward and backward between the extremes of boorish physical torments and of disgraceful introduction in general society squares. In general, convicts preferred to receive therapy from hospital counselors

rather than from prison counselors since they are seeing at time too close they want an outsider who can treat them.

Above all, in-prison counseling needs to include some aspects of family counseling. The drive of retribution requested death or obliteration; countering requested a discipline "in kind"; pay required fulfillment related to the will of the injured party or as per an altered scale.

#### ***Need to provide counseling treatment programme for the inmates' re-entry***

Inmate treatment programs were designed to provide inmates with an environment of safety and support while teaching them more effective communication skills, healthier emotional self-expression, positive attitudinal change, and ultimately encouraging higher self-esteem. Characterological changes were seen in a few inmates who stuck with the program long-term. These goals were achieved through group, individual, and reentry services. The inmate programs provided a forum for serious, internal growth work, which created an opportunity for inmates to change their lives inside prison. Throughout the life of the program, there was enthusiastic participation from the inmate population and waiting lists for all treatment modalities. As the individuals changed, the group became a positive peer influence reinforcing a new set of values. Stress reduction resulted from the group process. Bottled up emotions cause tension and physical symptoms. In an emotionally deprived environment the opportunity to talk and share intimately with one another helped to reduce the isolation, alienation, and stress of prison life. Behavioral changes came about through increased communication, better self-awareness, positive attitudinal change, strong positive peer pressure, and reduced stress. The men became better equipped to function in the prison setting.

Their quality of life improved. Their interactions with the correctional staff, families, and peers improved. As their defensive structures changed, communication skills improved, and they did not have to rely on negative behavioral patterns. The Peer Group Counseling program focused on the concept of self-help as both an in-prison need, and as a meaningful vocational and educational training program. We received undergraduate university accreditation from Sonoma State University for inmate participants who were interested in gaining college credits. This group met two hours each week and received intensive group therapy as the experiential model for learning group leadership skills. Participants were trained and supervised by professional therapists.

Reentry counseling was available to those in the reentry group and to others who requested specific counseling with this focus. The assistance was practical in nature and identified referral needs including: halfway houses, drug treatment referral sources, vocational training, employment direction, and other appropriate referral sources. A reentry manual compiling all resources was provided, as well as professional assistance in how to use it to ensure identification of the resources and liaison contact in the community stakeholder. The program provided a coordinated and cooperative strategy among various reentry support organizations, both inside the institution and in the community. Since our findings suggest that much still needs to be done to improve the quality of reentry counseling in Oke Kura prison we have, after a long careful deliberation, thought, and reflect then proposed the following therapies that prison counselors and psychologists in Kwara state may wish to consider using when conducting individual or group counseling.

- To support inmates in changing dysfunctional attitudes, beliefs and values, and criminal behavior.
- To lower or eradicate drug usage within the prison institution.
- To decrease violent, acting out behaviors on desired behaviours.
- To improve their custody status and to lower stress among inmates and social workers.
- To increase inmates' facility in interactional communication skills and improve interpersonal relations and vocational skills.
- To provide a context in which psychological treatment is validated as an essential and highly prioritized institutional service.
- To provide the institution with professionally trained psychotherapists and counselor.

This study suggests that the weekly group psychotherapy experience has had its greatest impact on reducing individual stress in coping and adjusting to the prison environment, it is obvious that the improved functioning within the institution is a significant goal in itself, impacting both the individual and the prison community. We believe strongly that improved functioning counseling will enhanced quality of life inside the walls of prison with realistic and critical goals. Recidivism, although thought of as the most compelling measure of success, is often an impressive expectation and difficult and expensive to track. As the independent researcher concluded, "this work include a focus on improved individual effective and prison modification factors, rather than expectations of treatment impact on recidivism rates, cures to protracted obsession patterns and other issues.

#### ***Vocational training and employment prospects for the inmates upon been relieve***

Vocational training courses aims at acquiring skills such as appliance repair, welding, tailoring that are transferrable at workplace. Literacy developments courses are traditionally based classroom courses that centers around the improvement of reading and mathematical skills. Hence through prison education which entails the increase of cognitive skills on changes in the behaviour can reduce criminal activities and enhance participants to live a crime-free life by participating in prison education courses (Elder Michael, 2009). Evidence suggests that correctional facilities in prison education programs increase literacy.

There is an association between increased educational achievement and increased income, even among people with comparatively low cognitive skills; while an association exists between increased income and reduced crime rate. The reason behind this relationship is explained based on peoples' ability to choose between committing crime and pursuing employment in the labour market. The risk related to the commitment of crime are bigger when having job pays more than getting job is easier. Thus, choosing to commit crime is a lesser option to those who has more money with a legal job. Therefore, increase in the educational achievement of individual has a relationship with increase income, which in turns has a relationship with decreased level of crime.

The reasons given by many inmates for stealing or engaged crime is that they lack money to buy goods they need. Some major possible reason to explain lack of money is unemployment which, in turn, is caused by either lack of jobs

or lack of appropriate training and skills. Literature from previous related studies constantly mentions poverty as a correlate of crime particularly stealing. Part of the solution to this problem is to provide suitable in-prison vocational skills training that can empower inmates to either obtain gainful employment after release or go into self-employment (Elder Michael, 2009). Failure to do this might encourage criminals to relapse and re-offend either the same or other crimes thereby increasing the rate for recidivism.

Prison education has a long history of rehabilitating, correcting, re-orienting inmates in some ways. The elimination of the availability of prison education or not providing it to the incarcerated will increase crime in the society. There should be resources available for the creation, implementation, and maintenance of prison education programs. The inmate perspective is not well documented in this chapter since that was not the focus of the study

## **CONCLUSION**

The individual and group counseling are currently being offered to inmates in Oke Kura prison. However, the findings of the present study have established that the setbacks of counseling in Oke Kura prison investigated for the present study were partly due to the inability of the Prisons department to support the counseling section effectively. This might be attributed to budgetary constraints and needs to be addressed. Attention and priority should now be accorded to the family relationship. Awareness among the families of prisoners to accept back the ex-convicts is something that the prisoners hoped for, although this is hard and difficult for the family. Crime and imprisonment are labels that ex-convicts carry and render them to be discriminated by both the family and society at large. This discrimination negatively affects the ex-prisoners' quick and successful re-integration.

Hence family and community counseling are needed to change the mind-sets and stereotypes. Ex-prisoners are ordinary people who want to return and contribute to the family, community, and nation. They need moral support in order to re-integrate themselves in the family and community.

Peer guidance groups are also being implemented in Oke Kura prison and these permit inmates to be proactive in resolving their criminal behaviors whilst in prison. Peer guidance groups involve activities such as: ice breaking; a talk on decision making; problem solving; skills acquisition; social issues learning; leadership and assertiveness skills; and speaking skills. These peer and guidance groups are done once a year for selected inmates. Likewise, motivational talks from the Community Development and career talks from the various government and private agencies are also organized by the rehabilitation section. All these activities should be continued and if possible increased or expanded.

#### ***Recommendations for effective counseling session in the prison***

1. The government should increase the annual budget allocated to the Prison Department to enable them expand the prison facilities and build the Counseling Centre with fully equipped infrastructure. This in turn will help the counseling section to function well and more effectively. The Counseling Centre will make the prison work attractive to qualified counselors and this will reduce the shortage of professional counselors in the prisons.

2. Counselors and psychologists need to have deep understanding of the psychology of the criminal and be able to use a relevant and appropriate approaches for individual, group, and family counseling. They need updating workshops and further short or long courses to support them.
3. The counseling centre in the prisons needs to be equipped with conducive therapeutic counseling rooms to enable the counselors to have privacy with inmates. This will help inmates to open up and reveal their problems as they knew that confidentiality between them and their counselors is assured. Likewise the availability of many counseling rooms enabled counseling to be done more often and at any time.
4. Further treatment such as the after-care program is necessary to provide support and assistance to prisoners newly released from prison by an appropriate period of time. This may help to reduce the recidivism rate which is high right now. Follow up guidance and advice sessions will be needed for the vulnerable reintegrated prisoners at risk of relapsing. Ex-prisoners need these services as they are weak and not strong enough to face reality. Such advice and guidance assistance could help ex-convicts in their self-regulation and self-redirection efforts during reintegration.

An important part of this work is that there is a need to be conducted is to carefully evaluate the existing and ongoing re-integration schemes. The results of such a study would be very insightful and helpful in designing and implementing reintegration programs that are effective in reducing the recidivism rate in Kwara state. The two types of counselors that provide therapy to inmates in Oke Kura prison, the hospital counselor was most preferred by the prisoners than the prison counselor. The term hospital counselor refers to a psychiatrist or clinical psychologist working in a hospital while "prison counselor" implies an ordinary counselor or social worker or criminologist or sociologist attached to a prison. There is an expressed need to review these two types of counselors and determine which one would be more suitable and effective in providing appropriate therapeutic services to prisoners prior to release.

#### **Limitations of the study**

This study was informed by many limitations but we will discuss only three major ones here. As a case study, the results of the present study cannot show cause-and-effect relationships among the variables investigated. This is because the research was not experimental and we had no control group. In addition, the findings can also not be generalized to counselors working in other Oke Kura prison other than those who participated in the present study.

This is due to the fact that the sample was small and non-random. Furthermore, the present study lacks a quantitative component. This was needed to supplement or complement the results of the qualitative inquiry. A mixed-methods research approach was desirable to cross-validate the findings. Despite these limitations, the present study has practical significance and may be of value to both the state and Nigeria at large.

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