



Influence of Correctional Centre Environment on Coping Strategies of the Inmates in Lagos State Medium Centre

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Abstract

The study investigated the influence of correctional centre environment on coping strategies of the inmates in Lagos State maximum service. The survey method was employed to collect data from the sample participants using questionnaire and purposive sampling technique. A total of three hundred and ninety-nine (399) respondents were randomly selected as sample for this study but at the end of the exercise only two hundred and thirty-eight (238) questionnaires were retrieved for data analysis. Four hypotheses were tested using Chi-square, independent T-test. Hypothesis one revealed a significant influence of correctional service environment on coping strategies of the inmates $X^2(24) = 40.32, P > 0.05$. Therefore, the hypothesis was accepted. Hypothesis two results revealed that there is a difference in coping strategies on the inmates across age bracket; $F(3,618) = 7.046, P < .05$. The hypothesis was accepted. Hypothesis three results revealed that inmates that have stayed 5-8 years have a higher level of coping strategies compared with inmates with less years of stay. The hypothesis was accepted. The fourth hypothesis revealed that there is a significant gender difference of coping strategies on the inmates $t(236) = 3.39, P > 0.05$. The hypothesis was accepted. We concluded and recommended that the correctional environment affect inmates' life is largely negative as a result of the immense deprivations that come with incarceration in centers in Nigeria. The employment of more helping professionals such as Psychologists, Social workers to improve the social intervention services rendered to inmates.

Key Words: Influence, Correctional Centre Environment, Coping Strategies and Inmates

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I. Introduction

Correctional service is an institution designed to securely house people who have been convicted of crimes or are on awaiting trial. These individuals known as inmates are kept in continuous custody on a short or long-term basis. Usually, the more serious the offence, the longer the jail term imposed. Correctional service inmates are individuals who have been cut off from their local environment and kept in custody as a result of crimes committed and separated from the larger society. Whether or not inmates are on short- or long-term jail, rehabilitation and reformation is a necessity in the Nigerian Correctional sector (Adegboye, 2011). Treatment and rehabilitation of offenders were incorporated in the 20th century and has been one of the main crime control strategies utilized in the world, with the hopes of both incapacitating offenders and deterring current and future offenders. Unlike the past, Correctional Services are not seen as a last resort and a place where offenders are exposed to treatment. Rather, correctional services are now used for a variety of offenders, both serious and minor, where the goal is to deter future offenders, incapacitate current criminals, and, at times, exact revenge on those found guilty of crimes" (Garland, 2001).

Awake (2005) defined correctional service as a total institution or a place of residence and work, where a large number of like situated individuals are cut off from the wider society for an appreciable period of time together, lead and enforce formally administered round of life. This new environment is expected to provide the inmates with particular opportunities of rethinking, stock taking and repentance from old ways (Omorgiwa,

2014). Incarceration entails imprisonment or confinement as a deterrent without associating any privileges to it while rehabilitation of offenders may imply a more cooperative and remedial approach (Singh, 2008). Children found on the streets are usually arrested or taken to correctional service for rehabilitation, care and protection. The most recurring reasons for leaving home or abscondment are polygamy; parental death or parental psychological imbalance. Incidences of street life also start with child neglect, erroneous accusation of witchcraft or when the financial status of the child's guardians begins to take a downward trend.

Inmates in Nigerian Correctional Services live in terrible conditions. In fact, despite the fact that torture, cruel and inhuman or degrading treatment/punishment are violations of human rights and are condemned by the international community as offence to human dignity, they have continued to serve as major characteristics of the Nigerian Correctional Services. Onagoruwa (2001) supported this assertion when he opined that Nigerian prisons are glorified animal cages and that people sent there get a foretaste of hell as it were. According to him, the overall picture of Nigerian prison and the inmates is one of unredeemed gloom, hopelessness and a repulsive cauldron of human squalor and degradation.

Commenting specifically on the problems of Nigerian prisons and the inmates incarcerated in them, scholars (Picken, 2012) have identified overcrowding, poor sanitation (inadequate toilet facilities, toiletries and water supply), inadequate finance, food, medicines, denial of contact with families and friends, loss of freedom, fear of not knowing what will become of their loved ones', fear of survival, stigma of being labelled ex-convicts, excess noise, isolation, sexual intimidation, inadequate facilities, dilapidated infrastructure, dearth of materials for training inmates in various trades, lack of manpower as well as over regimented life to the extent that there is strict control in virtually all activities of the inmates as some of the problems of correctional services and its inmates.

The survival of inmates of Nigerian correctional services under these dehumanizing and degrading conditions greatly depend on their abilities to cope with the challenges of life in incarceration. Ability to cope or coping strategy means the same thing in this paper. They are used interchangeably with adjustment of the inmates which is behavioural adaptation to a particular environment or set of circumstances (Colman, 2003). They also refer to the efforts made to master, reduce or tolerate the demands created by stress (Weiten, Dunn & Hammer, 2011). Effective coping strategy helps to moderate the stress which the individual experiences and thus, enhance the chances of one's survival from the challenges of incarceration. The Correctional services, have five categories of children; those with criminal cases, those beyond parental control, those for care and protection, those who were rescued by good-spirited individuals and those who were arrested by the government's taskforce. Children with criminal cases were caught engaging in criminal acts and because they are minors, after charging them to a court.

Effective rehabilitation programmes in correctional services could assist inmates acquire suitable skills, promote prospect development as well as attitudinal and behavioural changes. Hence, prison rehabilitation programmes are considered helpful provisions offered to inmates to ensure and promote their physical, mental-health, psychological, social, vocational and economic potentials (Federal Government of Nigeria, 1989; Nigeria Prison Services, 2009; Asokhia&Agbonluae, 2013). For any meaningful rehabilitation to take place in a prison, the rehabilitation services must first be based upon adequate provisions, which should be accessible to the inmates (Igbo, 2007). There are a number of correctional services rehabilitation programmes for inmates which provide specific skills crucial for preparing inmates for better living on release from the prison; while the main objectives of the correctional service, which is the formation and rehabilitation of inmates can be actualized through programmes such as: social case and group work/intervention, recreational activities, educational programmes and skills acquisition programmes (Nigeria Prison Service, 1989).

Coping can be conceptualized as the individual's response to stressful or traumatic events. Carver and Connor-Smith (2010) define coping as efforts to prevent or diminish threat, harm, and loss or to reduce associated distress. Coping can be classified as being either problem focused or emotion-focused in nature (Lazarus, 1984). Problem focused coping involves activities that focus on directly changing elements of the stressful situation or conflict. Emotion-focused coping involves activities that focus more on modifying one's internal reactions or activities that seek to regulate internal emotions and may include cognitive distraction, seeking emotional support, emotional expression and cognitive restricting (Thabet&Vostanis, 2017). Other researchers used the terms "engagement" or "active" coping styles to describe problem focus coping while terminologies such as "disengagement" or "avoidant/passive" coping styles have been used to describe emotional focus coping (Ebata & Moos, 1994). Different individuals however, respond differently and utilize different coping strategies to a particular traumatic event (Barlow, 1998). Given the increasing local and global need for reintegration processes to revitalize inmates, this study therefore seeks to find out, influence of correctional services environment on coping strategies of the inmates in Lagos State Maximum Service.

Statement of the Problem

The major objective of the correctional centre is reformation and rehabilitation as opined by Akpe (2004) who stated the key element in correctional centre is to ensure that inmates are reformed and recovered

from a life of crime. In support of this, Daramola (2004) opined that correctional services were established to exploit devices and programs such as Adult and Remedial education for inmates, skills and vocational training, religious instructions, recreational and attitude change towards the achievement of reformation and rehabilitation of inmates to facilitate their social integration into the society after jail.

Unfortunately, there is an apparent lack of research reports in Nigeria which have uncovered how inmates of Nigerian Correctional centre cope with the stress of incarceration. This type of knowledge is needed by counseling psychologists, prison staff and other psychological care givers as a pre-requisite to rendering effective psychological assistance to prison inmates. The attendant psychological and social problems experienced when inmates are remanded are of great concern to government and other stakeholders. It is sad that a good number of inmates who are supposed to be potential leaders are being remanded in correctional services when they should be in schools or learning useful life skills. Also, these inmates encounter serious hardships ranging from verbal harassment to hunger, lack of privacy, separation from parents and loved ones and general poor medical care. Adopting effective coping strategy by inmates of correctional centre is key to survival. This assertion makes more meaning when one recalls that the psychological impact of arrest; trial, incarceration and life in correctional centre are too stressful that one requires effective coping strategy to survive (Alao, 2009).

These inmates are consequently left in a state of physical and psychological trauma. The emotional, mental, social and psychological distresses caused by these influence the cognitive impression of these inmates, which could possibly lead to serious health problems (Ditto, 1999). Loner (1999) posits those inmates living outside their homes face difficulties such as depression, low self-esteem, feelings of shame and embarrassment, anxiety, under-achievement, low motivation, and low energy. The atmosphere inside these institutions is hostile and unsavoury for a serious regime of character reformation and such constitute potential perils to the peace and security of society. The adolescents are traumatized to the extent that they suffer a life-long stigma on being released which is compounded by societal attitude towards them resulting in recidivism. According to Moneke (2008), there is no gainsaying the fact that all our correctional services, prisons and police cells are lacking in the ingredients that are conducive for the education, reformation and general welfare of inmates. It is to this end the study sought to understand the influence of correctional services environment on coping strategies of the inmates in Lagos State Maximum Service.

Objectives of the Study

The main purpose of this study is to examine the influence of correctional services environment on coping strategies of the inmates in Lagos State objectives Medium Service. This general aim is expressed in the following specific which are:

- i. To examine the influence of correctional service environment on coping strategies of the inmates in Lagos State Medium Service.
- ii. To determine age difference in coping strategies of the inmates in Lagos State Medium Service.

Research Questions

The following research question guided the study:

- i. What is the influence of correctional service environment on coping strategies of the inmates in Lagos State Medium Service?
- ii. Will there be age difference in coping strategies of the inmates in Lagos State Medium Service?

II. Methods

Design

The research design used in the study was survey design. The survey research method is the study of the characteristics of a sample through questioning that enables a researcher to make generalizations concerning his population of interest. In other words, this research work adopted the survey method which uses questionnaires to capture the case study and seek opinions from its targeted population, so that one can draw conclusions and formulate policies on the subject matter. This design was considered most appropriate for this study because the sample are already incarcerated and somehow coping with the challenge of incarceration although one does not know how they cope with the situation.

Participants of the Study

The study participants covered some selected inmates in Lagos State Medium Centre. The research setting for this study include Ikoyi Correctional Centre and the demographic data are as follows: The male participants were 196 (82.4%), while the remaining 42 (17.6%) were female participants. This implies that the

research used all the gender. Also, from the table above, the number of people that falls between 18-30 years is 119 participants representing 50%, the number that falls between 31 – 43years is 89 participants representing 37.4%, 27 participants representing 11.3% choose the options 44 - 52years while 3 participants were 53years and above represented by 1.3%.

Sample Size/ Sampling Technique

The researcher for the purpose of the study adopted the “Bourley’s formula” to determine the sample size. This formula was selected on the basis that the population size could be reasonably estimated (Singleton, 2014).

The formula is given as:
$$n = \frac{N}{1+Ne^2}$$

Where n = sample size

N = Estimated population

E = error margin (which for this study is 5%)

1 = constant

Thus, applying the formula, the sample determined size was:

$$n = \frac{12000}{1 + 12000(0.05)^2}$$

$$n = \frac{12000}{1 + 12000(0.0025)^2}$$

$$n = \frac{12000}{1 + 12000(0.0025)}$$

$$n = \frac{12000}{1 + 30}$$

$$n = \frac{12000}{31}$$

$$n = 399$$

The sample size to be used for the purpose of this study is 399.

A sample is a portion of the population which is studied with a view to generalizing the findings from it to the entire population. A sample is a portion of the population which is studied with a view to generalizing the findings from it to the entire population. The study made use of purposive sampling technique because it intended to get all the inmates. Also, a purposive sampling technique were used to select respondents for the in-depths interviews, the study made use of purposive sampling technique because the research is directed to inmates only, any element outside that were not considered. More so, the in-depth interview is to capture the history and coping strategies of inmates. After purposefully selecting and interviewing the initial subject, the researcher used the snowball sampling procedure to ask for assistance from the respondent to help identify people with a similar trait of interest. The stratified random sampling technique was considered most appropriate for composing the sample because there were different categories of incarcerated inmates in the prison. This sampling technique ensured that all the categories were included in the study.

Instrument

The study made use of structured questionnaire adapted by the researchers. The instrument used for data collection was “Coping Strategies of the Inmates Questionnaire (ICCECSIQ)”. The questionnaire was divided into two parts. Part ‘A’ contained items on the bio data of the Part ‘B’, contained questions or items on two instruments, which were used in this study, namely: Coping Assessment Scale (CAS) and Psychological Wellbeing Scale (PWB-S). The Coping Assessment Scale (CAS) (Moos & Billings, 1982) is a 28-item inventory and measures three dimensions of coping-Appraisal focused-coping (items 1-4); Problem focused-coping (items 5-16); and Emotion focused-coping (items 17-28). The CAS is a Likert-type questionnaire that requires respondents to indicate the extent to which they agree or disagree with statements people often use to describe how they cope with things.

To ensure the validity of the instrument, content validity method of obtaining estimate of validity which requires the adoption of experts was employed. The validation of the instrument was done by submitting the items to the supervisor and colleagues to ensure face and content validity which the researcher effected the corrections to obtain a final draft of the instrument. Administering the instrument to the respondents was followed.

Procedure

The administration of the questionnaire took place at Ikoyi Correctional Centre in Lagos State, where the participants were purposively drawn from the partners who come around for visitation. Permission was sought from the comptroller of correctional centre by the researchers before the administration of the

questionnaires. Also, verbal consent of prospective participants was sought after brief explanation of the research. Those who consented were given the questionnaire with assurance of anonymity and confidentiality of responses. Participants were also informed that they were not under any obligation to participate and that they had the right to withdraw at any point they felt inclined to discontinue with the exercise. It was impressed on the participants that there were no right or wrong answers but that they were encouraged to be honest in their responses. The data used in this study was from a total of three hundred and ninety-nine (399) respondents were randomly selected as sample for this study but at the end of the exercise only two hundred and thirty-eight (238) questionnaires were retrieved for data analysis. The results of the analysis are presented in tables for the purpose of interpreting them and to review the major finding in conformity with the null hypotheses earlier generated.

Statistical Technique Used

The statistical tool in which the study that was used to process the data was obtained in the field exercise was a Statistical Package for Social Sciences (SPSS) computer software. The demographic data collected from the respondents were analyzed using descriptive statistics such as simple percentage and frequency counts while the stated research hypothesis 1 was tested using Chi-square statistical tool, hypotheses 2 was tested using mean and standard deviation and independent T-test statistical tool at 0.05 level of significance.

III. Results

Demographic Data

This section presents the participants' demographic data with the use of frequencies and percentages:

Table 1: Frequency and Percentages of the Characteristics of Participants

Demographic Variables		Frequency	Percentages (%)
Gender	Male	196	82.4
	Female	42	17.6
	Total	238	100%
Age	18 – 30years	119	50
	31 – 43years	89	37.4
	44 – 52years	27	11.3
	53years & above	3	1.3
	Total	238	100%
Status in the Correctional Centre	Awaiting Trial Inmate	78	32.7
	Convicted Inmate	142	59.7
	Condemned Inmate	18	7.6
Total	238	100%	
Marital Status	Married	34	14.3
	Intact	21	8.8
	Divorced	59	24.8
	Separated	124	52.1
	Total	238	100%

Tables 1 reveals that the male participants were 196 (82.4%), while the remaining 42 (17.6%) were female participants. This implies that the research used all the gender. Also, from the table above, the number of people that falls between 18-30 years is 119 participants representing 50%, the number that falls between 31 – 43years is 89 participants representing 37.4%, 27 participants representing 11.3% choose the options 44 - 52years while 3 participants were 53years and above represented by 1.3%. It can be inferred from this analysis that majority of the participants are in their early 20s. Also, the table above reveals that 78 (32.7%) of the participants waiting trial; 142 (59.7%) of the participants were convicted inmate while the remaining 18 (7.6%) were condemned inmates. More so, the table above shows that 57 (23.9%) of the participants' have spent 0-4years in the correctional centre, 139 (58.5%) of the participants have stayed in the correctional centre for 5-8years while 42 (17.6%) of the participants have stayed in the correctional centre for 9years and above.

Test of Hypotheses

Hypothesis One: There will be significant influence of correctional service environment on coping strategies of the inmates in Lagos State Maximum Service.

Table 2: Summary of Chi-square (X^2) analysis showing influence of correctional service environment on coping strategies of the inmates.

Source of Variation	SD	N	Df	X^2 -cal	X^2 -crit	Decision (0.05)
Correctional Service Environment	19.11	5.01	238			
				40.32	36.42	Reject H_0
Coping Strategies	22.09	5.87	238			

$P > 0.05$, X^2 -calculated = 40.32

The table 2 shows the result of the test of significant influence of correctional service environment on coping strategies of the inmates. The calculated value is 40.32 while the critical value is 36.42 at 0.05 level of significance given 24 degree of freedom. Decision rule states that the alternative hypothesis is accepted if the calculated value is greater than the critical value vice versa. The stated null hypothesis is accepted because the critical value (36.42) is lesser than the calculated value (40.32). Therefore, the alternative hypothesis of “there is a significant influence of correctional service environment on coping strategies of the inmates in Lagos State Medium Service” was accepted.

Hypothesis Two: There will be a significant age difference of coping strategies on the inmates in Lagos State Medium Service.

Table 3: Means and Standard Deviations of the Difference in coping strategies on the inmates in Lagos State Medium Service According to Age

Age	N	Mean	Standard Dev.
18 – 30years	119	126.74	29.646
31 - 43 years	89	107.61	21.092
44 – 52years	27	40.211	12.033
53years & above	3	7.862	4.62
Total	238	175.37	48.536

Table 3 present the mean and standard deviation scores of the difference in coping strategies on the inmates across age bracket. The results revealed that inmates between 18-30 years (M= 126.74; SD= 29.646); 31-43 years (M= 107.61; SD= 21.092); 44-52 years (M= 40.211; SD= 12.033) and 53years & above (M= 7.862; SD= 4.62). Thus, implies that those within 18-30 years have a higher level of coping strategies.

Table 4: Summary of ANOVA Results of the Difference in coping strategies on the inmates in Lagos State Medium Service According to Age

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	251480.68	97	125740.34		
Within Groups	287535.614	141	143767.807	7.046	.005
Total	539016.294	238			

Sig. Level @ 0.05

Table 4 shows the further analysis of the difference in coping strategies on the inmates across age bracket where the results revealed a statistically significant $F(3,618) = 7.046$, $P < .05$ difference in coping strategies on the inmates. In other words, the hypothesis was confirmed in this study. This implies that coping strategies relatively differs among inmates across age brackets.

IV. Discussion of Findings

This study examined the influence of correctional service environment on coping strategies of the inmates in Lagos State medium service. Two hypotheses and four research questions were formulated to guide in the study. The survey research method was used to conduct the study. The following are the discussion of the findings based on the research hypotheses formulated for the study:

Hypothesis one states that there will be significant influence of correctional service environment on coping strategies of the inmates in Lagos State Medium Service. This study found that there is a significant influence of correctional centre environment on coping strategies. This may be due to overcrowding and the

nature of the correctional environment, the rehabilitation potential of inmates was compromised. The inmates indicated that because of overcrowding, they didn't have access to rehabilitation programmes regardless of the fact that they had been informed on arrival at the facility that such programmes were available to all inmates. For example, the centre has only one educator and she can only assist a limited number of students per year, leaving the other inmates to fend for themselves. The issue of a lack of nutritious meals was also raised. It was stated that the catering company provided unhealthy, fat induced meals that lacked nutrients and fibre. The food also often ran out when large numbers of inmates had to be fed, leaving some inmates with no choice but to eat only dry bread and to drink tea. This finding suggests that there is lack of communication between the centre administration and the catering company, as the latter may prepare food for a pre-allocated number of inmates, whereas more than that number may habitually be accommodated in certain blocks. This is a serious omission as it impinges on the basic human rights of inmates. The participants were aware of their rights but were unable to do anything about it. Inmates are locked in their cells for long periods and there are few opportunities for structured activities, and thus boredom takes over. Supporting the finding of this study, survey was conducted by Guerrero (2012), "sharing cells generate [sic] anxiety in inmates, and has more negative than positive effects and it increases [a high] level of conflict". Guerrero thus suggests that sharing a cell generates anxiety amongst inmates and that loneliness and a lack of intimacy during imprisonment create anxiety which, in turn, creates aggressiveness and non-consensual sex.

Mental illness is often both a cause and a consequence of imprisonment: the rates of self-harm and suicide are often greater among female than male prisoners and both are higher than in the outside community Durosaro (2002). Van Voorhis, Wright, Salisbury, & Bauman (2010) in their research results indicated that victimized women, those who reported substance abuse and mental health problems, and those with problematic intimate relationships adapted poorly to the prison environment. That is, women who had been abused; who were depressed, anxious, or angry; who suffered from psychosis or abused substances; or who were engaged in criminal and unsupportive romantic relationships were more likely to incur serious misconduct violations within their first year of incarceration than women who did not display such characteristics.

Hypothesis two states that there will be significant age difference of coping strategies on the inmates in Lagos State Medium Service. This result seems to be attributed to the fact that having spent a long time in incarceration, those who have spent more than five years have accepted their fate and have also learnt how to survive in incarceration. This enhance their ability to cope better than their colleagues who by virtue of their shorter period of stay in incarceration have not been able to accept their fate nor learnt how to survive in incarceration hence they fared poorer in coping with the challenges of incarceration. The result may also be attributed to stock-on-syndrome by those who have spent more than five years in incarceration. This finding is in line with Ireland, Boustead and Ireland (2005) found that in both young and juvenile offenders, emotion-focused coping predicted increased psychological distress and was consistent across different symptoms. For younger offenders, problem-focused coping predicted a decrease in overall psychological distress and well-being and was found across all symptoms. Similarly, Holmbeck (2011) found that caregivers who use emotion-focused coping strategy have higher levels of depression than those who use problem-focused coping.

In the present study, coping strategies (emotion-focused coping and problem-focused coping) independently did not predict psychological wellbeing. This is contrary to the findings of Badaet *al.* (2013), which reported that coping strategies had influence on the psychological wellbeing of female partners of prisoners, particularly the problem-solving strategy, because the spouses' conditions were put into perspective and proper context. The concern of the spouses was like "now that my husband/partner is incarcerated for a particular period of time, how do I cope with possible outcomes of this for myself and the rest of the family members left behind". With that disposition, they were probably able to adjust better to the reality of missing the "breadwinner" for a period of time. Whenever the correct coping mechanism is used, it will help in restoring balance in their lives. Coping strategies, especially problem-focused coping, will help the female partners of inmates to confront the reality. However, as against the position of several reviewed literature (Okwendi, Nwankoala, & Ushi, 2014). The study found that the problem of overcrowding isn't very pronounced in the visited correctional homes. Though the study found that there is the problem of inappropriate classification of inmates as the convicted women are made to share rooms with those awaiting trials which may have dire consequences on their access to facilities and services (Obioha, 2011).

Meanwhile, the findings of this study agree with scholars that identified poor services and facilities as a recurrent problem of Nigeria Correctional Centre (Otu, Otu, & Eteng, 2013). This study is equally in opposition to the assertions of some scholars that female inmates in Nigeria's correctional facilities suffer from sexual harassment and abuse (Durosaro, 2002).

V. Conclusion

This study utilized qualitative methods to examine and evaluate the experiences, correctional service perception, coping strategies and adjustment patterns of inmates in correctional services. The analyses from this

study showed that the perception of the inmates towards their correctional life is largely negative as a result of the immense deprivations that comes with incarceration in Nigeria. As a result of the inadequacies and deprivations of Nigeria correctional services environment, various strategies used to adjust to correctional centre life by the inmates include; self-withdrawal, indulgence and some level of social reclusion(asceticism); forging cordial relationships with fellow inmates and staff; and participating very actively in the religious programmes within the correctional services environment. The use of these strategies is very significant to the inmates in view of the harsh realities of correctional services environment life. Meanwhile, specific variables that determines adjustability of the inmates to correctional services environment life include; age, level of religious commitment, years of incarceration, prison history, and pre-prison experience like socioeconomic, marital (especially those with children) and educational status. Specific attributes of the inmates that show their effective adjustment to correctional centers life include adhering to rules and regulations guiding prison inmates, commitment to practicing pre-correctional services environment job-related skills, and increasing commitment to educational programmes within the correctional services environment. Inmates experience certain difficulties, such as the one that result from being disconnected from families and relatives while in correctional services environment, the level of these difficulties and how they adjust to them somewhat varies.

VI. Recommendations

In view of the finding of this study, the following recommendations are here by presented:

- i. The infrastructures in the correctional centres should be made homely and adequate for the corrective measures to be really achieved in order to serve the purposes they are put in place in the first place.
- ii. Youths in correctional centres should be given avenues to express themselves in sporting activities, academic competitions and social engagement. That way they will be able to relax and therefore have less need to exhibit depressive or aggressive tendencies.
- iii. Lack of funds remains a problem with the Nigerian Correctional Service. It is imperative that ample funds are injected into the correctional institutions as respondents complained of insufficient funds to cater for rehabilitation programmes and other facilities, such as bed spacing for inmates. There is a need for government to map out a strategy by regularly visiting correctional institutions; this will ensure probing into the rehabilitation strategies, practices, social setting and the general condition of correctional centres across the country. This could help in bringing out the best from various prison commands and from Nigeria as a whole.
- iv. Religious activities should be promoted in correctional centres since it helps incarcerated inmates to cope with their challenges.
- v. Relevant vocational and educational programmes should be provided in correctional centres to keep the inmates busy and also prepare them for meaningful employment when they are released.
- vi. Counseling Psychologists and other psychological care givers should be employed in prison service not only to assist incarcerated inmates to learn and apply appropriate strategies for coping with their challenges but also to assist in the achievement of prison reformatory goal.

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