

**INFLUENCE OF KENYA PRISON REHABILITATION PROGRAMME ON
REFORMATION OF RAPE OFFENDERS: A CASE OF KAMITI MAXIMUM
PRISON, NAIROBI KENYA**

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**A Thesis Submitted to the Graduate School in Partial Fulfilment for the Requirements
of the Master of Science Degree in Community Studies and Extension of Egerton
University**

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DECLARATION AND RECOMMENDATION

Declaration

This thesis is my original work and has not been submitted either in the same or in different form to this or to any other University or Institution for a degree or diploma.

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Recommendation

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DEDICATION

This thesis is dedicated to my son, Victor, who has continually inspired me as this work was going on and to all who are fighting against rape among the vulnerable persons. Also to my family members for their constant love, encouragement and care which has been my pillar.

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ABSTRACT

Kenya prison rehabilitation programme is a programme that is used in reforming offenders in prison. The programme consists of designed training activities. Some of these activities include vocational trainings which are mandatory like carpentry, masonry while others are optional like sports, hobbies and motivational activities carried out to reform offenders. The offenders are taken through the activities by prison wardens and counsellors who supervise and record their progress irrespective of the crime one has committed. Despite all the rehabilitation activities, the number of rape recidivists in Kenyan prisons had increased from 12% in 1983 to 25% in 2005. Cases of rape also continue to increase and hardly a day passes without a woman or girl being raped. The purpose of this study was to investigate the influence of Kenya prison rehabilitation programme on the reformation of rape offenders at Kamiti maximum prison in Nairobi County. The study adopted a descriptive research design. It targeted a sample of 145 respondents who were purposively selected from a total population of 299 rape offenders. Ten prison wardens and four counsellors were conveniently selected from the prison for the study. Data was collected through administration of questionnaires to the selected respondents. The collected data was processed and analysed using frequencies, percentages and chi-square tests at 0.05 significance level, with the aid of Statistical Package for Social Science (SPSS) version 17.0 for windows. The study findings indicated that 31% of rape offenders were above 36 years of age with the youngest being 21 years old. 95.2% of the respondents participated in mandatory activities on a daily basis and 66.2% rated these activities as either very good or excellent. Although optional, participation in motivational activities was also high with majority (78.6%) of the offenders rating these activities as either very good or excellent. The chi-square test indicated significant associations between ratings of both mandatory (Cramer's $V= 0.414$, $p=0.003$) and optional activities (such as self-esteem at Cramer's $V= 0.417$, $p=0.00$) and new skills/knowledge learnt. The study also found that the attitude of rape offenders towards the crime of rape significantly changed as they were going through the rehabilitation programme. Majority of rape offenders (72.4%) perceived the rehabilitation programme as being beneficial to them. 57% of prison wardens and counsellors reported that the rehabilitation programme could be useful in reducing rape recidivism rate. The study concluded that offenders acquired new skills and changed their attitude towards the crime committed. Therefore there is need to provide enough tools and machines; and employ more prison wardens and counsellors.

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LIST OF ACRONYMS AND ABBREVIATIONS

ANPPC	African Network for the Prevention Against Child Abuse and Neglect
CAP	Chapter
CBO	Community Based Organization
CID	Criminal Investigation Department
CRO	Criminal Registration Officer
DB	Discharge Board
FBO	Faith Based Organization
KPS	Kenya Police Service
KPRP	Kenya Prison Rehabilitation Programme
SPSS	Statistical Package Social Science
PRO	Public Relation Office

CHAPTER ONE

INTRODUCTION

1.1 Background information

The Kenya Prison Rehabilitation Programme (KPRP) is a programme that is used in Kenya prisons to reform and rehabilitate all offenders including rape offenders (Dissel, 2001). Prison rehabilitation programmes are universally accepted for reforming offenders before they are released back to the society (Maori, 2008). The name given to a programme depends on the goal it is meant to achieve and the strategy used. In different countries, programmes also vary in the way they are administered, the techniques used for different crimes, the nature of crime, type of offence and the institution in question (Ministry of Justice, 2003).

The first rehabilitation programme was introduced in 1604 by Pope Clement XI in Rome to correct and reform religious offenders (Kenya Prison Service, 2002). Starting from that time different countries introduced rehabilitation programmes in prisons to rehabilitate and reform offenders (Mushanga, 2011). Unlike before where incarceration was used for punishment and deterring, the prisons now focus on rehabilitation to reform the character of the offender and prevent recidivism.

Countries vary in the type of rehabilitation programme they use. Some have special programmes geared towards rehabilitating particular criminals and others have a general programme for all criminals. Examples of such countries which use special programmes for particular crimes include New Zealand, Australia and Britain where the rate of recidivism has remained low. The convicted offenders are taken through planned and scheduled activities which are facilitated by prison wardens and counsellors who are professionals in those activities (Ross & Ewles, 2001). The activities are designed to provide skills which may contain new technologies used in agriculture, carpentry and masonry.

In Kenya, the prison uses a common rehabilitation programme for all offenders irrespective of the crime committed. The general programme used focuses on reforming different types of offenders by equipping them with skills and technologies for self-reliance and income generation after leaving the prison (Kachuk, 2001). The Kenya prison rehabilitation programme was further improved in 2002 through new prison reforms which enabled the institution to have open door policy (Kenya Prison Service, 2007).

Rape, which is a criminal offence in Kenya, continues to rise. The rampant nature of this crime has resulted into a situation where a woman is raped after every three minutes (Ongwae, 2006). The following table shows reported rape cases in police stations in Nairobi County compared to the other crimes, such as murder that are also recorded.

Table 1

Reported rape cases in police stations in Nairobi County

Year	Rape	Other crimes
2005	963	1,493
2006	1,291	1,070
2007	1,395	1,005
2008	2,100	982
2009	2,800	742
2010	3,000	630

Sources: Kenya Nairobi Rape Statistics (2011)

According to the records from the police stations, rape cases are on the increase compared to the other crimes. According to Maori (2008), sex offending can be a compulsive behaviour that persists over decades of an offender's life. In terms of impact, sex offenders tend to be particularly harmful and damaging to the victims. In some cases the victim gets serious physical and psychological effects that may last a life time (Mapesa, 2004).

The convicted rape offender in Kenya is imprisoned from five years up to life imprisonment, depending on the intensity of the crime (Republic of Kenya, 2006). The intensity of the crime depends on the age of the victim who has been violated. If a rapist rapes a young child under 18 years old or an aged woman, the sentence given is more severe compared to the one who rapes a mature woman. The convicts are expected to go through the prison rehabilitation programme to be reformed but rape cases committed by both recidivists and new convicts are on the increase in various parts in Kenya. Where criminals are reformed the numbers of recidivists in the prison is expected to be low.

In Kenya, the high risk criminals like rapists are normally jailed in the maximum security prisons which have very high tight security throughout. Within these prisons the offenders are rehabilitated using the Kenya prison rehabilitation programme. In Nairobi County the rape offenders are jailed at Kamiti maximum prison which is the only maximum security prison within. The prison is located in Kahawa West which is 21 kilometres from the city centre. It was built by the colonial government to hold a capacity of 1,400 inmates but currently it accommodates a population of more than 3,000 male inmates. This study determined the influence of the Kenya prison rehabilitation programme on reforming rape offenders at Kamiti maximum prison in Nairobi County.

1.2 Statement of the problem

Kenya Prisons Service was started in 1908 by the colonial government to punish offenders through imprisonment, thereby maintaining law and order in the country. This mandate has been expanded to include reforming the offenders using Kenya prison rehabilitation programme which is designed, organised, planned and scheduled. The main aim of the programme is to reform the offenders by providing skills through training and new technologies in carpentry and masonry for income generating projects which they can use once they are released back to the society. The Kenya prison rehabilitation programme is designed for all offenders regardless of the type of crime committed. Therefore the rape offender goes through the same programme as any other convicted criminal. Despite the effort to reform rape offenders, the rate of rape offenders' recidivism increased to 25 % in 2005 as compared to 12% in 1983. Rape cases in the country have also continued to increase at an alarming rate with the mass media like the Daily Nation and the Standard Newspapers frequently reporting this crime. It was therefore necessary for this study to investigate the influence of Kenya prison rehabilitation programme on rehabilitating rape offenders at Kamiti maximum prison which is a high security prison that holds male criminals.

1.3 Purpose of the study

This study sought to investigate the influence of Kenya prison rehabilitation programme on reformation of rape offenders at Kamiti maximum prison in Nairobi County.

1.4 Research objectives

The study aimed at achieving the following specific objectives:

- i) To find out the measures taken to rehabilitate rape offenders at Kamiti maximum prison
- ii) To determine the influence of participating in the Kenya prison rehabilitation programme on skills acquired by rape offenders at Kamiti maximum prison
- iii) To determine the influence of participating in the Kenya prison rehabilitation programme on change in attitude of rape offenders towards the act of rape at Kamiti maximum prison
- iv) To determine the perception of rape offenders on the effectiveness of the prison rehabilitation programme in reforming them at Kamiti maximum prison
- v) To determine the perception of prison wardens and counsellors on the usefulness of Kenya prison rehabilitation programme in reducing rape offenders' recidivism
- vi) To establish the challenges encountered by the counsellors and wardens as they use Kenya prison rehabilitating programme in reforming rape at Kamiti maximum prison.

1.5 Research questions

The study addressed the following research questions:

- i. What are the measures taken to rehabilitate rape offenders at Kamiti maximum prison?
- ii. What is the influence of participating in the Kenya prison rehabilitation programme on skills acquired at Kamiti maximum prison?
- iii. What is the influence of participating in the Kenya prison rehabilitation programme on change in attitude of rape offenders towards the act of rape at Kamiti maximum prison?
- iv. What is the perception of rape offenders on the effectiveness of the Kenya prison rehabilitation programme at Kamiti maximum prison?
- v. What is the perception of prison wardens and counsellors on the usefulness of Kenya prison rehabilitation programme in reducing rape offenders' recidivism at Kamiti maximum prison?
- vi. What are the challenges experienced by the prison wardens and counsellors as they use Kenya prison rehabilitation programme in reforming rape offenders at Kamiti maximum prison?

1.6 Significance of the study

The findings of this study have indicated the extent to which the Kenya prison rehabilitation programme influences the reformation of rape offenders. This is important given the emphasis that the government has put on improving the prison conditions. The findings of this study may be significant to several institutions and individuals who may benefit from the results. The Kenya Prison Service could use the findings to improve on the rehabilitation programme being used to reform rape offenders. The study may contribute to the existing knowledge focusing on reformation process of offenders. The activities and challenges experienced by the prison wardens as they use the programme are highlighted to give the researchers more information about the reformation process within the prison. Lastly, the study findings may motivate the Government and donors to gauge what resources to provide the prisons with for further improvements of the rehabilitation programme.

1.7 Scope of the study

The study targeted the literate rape offenders who were able to respond to the questionnaire that was used to collect data because they are not allowed adequate time to accommodate interviews. Specifically, the study focused on measures taken to reform the rape offenders, skills acquired during the rehabilitation period, change of attitude of rape offenders toward the act of rape and their perception towards the rehabilitation programme. The views and the challenges facing the rehabilitation programme was captured from the prison wardens and counsellors within Kamiti maximum prison.

1.8 Limitations of the study

The close and rigorous supervision of rape offenders by the prison wardens may have affected the freedom to provide information freely.

1.9 Assumptions of the study

The study was based on the following assumption:

The rape offenders cooperated and provided honest responses to the questions concerning the rehabilitation programme in the prison.

1.10 Definition of terms

Operational definitions are presented as used within the context of this study as follows:

- Attitude:** This is a way of thinking of a person toward something (Avonson, 1985). In this study the term means how a rape offender perceived the act of rape.
- Crime:** This is an offence punishable by law (Arrow, 1999). In the study, crime was taken to mean any act or omission prohibited by public law for the protection of the public and made punishable by the state in judicial proceedings.
- Influence:** This is a change caused by something on one's behaviour (Federal Bureau of Investigation, 2000). In this study the term meant the change rape offenders had as reflected in their behaviour and attitude as a result of participating in the Kenya prison rehabilitation programme at Kamiti maximum prison.
- Offender:** In this study the term referred to the convicted rape offender who was serving jail term in Kamiti maximum prison.
- Rape:** Act of forcing a woman or a girl to have sexual intercourse without her consent (Republic of Kenya, 2006). The same definition was adopted for this study.
- Rape offender:** This is a person who commits rape. The term in this study was taken to mean a man who forcefully obtains sex from a woman or a girl without her consent (Republic of Kenya, 2006).
- Recidivist:** This is a person who relapses into crime (Houghton, 2009). In this study the term referred to a rape offender who had been convicted back to prison for committing the same crime he had previously been jailed for and released.

Reformation: This is changing for the better in ones behaviour. In this study, the term meant the change that occurs to a rape offender once they go through the rehabilitation programme (Kenya prison Service, 2004).

Rehabilitation: This is restoring normal life of a person by training (Collins Dictionary, 2009). In this study the term meant the process of changing a rapist's behaviour through training using a rehabilitation programme.

Rehabilitation

Programme: This is a designed curriculum which consists of mandatory and optional activities that are intended to bring a noticeable change in the way a rape offender takes responsibility as he learns new skills within prison (Andrews, 2006).

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter reviews literature on historical background of prison rehabilitation programme, an overview of the prison rehabilitation programmes and Kenya prison as a rehabilitation institution. It also covers admission of offenders in prison and rapist' profile. The chapter concludes with the theoretical framework and conceptual framework which guided this research.

2.2 Historical background of prison rehabilitation programmes

Prison rehabilitation programmes started to be used in prisons as early as 1604 to reform offenders. These programmes involved scheduled activities that offenders were taken through with an aim of reforming them (Dissel, 2001). The prison rehabilitation programme was first introduced and used by Pope Clement XI in Rome where he had built the famous Michel Prison house for rehabilitating defiant Christians. The offenders were separated from the other Christians and taken through work and prayers to reform them (Mushanga, 2011).

Emulating Pope Clement XI, other countries like Britain and Australia started to take offenders through scheduled rehabilitation activities. During this time, the Roman Catholic Church also changed the medieval prisons and developed penal techniques which were later used by secular States. Due to these penal techniques, the monastic cells that served as a punishment place changed to become a rehabilitation institution for offenders (Barch, 2014).

2.3 An overview of prison rehabilitation programmes

The main goal for the prisons is to rehabilitate offenders with the intention that upon release the person will have a chance of re-entering social life and functioning without committing any other crime. Countries like Australia, Britain and America, correctional administrators have invested significant resources into developing and delivering programmes that target rehabilitating high-risk prisoners (Gwhadys, 2010). In New Zealand a research by Andrews (2006), indicates that rehabilitation programmes for offenders are used for reforming to reduce recidivism in the prisons. These programmes are regularly checked and critiqued by National and International a reviewer which is essential to the continued development and refinement of correctional practises. In some countries, Christian rehabilitation approach is used where prisoners use prayers and spiritual transformation (Devon, 2002). In Norway,

rape offenders and murders are put in open prison where they go through rehabilitation programme that contain activities which are not usually associated with prisons. The activities include outdoor fishing for fishing industries, construction of cottages and making of houses for tour companies (Gwhadys, 2010).

Imprisonment which is a segregation period depends on the type of crime committed by the offender which must be served fully unless one is given parole. During this period the activities are planned to take the entire time (Kachuk, 2001). In Louisiana State Penitentiary (LPS) also known as Angola, one of the largest maximum security prison in the United States of America, activities used for rehabilitation contain sections of hard work. This type of rehabilitation slows down the reformation process. The prison is also known to keep their prisoners for a long time until they are sure they will not go back to their criminal behaviour and will not hurt anybody again (Rock, 2003). In Africa, the rehabilitation institutions have a vision that, prisons are a place of positive transformation and the offenders serving their jail term do not lose hope.

2.4 Rehabilitation programme within penal institutions around the world

Within the commonwealth countries, correctional institutions are established using the same law which gives a good chance to prisons to share ideas on rehabilitation programmes. These countries are also allowed to establish modern penal institution controlled by the world wide prison enactment which is set to regulate and approve the prisons (Dissel, 2001). The basic principle for the rehabilitation of prisoners for each country is to reform their morals within the stipulated period in the prison. Also the prison as a rehabilitation institution has the responsibility to keep custody of prisoners and to protect the society against crime that can be caused by the offenders (Abreo, 2009). This is done with a social objective and its fundamental responsibilities for promoting the well-being and development of all members of society.

Reformation of offenders in any country is taken very seriously in order to correct and maintain morals in the society. According to Andrews (2006), prison rehabilitation programmes may differ in the way they are administered, but they all must bear three principles in order to be effective. These principles include: risk principle, need principle and responsibility principle. The risk principle ensures that the prisoner is given the right rehabilitation activities that marches the level of risk to re-offend. The need principle helps in

assessing criminogenic needs and targets them in treatment. Responsibility principle provides cognitive-behavioural treatment and tailoring the intervention to the learning style, motivation, abilities and strengths of the offender (Rock, 2003). In countries like the United States of America, Australia and New Zealand the Ministry of Judiciary has developed a rehabilitation programme to ensure moral restoration and reduce rates of recidivism. The rape offenders in these prisons also receive special programmes that help them to reform (Kenya Prison Service, 2003).

A survey by Ministry of Justice (2003) in the United Kingdom indicated that when a prison rehabilitation programme is applied properly, it is effective in changing criminal behaviour. Therefore the programme must be well planned in order to rehabilitate, and aim at reducing re-offence among the released persons. According to this survey, the prison rehabilitation programme proved to be effective since the re-offenders rate for the adults dropped to 13% from 25%. The re-offending for juveniles also reduced to 15% from 30% from 1996 to 2003. The effectiveness of the programme was reflected by a 60% release rate with only 10% recidivism rate. To achieve good results regular trainings of the officers and careful planning are done.

In the United States of America, the federal sentencing guideline states that the prisons purpose is to provide retribution, to educate, to deter, incapacitate and rehabilitate (Abreo, 2009). When the programme within the prisons is not well administered prisoners are not fully rehabilitated and no notable change of behaviour is observed. For example, a research done by American Judicial Statistics (2007) analysed 272,000 prisoners in 15 states where half of them were taken through rehabilitation. Among the prisoners who did not go through the prison rehabilitation programme, an estimated 67.5% were re-arrested within three years of release. Those who went through the rehabilitation programme (126,000) none of them were rearrested. These results were further affirmed by Jones (2010) who ascertains that a third of inmates, released from United State prisons are re-arrested within 3 years and more than half end up back in prison with recidivism rate that exceeds 50%. These findings are an indication that imprisonment without the rehabilitation programmes is not sufficiently effective in rehabilitating and reforming the offenders. However, a later study in the same country (Pollock, 2006) involving the prisoners who had participated fully in the rehabilitation programme indicated that the re-arrest and recidivism rate dropped down to 29%.

In Australia, research on penology carried out by Kevin (2004) showed that recidivism was reduced by 10% where the need principle, risk principle and responsibility principle were used effectively. The results indicated that offender rehabilitation programme was established with jurisdiction offering a range of offence focused programme. Each jurisdiction had a developed system of highly motivated trained programme staff who took the criminals through the programme before they were released. The prisons also used special sex offender programme with a victim centre approach that aimed at reducing the likelihood of sexual re-offence. The research indicated that due to use of such special programmes, the re-offending rate went down to 17% from 27%.

In Africa, where prisons were introduced in the late 1800 by the colonial authorities, a good number of countries have tried to improve and use rehabilitation programmes to reform offenders (Brian, 2001). Example of such countries is Kenya, Uganda, Botswana and South Africa. The offenders are all taken through same rehabilitation programme because there are no specific programmes for particular crimes (Dissel, 2001).

2.5 Kenya prison service as a reformation institution

According to Becker (2001), Kenya Prison Services as an institution was set up by the Colonial government through an enactment of prisons regulations in 1908. The control of prisons was vested in a board known as “The Prisons Board” with its headquarters in Nairobi. The penal institutions were established to punish violent offenders, even though rape was not considered as a crime then. A total of 30 Prisons were established with a total population of 7,002 by 1944. The institution continued to evolve from 1911 to 1970 and has remained the only correctional service for perpetrators of crime in Kenya (Abreo, 2009). It operates under the office of the Deputy Vice President and Ministry of Home affairs of Kenya. This institution derives its mandate of establishment and operations from prisons Act (CAP 90) and Bostal Act (CAP 92) of the laws of Kenya.

Currently Kenya has 89 penal institutions that carry out rehabilitation for offenders who have committed different types of crimes. Within Nairobi County, there are 12 prisons that provide services to offenders in Nairobi and any other prisoners transferred from other parts of the country. Among the 12 prisons, Kamiti maximum prison has been selected for this study because it takes in the high security offenders including robbery with violence, murder and rape (Kenya Prison Services, 2007). The offenders in this category are imprisoned from five

years up to life imprisonment. However, once rape offenders have served their sentence and they have less than two years to complete their sentence, they are often transferred to medium security prisons within the country. This is done to create room for new convicts. At other times they are transferred due to security issues like fighting among the prisoners. The medium security prison has less supervision and controls over the internal movement of offenders as compared to the maximum security prisons. In these medium security prisons where offenders are moved to they still continue with the rehabilitation programme (Kenya Prison Service, 2004).

2.6 Admission of an offender to Kamiti maximum prison

Once an offender is convicted of a crime, a classification survey is carried out which is the first most important service within the programme (Abreo, 2009). This is carried out by the Reception Board comprising of officers in charge of discipline within the prison, a welfare officer, a medical officer, a probation officer and the technical officer (Desoria, 2001). The purpose of the classification survey is for placement of the prisoners according to their crime category and for taking finger prints for identification purposes. A copy of their finger prints is also send to Criminal Registration Officer (CRO) at the Criminal Investigation Department (CID). This is done to keep records of criminality for future reference as concerning the conduct of the person (Becker, 2001). The Reception Officers (ROs) interview and records the history of the offender, the skills and their educational background. They also assess their character depending on the type of crime committed.

2.7 The prison rehabilitation programme in Kenya prisons

Worldwide, prisons have adopted prison rehabilitation programmes for correcting and reforming criminals (Ministry of Justice, 2004). Each of these programmes target specific groups of people with specific need for reformation and aims at reducing recidivism (Staffle, 2005).

The Kenya prison rehabilitation programme is designed to equip the offenders with skills to change their criminal behaviour. The programme was introduced in 1994 and has been in use in all the prisons. The prison has been operating under closed door policy system until 2002 when open door policy and Public Relation Office (PRO) were introduced. The new policy was set to correct the negative impression the general public had as concerning prisons. Before the open door policy was put in place, the public were not allowed to know what

activities and programmes the offenders were taken through neither allowed to spend enough time with them during visiting days (Chenge, 2004). The rehabilitation programme trains the prisoners on new technologies and management of resources. Through the rehabilitation training the prisoners are able to learn new skills to use after leaving the prison. According to Dissel (2001), the main objective of the prison service in Kenya is to carry out rehabilitation programmes aimed at training, counselling and reforming prisoners. In terms of legislation, every convicted prisoner is obligated to engage in useful work so that they learn new skills and are able to gain employment. In Kenya, prisons do not have special rehabilitation programmes for each category of crime therefore the prisoners are all taken through the same programme (Kachuk, 2001). Therefore rape offenders are treated like any other prisoner except that they are often put under strict observations as they are taken through rehabilitation using both mandatory and optional activities (Dissel, 2001).

The African Charter on Prisoners' Rights (2006) indicates that programme for physical and social rehabilitation; and reintegration of prisoners into the community must be provided. The Kenya prison rehabilitation programme ensures that, these aspects are integrated well in the activities undertaken. This is believed to bring about the reformation of criminals (Mushanga, 2011). The prisoners grow their own food and they make furniture and other household goods which are sold to make revenue for the prison (Colyle, 2002). Other important activities include mandatory activities and optional activities. The mandatory activities include, leather work, hairdressing, masonry, carpentry, and tailoring while the optional activities include motivational scheme, sports and hobbies (Kenya Prison Service, 2007). All these activities are planned to benefit the prisoners as they go through rehabilitation.

Since the introduction of open door policy, the prisons has drawn researchers and partners working closely with them to help in the process of rehabilitating the prisoners. However, most of the research that have been done have focused on the convicts with regard to their levels of stress, mental conditions and human right issues. There has been little focus on the Kenya prison rehabilitation programme, particularly, with regard to whether the programme is effective or not.

2.8 Rape and rape offenders' profile

The Kenyan Law under section 139 of the penal code 63 refers to rape as unlawful knowledge of a woman or a girl without her consent. The term "unlawful knowledge" in this

case can be explained as UN forbidden sexual intercourse. This is where Rape is categorized as a violent crime against a woman that involves use of threat and violence inflicting injuries to the victim (Mushanga, 2011). It is a serious crime in Kenya to the extent that those who have been imprisoned because of it are confined and not allowed to participate in community service work done outside the prison.

Rape remains a global problem and knows no boundaries. It occurs across all families irrespective of their social, economic status, ethnicity and culture (Amnesty International, 2005; Barclay, 2008). It is a major problem whose penalty is imprisonment in many countries (Probation Service Division UK, 1992). According to Hirschi (2002), in social control theory, a person lacking self-control and four major characteristics which includes achievement, attachment to others, beliefs in moral validity of rules, and involvement in conventional activities is likely to become a criminal.

According to American Judicial statistics (2007), rape offenders fall in four categories based on motive of attack and psychosexual behaviour. The first category of rape offender is the power assertive rapist that looks for opportunity to get a woman alone with him. This group is approximated to commit 44% of rape cases. The second group is the power reassurance rapist who lacks self-confidence and has low self-esteem. Rapists in this category are not able to develop relationships with women but work near their victims. They are known to be the least violent but 21% of rape is committed by this group. The third group is the anger retaliatory rapist. They feel animosity towards women and want to punish and degrade them. This group accounts for 30% rape cases. Finally there is the anger- excitement rapist who is a sadist and derives sexual gratification from inflicting pain. The crime is premeditated and rehearsed methodically in his mind before attempting. About 5% of rape is committed by this group.

Rape is classified as a serious crime and rape offenders are marked as dangerous criminals who must be supervised vigorously as they undergo rehabilitation (Dissel, 2001). As rape offenders go through the prison rehabilitation programme, the welfare department within the prisons keeps a daily record of all prisoners. Much of what is done in the prisons aims at changing rape offenders' behaviour (Desoria, 2001). At the end of the sentence, the Discharge Board (DB) does an assessment and the offender is released back to the society.

In Kenya, statistics from hospitals, police and Gender Violence Centre indicate that rape is on the increase. A report by Ongwae (2006) indicates that in every three minutes a girl or a woman is raped. Further a research by Nairobi Gender Violence Unit (2005) indicated that there was an increase of 2,556 of rape cases between 2004 -2005. Similarly statistics from police reports, hospitals, Community Based Organization from 2003 -2004 also indicated an increase of up to 16,482 rape cases (Ongwae, 2006).

Many cases of rape in Kenya go unreported with only 10% reported to the police (Mapesa, 2004). Once arrested and convicted, a rape offender is imprisoned from at least five years to life imprisonment (Kenya Prisons Service, 2007). Imprisonment of rapists aims at fulfilling several aspects including protecting the society against the crime of rape. However, the ultimate goal is to rehabilitate and reform the rapist. This means that, the rehabilitation aspect of imprisonment has to be taken seriously. As long as the punishment and revalidation is regarded as the prime purpose of confinement, there will hardly be any room for educational treatment that is meant to change the criminal's behaviour (Ministry of Justice, 2004). This may result into criminals being released back into society without being rehabilitated hence increasing the rate of recidivists (Colyle, 2002).

In summary, prison rehabilitation programmes are universally accepted as the ultimate measure to rehabilitate and reform criminals. Different countries may administer the programme in different ways and may bear different titles, but the main objective is to reform the criminal and release them back to the society. Some countries like Australia have special programmes for each type of crime committed. However, in Kenya there is no special programme for the rape offenders. They are therefore expected to go through the same rehabilitation programme as other offenders. This study was aimed at determining the influence of Kenya prison rehabilitation programme on rape offenders' reformation.

2.9 Theoretical framework

This research was guided by Control theory by Hirschi (2002) which focuses on the characteristics of criminals. Control theory looks at the characteristics of criminals. The theory considers four main characteristics. These are; attachment to others, beliefs in moral validity of rules, commitment to achievement and involvement in conventional activities. The more a person displays these characteristics, the less the chances of becoming deviant. On the other hand, if these characteristics are missing in a person, it is more likely that he or she will become a criminal. Hirschi further expounds on the theory with the idea that, a person with low self-control is more likely to become a criminal because he cannot exert control to stop doing illegal things. On the other hand, the high self-controlled individual will not take anything without permission but will more likely either wait or deny themselves the need. Social bond through peers, parents, and others can have a countering effect on one's self control.

The assumption here is, the person with low self-control is more likely to become a criminal. Hirschi explains that a rape offender who in most cases has low self-control will rape if he lacks the four main characteristics. The rapist may build self-control through rehabilitation programme which provides activities that occupy him. These include learning of new skills through vocational trainings, motivational schemes, formal educational learning, counselling and guidance and chaplaincy services. With time, if the rapist is taken through proper rehabilitation, he will learn and build self-control that will enable him to say no to or resist the criminal act.

2.10 Conceptual framework

The conceptual framework illustrates the relationship between the prison rehabilitation programme and reformation of the rape offenders. The rehabilitation programme entails several mandatory and optional activities which help the rapists to acquire new skills that will be of benefit once they leave the prison. These activities must be well-coordinated for the rape offenders to acquire new skills, improve on their self-control and have a changed attitude towards the crime they committed. However, the actual influence of prison rehabilitation programme in reforming the rape offenders may be influenced by moderating variables such as age of rape offender, marital status, education level and length of sentence. A good example is when an activity requires one to operate a machine in the workshop where by instructions are to be read and followed. In such times the ones who are literate will be the

only ones involved in the training. These factors may either positively or negatively affect the desired influence of the prison rehabilitation programme. They may encourage or discourage a rape offender from taking up the rehabilitation positively. The conceptualisation is summarized in Figure 1.

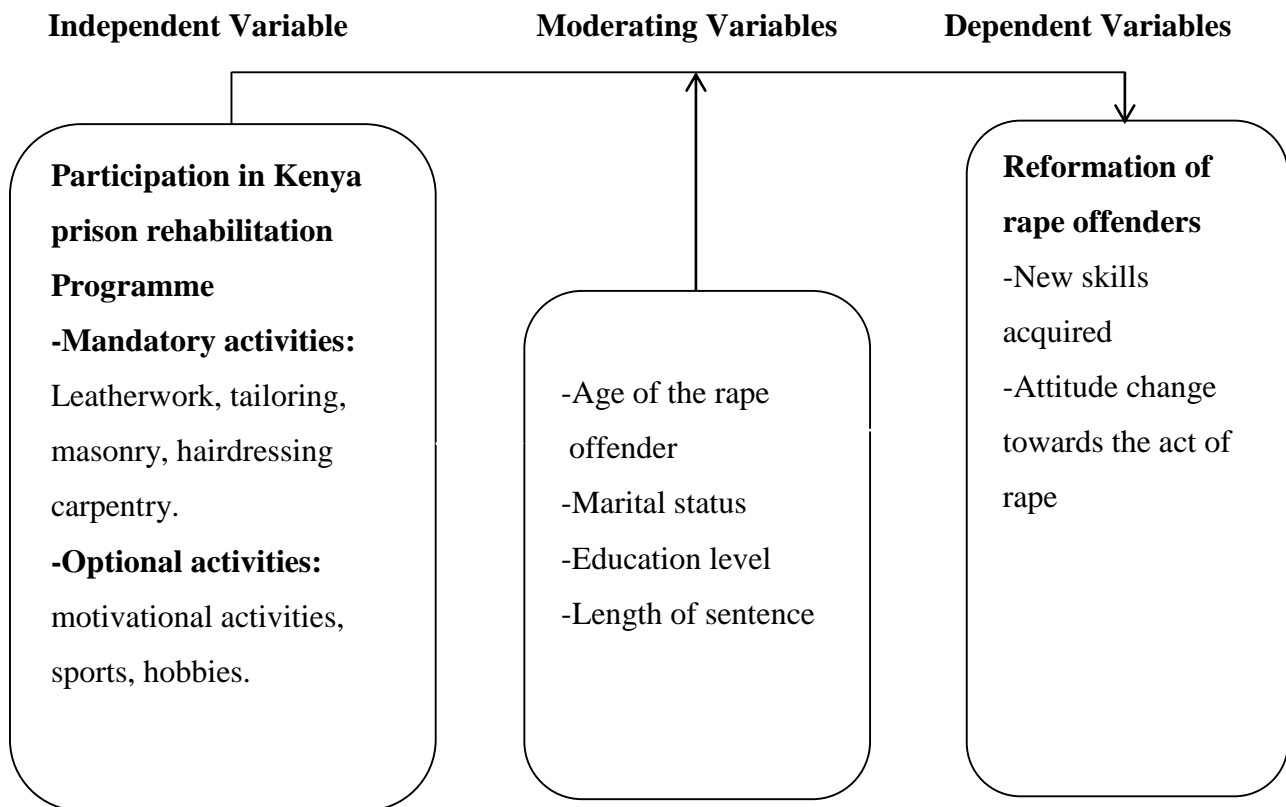


Figure 1. Perception of Prison wardens and counsellors on the usefulness of rehabilitation programme

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter describes the research design used in carrying out the study. It also contains location of the study; the study population; sampling procedures and sample size; instrumentation; and data analysis procedure used.

3.2 Research design

The study used a descriptive research design to explore the influence of participating in the Kenya prison rehabilitation programme on reforming rape offenders. According to Kathuri and Pals (1993), this design is best in describing phenomenon and respondent's opinions. It was also appropriate for this study because it allowed the researcher to gather a lot of information from the respondents within a short time.

3.3 Area of study

The study was carried out in Kamiti maximum prison which is one of the 12 penal institutions in Nairobi County holding male convicts. It is a closed maximum security prison reserved for prisoners serving over five years imprisonment for serious, subversive or violent offences. The prison is located in Kahawa West which is 21 kilometres away from Nairobi City Centre and has a population of 3,256 prisoners (Kenya prison report, 2011). Among the 12 prisons in Nairobi County, Kamiti maximum prison has been selected for this study because it takes in the high security offenders including robbery with violence, murder and rape immediately after conviction (Kenya Prison Services, 2007).

3.4 Population of study

The target population was 299 rape offenders within the prison, 754 prison wardens and four counsellors working within Kamiti maximum prison. Table 2 depicts the population of the prison.

Table 2

Kamiti maximum prison population

Type of population	Numbers
Rape offenders	299
Other prisoners	3,250
Prison wardens	754
Counsellors	4

Sources: Kenya Prison Service (2011)

3.5 Sample size and sampling procedure

Kamiti maximum prison holds a total number of 299 rape offenders who make the target population. This is equivalent to 10.3% of the total population of the criminals held in this prison. From the total target population of 299 rape offenders, a sample was obtained. This sample size was determined using the following formula by Kathuri and Pals (1993).

$$S = \frac{X^2 NP (1-P)}{d^2 (N-1) + X^2 P (1-P)}$$

Where:

S is the sample size

N is the given population size

P is Population proportion which is assumed in this case to be 0.5

d is the degree of accuracy as reflected by amount of error which is 0.05 and

X² is the chi- square for one degree of freedom which is 3.841.

Given the population of 299 at the prison, the sample size was calculated as follows:

$$S = \frac{3.841 \times 299 \times 0.5 \times (1-0.5)}{(0.05)^2 \times (299-1) + 3.841 \times 0.5 \times (1-0.5)}$$

$$S = \frac{3.841 \times 299 \times 0.5^2}{(0.05)^2 \times 298 + 3.84 \times (0.5)^2}$$

$$S = \frac{(3.841) (299) (0.5)^2}{(0.05)^2 (298) + 3.84 (0.5)^2}$$

$$S = \frac{287.11475}{1.70525} = 168.371 \approx 168$$

The sample size obtained for the study was 168 rape offenders but only 145 were involved in the study because one had to fit in the criteria used. In this study, interviews could not be carried out due to limited time the prisoners are allowed to interact with the public. The participants who were to be included in the study, one had to be literate in order to be able to respond to the questionnaire used. Hence the literate rape offenders were purposively selected giving a sample size of 145 participants who all participated in the study. This sample size was acceptable as Kathuri and Pals (1993), Mugenda and Mugenda (2003) and Borg and Gall, (2006), note that a sample size of 100 participants is good enough for a survey research. The sample of ten prison wardens and four counsellors were conveniently selected from the officers on duty on the particular day of data collection.

3.6 Instrumentation

Two sets of questionnaires (one set for rape offenders and another for prison wardens and counsellors) were used as tools for collecting data. According to Kathuri and Pals (1993), questionnaires are most suitable to collect basic descriptive information from a broad sample. The instruments were developed according to the objectives of this research. The questionnaire for the rape offenders was used to find out measures taken to rehabilitate them, the influence of rehabilitation programme on the type of skills acquired and the change in attitude of rape offenders towards the act of rape as they are undergoing through the rehabilitation programme. The second set of questionnaire for counsellors and prison wardens was used to find out measures taken to rehabilitate rape offenders, perception on the usefulness of the rehabilitation programme in reducing rape offenders' recidivism and the challenges encountered in using the rehabilitation programme to reform. The questionnaires were used because they are much less expensive and do not consume a lot of time in their administration. Further, the interaction of offenders with outsiders is limited and is supervised thus the questionnaire was best suited under the circumstances.

3.6.1 Validity of data collection instruments

Validity determines whether the data collection instrument measures that which it was intended to measure. According to Mugenda and Mugenda (2003), the instrument should be validated to give accurate and meaningful inferences based on the research results. In this study, content validity was used to establish validity of the data collection instruments against

the set study objectives. This was done by professionals in research work in the department of Applied Community Development Studies at Egerton University. Through corrections made by the professionals, adjustments were made on the items of both sets of questionnaires.

3.6.2 Reliability of data collection instruments

Reliability is the measure of the degree to which a research instrument yields constant results after repeated trials are done (Mugenda and Mugenda, 2003). It is also measured in order to have more confidence in the results obtained from the test and the research findings. A sample of 17 respondents which is 10% of the total sample size for the study participated in the study pilot testing that was carried out in Kamiti medium prison. The study used internal consistency technique, based on Cronbach Alpha, to test the tool. When using Cronbach Alpha, the method generates a coefficient of correlation, known as Cronbach Alpha (Cronbach coefficient), which has an absolute value between 0 and 1 ($0 \leq r \leq 1$) (Nunally, 1979). A Cronbach Alpha of 0.7 or greater indicates high reliability (consistency) of the items in the tool. When the Cronbach is less than 0.7, the tool items are reviewed (by editing or removing the inconsistent items) to increase the reliability of the instruments. This was done until the tools were highly reliable. During the pre-test, the setting of the questions and the language used was checked, the order of the questions and the best way to administer the instrument to the respondents was developed.

3.7 Data collection procedure

The researcher obtained an introductory letter from Egerton University Graduate School and Egerton University Research Ethics Committee which facilitated the acquisition of research permit from the National Commission for Science Technology Innovation. After obtaining the permit, the researcher approached the Commissioner of Prison for an introductory letter to the officers in charge of Kamiti maximum prison. Appointment was made with the officer in charge where all the arrangement and the planning for the date to administer the questionnaires was set. On the appointed date, all the selected respondents were assembled in the hall by the time which was officially set and communicated. The respondents were under strict supervision of the prison wardens and clear instructions were given by the researcher before administering of the questionnaire. The researcher gave out the questionnaires and pens to all the respondents and requested them to fill it without consulting with each other. Enough time was given to the respondents to complete the task. The questionnaires were collected with help of the prison warden supervising the respondents. After finishing with the

rape offenders, the second sets of questionnaires were administered to the prison wardens and counsellors who were on duty that particular day at their main office. After finishing with the officers, the researcher obtained secondary data which included, the number of rape recidivists and daily records concerning individual rape offenders from the social welfare officer. The secondary data obtained from the welfare officer was important because it was to be used in adding more information that could not be collected using the questionnaire.

3.8 Data analysis

Data analysis procedure started with sorting and checking gathered raw data for accuracy and completeness of the two sets of questionnaires. The data was then organised, coded and analysed with the use of a computer, the Statistical Package for Social Science (SPSS) version 17.0 for windows. According to Borg and Gall (2006), SPSS is the most commonly used set of computer programme in education research. Frequencies and percentages were used to describe the characteristics of the sample while chi-square tests of association and goodness of fit were used to establish relationships and differences respectively.

3.8.1 Summary of Data analysis

Table 3

Summary of data analysis

Objective	Independent Variable	Dependent Variables	Statistical method
i) To find out the measures taken to rehabilitate rape offender at Kamiti maximum prison			-Frequencies and percentages.
ii) To determine the influence of participating in the Kenya prison rehabilitation programme on skills acquired by rape offenders at Kamiti maximum prison	Kenya prison rehabilitation programme	New skills acquired	-Percentages, frequencies and chi-square

iii) To determine the influence of participating in the Kenya prison rehabilitation programme on change in attitude of rape offenders towards the act of rape at Kamiti maximum prison	Kenya prison rehabilitation programme	Attitude change towards the act of rape	-Percentages, frequencies and chi-square
iv) To determine the perception of rape offenders on the effectiveness of the prison rehabilitation in reforming them at Kamiti maximum prison			-Percentages and frequencies
v) To determine the perception of prison wardens and counsellors on the usefulness of Kenya prison rehabilitation programme in reducing rape offenders' recidivism			-Percentages and frequencies
vi) To establish the challenges encountered by the counsellors and wardens as they use Kenya prison rehabilitation programme in reforming rape offenders at Kamiti maximum prison			-Percentages and Frequencies

CHAPTER FOUR

RESULTS AND DISCUSSIONS

4.1 Introduction

This chapter presents results and discussions of the findings of a study on the influence of the Kenya prison rehabilitation programme on reformation of rape offenders at Kamiti maximum prison in Nairobi County. The following were the research objectives.

- i) To find out the measures taken to rehabilitate rape offenders at Kamiti maximum prison.
- ii) To determine the influence of participating in the Kenya prison rehabilitation programme on skills acquired by rape offenders at Kamiti maximum prison.
- iii) To determine the influence of participating in the Kenya prison rehabilitation programme on the change in attitude of rape offenders towards the act of rape at Kamiti maximum prison.
- iv) To determine the perception of rape offenders on the effectiveness of the Kenya prison rehabilitation programme in reforming them at Kamiti maximum prisons.
- v) To determine the perception of prison wardens and counsellors on effectiveness of Kenya prison rehabilitation programme in reducing rape offenders' recidivism.
- vi) To determine the challenges of Kenya prison rehabilitation programme in reforming rape offenders at Kamiti maximum prison.

The participants (rape offenders) of the study were purposively selected while the prison wardens and counsellors were conveniently selected. They included 145 rape offenders, ten prison wardens and four counsellors. The respondents were all provided with questionnaires to respond to. The data collected from the respondents was analysed using frequencies, percentages and chi-square tests of association and goodness-of-fit at 95% level of confidence. Statistical Package for Social Science (SPSS) for Windows was used to facilitate the analysis of data. Results of the study have been organized based on the objectives of the study.

4.2 Demographic characteristics of the respondents

The demographic characteristics covered in this study included: age, education levels, and marital status of the rape offenders. The prison wardens and counsellors who participated in the study were all males and have worked in the prison for not less than five years. This length of time is an indication that these participants were in a position to provide sufficient

information about the rape offenders as well as the rehabilitation programme being used in the prison.

4.2.1 Age of the rape offenders

Age of a person is very important for it defines the various roles, expectations and obligations they play in the society. It also influences the decision making power of an individual and specifies his ability to reform as he goes through the different rehabilitation activities. Figure 2 presents a breakdown of the respondent's age.

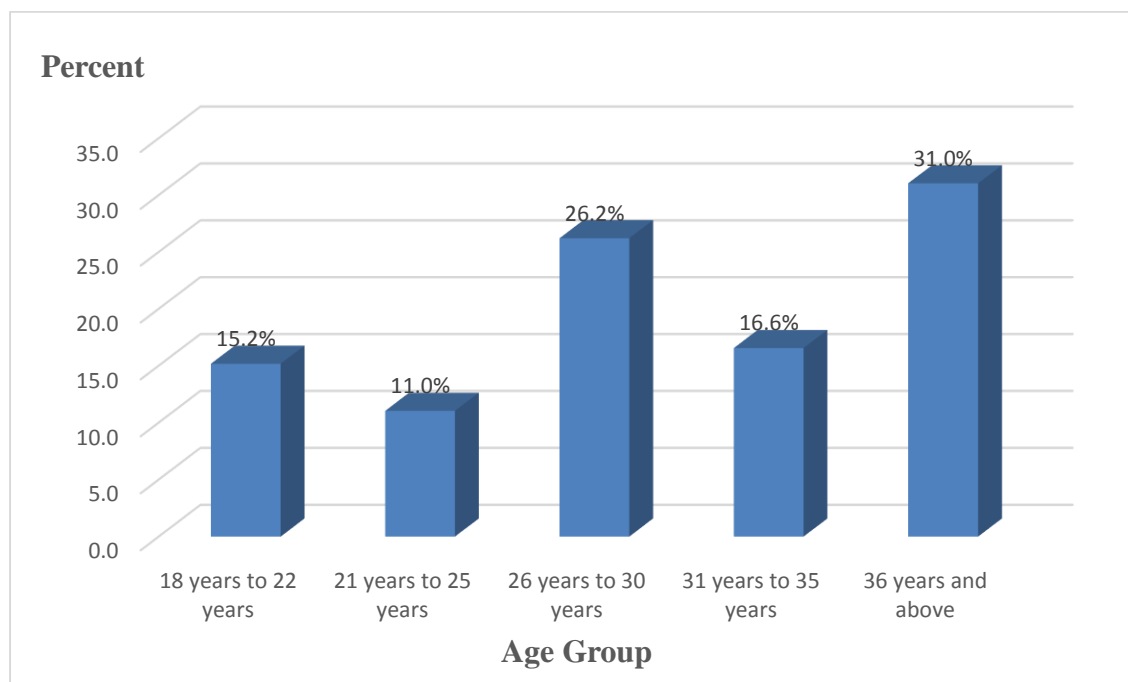


Figure 2. Distribution of rape offenders' age

The age range of the respondents was between 18 and 70 years with majority (31%) being 36 years and older. 26.2% were within age category of 26-30, 16% between 31- 35 years and 15.2% being younger than 21 years. According to the results, it is clear that rape as a crime is not limited to a particular age because the offender's age ranged from the age of 18 up to 70 years. Majority of the rape offenders were between the age of 26 years and above. Erickson (2006), in his theory indicates that, at adult age which is above eighteen years old, one seeks for companionship and intimacy. Abandonment at this stage can result to isolation that may lead to severe character problems, sometimes expressed through criminal acts.

4.2.2 Education levels of the rape offenders

Most of the respondents (67.6%) had primary school education with 15.2% having secondary education. 8.3% of the respondents had diploma certificates and 2.1% were university graduates. From the results it is clear that, majority who are involved in rape are of primary level education while the university level is only 2.1%. The results also indicate that most respondents had low levels of education and might have lacked needed skills to participate in any form of employment. Thus a well-designed rehabilitation programme for such offenders may go a long way in providing education and skills that will effectively facilitate successful re-entry of such offenders back to their communities. Figure 3 presents education levels of rape offenders.

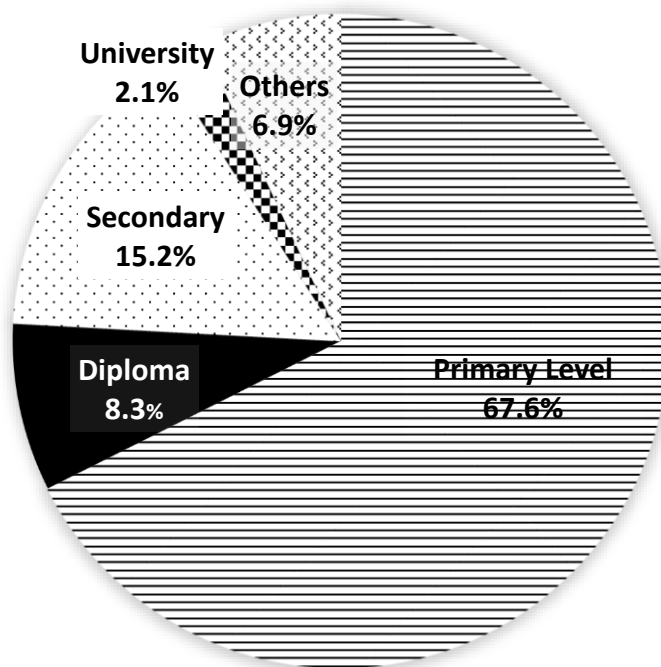


Figure 3. Education levels of rape offenders

4.2.3 Marital status of the rape offenders

The respondents further gave information on their marital status. The results obtained indicated that, most of the respondents (53.8%) were married. A further 37.2% were single, 1.4 % were divorced and 7.6 % were separated. The results are captured in Figure 4.

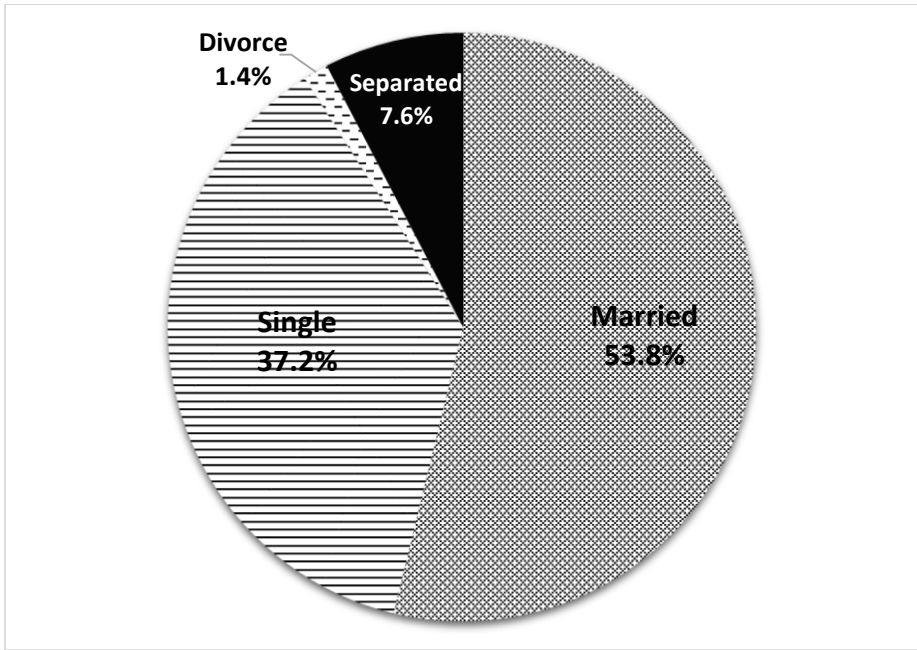


Figure 4: Marital status of rape offenders

4.2.4 Length of jail term of the respondents

The respondents were also required to specify the length of their jail term. The results obtained are shown in Figure 5.

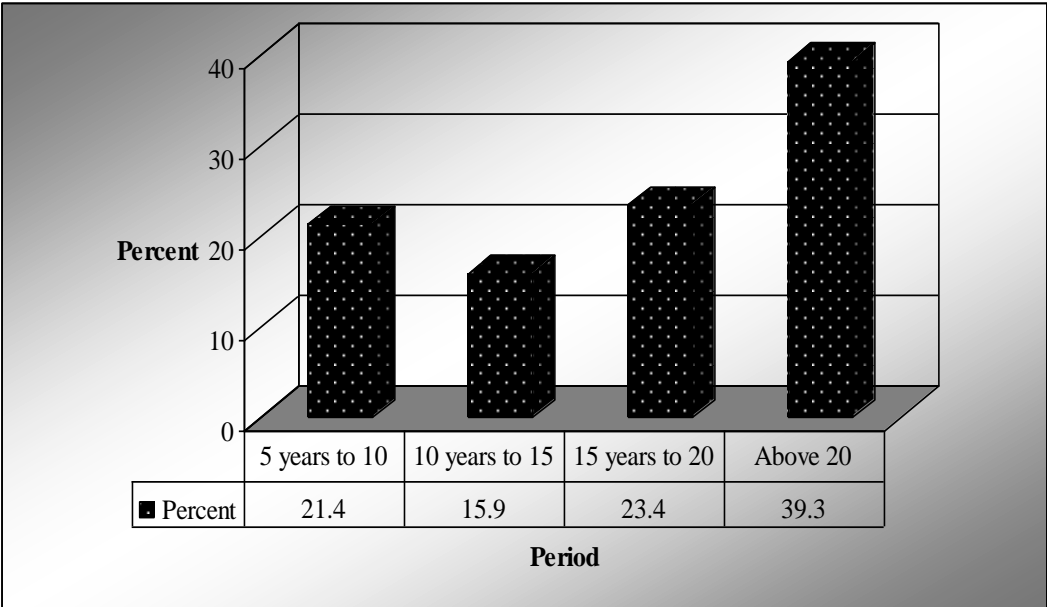


Figure 5. Length of jail term of rape offenders

The results show that most of the rape offenders (62.7%) were sentenced to 15 years and above followed by those sentenced between 5 and 10 years who formed 21.4%. Those who were jailed between 10 and 15 years were 15.9%. According to Becker (2001), the number of

years a criminal is sentenced is proportionate to the intensity of the crime committed. The long sentence given to the rape offenders gives enough time to go through the rehabilitation programme to reform if they are willing to change. Thus these results are a clear indication that rape is considered a serious crime in Kenya and offenders get many years of jail term once they are found guilty.

4.3 Measures taken to rehabilitate rape offenders at Kamiti maximum prison

The first objective of the study sought to obtain information on the measures taken to rehabilitate rape offenders at Kamiti maximum prison. This objective was based on the fact that, the Kenya prison uses rehabilitation programme activities to reform offenders. Therefore the study aimed at identifying the actual activities undertaken, time committed to the activities by the prison wardens and counsellors and the level of commitment to the activities by rape offenders.

The activities offered in Kenya prison rehabilitation programme are categorized into mandatory and optional activities. These are the activities that are provided through the rehabilitation programme. The mandatory activities are supposed to be undertaken by all offenders within Kamiti maximum prison under supervision of the prison wardens and counsellors to ensure the offenders' participation. Optional activities are undertaken during the offenders' free time.

4.3.1 Mandatory activities

Mandatory activities are scheduled trainings that offenders must go through irrespective of the crime one has committed. These activities are planned by the officer-in-charge, prison wardens and the counsellors in the workshops. The offenders normally start the trainings in the morning hours up to noon but one can continue in the afternoon if they are consulting with the prison wardens. The activities included vocational training and mandatory counselling. Vocational training was in tailoring, carpentry, leather work, hair dressing and masonry. The rape offenders were first introduced to all vocational activities, after which each individual was given a chance to choose and continue working on the activity he liked best. The duration taken to learn a particular skill depended on the individual's capability and capacity. Although these activities were mandatory, not all offenders participated on a daily basis as required. Thus this study found that 95.2% of the offenders participated on a daily

basis while 4.8% did not. According to the welfare officer the ones who did not participate were offenders on life sentence or the sick.

The study was also interested in determining the commitment of the prison wardens and counsellors in training mandatory activities. The prison wardens and counsellors were asked to indicate the number of hours they spent training rape offenders within a day on mandatory activities. Table 4 gives the responses from the prison wardens and the counsellors.

Table 4

Average daily hours spent training rape offenders

Number of hours within a day	Frequency	Percentage
1 to 2 hours	3	21.4
3 to 5 hours	5	35.7
6 hours and above	6	42.9
Total	14	100

N=14

Table 4 shows that prison wardens and counsellors spent several hours within a day for trainings although the official scheduled time for training was five hours per day. 21.4% spent one to two hours with offenders, 35.7% spent between three to five hours with the offenders and 42.9% spent six hours and above with offenders. Similarly the offenders indicated that they spent approximately eight hours in the workshop per day sometimes under the supervision of the prison wardens and the counsellors. During the training hours, the offenders were taught theory as well as practical aspects of the course. There was also extra-time put aside for offenders to consult with their tutors on the things learnt. According to the results, the prison wardens and the counsellors are committed to the trainings scheduled for the offenders. 42% are able to be with the offenders up to six hours and above training and consulting.

The offenders were asked to rate the mandatory activities depending on how well they helped them learnt a new skill. The rating was categorized as excellent, very good, good, fair and bad. Table 5 indicate the rating of mandatory activities by rape offenders.

Table 5

Mandatory activities rating by respondents

Rating	Frequency	Percentage
Excellent	49	33.8
Very Good	47	32.4
Good	40	26.7
Fair	4	2.8
Bad	5	3.4
Total	145	100

N=145

Results in Table 5 indicate that 66.2% rated the mandatory activities as either very good or excellent. Only a few (3.4%) rated the activities as bad. The rating of the activities depended on how the offenders were able to learn new skills. Those who rated the activities as excellent and very good (66%) was an indication that, they learned new skills. 3.4% rated the activities as bad. The low rating could have been from the few who do not attend the trainings especially these who are on life sentence or the sick because they have the option to attend or not attend. Their perceived commitment to the mandatory activities was also sought and the results are presented in Figure 6.

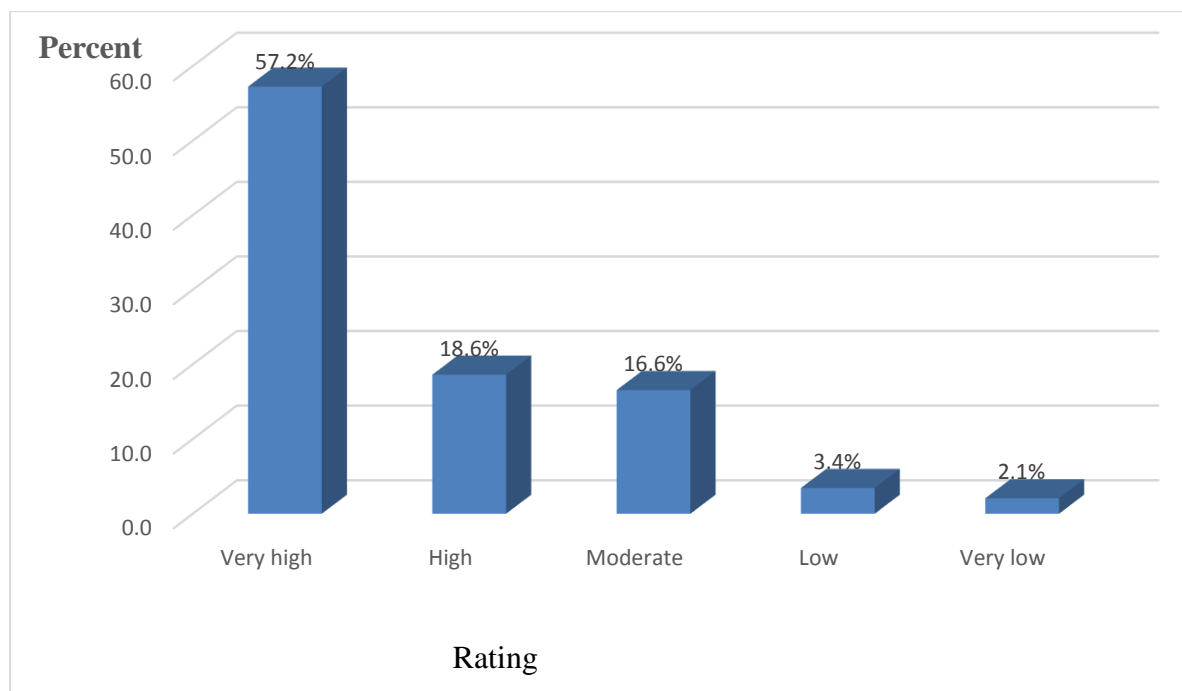


Figure 6. Perception of rape offenders on their commitment to mandatory activities

An examination of Figure 6 indicate that 77.5% considered themselves either highly or very highly committed to the activities they undertook, 16.9% rated themselves moderately committed while 5.6% considered themselves lowly committed towards the activities offered. The committment levels (77.5%) of offenders in undertaking mandatory activities are an indication that majority learned to acquire and benefit from the skills taught. 2.1% very low rate of committment may have been obtained from those who did not attend due to sickness or these on life sentence.

4.3.2 The Optional Activities

In addition to the mandatory activities, the Kenya prison rehabilitation programme offers optional activities. In Kamiti maximum prison, prisoners are free to choose whether or not to participate in these activities. The offenders undertake these activities during their free time. The optional activities included sports, hobbies and motivational activities. Activities under sports and hobbies included football, volleyball, modelling and drama. The prison has provided fields and halls where the offenders can plan to undertake these activities. According to research by Rosie (2001) in UK, she found out that sports can be effective in reducing recidivism rate of offenders and criminal behaviour.

The study specifically focused on motivational activities. This was because, according to Banister (2004), motivational activities are important in helping the offender to become willing to accept the need for change during rehabilitation process. Erick (2010) also indicates that, optional activities that include motivational activities help inmates to inspire themselves to achieve goals, which in turn give rise to self-esteem, confidence, self-worth character, respect for others and themselves. Carol (2008) ascertains that prisons in America include chaplaincy and religious services and provides for social programme that emphasize on motivational activities. These activities focus on character development that helps offenders develop positive relationships with others and strengthen their interpersonal skills. The respondents were asked to specify the motivational activities they participated in if they helped them in their rehabilitation process. They were also required to indicate if they participated in motivational activities and they were not helped. The results are in Table 6.

Table 6

Participation in motivational activities by rape offenders

Motivational Activity	Frequency	Percentage
Self-esteem	126	86.9
Self-actualization	125	86.2
Mood management	120	82.1
Relationship skills	122	84.1
Relapse prevention	111	77.6
Relapse planning and after care	112	78.3
Anger management	112	77.2
Anger control	110	75.0

From the result obtained, majority of the rape offenders were involved in a number of motivational activities. The results show that, respondents had a very high participation rate for these activities. The high level of attendance could have been due to the free time the offenders have to attend these activities. They are not supervised therefore one is able to attend as many activities as possible to be helped to learn from them. The offenders were further asked to rate the motivational activities based on how the activities were beneficial to them. The ratings are presented in Table 7.

Table 7

Ratings of motivational activities by rape offenders

Rating	Frequency	Percentage
Excellent	74	51.0
Very good	40	27.6
Good	29	20.0
Fair	2	1.4
Bad	0	0.0
Total	145	100.0

N=145

Results in Table 7 indicate that 51% of the respondents rated the motivational activities as excellent while 27.6% rated them as very good. Only 20% rated the activities as good. None rated the activities as bad indicating that the rape offenders found these activities beneficial to them in their rehabilitation process. The high rating of the motivational activities was an indication that the offenders attended these activities to learn.

According to Gordon (2002), motivational activities help the offender attain a genuine desire to change criminal behaviour more than having it suggested or advised by someone else. Miller and Stephen (2002) also emphasizes on the motivational activities which help the offender overcome barriers for personal change after a decision to change has been made. Research by Prochasta (1982) shows that, through encouragements, the offender is able to focus on motivational activities and experience success even if small or temporary since they participate on what one likes. In cases where many small successes are made by the offender, they can lead to more permanent change than when one is forced. Within this time the offender is able to acquire new skills from activities within the rehabilitation programme used since they have a genuine desire for change.

4.4 Influence of participating in Kenya prison rehabilitation programme on skills acquired at Kamiti maximum prison

The second objective aimed at determining the influence of participating in the Kenya prison rehabilitation programme on the acquisition of new skills. The skills were mainly imparted during mandatory activities. The aim of mandatory activities is to train offenders on skills they can be able to use later in their lives. The rape offenders were asked to state whether they learnt new skills or not from the mandatory trainings. Results are indicated in Table 8.

Table 8

<u>Skills learnt</u>		
<u>Status</u>	<u>Frequency</u>	<u>Percentage</u>
Learnt new skills	137	94.5
Did not learn new skills	8	5.5
Total	145	100

N=145

A closer examination of Table 7 indicates that, 94.5% of the offenders learnt new skills from the activities undertaken while 5.5% did not learn new skills. According to Mathews (2008)

the offenders are likely to make better choices when they leave prison if they got better training on leatherwork, masonry, tailoring and hairdressing. To establish the influence of rehabilitation programme on learnt skills, a cross tabulation between the ratings of mandatory activities by rape offenders and whether or not they learnt new skills was done as indicated in Table 9.

Table 9

Rating of mandatory activities against new skills learnt

		New skills learnt		
		Agree (%)	Disagree (%)	Total (%)
Rating of mandatory activity	Excellent	100.0	0.0	100
	Very good	93.2	6.8	100
	Good	100.0	0.0	100
	Fair	100.0	0.0	100
	Bad	60.0	40.0	100
$\chi^2 = 24.388$ $df = 2$		$p = 0.003$	Cramer's V = .414	N = 145

The analysis revealed a significant association between ratings of mandatory activities and skills learnt with Cramer V value of 0.414 at $p = 0.003$. Although time allocated for mandatory activities is five hours in a day, the time spent for training the offenders varied from one hour to eight hours. Analysis was also done to find out if there was a relationship between the number of hours spent in training and new skills learnt by the rape offenders. The results are shown in Table 10.

Table 10

Time spent on mandatory activities' training against new skills learnt

Time spent in training in a day	New skills learnt			
	Agree (%)	Disagree (%)	Total (%)	
1 to 2 hours	100.0	0.0	100	
3 to 4 hours	100.0	0.0	100	
5 to 6 hours	85.0	15.0	100	
7 to 8 hours	97.4	2.6	100	
$\chi^2 = 9.574$	$df = 4$	$p = .023$	Cramer's V = .260	N = 145

According to the above results, the relationship between time spent in mandatory activities and new skill learnt was significant with Cramer's V value of 0.260 at $p=0.023$. Between one hour to two hours the results show that a higher number learnt new skills. This is an indication that more participant attended within this time and were able learn new skills.

The rape offenders also undertook motivational activities during their free time especially after the daily mandatory activities and during the weekends. These motivational activities are part of optional activities. The rape offenders were further asked to state whether or not they had learnt new skills or knowledge from participating in the motivational activities. The results are presented in Table 11.

Table 11
Participant responses on new skills learnt from motivational activities

	New skills learnt (%)	No new skills learnt (%)	Total (%)
Self esteem	95.9	4.1	100
Self-actualisation	95.9	4.1	100
Mood management	98.2	1.8	100
Relationship skills	95.8	4.2	100
Relapse prevention	97.2	2.8	100
Relapse planning and after care	98.2	1.8	100
Anger Management	95.4	4.6	100
Anger control	95.5	4.5	100

According to the results obtained not all the respondents who participated in the motivational activities (Table 6) specified whether they learnt new skill or not. From those respondents who responded, majority (98.2%) of rape offenders learnt new skills or some new knowledge from the motivational activities. To establish if there was any significant relationship between ratings of motivational activities and whether or not the respondents learnt new skills or knowledge, chi-square analysis was done for each category of motivational activities and the results are presented in Table 12.

Table 12

Chi-square results for ratings of categories of motivational activities against skills/knowledge learnt

Ratings of categories of motivational activities against skill/knowledge learnt			
	X ²	P	Cramers'V
Self-actualisation	4.267	0.234	0.174
Mood management	2.101	0.507	0.118
Relationship skills	10.313	0.016	0.267
Relapse prevention	9.51	0.023	0.258
Relapse planning and after care	9.983	0.019	0.264
Anger Management	16.683	0.001	0.339
Anger control	13.952	0.005	0.302

The result obtained indicates that there were several significant associations between ratings of various categories of motivational activities and whether or not the offenders learnt new skills /knowledge. These categories included self-esteem, relationship skills, relapse prevention, relapse planning and after care, anger management and anger control activities. There was no significant association between ratings in self-actualization and mood management activities; and new skills/ knowledge learnt.

Based on the above results, the Kenya prison rehabilitation programme influences rape offenders in learning new skills through the mandatory and optional activities. Through motivational activities the rape offenders are able to raise their self-esteem which helps them learn new skills. According to Walker (2011), prison is a place of work and industry that instils in offenders the discipline of work life, order, time keeping, working deadlines being managed and overseen. As it has been observed in other countries such as USA and Britain, these skills are designed to aid the offenders to successfully reintegrate back into their communities (Curt, 2007; Carol, 2008).

4.5 Influence of participating in the Kenya prison rehabilitation programme on change in attitude of rape offenders towards the act of rape at Kamiti maximum prison

The third objective of this study aimed at determining the influence of Kenya prison rehabilitation programme on change in attitude of rape offenders. To find out the change,

respondents were asked to state the way they perceived rape before committing the crime and after committing the crime and being introduced to the rehabilitation programme. The results for perceptions both before and after committing the crime are captured in Table 13.

Table 13

Perception of rape offender before and after going through the rehabilitation programme

Perception of rape	Percentage			
	Before		After	
	Agree	disagree	Agree	disagree
A man's power is shown through having forced sex with women	75.7	24.3	15.4	84.6
A man should have sex any time with a woman even if She does not want to	75.7	24.3	32.8	67.2
Men who rape women should be arrested	43.1	56.9	75.8	24.2
A “No” from a woman when forced to have sex means a “Yes”	78.5	21.5	49.3	50.7
A woman should be subdued through forced sex in order to obey	92.5	7.5	10.0	90.0
Having force sex is not bad	93.9	6.1	17.1	82.9

The results before committing the offence show that, the rape offenders had different perception concerning rape. Majority believed that a man’s power is shown through having sex with a woman any time even if she does not want to. 75.7% agreed that a man who rapes women should be arrested while 78.5% agreed that a “No” from a woman when forced to have sex means “Yes”. A significant majority agreed that a woman should be subdued through forced sex in order to obey. An overwhelming number (82.9%) disagreed with the statement that “having forced sex is not bad”.

A further examination of perceptions of rape offenders after going through the rehabilitation programme revealed that some of the respondents changed their perceptions. Those respondents who agreed with the above statements like “a man should have sex any time with

a woman even if she does not want to” disagree with the statement after going through the rehabilitation programme. Those who agreed that having forced sex is not bad majority changed their perception after going through the rehabilitation programme. To establish if this change in attitude was significant a chi-square goodness of fit test on the perception of rape before and after being introduced to the rehabilitation programme was done. The results are captured in Table 14.

Table 14

Goodness of fit before and after introduction of rehabilitation programme change

Variables	Chi-Square	Df	Asymp. Sig.
A man's power is shown through having forced sex with women	38.061	1	.000
A man should have sex any time with a woman even if she does not want to	53.557	1	.000
Men who rape women should be arrested	46.023	1	.000
A “No” from a woman when forced to have sex means a”Yes”	77.339	1	.000
A woman should be subdued through forced sex in order to obey	137.286	1	.000
Having sex is not a bad thing	12.769	1	.000

Chi-square test for goodness of fit revealed significant differences between the perception before and after being introduced to the rehabilitation programme for all the above statements. The rape offenders who perceived that a man’s power was shown through forced sex with women significantly changed their perception after being introduced to the rehabilitation programme. There were also significant differences for those who perceived that a man should have sex with a woman any time even if she does not want to; men who rape women should be arrested and a “No” from a woman when forced to have sex means a “Yes”. Those who had perceived that a woman should be subdued through forced sex to obey and those who perceived that forced sex was not bad also changed their perceptions. These results show that there was a change of attitude towards the act of rape after the rape offenders were introduced to the rehabilitation programme.

The significant difference in all the statements is a clear indication that the rape offenders changed their attitude towards what they had perceived was a good thing. According to Kimberly (2009), a rehabilitation programme consists of three levels; owning up, breaking up thought and relapse prevention. These levels helps rape offenders change their attitude towards sex offence. A similar research by Brame (2004) in Coleman, Allenwood, Bastrop and Fairton prisons in United States of America revealed that a real effect on attitude change among the prisoners (72%) towards crime was observed after being taken through a rehabilitation programme.

4.6 The Perception of rape offenders on the effectiveness of prison rehabilitation programme in reforming them at Kamiti maximum prison

The fourth objective sought to find out the perception of the rape offenders on the effectiveness of the prison rehabilitation programme. The respondents were requested to give an evaluation of the effectiveness of the rehabilitation programme based on activities they have undertaken. Their responses are shown in Table 15.

Table 15

Perception of the rape offenders on the effectiveness of Kenya prison rehabilitation programme

Offenders perceptions	Percentage	
	Agree	Disagree
Kenya prison rehabilitation programme is beneficial	72.4	27.6
Undertaking the programme is a waste of time	43.4	56.6
The programme has changed the way I view rape	66.2	33.8
I have learnt to associate with other people	74.5	25.5
Through the activities I have learned new skills/knowledge	82.4	17.6

N=145

The results in Table 15 show that, majority (72.4%) of the offenders perceived that, the Kenya prison rehabilitation programme is beneficial to them. 66.2 % stated that the programme had helped them change the way they viewed rape. 74.50% learnt how to associate with others and 82.40% learnt new skills. These results indicated that offenders at Kamiti maximum prison benefited from the rehabilitation programme.

Training of the offenders to learn new skills is common to most prisons worldwide. Research by Department of Correction, UK (2004) found out that recidivism is not reduced simply by incarcerating offenders or increasing the harshness of their sentence. However, well designed and delivered rehabilitation programmes benefited up to 85% of prisoners involved in the study. Brame (2004) also argues that rehabilitation programmes designed to address the factors underlying offending behaviour will help offenders deal with the factors relating to their offending such as beliefs to violence or cultural beliefs towards sexual violence. In South Africa, the Department of Correction Service (2010) states that the rehabilitation of inmates using a well-designed programme is one of the key priorities where inmates learn anger control, drug control and sexual abuse control.

4.7 To determine the perception of prison wardens and counsellors on usefulness of Kenya prison rehabilitation programme in reducing rape offenders’ recidivism

The fifth objective sought to determine the perceptions of prison wardens and counsellors on the usefulness of the rehabilitation programme in reduction of recidivism rate among rape offenders. In Kamiti maximum prison, there are a number of rape recidivists who have been convicted and brought back after committing rape again. To ascertain the presence of the recidivists, respondents were required to indicate whether it was their first, second or third time to be in the prison for committing the same crime. The responses are show in Table 16.

Table 16

Number of times a rape offender had been in prison for committing the same crime

Number of times	Frequency	Percentage
Jailed for the first time	126	86.4
Jailed for the second time	19	13.6
Jailed for the third time	0	0.0
Total	145	100.0

N=145

Majority of the respondents (86.4%) indicated that this was their first time in jail. The remaining 14% indicated that, they were in jail for the second time and none were serving a third time. According to Brame (2004) recidivism remains a big problem where the offenders do not get rehabilitated even after being taken through rehabilitation process. To find out if

the rehabilitation programme was helping to reduce the rate of rape recidivists, the prison wardens and the counsellors were asked to state their perceptions on this matter. Their responses are indicated in Table 17.

Table 17

Perception of Prison wardens and counsellors on the usefulness of rehabilitation programme

Perception	Frequency	Percentage
The rehabilitation programme is beneficial to the rape offenders	10	71.4
The rehabilitation programme helps rape offenders to change their attitude towards rape	8	57.1
The rehabilitation programme helps rape offenders from relapse	7	50.0
The rehabilitation programme will help in reducing recidivists	8	57.1

N=14

Results obtained indicate that 71.4% perceived that the rehabilitation programme was beneficial to the rape offenders. 57.1% indicated that offenders were helped to change their attitude towards rape and 50.0% perceived that rape offenders were helped with relapse problem with 57.1% indicating that the rehabilitation programme will help in reducing recidivists.

According to the records from the documentation department and social welfare officer at Kamiti maximum prison, the prison receives an average of ten prisoners per month. The prison is holding up to 120 recidivists and 60% of these are sexual recidivists (Kenya prison service, 2007). According to the social welfare officer at the prison, majority of rape recidivists committed their first offense before the enactment of the sexual offences act (Republic of Kenya, 2006). During that time, the penalty for rape was not very serious and many offenders were committed to medium level prisons for an average period of three years, a time period that may have not been enough to completely rehabilitate the offenders. The officer, however, argued that the prison rehabilitation programme can help in reducing rape recidivists if the offenders are willing to change and learn new skills from the various

activities being used for rehabilitation. Cords (2005) ascertain that rehabilitation programme activities accompanied by counselling are a powerful tool that can help in reducing the number of recidivists.

4.8 The challenges encountered by the prison wardens and counsellors as they use Kenya prison rehabilitating programme in reforming rape offenders

The sixth objective sought to establish the challenges faced by the prison wardens and counsellors as they use the prison rehabilitation programme to reform the rape offenders. These officers work daily with the offenders taking them through the rehabilitation programme. As they train, it is possible that they may encounter some challenges. To establish this, the prison wardens and counsellors were asked to state the challenges they experienced. Their responses are captured in Table 18.

Table 18

Challenges facing the prison wardens and counsellors

Challenges	Frequency	Percentage
New rape offenders received in prison are		
difficulty to handle	13	92.8
Lack of enough transport for daily transporting	12	85.7
Not all prison wardens are trained on the programme	7	50.0
Machines and tools for train are not enough	11	78.5
High population of offenders in prison	14	100.0
Long working hours	8	57.1

N=14

The results obtained indicate that, the prison wardens and the counsellors have quite a number of challenges they go through as they train the offenders. All the respondents indicated that there is a high population of offenders in the prison while 57% indicated that they work for long hours. The high population becomes a hindrance to effective training of the offenders with few machines and tool in the workshops. Lack of training for some prison wardens may also compound the problem of handling the offenders who are already difficult to handle. The challenges experienced may affect the effective management of the rehabilitation programme hence reducing the number of offenders who could have been reformed.

The challenges experienced at Kamiti maximum prison are not unique to the prison. For example Kristina (2010) indicates that Donovan State prison in the USA which was built for 2,200 inmates, houses twice this number making it hard for prison wardens to attend effectively to the inmates. The high population also forces the prison wardens to work for long hours. Similarly, Brown (2006) stated that in California Chino prison, prison wardens face the challenge of handling offenders due to their violent nature. The wardens occasionally face assault by inmates making the rehabilitation process difficult.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents a summary of the major findings from the study based on the research objectives. It also presents conclusions from the findings and recommendations derived from the conclusions.

5.2 Summary of the findings

Rape offenders who participated in this study varied in their demographic characteristics. Majority (31%) of the rape offenders were above 36 years with 15.2% being younger than 21 years. The study also established that 67.6% of these offenders had primary level education with only 2.1% being university graduates. It further established that 53.8% were married with 37.2% being single. 62.7% of these offenders were found to be serving a jail term of 15 years and above.

5.2.1 Rehabilitation measures used to reform the rape offenders

According to the study findings the rape offenders were taken through mandatory as well as optional activities. The aim of these activities was to equip the offenders with skills that would be useful to them once their jail term was over including assisting them in starting income generating projects that would facilitate smooth re-integration into society. The mandatory activities included carpentry, leatherwork, hairdressing and tailoring whereas the optional activities included motivational activities, sports and hobbies. Majority (66.2%) of rape offenders rated mandatory activities as either very good or excellent and majority (77.5%) were also highly committed to undertaking these activities. Although optional, participation in motivational activities was also high among the offenders ranging from 77.2 to 86.9%. Majority (78.6%) of the offenders also rated these activities as either very good or excellent.

5.2.2 Influence of Kenya prison rehabilitation programme on type of skills acquired

The rape offenders undertook mandatory and optional activities that helped them to acquire new skills and knowledge. According to the findings 94.5% acquired new skills from mandatory activities while for those who attended various categories of motivational activities, 98.2% to 95.4% acquired new skills/ knowledge. A chi- square test of association

between the ratings of the mandatory activities and new skills learnt revealed a significant association with Cramer's V value of 0.414 at $p=0.003$. There was also a significant relationship between the time spent in learning the activities and new skills learnt. Similarly, the ratings for various categories of motivational activities including self-esteem, relationship skills, relapse prevention, relapse planning and after care, anger management and anger control significantly related to new skills/knowledge learnt.

5.2.3 Influence of rehabilitation programme on change of attitude of rape offenders

The attitude of the rape offenders towards the act of rape was determined before and after they were exposed to the rehabilitation programme. Before exposure to the rehabilitation programme, the offenders had various attitude towards rape and agreed with statements such as "a man's power is shown through having forced sex", "a man should have sex with a woman anytime even she does not want to", "a no from a woman when forced to have sex means a yes", "a woman should be subdued through forced sex", and "having forced sex is not bad". After going through the rehabilitation programme, the attitude of most offenders changed with majority disagreeing with the above statements. The change in attitude was found to be significant for the above statements at 0.05 level of significance.

5.2.4 The perceptions of rape offenders on the effectiveness of the rehabilitation programme

Perception of the offenders on the effectiveness of the Kenya prison rehabilitation programme in reforming them was sought. 72.4% perceived the programme as effective with 66.2% of the rape offenders reporting that, the programme changed the way they viewed rape and that they learned how to associate with others. It was also noted that 56.6% indicated that it was not a waste of time to be taken through the rehabilitation programme.

5.2.5 Perceptions of prison wardens and counsellors on the usefulness of the prison rehabilitation programme in reducing rape offenders' recidivism

The findings in this study showed that among the participants, 14% were recidivists. Further, according to the social welfare officer at Kamiti maximum prison, 60% of the recidivists at the prison were sexual offenders. As a result the perception of the prison wardens and counsellors on the usefulness of the rehabilitation programme in reducing rape recidivism was sought. 71.4% of the prison wardens and counsellors perceived that rape offenders benefitted from the programme. 57.1% indicated that rape offenders changed their attitude

towards rape while 50% indicated that the rape offenders were being helped not to relapse back to crime. 57.0% perceived that rape recidivism could be reduced using the prison rehabilitation programme.

5.2.6 Challenges facing prison wardens and counsellors as they use programme for rehabilitation

Results obtained from the prison warden and counsellors indicated that there were challenges faced while using the rehabilitation programme to reform rape offenders. 92.8% reported difficulties in taking new convicts through the programme. High population of offenders as well as shortage of tools and machines were cited as a hindrance to effective rehabilitation of the convicts. Long working hours, lack of enough transport and lack of training for some wardens were also cited as challenges facing the Kenya prison rehabilitation programme at Kamiti maximum prison.

5.3 Conclusions

The broad objective for the study was to investigate the influence of Kenya prison rehabilitation programme in reforming rape offenders at Kamiti maximum prison in Nairobi County. Once rape offenders are convicted of rape, they are taken to the prison where they are taken through the same rehabilitation programme together with other offenders. Prisons are no longer places for deterrent and incarceration but places for rehabilitation whose aim is to give a chance to the offenders to reform and to be successfully reintegrated back to their communities.

The Kenya prison rehabilitation programme aim of reforming the offenders through trainings and from the study findings, it seems to be successful in imparting skills needed to rehabilitate rape offenders. Through the mandatory activities trainings, rape offenders learn and acquire new skill that they can use once they are released. Motivational activities also build the self-esteem of the offenders as well as facilitating interpersonal relationships. These activities are excellent in influencing the attitude of the rape offenders and could highly reduce the rate of recidivism. In countries like United Kingdom, rehabilitation programmes which are well scheduled have been seen to be effective in reforming and reducing the number of recidivists. The programmes have time lines and trained prison wardens to train offenders. In Australia where special sex offender programme with a victim centre approach is used, the number of re-offenders is quite low with most of the offenders reforming.

Although some of the prison wardens at Kamiti maximum prison are well trained and majority are committed to ensuring that offenders acquire new skills, they encounter a number of challenges such as high population of offenders in the prison; lack of enough tools and machines for training; and long working hours. These challenges could affect the acquisition of new skills and therefore reformation of the offenders.

5.4 Recommendations

The study makes the following recommendations based on the above conclusions:

1. According to the findings from this study the rape offenders are taken through the same rehabilitation programme with the other offenders who have committed other crimes. Therefore, there is need for the Kenya Prison Service to come up with special sex offender programme with victim centre approach to be introduced and used to rehabilitate rape offenders. The special sex programme will specifically be designed to address the rape offenders' character and their criminal behaviour and hence can go a long way in reducing rape recidivist.
2. Through the mandatory activities the rape offenders are able to acquire new skill like carpentry, hair dressing which they will use after leaving the prison. Therefore there is need to provide enough tool and machines for the trainings provided by the prison wardens.
3. There is also need to train and employ more prison wardens and counsellors to effectively deal with the high population of the offenders at the prison.

5.5 Suggestions for further research

This study makes the following suggestions for further research.

1. There is need to carry out a further research to find out whether the rape offenders utilise the skills acquired during their rehabilitation in prison to start income generating projects once they leave prison.
2. It would also be necessary to carry out a research to determine any challenges former rape convicts face as they re-integrate with members of the community and the influence this has on the rate of recidivism in the country.

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APPENDICES

APPENDIX A: QUESTIONNAIRE FOR THE RAPE OFFENDERS

My name is Alice M. Musau a student in Egerton University under taking MSc degree in Community Studies and Extension. I am under taking a research on the influence of prison rehabilitation programme on the change of behaviour. I kindly request if you could participate in answering the following questions. The information you given here is ONLY for research and not for any other purpose and it will be treated with a lot of confidentiality. It is very important that you give your honest views. Read the questions carefully before you give your choice.

Note: Circle appropriately the letter that corresponds to the choice you make or write in the space provided.

Section 1:

1. Age a) 18 to 22 year ()
b) 21 to 25 years ()
c) 26 to 30 years ()
d) 36 to 35 years ()
e) 36 years and above ()
2. Level of Education?
a) Primary Level () b) Diploma ()
c) Secondary () d) University ()
e) Other specify ()
3. Marital Status
a) Married () b) Single ()
c) Divorce () d) Separated ()
4. Denomination?
a) Protestant () b) Catholic ()
c) Muslim () d) Other specify

5. Length of your jail term?

- a) 5 to 10years () c) 15 to 20years ()
b) 10 to 15 years () d) 20 years and above ()

6. Is this your first, second or third time to be in prison?

- a) Yes () b) No ()

Section B: Measures taken to reform rape offender

1. Do you have routine daily activities you undertake in this prison?

- a) Yes () b) No ()

2. List the mandatory activities you have to undertake?

- a) -----
b) -----
c) -----
d) -----

3. List the optional activities you do.

- a) -----
b) -----
c) -----
d) -----

4. Do the activities help you to learn new skills?

- a) Yes () b) No ()

5 List the skills you have acquired from the training so far?

- a) -----
b) -----
c) -----
d) -----
e) -----

6 Rate the mandatory activities according to how they have benefited you in terms of learning new skills

- a) Excellent () b) Very good ()
 c) Good () d) Fair ()
 e) Bad ()

7. Rate the motivational activities according to how they help you in learning new skills or knowledge on other things.

- a) Excellent () b) Very good ()
 c) Good () d) Fair ()
 e) Bad ()

8. About how much time is allocated to learn an activity per day?

- a) 2 hours () b) 4 hours ()
 c) 6 hours () d) 8 hours ()

9. Rate the level of your commitment towards the trainings you are being taken through?

- a) Very high () b) High ()
 c) Moderate () d) Low ()
 e) Very low ()

Section 2 b

Are you trained on the following motivational activities? (Tick Yes or No in the space given)

		Yes	No
1	Self-esteem		
2	Self-actualisation		
3	Mood Management		
4	Relationship skills		
5	Relapse prevention		
6	Relapse planning and after care		
7	Anger management		

Tick yes or no where the motivational activity has helped you learnt a new skill or knowledge.

		Yes	No
1	Self-esteem		
2	Self-actualisation		
3	Mood Management		
4	Relationship skills		
5	Relapse prevention		
6	Relapse planning and after care		
7	Anger management		

Section 3: Change of attitude by the rape offenders towards rape

1. Before coming to Kamiti Maximum Prison how were you taking the issue of rape: Tick as appropriate

Question		Rating scale	
		1	2
		Agree	Disagree
i)	A man's power is shown through having forced sex with a woman		
ii)	A man should have sex any time with a woman even if she does not want		
iii)	Men who rape women should be arrested and jailed		
iv)	A "No" from a woman when asked for sex by a man mean "Yes"		
v)	A woman should be subdued through forced sex in order to obey		
vi)	Having forced sex is not bad		

2. After you have going through the rehabilitation training to reform: Indicate whether you agree or disagree with the following statements

Question		Rating scale	
		1	2
		Agree	Disagree
i)	A man's power is shown through having forced sex with a woman		
ii)	A man should have sex any time with a woman even if she does not want		
iii)	Men who rape women should be arrested and jailed		
iv)	A "No" from a woman when asked for sex by a man mean "Yes"		
v)	A woman should be subdued through forced sex in order to obey		
vi)	Having forced sex is not bad		

Section 4: The perception of the rape offender on the effectiveness of the programme

Tick the statement that describes your feelings best

1. My stay here has been:

- a) Beneficial ()
- b) Waste of time ()
- c) Changed the way I take rape ()
- d) Learnt to associate with others ()

2. What is your feeling towards the mediatory and optional activities?

- a) Positive ()
- b) Negative ()

3. Do you enjoy the variety of activities provided?

- a) Yes ()
- b) No ()

4. What is your feeling towards the crime you committed?

5. Are you in a position to ask for help from the officers when in need?

- a) Yes ()
- b) No ()

The End.

Thank you very much for the time and the answers you have given.

APPENDIX B: PRISON WARDENS AND COUNSELLOR'S QUESTIONNAIRE

My name is Alice M. Musau a student in Egerton University taking MSc degree in Community Studies and Extension. I am under taking a research on the influence of prison rehabilitation programme on the change of behaviour. I kindly request if you could participate in answering the following questions. The information you given here is ONLY for research and not for any other purpose and it will be treated with a lot of confidentiality. It is very important that you give your honest views. Read the questions carefully before you give your choice.

Note: Tick appropriately the letter that corresponds to the choice you make or write in the space provided if need be.

Section A: Respondent data and profile

1. Gender

- a) Male () b) Female ()

2. For how long have you worked in Kamiti Maximum Prison -----?

3. How many time in a week do you meet with the rap offender?

- a) 1 to 2 times () b) 3 to 5 times ()
c) 1 to 2 times () d) 1 to 2 times ()

Section B: Rate of recidivism of the rape offenders

1. Approximately how many rapists are received in the prison per month?

- a) 1 to 10 ()
b) 11 to 20 ()
c) 21 to 30 ()
d) 31 to 40 ()
e) 41 and above ()

2. About how many recidivists do you receive back to the prison in a month?

3. Is there special rehabilitation programme for the rapists?

- a) Yes () b) No ()

4. List the type of activities specifically used for rehabilitating the rapist.

a) -----

b) -----

c) -----

d) -----

5. Are there activities scheduled for every day in the week?

a) Yes () b) No ()

6. How many hours do the prisoners spend undertaking the rehabilitation activities within a day?

7. Are the rapes offenders allocated equal time for rehabilitation activities like?

Other prisoners?

a) Yes () b) No ()

8. Can you explain the method used to assess the rehabilitation progress of the Rape offenders as they go through the rehabilitation programme?

9. List the changes in behaviour you observe as the rape offenders go through the Rehabilitation process?

a) -----

b) -----

c) -----

d) -----

10. How do the rape offenders react towards the rehabilitation programme which they are taken through?

a) positive () b) negative ()

11. Are there other activities the rape offenders undertake different from other offenders

a) Yes () b) No ()

If yes list the activities

a) -----

b) -----

c) -----

d) -----

15. Do you think the rehabilitation programme that rapist go through is effective in changing their criminal behaviour

a) Yes () b) No ()

If No why do you think it is not effective?

Section 3: Challenges facing the prison wardens and counsellors as they take the offenders through the rehabilitation activities.

1) List the challenges you face as you take the offenders through the rehabilitation activities to reform them

a) -----

b)-----

c)-----

d)-----

2) As you work with the offenders, what can you recommend concerning the rehabilitation activities the rapists?

Section 4: The perception of the Prison wardens and counsellors on the effectiveness of the prison rehabilitation programme to reduce the rate recidivism.

1. Tick the statements that describes this statement

The programme is:

a) Beneficial ()

b) Waste of time ()

c) Change the way the rape offenders behave ()

d) The rape offender has learnt to associate with others ()

2. What are your feelings towards the mandatory and optional activities given to the offenders ?

a) Positive () b) Negative ()

3. Are the activities adequate for the reformation or can more activities be added within the programme?

a) They are adequate () b) They are not adequate ()

End

Thanks a lot for spending your time to provide this important information.

APPENDIX C: RESEARCH PERMITS

EGERTON

Tel: 037-62277-81,624921/92
Fax: 037-62527/62213
Telex: 33075



UNIVERSITY

P.O. Box 536
Njoro, Kenya

In reply quote Ref

Date: 07/06/2011

Department of Applied Community Development Studies

To Whom It May Concern

Dear Sir/Madam,

RE: ALICE M. MUSAU – REG. NO. EM21/02346/09

The above named person is a student at Egerton University undertaking M.Sc. degree in Community Studies and Extension. She has completed her course work (see the attached provisional transcript) and is in the advanced stage of thesis proposal which is entitled: *Influence of Prison Rehabilitation Programme on Rapists' Behaviour: A case of Kamiti Maximum Prison.*

She has defended the proposal and is expected to start collecting data. Alice is hardworking and highly motivated. She does her work well with little supervision and I am confident she will be a great asset to any organization interested in her skills.

Thank you.

A handwritten signature in blue ink, appearing to read "D. Odera-Wanga", is written over a circular blue stamp. The stamp contains the text "P.O. BOX 536 EGERTON" and "CHAIRPERSON".

Dr. D. Odera-Wanga
Chairperson, Department of Applied Community Development Studies
Tel. No. 0726027183
E-mail: wangadake@yahoo.com

Egerton University is ISO 9001:2008 Certified

EGERTON

TEL: (051) 2217937
FAX: 051-221792



UNIVERSITY

P. O. BOX 536
EGERTON

Ref: EU/DVRE/009

22nd July 2013

Alice Mbithe Musau
Department of Applied Community Dev. Studies
Egerton University

RE: APPLICATION FOR ETHICAL APPROVAL OF RESEARCH PROJECT

Reference is made to your application for Ethical clearance of your Research Project entitled *"Influence of Kenya Prison Rehabilitation Programme on reformation of rape offenders: A case of Kamiti Maximum Prison, Kenya."*

The Egerton University Research Ethics Committee met on 17th July 2013 and considered your application. Your Project was approved for implementation subject to the following conditions:

1. Ensure confidentiality of participants

Upon implementation of your Project, the Committee requires that you submit quarterly progress reports.

A handwritten signature in blue ink that reads 'MKLimo'.

Prof. M. K. Limo
CHAIRMAN – RESEARCH ETHICS COMMITTEE

MKL/pao

Egerton University is ISO 9001:2008 Certified

REPUBLIC OF KENYA



NATIONAL COUNCIL FOR SCIENCE AND TECHNOLOGY

Telephone: 254-020-2213471, 2241349, 254-020-2673550
Mobile: 0713 788 787, 0735 404 245
Fax: 254-020-2213215
When replying please quote
secretary@ncst.go.ke

P.O. Box 30623-00100
NAIROBI-KENYA
Website: www.ncst.go.ke

Our Ref:

NCST/RCD/14/012/1625

Date:

9th January, 2013

Alice Mbithe Musau
Egerton University
P.O.Box 536-20115
Egerton.

RE: RESEARCH AUTHORIZATION

Following your application dated **21st December, 2012** for authority to carry out research on "***Influence of Kenya Prison Rehabilitation Programme on reformation of rape offenders: A case of Kamiti Maximum Prison, Nairobi, Kenya.***" I am pleased to inform you that you have been authorized to undertake research in **Nairobi Province** for a period ending **31st March, 2013**.

You are advised to report to **the Commissioner of Prisons, Kenya Prisons Service** before embarking on the research project.

On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.


DR M.K. RUGUTT, PhD, HSC.
DEPUTY COUNCIL SECRETARY

Copy to:

The Commissioner of Prisons
Kenya Prisons Service
Nairobi.

**OFFICE OF THE VICE PRESIDENT AND MINISTRY OF HOME AFFAIRS
KENYA PRISONS SERVICE**

Telegrams: "COMPRISONS" Nairobi
Telephone: +254 02 2722900-6
E-mail Comprisons@yahoo.com
When replying please quote

Ref. No.....36/1VOL.XVI/59



PRISONS HEADQUARTERS
P.O.BOX 30175-00100
NAIROBI.

Date.....14th January 2010

Alice M. Musau
P.O. Box 57548-00200
NAIROBI



Dear Madam,

**RE: AUTHORITY TO CONDUCT RESEARCH PRACTICUM AT
KAMITI MEDIUM SECURITY AND KAMITI MAXIMUM
PRISONS**

This is in reference to your letter dated 13th October 2009.

Please be informed that the Commissioner of Prisons has approved your request to conduct Research Practicum at the above Prisons.

During the period of your Research, you will be expected to abide by the laid down rules and regulations of the Kenya Prison Service.

By a copy of this letter the Officers in Charge of Kamiti Medium Security and Kamiti Maximum Prisons are requested to accord you all the necessary assistance.

Upon completion of your research you will be required to submit a copy of your report to this office.

Thanking you and good luck in your research.


**TITUS M. KARANI, MBS HSC (DCP)
For: COMMISSIONER OF PRISONS**