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**THE PSYCHOLOGICAL IMPACT OF IMPRISONMENT IN SOUTH AFRICA: (A CASE
STUDY IN NKONKOBÉ MUNICIPALITY)**

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**Submitted for the partial fulfillment of the requirements for the degree of
Masters of Social Science in Criminology**

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Declaration

I, Akhona Sinefu (student number 200700104) hereby declare that this thesis is the result of my own research and has not been submitted in part or in full, for any other degree and / or any other institution for assessment purpose.



.....
Mr. A. Sinefu

.....
Date

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Acknowledgement

Let me take this opportunity to thank everyone that has contributed in the successes of the project, firstly the Lord all mighty, secondly thank myself for all the hard work and time I dedicated. Thirdly participants and the staff at Fort Beauford Correctional Centre Community Corrections, Mr Ntwungwa the manager and his team from the without you the researcher wouldn't have been able to collect the data , no data mean no study .A special thanks to my family who have been supporting me all the way especially my mother.

Lastly as they say save the best for last a very special thanks to my supervisor Doctor Jaco Barkhuizen who has been encouraging me and coaching me throughout the study, thank you very much Doc, and God Bless.

Dedication

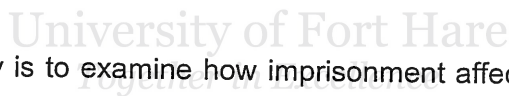
This thesis is dedicated to the Sinefu family, my late grandmother who did not have the opportunity to see me when I was graduating.



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Abstract

The study tries to explain the psychological effects of imprisonment as adjustment to incarceration is at all times a difficult matter and, it creates a tradition of thinking and behaviour which can be dysfunctional in times of post-prison adjustment. The psychological effect of confinement varies from individual to individual. Not everyone who is confined is psychologically harmed by it, but a few people are completely unchanged by the experience. It can be argued that everyone who enters detention centre is subjected to pressures of institutionalization, and that inmates respond in various ways with different levels of psychological changes associated with their adaptations.



The objective of the study is to examine how imprisonment affects the offender during and after imprisonment. What effect does imprisonment have on the offender. What are the sociological effects of imprisonment.

What effect does imprisonment have on the family of the offender as they are an important influence of many aspects of prisoner's life. The aims of the study are to check what the social integration challenges that face the ex-offender. Examine what are the factors that contribute to stress in the prison environment.

Two models and one theory were selected by the researcher in trying to analyse the study; they include the Importation Model; The Coping Theory; Deprivation model.

When collecting the data the researcher used a non-probability sampling and purposive sampling, used an interview schedule that consisted of both close ended questions and open ended questions, by doing so the researcher tried to find out what are the psychological effects of imprisonment. What were the challenges that they were faced with, what were the challenges that they are faced with while entering inside the prison for the first time and while they are outside prison walls.

The results of the study demonstrates that every inmate entering the correctional facility for the first time are faced with some challenges, But it depends on how one deals with the situation. It is not easy accepting the imprisonment status as you are being told what do to and when to do, inmates feel like they have lost their freedom. To some inmates prison is a place that changed their life to the better as they had been given a second opportunity to make their lives better and no longer be that had core criminal.

On the other side to some inmates prison changes them for the worse, because of the situation inside prison i.e violence, overcrowding and theft. It is likely to contract diseases like tuberculosis and pneumonia.

Research shows that to some inmates prison is like a second home to them, but from the data obtained it clearly states that they prefer to be outside and enjoying their freedom.

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Overview of the Study

The study will aim to examine the psychological impact of incarceration and its implications for post-prison adjustment within the South African context. The study shall focus on long term offenders who were serving or are currently serving 5-10 year sentences.

1.0 Introduction and background to the study

Abdullah (2006) states that imprisonment can cause psychological damage because of the endless tension, frustration, harassment, stress and strain of living in an abnormal environment among thousands of different personalities and behaviors. There has been great interest in how people adjust to prison life. Researchers have discussed the “pains” of imprisonment, described the characteristics of more or less adjusted prisoners, and explained how and why people may adapt to conditions of confinement (Zamble & Porporino, 1988).

There is limited research in South Africa on the topic, and the available literature is old and focuses on the effect of imprisonment in countries like England, Canada and the United States of America. Timothy Flanagan (1980) examined the attitudes and perspectives of long term inmates, which focused on inmates serving sentences of ten years or more to prioritize what they saw as the most serious deprivations while being imprisoned. The five problems these inmates listed from most to least were; missing somebody; social life; worrying about how they will cope when released and feeling that their lives are being wasted and lastly feeling sexually frustrated (Flanagan, 1980).

When asked to describe the single most important problem that they had encountered since being incarcerated, loss of relationships with family and friends outside the prison as one of the most serious deprivations. As a result of this some long term inmates cut themselves off from their relationships with their loved ones as a means of avoiding the anxiety and despair that accompany separation. However, for the majority of inmates who do not isolate themselves from their family, family ties become a two-edged sword over the years providing encouragement and support and at the same time, making it more difficult for them to serve time (Flanagan, 1980). Zamble and Poporino (1988), state that the majority of inmates experience the stress of missing freedom, and the loved ones.

1.1 Preliminary literature review

Abdullah (2006) found that the longer one is imprisoned and the condition in which that person lives under while incarcerated, determines the amount or the level of psychological damage that an individual has incurred.

The adaptation to imprisonment is always a difficult matter and, at times, it creates a habit of thinking and actions which can be dysfunctional during post-prison adjustment. The psychological effect of incarceration varies from individual to individual and is often reversible. Not everyone who is incarcerated is psychologically harmed by it, but a few people are completely unchanged by the experience (Haney, 2001). Zamble and Poporino (1988), also conducted a study on prison adjustment and found that inmates who were coping with imprisonment were the ones who were single, and had no sort of employment.

It can be argued that everyone who enters prison is subjected to pressures of institutionalization, and that prisoners respond in various ways with different levels of psychological changes associated with their adaptations. There are some prisoners who are much more vulnerable to pressures of imprisonment than others, either because of their personal features or appearances in the case of prisoners with special needs whose special problems are inadequately addressed by prison policies at times. They are at a risk of returning home from prison with a more serious psychological problem and many more challenges to overcome (Hanely, 2001).

There is a high number of persons presently incarcerated who have experienced child trauma, amongst other things, thus the harsh, punitive, and uncaring nature of prison life may give rise to re-traumatisation for prisoners (Hanely, 2001). Since some prisoners are exposed to the very strict inflexible discipline of prison, the unwanted violence and the reality of victimization by other inmates either physically or sexually, there is a need to address the dominating intentions of others, lack of respect for each other. Putwain and Sammons, (2002) argued that imprisonment is an aversive experience and that prison generally offers an extremely unpleasant environment. Apart from the obvious problems of boredom and violence, there is some evidence that imprisonment can have a detrimental effect on prisoner's psychological functioning.

Zamble and Proporino (1998) state that early in their sentences prisoners show high level of anxiety and depression. This steadily declines over time, and they argue that anxiety and hopelessness represent psychological responses to confinement which declines as the inmates adjust to the situation.

1.2 The research problem

Dhami, Ayon, and Loewenstein (2007) states that it is possible that various features of an individual's life before prison combine to affect the adaptation to imprisonment. For example, a male who did not finish high school, was unemployed, took drugs, and did not have any personal relationships before prison may adapt differently to imprisonment than his counterpart who was better adjusted to life before prison. However, studies of individual pre-prison behavioural characteristics may not have the power to detect the combined effects of this general poor quality of life before prison. The goal of this study is to examine the psychological impact of imprisonment within the South African context. The research will focus on how imprisonment affects inmates and what psychological effects and changes long term imprisonment has on individuals specifically within the South African context.

In the next section the aims and the objectives of the study will be discussed.

1.2 Aims and Objectives

The objective of the study is to examine how imprisonment affects the offender during and after imprisonment. The focus will be on how imprisonment changes the individual as well as what ancillary effects incarceration has on the offender and his family.

The aim of the study is encapsulated by Howard (1999) who stated that incarceration causes the deterioration of an inmate's personality and mental, emotional and physical well-being. In this study the aim will be to determine what effect imprisonment has on the offenders within the South African context? Specifically:

- What are the factors that lead to stress in prison? Has imprisonment changed the behaviour of the offender negatively or positively? What are their integration challenges that face the ex-offender in the Nkonkobe Municipality?

1.3 Theoretical Framework

In this section the attention falls on the theoretical models that will be used to analyse the above mentioned research project. Howard (1999) provided a comprehensive theoretical overview of the problem when he stated that imprisonment necessitates a substantial curtailment of an individual's freedom and many other basic rights, deprivation is an inherent feature of being incarcerated. In the research the model will be used in looking at what are the experiences that a prisoner is faced with, what was the feeling when first entering prison for the first time and how did they adapt to the environment.

1.3.1 Importation Model

The importation model emphasizes on the character of inmates that precedes their institutionalization and external conditions (Parisi, 1982). The model is known as the "cultural drift theory", it assumes that the inmates do more than respond to the immediate prison problem, but rather cultural elements are imported from outside. Prisoners bring their own attitudes, norms, values and attributes and these become a part of the inmate subculture (Inciadi, 1993).

Incarceration affects individuals in different ways and while some inmates may show similar institutionalised behaviour, they may still adapt quite differently in other ways.

Institutionalisation is an attitudinal factor which combines other variables to affect adaptation to incarceration (Zamble & Porporino, 1988). The incarceration model shall be used in the study to examine how the inmates adapted to the prison environment with all the different beliefs and thoughts i.e. how do they cope with the prison gang.

1.3.2 Deprivation model

The deprivation model in this study shall be used to examine whether there are similarities or commonalities that exist between the respondents, and examine if there is a prison subculture formed. According to Parisi (1982) the deprivation model focuses above all on the prison environment as producing pressures on and response by the inmates. The model supposes that when inmates go into prison they are faced with foremost social and psychological inconvenience that result from the loss of freedom, status, dignity, possessions, autonomy, security and personal relationships (De Wet, 2005). Deprivation of freedom and pains of incarceration leads to inmates having a mutual understanding and have collective response.

1.3.3 The Coping Theory

Coping is defined as an on-going cognitive and behavioural effort to manage specific external and or internal demands that are appraised as exceeding the resources of the person (Lazarus, 1993). The definition can be simplified though with a loss of some information by saying merely that coping consists of cognitive and behavioural efforts to manage psychological stress (Lazarus, 1993). From a measurement and research standpoint, this type of formulation emphasizes that the coping effort is independent of

the outcome so that its role in influencing how inmates adapt and the resulting outcomes can be independently assessed.

Zamble and Proporino, (1988) state that inmates who enter prison with inadequate ways of coping will leave prison with the same lack of adaptive capabilities. They further go on by saying that correlates of difficulties included marital status (single), substance abuse history, unemployment or unstable employment and prior arrests. Coping thoughts and actions under stress must be measured separately from their outcomes in order to examine, independently, their adaptiveness or maladaptiveness. What is most needed in coping measurement is to describe what a person is thinking and doing in the effort to cope with stressful encounters. The inference about how the person is coping is then made not by the person being studied but by the professional observer.

Lazarus (1966), states that individuals vary in their appraisals of stress, based on a multitude of factors, including personality, motivation, belief systems about the environment and one's capacity to influence it, education and level of sophistication.

The coping theory will be used to analysing the data, since the study will be focusing on psychological impact of imprisonment. The deprivation model will focus on how the inmate adjusts to the prison environment and the importation model shall focus on the character of the inmate. The coping theory shall be used in how the prisoner dealt with the stress of imprisonment.

1.4 Research Design and Methodology

In the study the researcher will use a qualitative research methodology. Qualitative research is the application of observational techniques and the analysis of documents

as the primary means of learning about persons or group and their characteristics (Champion, 2006).

1.4.1 Methodology

The researcher will conduct face to face interviews with ex-offenders which the researcher will prepare in advance. The interview schedule will consist of both close ended questions and open ended questions, by doing so the researcher tries to find out what are the psychological effects of imprisonment. What were the challenges that they were faced with, what were the challenges that they are faced with while entering inside the prison for the first time and while they are outside prison walls. Interviews are the direct data gathering tool that involves a verbal communication between the researcher and the responded. Interviews themselves may probe further into the responses given by different subjects, seeking more detail and clarification for the answers yielded (Champion, 2006).

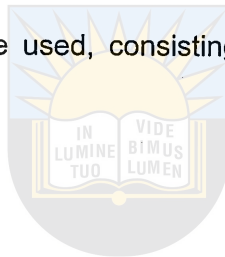
1.4.2 The Sample and Sampling Frame

The study will be conducted using a non-probability sampling and purposive sampling, since it is an attempt to obtain a sample that appears to be representative of the study population (Frankford-Nachmias & Nachmias, 1996). Non-probability sampling refers to the case where the probability of including each element of the population in a sample is known. De Vos, Strydom, Fouche, and Delport (2005) supported that purposive sampling is based entirely on the judgment of the researcher in that a sample is composed of elements that contain the most characteristics, representative of the attributes of the population that serve the purpose of the study best. The purposive

sampling frame that is used is appropriate for this type of study, since the researcher knows what type of sample is needed for the study.

1.4.3 Data collection

The researcher will use a semi-structured interview as a means of data collection and this will be done using (30) long term ex-convicts in the two correctional centre namely; MiddleDrift and Fort-Beaufort. The semi-structured interview consists of a both ended and close ended questions shall be used, consisting of biographical and theoretical based (Champion, 2006).



1.4.4 Data analysis

The research is a qualitative study meaning that qualitative method of analysing data will be used. The data gathered will be analysed using the coping theory and incarceration model as well as the deprivation model.

1.4.5 Anticipated value of the study

The study will attempt to:

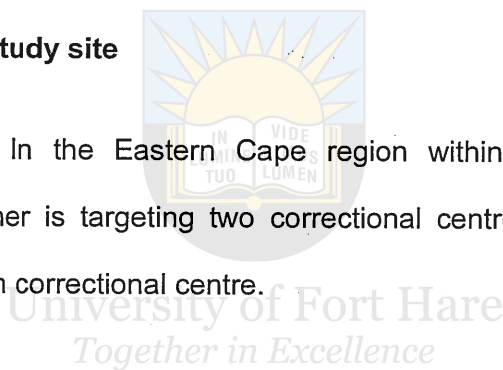
- Give a better understanding of the psychological, social and incarceration has on prisoners.
- Help with programme development that could lessen the negative impact imprisonment has on the individual.

1.4.6 Gaining Access

The researcher has to apply to the National Department of Correctional Service (DCS) to gain access to the participants that is required for the research. The researcher will also obtain approval from the National Commissioner of the DCS and a letter of referral to the MiddleDrift and Fort-Beaufort correctional centre so that the researcher can get a record of the ex-convicts.

1.4.7 Description of the study site

The study will be done in the Eastern Cape region within the Amatole district Municipality. The researcher is targeting two correctional centres namely MiddleDrift and Fort-Beaufort minimum correctional centre.



1.5 Significance of the study

Prisons have become more difficult places in which to adjust and survive over the last decades (Hanley, 2001). Adapting to prison life is not very easy; there are psychological costs of imprisonment which some individuals are more vulnerable to than other inmates. Howard (1999) writes that inmates are at a much higher risk than the general public for contracting HIV, mostly new inmates who are entering the prison for the first time. This could also affect the inmate psychologically as some inmates are married and have children. Overcrowding is a serious issue in South African correctional centers; it deprives the right to privacy. Prison overcrowding leads to violence, deaths, and uncontrolled homosexual assaults and can lead to psychological impact of imprisonment. Overpopulation of not only human beings, but that of almost organic

creature be it mankind, animal kingdom , water species or plant kingdom has a lot of negative impacting aspects which in one way or another makes survival extremely difficult (Shabangu, 2006).

The problem of prison overcrowding is an international issue. According to Fagan (2002) overcrowding has mainly been caused by the large increase in the number of awaiting trial prisoners. The legislation passed in 1997 providing for minimum sentences is the main cause of prison overcrowding.

1.6 Ethical Considerations

The research process provides the overall scheme for the research but each stage may involve ethical considerations (De Vos, *et al.*, 2005). The study involves hidden and very sensitive information so the ethical considerations will be a priority. The researcher has to wait for the (DCS) head office to respond as to how many offenders have to get. The researcher will meet the offender's one on one and explain the research procedure that it is voluntary, that they have a right to withdraw any time they wish to do so. No names will be used in the study; everything discussed will be strictly confidential. The interview questioners used will be stored in a safe place and no one will have access to them but the researcher for future references.

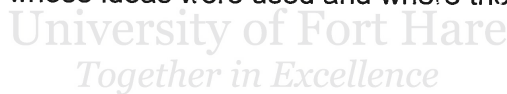
1.6.1 Informed Consent

Informed consent is the procedure in which individuals choose whether to participate in an investigation after being informed of the facts that would be likely to influence their decisions. To be fully informed means being acceptable consent has to be voluntary

and informed, complying with informed consent is to ensure the freedom of participants choose to take part voluntary and not forced to participate in the study, is free to decline or withdraw for the study any time he/she feeling like it (De Vos, *et al.*, 2005). Informed consent shifts part of the responsibility to the respondent to any possible negative effect that might occur, any legal liability.

1.6.2 Privacy

Right to privacy freedom of individual to pick when and how information beliefs, view, behaviour, attitudes and opinions are shared or withheld from others (De Vos, *et al.*, 2005). In the study the researcher will make sure that the participant's right to privacy will be respected by all means, their opinions will be kept private so that the researcher and the participants knows whose ideas were used and where they will be used.



1.6.3 Anonymity

It is the process of separating the identity of individuals from the information they give. A participant is considered anonymous when the researcher or any other persons cannot identify particular information with the participant, the researcher is unable to associate a name with the data, then the identity of the participant is secured even though the participant, the researcher is unable to associate a name with the data, then the identity of the participant is secured even though sensitive information may be revealed (De Vos *et al.*, 2005). Anonymity is assured by separating the identity from the information the participant gives by the use of pseudo-name of the respondents.

1.6.4 Confidentiality

Participants in Social Science research are often told that the information they provide will be treated as confidential, that is even though the researcher is able to identify a particular participant's information and they will not reveal it to the public (De Vos *et al* 2005). All names of the participants will be confidential so that no one will be able to identify who gave the piece of information.

In the following section the chapter outline will be discussed.

1.7 Chapters Outline

Chapter 1 is the statement of the introduction and background to the study as well as the aims and objectives to the study and the theories that will be used in the study.

Chapter 2 will consist of a literature review on the psychological effect of Imprisonment

In **Chapter 3** shall address the methodology and the collection of data, and details of the semi- structured interviews held with the participants. **Chapter 4** will contain an analysis of collected data. The lastly and final **chapter 5** will address the findings of the research, as well as the research recommendation and conclusions

Chapter Two

Literature Review

2.0 Introduction

The literature review chapter is the body of works previously published by other scholars. A literature review means that it will provide the reader with a theory base, a survey of published works that pertain to the investigation and an analysis of that work (Hofstee 2006). This chapter will provide the theoretical context of the study by exploring the theory of the psychological impact of imprisonment in other countries and will be linked in the South African context.

Abdullah (2006) found that the longer one is imprisoned and the condition in which that person lives under while incarcerated, determines the amount or the level of psychological damage that an individual has incurred.

The adaptation to imprisonment is always a difficult matter and, at times, it creates a habit of thinking and actions which can be dysfunctional during post-prison adjustment. The psychological effect of incarceration varies from individual to individual and is often reversible. Not everyone who is incarcerated is psychologically harmed by it, but a few people are completely unchanged by the experience (Haney, 2001). Zamble and Poporino (1988) also conducted a study on prison adjustment and found that inmates who were coping with imprisonment were the ones who were single, and had no sort of employment at all.

2.1 The pains of imprisonment

It can be argued that everyone who enters prison is subjected to pressures of institutionalization, and that prisoners respond in various ways with different levels of psychological changes associated with their adaptations. There are some prisoners who are much more vulnerable to pressures of imprisonment than others, either because of their personal features or appearances in the case of prisoners with special needs whose special problems are inadequately addressed by prison policies at times. They are at a risk of returning home from prison with a more serious psychological problem and many more challenges to overcome (Hanely, 2001).

There is a high number of persons presently incarcerated who have experienced child trauma, amongst other things, thus the harsh, punitive, and uncaring nature of prison life may give rise to re-traumatisation for prisoners (Hanely, 2001). Since some prisoners are exposed to the very strict inflexible discipline of prison, the unwanted violence and the reality of victimization by other inmates either physically or sexually, there is a need to address the dominating intentions of others, lack of respect for each other.

Putwain and Sammons, (2002) argued that imprisonment is an aversive experience and that prison generally offers an extremely unpleasant environment. Apart from the obvious problems of boredom and violence, there is some evidence that imprisonment can have a detrimental effect on prisoner's psychological functioning.

Zamble and Proporino (1998) state that early in their sentences prisoners show high level of anxiety and depression. This steadily declines over time, and they argue that anxiety and hopelessness represent psychological responses to confinement which declines as the inmates adjust to the situation.

Souza and Dhami 2010 cited in Jones and Schmid (2000) conducted an ethnographic study (a scientific description of different races and cultures) of first-time inmates and found that on entry to correctional center, the convicts experienced heightened feelings of fear and concerns of violence. Given these inmates' lack of direct experience of imprisonment, Jones and Schmid posit that this likely stems from pre-conceived ideas of prison that are based on culturally stereotyped images.

In their study they found out that between the third and fourth month, however, these prison images were dispelled as first-time inmates became assimilated to the regimented and repetitive daily prison routine. As such, their initial fears transformed into feelings of boredom and detachment, and diversionary activities were undertaken to "kill time." By the middle phase of the inmates' sentences, these "prisonization" effects began to resemble those of long-term inmates and recidivists Jones and Schmid (2000).

Morris and Morris (1962) states that although the experience of imprisonment is not new to repeat prisoners, the "pains" that they experience resemble those of inmates who are in prison for the first time. However, repeat prisoners suffer further from anxieties, pressures about "being unable to influence the course of events outside", and to their detriment, this can lead to a reduced sense of social and personal identity.

Liebling and Arnold (2004) found that relationships and quality of treatment by others were identified as aspects of prison life that matter most to inmates.

In the next section the definition of terms will be unpacked.

2.1.1 Anxiety

The Oxford Concise Dictionary of 1990 describes anxiety as the state of being anxious, concern about an imminent danger.

2.1.2 Fear

It is an unpleasant emotion caused by exposure to danger The Oxford Concise Dictionary of 1990. De Wet 2006 Defines fear as a factor contributing in the motivation for inmates to going gangs, and the cause of perpetration of violence on other inmates.

Next the deprivation model will be discussed.

2.2 Deprivation model

The deprivation model is focusing primarily on the prison environment as pressure producing on and responses by the inmates (Parisi 1982). The model supposes that when inmates enter prison they are faced with major social and psychological that result from the loss of freedom, status, dignity, possessions, and autonomy, security and personal relationships. Prison adjustment is influenced by preprison characteristics that are "imported" (Irwin, 1970; Irwin & Cressey, 1962).

Schmallegger (1997) states that the Deprivation model can be explained as a unique display of structural properties and function, it is a social system and the circumstances which in offenders make their adjustment combine to make pains of imprisonment compounded by factors that effect them psychologically, i.e. loss of freedom.

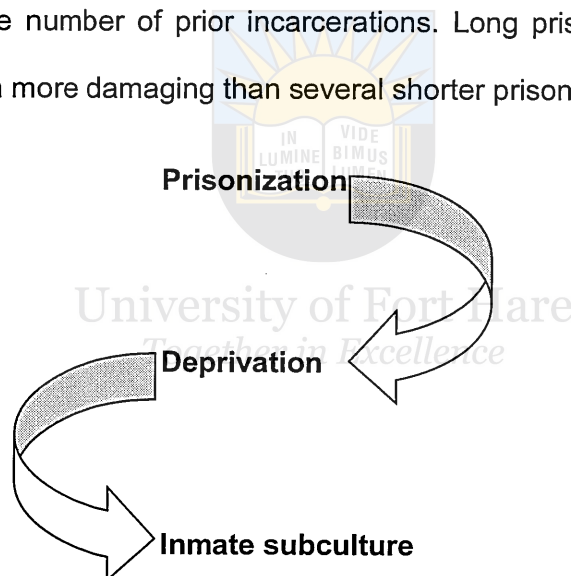
From the study conducted by Dhami, Mandel, Lowenstein, and Ayton (2006) it can be concluded from their findings that the prisoners' quality of life before prison (defined as whether or not prisoners had finished high school, were employed, had an intimate relationship, used drugs, and had been in prison before) had a direct effect on their participation in programs, their feelings of happiness, and their prison misconduct. In addition to factors such as education, employment, and drug and alcohol use, this includes instances of previous imprisonment. That is when the prison subculture develops amongst prisoners as attempts to adapt in prison (De Wet, 2005).

Prison subculture refers to the social order of power and interaction in prison (Gillespie 2003). Another aspect of deprivation is the extent to which prison facilities provide inmates with access to rehabilitation and other programs designed to facilitate transition to life outside prison, including psychological/mental health counseling, education programs, and work skills training. Suicide may be more likely in prison environments that lack or provide limited access to such programs because of heightened idleness, isolation, and sense of fatalism among inmates.

Following will be the discussion of prisonization

1993).Reisig and Lee 2000 postulated that Inmates who were serving their sentence in a more flexible administrative environment, inmates who were housed in the most rigid institutional settings displayed the greatest amount of antisocial attitudes Reisig and Lee (2000).

Dhami, Ayton, &Loewenstein, (2007); McCorkle, Miethe, & Drass, (1995); Argue that it is possible that the total amount of time spent in prison is a reliable measure of prisonization than the number of prior incarcerations. Long prison sentence (e.g., 20 years) could be much more damaging than several shorter prison sentences.



In the next section prison as Criminogenic will be discussed.

2.4 Prisons as Criminogenic factor

Vieraitis &Kovandzic, 2007 states that the experience of prison itself may increase the likelihood of reoffending post release. The “barren, inhumane, and psychologically destructive” nature of imprisonment may increase the likelihood of crime after release Gendreau (1999).Inmates serving long term sentences, prison becomes home, and

2.3 Prisonization

The term Prisonization was a term coined by Donald Clemmer (1940) to describe the process by which prisoners adopt the customs, mores, and values of the prison culture in which they live. Clemmer, 1940 conducted a classical study of the prison community, from his study it can be deduced that when a new inmate enters prison he or she goes through a process or a stage known as prisonisation, it varies from one inmate to the other it is not same for every inmate.

Prisonization provides an explanation for the experience as the regularity with which chronic offenders cycle in and out of prison to resume offending upon release, provides a criminological theory that articulates how and why prisons can serve as schools of crime. During prisonisation the inmate's personality, environment, the relationship with the outside prison; whether the inmate joins a group in prison and lastly the degree to which the inmate accepts the codes of prison life. Prisonization may have an effect on the inmate's adjustment after release (Reid, 2004).

Gillespie (2003) states that prisonisation is a learning theory involving antisocial or maladaptive changes in normative changes in normative and behavioral patterns. Inciardi 1993 further states that this can be connected with physical or social hardships encountered experienced during imprisonment. The first step of prisonisation involves the individual's status because he becomes an anonymous entity in a societal subgroup.

De wet (2005) states that it is widely accepted that prisons have a subculture of their own. Each prison has a system of norms of informal rules and norms can lead to prisoners having the option to be part of it or death by fellow inmate (Inciardi

prison life requires strategies for survival. To survive inside prison, inmates must adapt to its more unpleasant features (Zaitzow, 1999). Experience of prison can increase crime post release by making it more difficult for offenders to reenter society because of the lack of needed services (Austin, 2001; Lynch and Sabol, 2001; Petersilia, 2003).

Camp & Gaes 2005 states that the criminogenic effect of prison only occurs when an inmate is released from prison and the extra surveillance provided by the prison environment no longer exist.

The level to which inmates are affected by these factors of prison life will depend, in part, on the length of their incarceration and the type of institution to which they are assigned (Zaitzow, 1999). Hopper, 1990 states that one of the psychological effects of imprisonment is that the prisoner's lose their freedom, whether male or female, young or old, inmates have to adjust to an environment in which relationships (sexual or platonic) with the opposite sex are denied them.

Inmates make "contacts" or associations that may facilitate crime upon release (i.e., they may learn from each other how to commit new crimes or how to improve their techniques) (Letkemann, 1973). First, the experience of prison may serve to deter the offender from committing crimes once released for fear of being re-incarcerated (i.e., specific deterrence). The "pains of imprisonment," including the loss of freedom, rigidity of prison life, loss of contacts with friends and family, and stigmatization, may convince offenders that prison is a place to which they wish never to return. Since inside prison prisoners exchange information about the different type of crimes they have committed, many offenders prefer to be inside prison that outside because of they have a descent

plate and proper bed to sleep and lastly they receive medical care for free. The experience of prison also complicates an offender's ability to successfully re-enter society because it creates obstacles to and leaves them ill prepared to securing housing and work (Petersilia, 2003).

Due to the reduction in prison programs and participation by inmates have increased the number of prisoners who are not prepared for life outside prison. The prison environment makes it very difficult for inmates to transit back to society simply because inside prison life is highly routinized restrictive, and isolating. Therefore this interferes with inmates control over their lives (Carceral, 2004; Irwin 2005; Travis, 2005).

2.4.1 Incarceration as a barrier of employment

As the amount of time served increases, so might the deleterious effects of prison life on inmates increase. With respect to finding a job, released prisoners face many obstacles as well. Research indicates that many employers would not hire an ex-prisoner (Holzer, 2002). Thus, in addition to the fact that offenders are barred from certain occupations, those occupations for which they are eligible are difficult to secure. Moreover, employers who are willing to hire ex-inmates typically offer lower wages and fewer benefits (Petersilia, 2003).

Legal restrictions which prohibit ex-convicts from qualifying them from employment in specific occupations such as health sector, skilled trade, teaching, and the public sector employment could also have a negative impact on the ex-offender when seeking for employment post prison (Western,Kling, Weiman, 2001).

Research proves that one's criminal record is an obstacle to find employment and reduces one's potential of earning (Pager, 2003). This increases the number of prisoners returning to prison as a result of unemployment of ex-convicts.

An employed petty offender who is incarcerated for even three months is likely to lose his job because of his imprisonment, while his chances of securing new employment upon release are reduced. Offenders with informal employment, who supported their families or other dependents before their incarceration, may battle to resume their income generating activities, and will experience a loss of income over the period of their incarceration (Goyer, 1994).

Prison experience also may provide inmates with an education in crime and may reinforce criminal identities. The "prison as school" argument suggests that housing criminals together in close proximity for long periods of time results in numerous educational opportunities (Petersilia, 2003).

In the next section sexual abuse in prison will be discussed.

2.4.2 Inmate culture

Inmate culture is defined as the collective, shared values and norms of the inmates in any given prison. There are many aspects to inmate culture; however, one of the classic features described is the criminal backgrounds that inmates bring to prison (Clemmer, 1940; Irwin, 1980). Inmate subculture can be defined as an adaptation to deprivation and confinement, a way to address the psychological, social, physical and sexual needs of inmates while incarcerated (Stinchcomb and Fox, 1999).

Inmate subculture helps inmates cope with the deprivations of life in prison by providing shared thinking ways, feeling and acting. Inmates may sometimes belong to a certain group and still attend religious programmes, in activities at all (Thomas & Zaitzow 2006). The welfare and psychological freedom of one inmate depends on how they manage to live and relate with other offenders and not on the education ,recreation and counseling he receives (Stinchcomb and Fox, 1999).

Inciardi (1993) states that " each prison has a system of norms of informal rules that influence prisoners behavior to a greater degree than the official or formal systems set up to regulate and structure an inmates behavior."

The correctional facility is a place where growth and behavior is influenced just like other place in the community within society (De Wet 2006). The character of the inmate and their experience of imprisonment play's a vital role in their adjusting to imprisonment (Gillespie, 2003).

2.5 Sexual abuse in prison

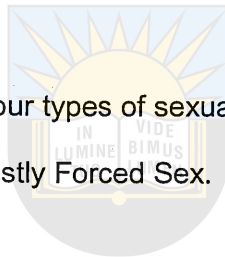
Correctional facilities (jails, detention centre's and correctional centre's) are high risk settings for the sexual victimization and rape of offenders Cotton and Groth (1982).

Weis & Friar cited in (De Wet 2005) states that the consequences of homosexual attacks on an inmate vary from inmate to inmate. Parisi 1982 further states that repeated homosexual rape causes the inmate to develop a new sexual identity, unwanted homosexual creates stress and anxiety in inmates and can lead to a submissive attitude in cases where inmates have become a male wife of the other. Sexual harassment and rape result in dangers of contracting HIV/AIDS amongst

inmates because one inmate has sexual intercourse with more than one offender, especially inmates entering a correctional center for the first time.

Rape is a widespread practice in male correctional centres (Sabo, Kupers & London, 2001). Boyseens 2008 states that the general public knows little, if not nothing about the plight of many male offenders who are the victims of sexual victimization in a correctional centre. Coerced sex in corrections is not referred to as rape but known as “turning out” a person.

Boyseen 2008 states that there are four types of sexual abuse in prison; Emotional Sex, Survival Sex, Compliance sex and Lastly Forced Sex.



University of Fort Hare

2.5.1 Sexual intercourse in prison as a commodity

In correctional facilities for men especially, homosexual sex is often viewed as a commodity which must be forced, bought or traded; new inmates have to find their place in the sexual order by developing a sexual identity and establishing a reputation in the prison “sex pressure game,” which is designed to determine who is weak or strong Hopper, 1990.

Most of the time this sex pressure game is played new inmates who are first time offender's and do not know much about prison life (Ross on gangs, 2007). The emergence of prison gangs comprised of groups of inmates for group protection and power dominance has become yet another reality for the incarcerated offender.

Deprivation has also been argued to increase the likelihood of suicide by inhibiting the development of inmate social networks and informal groups within the prison (e.g., Clemmer, 1958; Goffman, 1961; Payson, 1975). Inmates seek out friendship networks for social support and protection and to alleviate the “pains of imprisonment” (Sykes, 1958). This mutual support reduces uncertainty and fear, while increasing inmates’ sense of control over the prison environment.

Emotional sex can be described as a situation where one detainee will give the other food, cigarettes or dagga where after they will start kissing and eventually engage in sex.

2.5.1.1 Survival Sex

It can be associated with being a prostitute where inmates sell their bodies in exchange for commodities and mostly it is offenders who do not get visits from their friends and family.

2.5.1.2 Compliance Sex

This type of sex occurs when the detainees reach an agreement to get involved in a sexual behavior.

2.5.1.3 Forced Sex

This type of sexual abuse in prison is common to young persons or new detainees where they are tattooed of a gang and promised that they will be protected, then have sex with the senior gang members.

Following the role of religion in prison coping will be discussed.

2.6 The Role religion in Prison Coping

Prisoner religious organizations present a unique opportunity to channel inmates' energies and use their talents in meaningful and beneficial ways (Fox, 1982). Religion helps prisoners to adjust and become productive in the prison environment through self-development and peer counseling. Richards (1978) and Toch (1988) suggest, outside ties may help mitigate "the pains of imprisonment." Prisons impose emotional isolation and create stress but by keeping contacts with the family and friends are crucial in adjusting to imprisonment and help coping with prison experiences.

Religion in prison may lead to increased prison adjustment as measured by such psychological factors as reduced stress, increased feelings of self-esteem and feelings of efficacy, and the feeling that one has some control over one's life and ability to change the self and the environment (Barringer, 1998; Colson, 1979).

The role of the social worker will be discussed.

2.6.1 The role of the Social worker

According to the DCS website www.dcs.gov.za the Core function of Social Work Services is to assess the offenders and provide needs based Programmes and Services in order to enhance the adjustment, social functioning and reintegration of offenders back into the community. The social worker is to provide the following services to the offender in making sure that they cope with imprisonment.

Counseling services (offered to individual offenders), Supportive services (offered during traumatic experiences e.g. death or living with HIV and AIDS), Crisis intervention (basically to victims of traumatic experiences and for the awaiting trial detainees on referral), Administrative (variety of reports required for the offenders eg parole board reports, reconstruction services reports etc.), Orientation, Life Skills, Substance Abuse, Family and Marriage Enrichment, Anger Management and Sexual Offender Treatment Programme Resilience Enhancement Programme (Youth Programme) (dcs.gov.za).

In the next section the role of the psychological service will be discussed.

2.6.2 The role of Psychological Services

The Department of Correctional Service website (dcs.gov.za) states it clearly that the Sentenced offenders, probationers and persons under Correctional Supervision have equal access to needs based psychological services, despite the limited number of psychologists in DCS, in order to maintain their emotional well-being, promote continued effective functioning and to improve their quality of life.

The primary responsibility of the psychologist in the Department of Correctional Services is the management of a psychological/mental health programme where the offender is assisted to adjust in a correctional centre, learn new coping skills within the correctional facility and to prevent re-offending behaviour.

The white paper on corrections state the challenges that are faced by the (DCS) overcrowding and the state of the DCS facilities; institutional "Prison Culture" and corruption; training for the new paradigm; and structuring for the new paradigm.

In the next section the Consequences of overcrowding will be discussed.

2.7 Consequences of overcrowding

The White paper on Corrections states that the Department of Correctional Service regards overcrowding as its most important challenge, as it has significant negative implications on the ability of the Department to deliver on its new Core Business. There are various causes of overcrowding, including the: inefficient functioning of the criminal justice system; the particularly high incarceration rate in South Africa when compared to international trends; introduction of minimum sentences for particular categories of serious crime in 1997 resulting in an increase in the proportion of long-term offenders in the DCS facilities that will affect availability of bed space in the coming decade; crime trends in South Africa, particularly in relation to serious violent crimes and serious economic offences; levels of awaiting-trial detainees held in correctional centres; and inadequate needs-driven facility planning in the Integrated Justice System.

De Wet (2007) states that the social psychological effects of overcrowding are traceable to stress in the inmate and results in anger, hostility, anxiety, depression and violence. An individual experiences a number of psychological reactions such as feeling of powerless and trauma. In an overcrowded cell is not privacy as inmates eat, wash and sleep together in the same room, and are strip searched in front of others when entering a correctional center, this changes their human dignity (De Wet, 2006).

Following will be the consequences of overcrowding on the administration staff.

2.7.1 On the Administration staff

In overcrowded prisons staff members are overworked, their quality of work decreases and the effectiveness to implement new policies and procedures is reduced. The classification and management of inmates becomes difficult. The security risks increase because the breach of prison rules and regulations is high, gangs are formed and the possibility of physical abuse and violence increases. The unfair distribution of favours and corruption and high chances of contracting diseases are increased, the ones that suffer the most are the ones who cannot afford. This situation affects staff and inmates physically, and may lead to violation of human rights (Bruyns 2007).

In the next section the effects of overcrowding on the inmate will be discussed.

2.7.2 Effects on inmates

The general effect of prison overcrowding magnifies the negative aspects of prison life. (Reid,2004). In crowded prisons there is more violent, death rate is high and homosexuality assaults, furthermore the issue of medical complaint both physical and mental.

Neser conducted a research on the experience of imprisonment and wanted to describe what the individual experiences during imprisonment and in his study it can be concluded that upon imprisonment the offender is restricted of what to do and when to do it, when he is released these restrictions fall away. But the one think that does not remove is the fear that upon release, he will have to live with people other than fellow offenders and warders is a daunting feeling (Neser 1993).

Tosh 1982 states that prisons are often the scenes of brutality, violence and stress, that inmates are faced with incidence of violence, and are always concerned for their safety. Prison effects convicts in many different ways and the only way to deal with this is to accept the situation that they are faced with and adapt to the new prison life.

Tosh 1982 describes what is most frustrating to inmates as the lack of personal choice while inside prison walls, after many years of being told what to do and when to do it they may lose the ability to think for themselves and cannot make their own decisions and choices freely.

During the time of incarceration the inmate changes their behaviour, may start to loose hope and confidence in them .i.e. lost interest in personal hygiene, mostly because of the large number of inmates housed in a single cell. They have long hair and they've stopped shaving. Due to the lack of hygiene follows a loss of decency (Robert ,1994).

2.8 Stigma

The oxford dictionary 1990 defines stigma as a distinguishing characteristic. Johnson (1996) placed a greater emphasis on the pain of moral rejection that the prisoner is not trusted or respected therefore should not be able to move freely amongst other citizens.

Offenders entering correctional centre for the first time are forced to adjust to a social system where every aspect of human existence is confined to the same limited environment and is subjected to restrictive rules and regulations imposed by a single authority (Cilliers and Cole,1997).

The consequences of mass incarceration that have been proven by researchers on ex-offenders include the following:

- ❖ lack of housing and employment opportunities,
- ❖ reduced success in marriage markets,
- ❖ drug addiction,
- ❖ Serious physical and mental health problems, and legal disenfranchisement (Petersilia 2000; Tonry and Petersilia 1999).

Research done by (Clements, 1982; Cox; Paulus & Mc Cain, 1984; Johnston, 1991) has indicated that overcrowding has three types of effects on the daily prison environment, namely:

- ❖ Prison capacity and resources remain the same whilst administrators are expected to provide more and effective services.
- ❖ The effect of overcrowding is on the individual inmate's behavior. Overcrowding creates stress i.e. inability to maintain privacy and to stop unwanted interaction.
- ❖ The opportunities for inmates to participate in correctional programmes are restricted. The lack of work opportunities lead to inmate idleness, reinforcing discontent and disruptive behaviour (Cox et al., 1984).

Many offenders who are released on parole do not have employment and some do not have residences and families to whom they may return to. They also face the challenge of stigma or hostile reaction from the community. Lastly those who have been incarcerated for longer periods of time have the additional problem of catching up on how contemporary society does things (Reid, 2004).

Lastly the effect involves a combination of correctional system's inability to meet the increased demand for more space and the resulting harm to an individual inmate. (Cox et al., 1984) The effect of misclassifying offenders also leads to slow and progress through the correctional system and consequently to slow exit, which in turn increases the overcrowding problem.



Overcrowding theory stresses the deleterious effects of crowding on inmate adaptation to prison life, one consequence of which is a greater likelihood of suicide.

This there for results in poor service delivery to inmates, which hinders their progress and misclassification errors can result in inmates being deprived of development and treatment opportunities (Clements, 1982).

2.9 The Age of the offender

When looking at the psychological effects of imprisonment one should also consider the age of the inmate as it is an important factor (Mc Corlke 1992). This was reflected by Toch and Adams 1989 when they indicated that younger inmates aged between twenty five and below are initially more resistant to prison environment, putting them more to be victims of psychologically.

In the next section the impact of HIV/AIDS on the inmate will be discussed.

2.10 The impact of HIV/AIDS on the inmate

Some persons infected with HIV may be asymptomatic, not even knowing they have the virus. Others may know they are HIV-positive but may be just as healthy as non-infected inmates. Still others, however, may have developed AIDS or other health problems as a result of the virus and may need substantial medical treatment. Inmates in the terminal stage of AIDS will need intensive medical care. Because HIV compromises the body's ability to fight infection and resist disease, those who are infected, whatever their stage of the disease, need to be kept away from inmates with contagious illnesses and other conditions that might overwhelm their suppressed immune system (Zaitzow, 1999).

The question of the effects of imprisonment cannot be answered by only considering what happens to people in prison, but it also requires consideration of who goes to prison and why they are sent there. In order to fully understand the effects of imprisonment, it is essential that these wider social matters are explored (Liebling and Maruna 2007).

The Following section prison suicide.

2.11 Prison Suicide

Kupers, 1999 conducted a study on prison suicide, from his findings it can be concluded that disconnection with one's family and friends is the primary reason for suicidal attempts, and this can be traced back to the lacking of ability to cope with one's prison sentence (Huey and Mc Nulty, 2005).

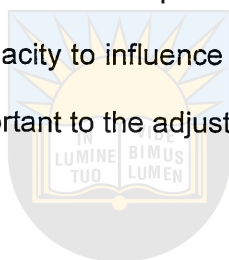
Sykes, 1958 writes that inmates seek out friendship, networks for social support and protection and to deviate the pains of imprisonment. Salive, Smith, and Brewer (1989), further adds that the mutual support decreases doubt or uncertainty and fear, and at the same time increase inmates sense of control over the prison environment.

Studies reveal that inmate network is spread instantly in minimum and medium correctional facilities than in maximum and super maximum prison because of the different regulations in these facilities, i.e. in minimum and medium facilities there is more freedom and inmates have more privileges (Salive, Smith, and Brewer 1989). De Wet, 2008 argues that first time inmates face what is known as "entry shock" they commit suicide more often within the first twenty four hours of their incarceration. Stinchcomb and Fox (1999) purists that the institutional violence and pressures that result from imprisonment i.e. death rate, suicide, homicide, inmate assault, results from high rate of prison population. Psychological disturbances and psychiatric paths and mostly incidences of colds and infectious diseases like TB and HIV/AIDS.

The Following section the stress coping theory will be discussed.

2.12 Stress coping Theory

Lazarus, 1966 states that both human beings and animal experience stress, this result in intense and distressing experience and it influences the behavior of the individual. Lazarus argued that the level of stress varies in their appraisals of reaction. He based this on multitude of factors, which includes ones personality, motivation, belief systems about the environment and one's capacity to influence it and lastly the educational level has achieved. These factors are important to the adjustment of the offender.



Reid, 2004 mentions that some inmates feel that they must be active constantly in order to survive prison experience. In whatever the convict does it is regulated by the correctional staff or official. Therefore they are forced to define themselves as weak, helpless, and dependent, which threatens their self-concepts as adults. Any one being treated as a child whilst an adult creates emotional stress; dignity loses self-confident as a result.

Fox 1985 argues that offenders entering prison for the first time, without any previous institutional experience adjust better in prison than those with previous institutionalization, They are more easily intimidated by other inmates and correctional officers and are more cautious and apprehensive of their behavior and criminal records (Fox 1958).

Long term institutionalization has great impact on the person experiencing it, meaning the younger the person is the greater the impact they have. Individuals with less effective coping strategies had more disciplinary violations with prison rules and “identified more strongly with the criminal subculture” (Zamble & Porporino, 1984)

In the following section the coping incarceration will be discussed.

2.13 Coping with Incarceration

Zamble & Porporino, 1984 States those individuals with less effective coping strategies had more disciplinary violations with prison rules and “identified more strongly with the criminal subculture”. Individuals with less effective coping strategies were less likely to plan for their future, have “psychological stability in the community,” and were more likely to abuse substances in the community (Zamble & Porporino, 1984). There is some preliminary evidence that the individuals who face incarceration might be lacking coping strategies when compared to the general population (Rokach, 1997,; Rokach & Cripps 2000).

Based on research conducted by, Zamble and Porporino (1988). formulated the “coping– criminality” hypothesis. It proposes that individuals with criminal conduct have poor coping abilities and hence they may channel their inadequate ability into criminal behavior. According to this theory, the inadequate coping may be a factor that makes these individuals more likely to turn to crime.

Dhami, Mandel, Lowenstein, and Ayton (2006) conducted a study on the psychological adjustment of inmates. They did this using first time and recurrent inmates and their post release success. In their study they concluded that the two groups understudy had

different styles of adaptation that can contribute to an understanding of different patterns of post release success.

De Wet, (2006) states that psychological stability of inmates can be explored by focusing at their predictability and by the activities they partake in.



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Chapter Three

Research methodology

3.0 Research Design and Methodology

This chapter will contain the process of how the data will be collected, what research instrument will be used. The problem statement of this study requires the systematic measurement of personal experiences and beliefs. The researcher will use a qualitative research methodology in the study. Qualitative research is the application of observational techniques and the analysis of documents as the primary means of learning about persons or group and their characteristics (Champion, 2006 cited in Gibson & Brown 2009).

In the study the aim is to analyse the psychological impact of imprisonment using two groups; ex-offenders and current inmates; to access how they cope with imprisonment. The study is exploratory in nature. Bless, Higson-Smith, Kagee (2006) state that exploratory research is developed to gain a broad understanding of a situation, phenomenon, community or person, and therefore it arises from a lack of basic information in a new area of interest. The participants in this study will be offenders have been sentenced for a period of ten (10) years and over, as well as ex-offenders who have been incarcerated for this period.

Next section will discuss the Methodology and the research instrument to be used in the study.

3.1 Methodology/ Research instrument

The interview is the predominant mode of data or information collection in qualitative research. Researchers obtain information through direct interchange with an individual or a group that is known or expected to possess the knowledge they seek (De Poy & Gilson 2008 cited in Sarantolos 2000). In the study the researcher employ a semi-structured interview. Semi-structured interviews involve specifying the key themes of the interview that are in turn formulated as key questions. Semi structured interviews are more flexible in the way the interview schedule is used. The researchers try to fit their pre-defined interest into the unfolding topics being discussed, rather than forcing the interviewees to fit their ideas into the interviewer's pre-defined questions order (Gibson & Brown 2009).

The researcher conducted face to face interviews with ex-offenders which the researcher prepared in advance. The interview schedule consists of both close ended questions and open ended questions. By using both open and close ended questions the researcher tries to explore to what the psychological effects of imprisonment on the offenders might be. Further exploration deals with:

- What were the challenges that they were faced with?
- What were the challenges that they are faced with while entering the prison for the first time?

- What were the challenges that they are faced while they are outside correctional centre?
- How did the community respond to them? In other words did the community accept or reject the ex offenders?

Interviews are the direct data gathering tool that involves a verbal communication between the researcher and the responded. Interviews themselves may probe further into the responses given by different subjects, seeking more detail and clarification for the answers yielded (Champion, 2006 cited in Gibson & Brown). Babbie & Rubin (1993) suggest that in order to ensure that all interviews are conducted in a consistent, through way and to minimize interviewer bias and effect, and the most appropriate strategy is to conduct standardized open ended interview. In the study a semi structured interview will be used to collect data from the respondent. The interview questions that were used for the study are the same for both the ex-offender and the current inmates, so as to avoid biasness of the researcher.

The first section on the interview schedule is to determine the biographical information of each respondent. From this section the researcher is able to determine the respondents age, their marital status, and their highest qualification obtained if they have ever went to school. The second section of the interview schedule comprises of closed ended question and open-ended question will reveal the ex-offender's experience while serving the sentence. The third section deals with the challenges that one had experienced, and the last are the general comments on the general life, about life-time incidence while serving a sentence.

The data will be obtained through scheduled interviews structured. The respondents will be asked questions according to the sequence in the interview schedule. Researcher's use the schedule-structured interview to make sure that any variations between responses can be attributed to the actual differences between the respondents and not to variations in the interview (Nachmias & Nachmias 1996). Some of the questions will be close ended questions to make coding of the responses easier in order to collect as much information as possible before the respondents become bored and without taking too much of their time.

Open ended questions allow respondents to express their views freely, but they will be minimized for easy data analysis as well as to pay focus on issues relating to the research. Most of the questions will be structured as closed ended questions for the benefit of obtaining information from respondents without consuming much of their time as well as for easy coding of responses.

In the next section will be discussing the sampling frame.

3.2 The Sampling Frame

A sample can be defined as a small portion of the total set of objects or persons from which a representative selection is made (Barker, 2003 cited in Ritchie & Lewis 2009). The reason why a sample is selected from out of a population is for feasibility, since it is seldom impossible to include all the members of the population (Sarantakos, 2000). In this study a sample of (15) fifteen ex-convicts and (15) current fifteen inmates. The

study will be conducted using a non-probability sampling and purposive sampling, since it is an attempt to obtain a sample that appears to be representative of the study population (Frankford-Nachmias & Nachmias, 1996). The sampling will be done on the basis of list of the names of convicts that are given by the Department of Correctional Service, the researcher will use purposive sampling since the study requires offenders who are serving 10 years and more. Than out of the list select the sample that appears to be representative of the required sample.

Non-probability sampling refers to the case where the probability of including each element of the population in a sample is known. Non- probability sampling is done without randomization. De Vos, Strydom, Fouche, and Delport (2005) supported that purposive sampling is based entirely on the judgment of the researcher in that a sample is composed of elements that contain the most characteristics, representative of the attributes of the population that serve the purpose of the study best. The purposive sampling frame that is used is appropriate for this type of study, since the researcher knows what type of sample is needed for the study. Purposive sampling is also known as criterion based sampling (Ritchie & Lewis 2009). The sample units are chosen because they have particular features or characteristics which will enable detailed exploration and understanding of the central themes and puzzles which the researcher wishes to study. The study will be focusing on long term offenders who are serving a sentence of 10 years and more. They will have more experience rather than inmates who are serving lesser sentences. They might not been effected by imprisonment psychologically.

Following section will consists of data analysis.

3.3 Data analysis

The research is a qualitative study meaning that qualitative method of analyzing data will be used. The data gathered will be analyzed using the coping theory and two models namely the incarceration model as well as the deprivation model. After each and every question asked in the interview it will be linked with the theory and model to see what does theory and model say about.

Theories describe relationships that might logically be expected among variables, a researchers attributes on one variable are expected to cause a particular attribute on another variable. Theories are statements about how things are connected. Their purpose is to explain why things happen as they do (Henning & Van Rensburg and Smit 2004). Theories are created by develop sets of prepositions or generalization which establish relationships between things in a systematic way.

The purpose of this research is to explain the association between two or more variables which are namely the correctional centre and the attitude of the inmate or ex-inmate or does the prison environment change the attitude of the inmate. The study shall be an exploratory research project, meaning that the researcher will collect data on a measure to establish the relationship (Maxfield & Babbie 2009 cited in Henning & Van Rensburg and Smit 2004).

Deductive reasoning will be employed in the study, deduction moves from the general to specific. It moves from a pattern that might be logically or theoretically expected to observations that test whether the expected pattern actually occurs in the real world.

In this study grounded theory will be used to analysis the data collected. Creswell (1994) states that grounded theory approach is picked for the relevance to the human service professions. Strauss and Corbin, 1990 cited in Babbie and Mouton 2012 states that *a grounded theory is one that is inductively derived from the study of the phenomenon it represents. They further purpose that the data collection, analysis and theory stand in reciprocal relationship with each other.* In grounded theory the researcher tries to research about a problem that might not be known very well, there might not be a specific theory about it (Babbie and Mouton 2012).

When coding data the researcher intends to use open coding. Strauss and Corbin (1990) refers to open coding as the *creation of certain categories pertaining to certain segments of text, Each category also has dimensions, properties, and consequences* Babbie and Mouton 2012. Since this study is about people's experiences hence the researcher intends to code data using open coding.

In the next section validity and reliability will be discussed.

3.3 The validity and reliability of the interview schedule

Validity is concerned with the question of whether the measuring instrument measures what it intends to measure (Nachmias & Nachmias 1996). Validity refers to the extent to which an empirical measure adequately reflects the real meaning of the concept under consideration (Babbie & Mouton 2012).

Reliability refers to the extent to which a measuring instrument contains variable errors, which appear inconsistently from observation to observation during any one measurement attempt (Nachmias & Nachmias 1996).

There are different ways in which the validity and reliability of documents can be tested. Babbie and Mouton 2001 states there are the following: by reading the whole product and present an auto critique; or relevant documents collected with other ways. The content of the document is to compare with other documents. The semi structured interview schedule will be used to ensure the reliability and validity of the interview process. In this study literature will be used as a source for making comparisons in data collected and to confirm the findings of the study and to give an accurate description of the reality of the data (De Vos, Straydom, Fouche, Delport 2011).



The following subheading will outline the ethical issues of the research.

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3.4 Ethical issues

In every social science research there are ethics that needs to be considered. In this study researcher will make sure that informed concerned, confidentiality and anonymity are practiced all the time.

3.4.1 Gaining access

To gain access to the participant will require an approval of from the National Commissioner of the (Department of Correctional Services), as well as the Social Development Department for the ex-offenders since they have the names and address of the ex-offenders. The researcher has applied to the National Office of the (DCS) requesting access to the participants of the study.

3.4.2 Informed consent

Participants have the right to know what the research is about, how it will affect them as participants, the risks and benefits of participation and the fact that they have the right to decline to participate if they choose to so (Bless et al: 2006).

The researcher intends using an informed consent form in order to avoid the violation of law procedure. The procedure in which individuals choose whether to participate in an investigation after being informed of facts that would be likely to influence their decisions. To be fully informed means being acceptable consent has to be voluntary and informed, complying with informed consent ensure the freedom of participants choose to take part voluntary. Informed consent stems from cultural and legal values, freedom and self determination their own behaviour. Informed consent shifts part of the responsibility to the respondent with respect to any possible negative effect that might occur, any legal liability (De Vos, Strydom , Fouche ,Delport, 2005).

3.4.3 Confidentiality

Confidentiality is an ethical requirement in most research. Information provided by participants, particularly sensitive and personal information, should be protected and made unavailable to anyone other than the researcher (Bless et al: 2006:142).

Participants in social science research are often told that the information they provide will be treated as confidential, that is even though the researchers are able to identify a particular participant's information, they will not reveal it to the public (De Vos et al

2005). In the study there will be no names used, and the information received will be kept confidential between the participant and the researcher.

3.4.4 Anonymity

It is the process of separating the identity of individuals from the information they give. A participant is considered anonymous when the researcher or other persons cannot identify particular information with the researcher unable to associate a name with the data, then the identity of the participant is secured even though sensitive information may be revealed (De Vos et al 2005).

Anonymity will be assured by separating the identity from the information they give by using a alias name or pseudo-name of respondents.

3.5 Limitations of the study

The limitation of the one-on-one interview is that the participants can become subjective and emotional during the interview (Bless et al: 2006).

3.6 Summary of the chapter

The chapter contained the Research Design and Methodology/ Research instrument and data analysis and the data collection and the sampling frame and data analysis, what is most important the validity and reliability of the interview schedule. And lastly the ethical issues and the limitations of the interview schedule.

Chapter four

Data Analysis

Introduction

This chapter will focus on the analysis of the data gathered. The data was collected from both the inmates and ex-convicts, the data will be analyzed using qualitative methodology specifically grounded theory; the imprisonment theory as well as the incarceration theory and themes. The analysis is divided into two parts, the first part is the analysis of current inmates and the second part is the analysis of the ex-offenders.

4.1 Age of the participants incarcerated respondent

Out of the fifteen (15) participant who were current offenders the age group varied between the ages of there were (4) participants who are between the ages of 24-27, and (6) between 28-31, (3) were between the ages of 32-35, and lastly (2) between the ages of 36-39. Most of the inmates were between the ages of twenty four and thirty one, which shows that there are more inmates who are young adults.

Hirschi and Gottfredson 1994 cited in Blom and Jenissen, (2013) posited that Gender and age are important factors of criminal behavior. Criminal behavior is likely to occur more often among men than women. In general, it is assumed that the chance of displaying delinquent behavior increases until late adolescence or early adulthood and

then decreases. This is not always the case as it may depend on the socio economic status of the perpetrator Blom and Jenissen, (2013).

Table 1: ages of participants

Age	Number of respondents	Percentage
24-27	4	27%
28-31	6	40%
32-35	3	20%
36-39	2	13%
Total	15	100%

When looking at the psychological effects of imprisonment one should also consider the age of the inmate as it is an important factor (Mc Corlke 1992). This was reflected by Toch and Adams (1989) when they indicated that younger inmates aged between twenty five and below are initially more resistant to prison environment, putting them more prone to be psychologically effected as well as psychologically victimized.

4.2 Race of the participant.

From the fifteen (15) respondents twelve (12) were Black, and three (3) were Coloured individuals, all the respondents were Males, This is due to the demographic area is dominated by the two races. There are more black people than colored people. *(a person of mixed European ("white") and African ("black") or Asian ancestry, as officially defined by the South African government from 1950 to 1991).*

Table 2: Race of the Respondents

Race of the participant	Number respondents	Percentage
Black	12	80%
Colored	3	20%
Total	15	100%

4.3 Educational levels for the respondents.

Five (5) of the participants obtained Standard eight, three (3) obtained standard seven, another three (3) obtained Standard six, and two obtained Standard Ten; One (1) obtained Standard Nine, and One (1) Never attended school. Most of the participants have obtained a high school level but only a few reached grades 12.

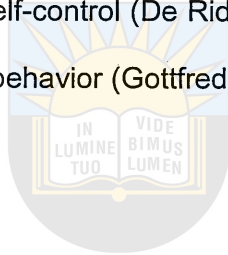
Table 3: Educational levels of the current offenders.

Educational level of participant	Number of respondents	Percentage
Never went to school	1	7%
Grade 1-4	0	0%
Grade 5-8	3	20%
Grade 9-12	11	73%
Total	15	100%

Dhami, Mandel, Lowenstein, and Ayton (2006) state that the prisoners' quality of life before prison (defined as whether or not prisoners had finished high school, were

employed, had an intimate relationship, used drugs, and had been in prison before) had a direct effect on their participation in programs, their feelings of happiness, and their prison misconduct.

The highest level of education achieved or whether or not a minor child or a young adult is taking a training course or is in further schooling (Ehrlich 1975; Lochner and Moretti 2004; Gallipoli and Fella 2006). Moreover, a high education may also be correlated to certain personality factors like high self-control (De Ridder et al. 2012), which, in turn is an important determinant of criminal behavior (Gottfredson and Hirschi 1990) Blom and Jenissen, (2013).



4.4 Marital status of the participants

From the fifteen (15) participants who were current inmates' thirteen (13) are single and never married, and two (2) is married. The married inmates had thoughts about their wife's and family, who provided for them while they were serving their sentence. The respondents whom were single didn't stress too much about their partners or spouses.

Table 4: Marital status

Marital status	Number of respondents	Percentage
Single	13	87%
Married	2	13.0%
Divorced	0	0%
Widow	0	0%
Total	10	100%

Zamble and Poporino (1988) conducted a study on prison adjustment and found that inmates who were coping with imprisonment were the ones who were single, and had no sort of employment at all.

4.5 Number of offenders that had children.

Eight (8) of the fifteen (15) respondents who were current inmates' stated that they have children, and seven (7) do not have none.

Table 5: illustrating the number of children the offender has.

Response	Number of respondents	Percentage
Yes	8	53%
No	7	47%
Total	15	100%

As far as the social context of adults is concerned, having a partner and/or having children are presumed to be possible factors that reduce the tendency to commit crimes (Sampson 1987; Laub and Sampson 2003). Research carried out by Blokland and Nieuwbeerta (2005) revealed that in this context, having a relationship is more important than having children. The effects of having a relationship may vary between different crime types (Horney et al. 1995). But the data shows that even people with children commit crime as much as those who don't have children.

4.6 Number of children that the respondents have.

Eight (8) of the fifteen participants do not have children at all, five (5) have between 1-2 children, one (1) has between 3-4 children; and another one (1) has between 5-6 children.

Table 6: Number of children that the respondents have.

Number of Children	Number of respondents	Percentage
None	8	53%
1-2	5	33%
3-4	1	6.7%
5-6	1	6.7%
Total	15	100%

4.7 previous employment status pre-incarceration.

Out of the fifteen (15) respondents twelve (12) were working before they were incarcerated and three (3) were never employed. They had lost their jobs because of

their imprisonment and it not guaranteed that they will still have their jobs back by the time they finish their sentence due to the fact that they will be having a criminal record.

Table 7: Previous employment status pre-incarceration.

Meta theme	Number of respondents	Percentage
Was working	12	80%
Never worked	3	20%
Total	15	100%

Dhami, Mandel, Lowenstein, and Ayton (2006) state that the prisoners' quality of life before prison defined as whether or not prisoners was employed has an impact on how they behave inside prison.

4.8 Health related problem or sicknesses.

Nine (9) of the respondents did not have any health problems, Six (6) of the respondents admitted that they had problems with their health.

Table 8: health related problem or sicknesses.

Health Related problem	Number of respondents	Percentage
Yes	9	60%
No	6	40%
Total	15	100%

From the six (6) respondents who have health problems like diabetic, TB, and high blood sugar, Fits which they were diagnosed while inside.

4.9 First experience when entering the correctional centre for the first time.

Seven (7) of the respondents stated that they had a hard experience, and were scared of the prison; four (4) respondents mentioned that they felt bad for their actions and angry towards themselves; Three (3) stated that they didn't like the fact that they were being told what to do, when to do it they had lost freedom; One (1) had constants thoughts of the family.

Table 9: First experience when entering the correctional centre for the first time.

Meta theme	Number of participant	Percentage
It was hard, was scared	7	47%
Was told what to do, when to do it.	3	20%
Felt bad about myself and angry	4	27%
Constant thoughts of my family	1	6%
Total despondence	15	100%

All the (15) respondents who were current inmates had a bad feeling about prison were feeling scared and were not comfortable when they entered prison for the first time. They were also beater and angry at themselves. From this it can be concluded that prison is not a nice place.

The deprivation model is focusing primarily on the prison environment as pressure producing on and responses by the inmates (Parisi 1982). The model supposes that when inmates enter prison they are faced with major social and psychological that result from the loss of freedom, status, dignity, possessions, and autonomy, security and personal relationships.

Souza and Dhami 2010 cited in Jones and Schmid (2000) conducted an ethnographic study (a scientific description of different races and cultures) of first-time inmates and found that on entry to correctional center, the convicts experienced heightened feelings of fear and concerns of violence.

Putwain and Sammons, (2002) argued that imprisonment is an aversive experience and that prison generally offers an extremely unpleasant environment. Apart from the obvious problems of boredom and violence, there is some evidence that imprisonment can have a detrimental effect on prisoner's psychological functioning.

4.10 Type of offence committed.

From the 15 participants three were convicted for house breaking only,(3) for rape, (2) for robbery; two (2) for capable Homicide and Murder, one (1) for assault, house breaking, one (1) for assault, one (1) for assault and fraud; one (1) for assault and one for dealing with Drugs.

Table 10: Type of offence committed.

Crime category	Number of participants	Percentage
House Breaking	3	20%
Assault	1	6.7%
Robbery	3	20%
Drug Dealer	1	6.7%
Assault and fraud	1	6.7%
Rape	3	20%
Capable homicide murder	1	6.7%
Murder	1	6.7%
Assault and house breaking	1	6.7%
Total	15	100%

Gender and age of a person is linked to the type of crime (Steffensmeier et al. 1989; Soothill et al. 2004). The South African Police Crime Statistics of 2013 states that property related crimes has increased by 1.7% during the past financial year (2012/13), serious crimes has reduced by 5.3% during the past financial year (2012/13). Sexual Offenses Reduced by 0.4% during the past financial year (2012/13), Assault Reduced by 6.6% during the past financial year (2012/13) Murder increased by 0.6% during the past financial year (2012/13), Attempted Murder Increased by 6.5% during the past financial year (2012/13).

4.11 First time offenders.

Nine (9) out of the fifteen (15) respondents were first time offenders and six (6) of them were second time offenders.

Table 11: First time offender.

First time convict	Number of participants	Percentage
Yes	9	80%
No	6	20%
Total	15	100%

The department of correctional services white paper on corrections states that *"first offenders, that is offenders sentenced for the first time, particularly for less serious crimes, should as far as possible be accommodated separately from repeat offenders as in general they have the best possible potential for rehabilitation."* This separation should already begin during the awaiting-trial period of and become an integral part of the manner in which the criminal justice system in South Africa treats first offenders (Department of Correctional Services 2008).

4.12 The length of the participant's sentence.

Analysis of the participant's response when they were asked how long was their sentence. Out of the 15 participated who were current convicts, Two (2) were convicted for a period of 0-2 years; five (5) were convicted for a period between 3-5 years, Three (3) were convicted for 6-8 years, two (2) were convicted for 9-11 years; another one (1) for 12-14 years One (1) for 15-17 years. About 33% respondents were convicted between three-five years which is the highest percentage. Only five (5) of the participants are serving more than ten years.

Table 12: Length of the participant's sentence.

Time Sentenced	Number of participants	Percentage
0-2 year	2	13%
3-5 Years	5	33%
6-8Years	3	20%
9-11Years	2	13%
12-14Years	1	6.7%
15-17 Years	1	6.7%
Total	15	100%

Dhami, Ayton, &Loewenstein, (2007); McCorkle, Miethe, & Drass, (1995); Argue that it is possible that the total amount of time spent in prison is a reliable measure of

prisonization than the number of prior incarcerations. Long prison sentence for example 20 years could be much more damaging than several shorter prison sentences.

4.13 Number of years that the participants have served up until now.

Out of the fifteen respondents five (5) were serving between 0-12 Months, another five (5) were serving a period between 24-36 Months; four (4) were serving between 42-54 Months, and None were serving sentences between 66-72 Months; One (1) was serving a period of 84-96 months.

Table 13: Number of years that the participants have served up until now.

Time served	Number of participants	Percentage
0-12 Months	5	33.3%
24-36 Months	5	33.3%
42-54 Months	4	27%
66-72 Months	0	0%
84-96 Months	1	6.7%
Total	15	100%

Inmates serving long term sentences, prison becomes home, and prison life requires strategies for survival. To survive inside prison, inmates must adapt to its more unpleasant features (Zaitzow, 1999).

It can be argued that everyone who enters prison is subjected to pressures of institutionalization, and that prisoners respond in various ways with different levels of psychological changes associated with their adaptations (Haney 2001).

4.14 Who is providing for the inmates family while incarcerated.

Fourteen (14) out of the Fifteen (15) participants stated that their relatives are providing for their families, one (1) responded that no one was taking care of their family as they were staying far from them. This means that there offenders had less problems to worry about who was proving for their family, this would not increase to their problems they had to deal with.

Table 14: Who is providing for the inmates family while incarcerated.

Bread Winner	Number participants	Percentage
Parents	4	27%
Siblings	10	67%
No One	1	6.7%
Total	15	100%

4.15 The expectations of the correctional centre were.

All the respondents agreed that they never thought they would come to prison, they feared being victims of gangsterism, and expected warden to protect them but instead some also abuse them. Six (6) Participants mentioned that they feared gangsterism or being a victim, Three (3) were having expectations of a violent place, Three (3) participants never thought they would never go to prison.

Table 15: The expectations of the correctional centre.

Meta theme	Number of participants	percentage
Gangsterism/ being a victim	6	40%
As a violent place	3	20%
I never thought I would come	3	20%
The kind of life I was going to leave inside	3	20%
Total	15	100%

4.16 Time taken to adjust to incarceration.

Two (2) of the fifteen respondents adjusted to prison within the same week of incarceration, three (3) adjusted in two Months, Three (3) adjusted within three months of imprisonment, one (1) in six Months, One (1) in Seven Months, another one (1) in Eight Months, Three (3) adjusted in three years. From the data collected in it clear that it takes about six months to adjust to imprisonment.

Table 16: Time taken to adjust to incarceration.

Answer	Number of participants	Percentage
1–6 Months	8	53.3%
7-12 Months	2	13.3%
13-18 Months	0	0%
19-24 Months	2	13.3%
25-30 Months	0	0%
31-36 Months	3	20%
Total	15	100%

Prison adjustment is influenced by pre-prison characteristics that are “imported” (Irwin, 1970; Irwin & Cressey, 1962).

It can be concluded that the adjustment in prison depends on the individual's character, how one views things. Clemmer (1940) to describe the process adjusting to prison as imprisonment, defines it as a process by which prisoners adopt the customs, mores, and values of the prison culture in which they live.

4.17 Accepting incarceration.

Eleven (11) out of the fifteen (15) respondents stated that it was not easy accepting that they are imprisoned; four (4) respondents stated that for them it was easy accepting their imprisonment. Accepting imprisonment depends on the individual's character. 73

percent of the participants stated that they found difficult in accepting that their imprisonment status. It seems like more inmates find it difficult in accepting their incarceration status.

Table 17:Accepting incarceration.

Answer	Number of participant	Percentage
Yes	4	27%
No	11	73%
Total	15	100%

Clemmer (1940) argues that when new inmate enters prison he or she goes through a process or a stage known as prisonisation, it varies from one inmate to the other it is not same for every inmate. The character of the inmate and their experience of imprisonment play's a vital role in their adjusting to imprisonment (Gillespie, 2003).

(Reid 2004) states that there are three factors that influence the adjustment of the inmate; The inmate's personality, environment, the relationship with the outside prison; whether the inmate joins a group in prison and lastly the degree to which the inmate accepts the codes of prison life (Reid, 2004).

4.18 Explanation as to was easy accepting that they had been incarcerated

Two (2) participant's had constant thoughts of the family; Six (6) out of the (15) respondents mentioned that they accepted; four (4) mentioned that life was going on outside ad they felt as if they are left out; two (2) stated that prison fights and

gang fights; one (1) respondent said was sentenced for something that they didn't do.

Table 18: Explanation as to was it easy accepting that they had been incarceration.

Meta theme	Number of respondents	Percentage
Constant thoughts of my family	2	13%
Sentenced for something I didn't do	1	7%
Accepted my imprisonment, and adapted	6	40%
Life was going on outside, was left out	4	27%
Prison fights and gang fights	2	13%
Total	15	100%

4.19 What are the skills that the participants leaned so far while serving their sentence.

All the respondents agreed that they have learned a skill while serving their sentence.

Seven (7) out of the fifteen participants learnt life skills, anger management and sport, three (3) respondents said that they learnt to leave with other people from different races; another three (3) had learned that crime doesn't pay; two (2) states that they learned Brick laying and agricultural skills. Therefore it looks like the inmates learn something positive while inside the correctional centre.

Table 19: Demonstrates the participants skills that they learnt while they served their sentence.

Meta Theme	Number of respondents	Percentage
Life skills, anger management, sport	7	47%
Living with other people from different ethnic groups, religion	3	20%
Crime doesn't pay	3	20%
Brick laying and agricultural skills	2	13%
Total	15	100%

4.20 Challenges that the participants were faced with.

Eight (8) of the respondents said yes there are some challenges that they are faced with and seven (7) mentioned no there isn't any challenges.

Table 20: Challenges that the participants were faced with.

Response	Number	Percentage
Yes	8	53.0%
No	7	47.0%
Total	15	100.0%

4.21 Explanation of what were the challenges that the inmates are faced with.

Five (5) respondents said they had no challenges, three (3) respondents said they getting no visits, two (2) said they had anger management problems, two (2) mentioned that they had constant thoughts of their family, two (2) had a challenge with the gangsterism and one had no privacy.

4.21.1 The challenges that the inmate's were faced with.

Two (2) of the respondents mentioned that they had a challenge with anger management; Three (3) stated that they were not getting any visits; another two (2) mentioned that gangsterism was a challenge for them; two (2) had constant thoughts of their family; one (1) had no privacy.

Table 21: Challenges that the inmates were faced with.

Meta theme	Number of responds	Percentage
None	5	33%
Anger management	2	13.3%
Not getting any visits	3	20%
Gangsterism	2	13.3%
Thoughts of my family	2	13.3%
Have no privacy	1	7%
Total	15	100%

4.22 Participants were asked how they overcame those challenges if there were any.

Four (4) respondents stated that they prayer and having hope that they will be out someday; Three (3) mentioned that their cell mates assisted them; (2) stated that they washed the prison warders cars and the warders bought them tobacco or toiletries.

Table 22: How did you overcome those challenges if there were any.

Meta theme	Numbers	Percentage
None	6	40%
Praying and having hope	4	27%
Cell mates gave me extra toiletries	3	20%
Washed warders cars	2	13%
Total	15	100%

4.23 Psychological symptoms

Nine (9) of the respondents stated that they are suffering from one or two of the following pain, depression and stress, and six (6) stated that they are not experiencing any psychological symptoms.

Table 23: Psychological symptoms

Response	Number	Percentage
Yes	9	60%
No	6	40%
Total	15	100%

4.24 Explanation of any psychological symptoms that the respondents were experiencing.

Three (3) of the respondents stated that they are suffering from stress, since they had disappointed their families; two (2) stated that they had tuberculosis (TB); The last (4) were stressed that they thought who will be providing for their families now that they were incarcerated.

Table 24: Demonstration of the psychological symptoms that respondents was experiencing.

Meta Theme	Number of participants	Percentage
stress that I had disappointed my family	3	20%
I have brain TB Meningitis	2	13%
I because I am thinking who provided for my family	4	27%
None	6	40%

4.25 Respondent's who has ever been a victim in any way. If yes how?

From the (15) fifteen participants (13) thirteen said that they have never been victims before and three (3) admitted that they have been victims.

Table 25: Respondent's who has ever been a victim in any way.

Response	Number participants	Percentage
Yes	3	20%
No	12	80%
Total	15	100%

Cotton and Groth (1982) argue that correctional facilities (jails, detention centre's and correctional centre's) are high risk settings for the sexual victimization and rape of offenders.

From the three that were victims one was forced to be a gang member for protection, the other one was gang raped my belongings were taken from me when they first entered prison.

Weis & Friar cited in (De Wet, 2005) states that the consequences of homosexual attacks on an inmate vary from inmate to inmate. Peacock, 2008 and Booyens 2004 also state that chances of homosexuality are likely to occur amongst inmates.

4.26 The impact imprisonment had on the family of the offender.

Five (5) of the participants mention that their families were shocked and disappointed in them. Four (4) stated that their families were suffering as there were the ones who

provided for their homes. Three (3) participants mentioned that their family had lost their dignity in the community, Lastly three (3) stated that they were worried and concerned about them.

Table 26: The impact imprisonment had on the family of the offender.

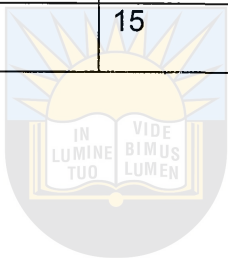
Meta theme	Number respondents	Percentage
They were shocked and disappointed in me.	5	33%
They were suffering as I was the bread winner	4	27%
Lost dignity in the community	3	20%
They were worried/concerned about me	3	20%
Totals	15	100%

4.27 The impact of imprisonment had on their social life of the respondent.

Seven (7) out of the fifteen (15) respondents responded that they were worried about their future plans were doomed, four (4) mention that they were stressed and depressed, another four (4) mentioned that they for them life had changed for the worse.

Table 27: The impact imprisonment had on the family of the offender.

Meta theme	Number of respondents	Percentage
Worried about my future plans were doomed	7	47%
Was stressed and depressed	4	26.5%
My life changed to the worse	4	26.5%
Totals	15	100%



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4.28 The effect imprisonment the community.

From the six (6) respondents mentioned that they feel safe now that the perpetrator is behind bars, five (5) mentioned that their community was shocked, and four (4) respondents mentioned that their community members were not happy and worried about them.

Table 28: The effect imprisonment has on the community.

Meta Theme	Number of participants	Percentage
They feel safe now that I am behind bars	6	40%
They were shocked	5	33%
They were not happy an, worried	4	27%
Total numbers	15	100%

4.29 Were you having any thoughts of your families.

Thirteen (13) of the respondents said that there were having thoughts of their family, two (2) of the respondents said no they didn't.

Table 29: Were you having any thoughts of your families.

Response	Number of respondents	Percentage
Yes	13	87%
No	2	13%

Total	15	100%
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4.30 while incarcerated who was providing for your families.

Six (6) respondent's family's brothers and sisters were providing for their families while they were incarnated, Five (5) participants mentioned that their parents were providing for their families, three (3) participant's stated that their Uncle and Aunt, One (1) respondent mentioned that the grand parent's provided for their parents.

Table 30: While incarcerated who was providing for your families.

Meta Theme	Number of participants	percentage
Brothers and sisters	6	40%
My parents	5	33%
Uncle and Aunt	3	20%
Grand parents	1	7%
Total	15	100%

4.31 How did you kept contact with your families while incarcerated

Nine (9) out of the fifteen participants stated that their family members called and visited, three (3) stated that they visited them, two mentioned that their relatives never visited them, one (1) responded that since his family is far they communicated through the phone.

Table 31: How did you keep contact with your families while incarcerated.

Meta Theme	Number of participants	Percentage
I called and they visited	9	60%
They visited	3	20%
Never visited	2	13%
I called them	1	7%
Total number of respondents	15	100%

Petersilia (2003) argues that the “pains of imprisonment,” including the loss of freedom, rigidity of prison life, loss of contacts with friends and family, and stigmatization, may convince offenders that prison is a place to which they wish never to return.

4.32 Have you ever harmed themselves If yes explain.

Eight (8) out of the fifteen (15) respondents never harmed themselves; seven (7) had harmed themselves, out of the seven (7) three mentioned that they harmed themselves because of life in prison life is hard, another three were stressed because their sentence were too long, one couldn’t accept their imprisonment.

Table 32: Have you ever harmed yourself.

Meta Theme	Number of respondents	Percentage
No	8	53%
Because life is hard in prison	3	20%

Because my sentence long	3	20%
Couldn't accept my imprisonment	1	7%
Total	15	100%

Suicide may be more likely in prison environments that lack or provide limited access to such programs because of heightened idleness, isolation, and sense of fatalism among inmates (Gillespie 2003).



4.33 Coping with imprisonment

Five (5) respondents stated that they accepted their imprisonment; another five (5) stated that they accepted the lord; three (3) said that their cell mates advised them, and two (2) participants saw a social worker and psychologist.

Table 33: Copying with imprisonment.

Meta theme	Number of respondents	Percentage
I accepted my imprisonment	5	33%
I accepted the lord	5	33%
My cell mates advised me	3	20%
Saw a social worker/psychologist	2	13.3
Totals	15	100%

4.34 Solitary thoughts while imprisoned.

Four (4) of the respondents stated that they thought of getting out of prison and starting a new life of getting out of prison and starting a new life, three (3) of the respondents stated that they thought of the family, and three (3) also stated that they thought of getting a job and involved in the community, Three (3) participants stated that they had thought of their child, and two (2) respondents stated they thought of how they disappointed everyone.

Table 34: Solitary thoughts while imprisoned.

Meta Theme	Number of respondents	Percentages
Getting out and starting a new life	4	27%
My family	3	20%
Getting a job and involved in the community	3	20%
My child	3	20%
How I disappointed everyone	2	13%
Total	15	100%

4.35 How many cellmates are they sharing a cell with; did the number of cell mates contribute to stress.

Ten (10) of the respondents responded that they were between 35-40 cell mates, two (2) stated that they had between 5-10 cell mates, another two (2) had between 15-20, and one (1) respondent had between 25-30 cell mates.

Table 35: How many cellmates in a cell.

Number of prisoners	Number of participants	Percentages
5-10	2	13%
15-20	2	13%
25-30	1	7%
35-40	10	67%
Total	15	100%

The general effect of prison overcrowding magnifies the negative aspects of prison life. (Reid, 2004). In crowded prisons there is more violent, death rate is high and homosexuality assaults, furthermore the issue of medical complaint both physical and mental. Booyens, (2008) Argues that *in South African correctional centre and indicates that men are subjected to sexual victimisation on a regular basis.*

4.36 Did the number of cell mates contribute to stress.

Eight (8) of the fifteen (15) respondents stated that they have no problem staying in a overcrowded cell, and seven (7) of the fifteen respondents mentions that they had problems with the issue of staying in overcrowded cell.

Table 36: Did the number of cell mates contribute to stress.

Response	Number of participants	Percentage
Yes	7	47%

No	8	53%
Total	15	100%

4.37 Are you taking any intoxicating substances.

Eight (8) of the fifteen (15) respondents said they were taking intoxicated substance, seven (7) stated that they were not taking intoxicated substance. All the eight respondents were using weed marijuana as a intoxicated substance.

Table 37: Are you taking any intoxicating substances.

Respondent	Number of participants	Percentage
Yes	8	53.3%
No	7	47%
Total	15	100%

4.37 Rehabilitation programmes.

All fifteen (15) respondents stated that they were attending rehabilitation programs.

Table 38: Rehabilitation programmes.

Respondent	Number of respondents	Percentage
Yes	15	100%
No	0%	0%
Total	15	100%

Cilliers & Smit (2007) argues that *rehabilitation is seen as a process, and not an event or programme, aimed at addressing the specific history of the offender's criminal behaviour. Education and training programmes are just some of the tools that are being used to activate the offender rehabilitation process. These initiatives are supported by social work as well as psychological and spiritual / religious counselling.*

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3.39 How do you feel about your selves

Six (6) out of the fifteen (15) respondents said they were feeling happy that they made peace with their victims and some were happy because they were going to be out of prison soon, another six (6) stated that they were feeling guilty for their actions, and lastly three (3) respondents said they were feeling unhappy because of the prison environment.

Table 39: How do you feel about yourself.

Meta theme	Number of respondents	Percentage
Happy	6	40%
Guilty	6	40%

Unhappy	3	20%
Total	15	100%

4.40 Is life better inside or outside prison.

Thirteen (13) of the fifteen (15) respondents said that they prefer to be outside prison than inside simple because they are not restricted and are free to do whatever they desire , two (2) respondents said that they prefer to be inside because there are free meals and when sick on are sent to state hospital when ill.

Table 40: Do you see life better inside or outside prison, why.

Response	Number of participants	Percentages
Outside	13	87%
Inside	2	13%
Total	15	100%

4.40.1 Follow up response from the above question.

Meta theme	number of participant's	Percentage
Have more rights outside	8	53%
Outside there's more to offer	4	27%
Inside there's everything	2	13%
In there's no life	1	7%

Total	15	100%
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4.41 Plans after serving your sentence.

Six (6) of the fifteen (15) participants said that they were planning to get employment, three participants said they want to start their own business, another three (3) participants mentioned that they were going to relocate and start a new life, two (2) respondents said they will alert the community about the dangers of crime, and one (1) respondents said that they will start their own churches.

Table 41: Plans after serving your sentence.

Meta Theme	Number of Participants	Percentage
Look for employment	6	40%
Start my own business	3	20%
Relocate and start a new life	3	20%
Alert the community about the dangers of crime	2	13%
Start my own church	1	7%
Total	15	100%

4.41 Skills that they acquired while serving their sentence.

Eleven (11) of the fifteen (15) respondents said that they had learned some skills while serving their sentence and four (4) out of the fifteen (15) respondents said that they

haven't learned any skill. From this it can be deduced that inmate's do acquired some skills.

Table 42:Skills that they acquired while serving their sentence.

Response	Number of respondents	Percentages
Yes	11	73%
No	4	27%
Total	15	100%

Those whom say that they had leaned skill which includes Agriculture; painting; building; welding, Moto mechanic, Art & Drawing.

4.43 Did the prison environment change your behavior. If yes how

Out of the fifteen (15) participants fourteen (14), agreed that the prison has changed them in a positive way. Only one (1) participant stated that they remained unchanged by prison. From this it can be generalized that prison does change one's behaviour.

Table 43: How did prison environment change your behavior.

Response	Number of Participants	Percentage
Yes	14	93%
No	1	7%
Total	15	100%

4.44 How did prison change you.

Seven (7) out of the fifteen (15) respondents mentioned that they behavior had changed for better they learned respect/ discipline, five (5) also changed for the better they learned how to control their anger, three (3) also accepted the lord since imprisonment, and the last respondent changed for the worse.

Table 44: How did prison change you

Meta Theme	Number of response	Percentage
Got to learn respect/Discipline	6	40%
How to control my anger	5	33%
Accepted the lord	3	20%

Changed from better to worse	1	7%
Total	15	100%

4.43 When the participants were asked what were there general overview about prison.

All the fifteen (15) participants agreed that prison is not a right place for a normal human being to be, two further explained that it can change ones behavior.

4.44 When the participants were asked whether they were harmed by the questions that the researcher had prepared?

All fifteen respondents agreed that they were not harmed by the questions asked above.

4.45 The respondents were asked whether they were comfortable in answering all the questions.

All the participants agreed that there were comfortable in answering all the questions.

4.46 When the respondents were asked whether the questions were clear and straight forward.

The fifteen participants all agreed the questions were straight forward and clear.

Analysis of the ex-offenders

4.1 Ages of the participants

When looking at the psychological effects of imprisonment one should also consider the age of the inmate as it is an important factor (Mc Corlke 1992). This was reflected by Toch and Adams 1989 when they indicated that younger inmates aged between twenty five and below are initially more resistant to prison environment, putting them more to be victims of psychologically.

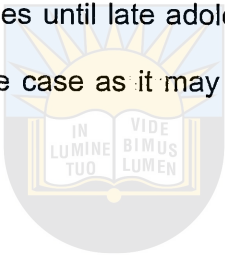
Out of the Fifteen (15) Participant who were ex-offenders the age group varied between the ages of there were (2) participants who are between the ages of 24-27, and (1) between 28-31, (3) were between the ages of 32-35, (4) were between the ages of 36-39, and (2) aged between 40-43, and Another (2) between the ages of 44-47, and lastly (1) between the ages of 54-57.

Table 45: Showing the ages of the participants who are ex-offenders.

Age of the participant	Number of participants	Percentage
24-27	2	13%
28-31	1	6.7%
32-35	3	20%
36-39	4	27%
40-43	2	13.3%
44-47	2	13.3%
50-53	0	0%

54-57	1	6.7%
Total	15	100%

Hirschi and Gottfredson 1993 cited in Blom and Jenissen, (2013) posited that Gender and age are important factors of criminal behavior. Criminal behavior is likely to occurs more often among men than women. In general, it is assumed that the chance of displaying delinquent behavior increases until late adolescence or early adulthood and then decreases. This is not always the case as it may depend on the socio economic status of the perpetrator.



4.2 Race of the respondents.

From the Fifteen respondents Fourteen (14) were Black, and one (1) were colored individuals, all the respondents were Males, This is due to the demographic area is dominated by the two Races.

Table 46: Demonstrating the race of the participants.

Race of the participant	Number	Percentage
Black	14	93.3%
Colored	1	6.7%
Total	15	100%

4.3 Educational levels for the ex offender’s respondents.

Seven (7) of the participants obtained Standard (Eight), Two (2) obtained standard (Standard Ten), One (1) obtained Standard (Nine), another one (1) obtained (Six), One (1) obtained Standard (Five), One (1) obtained standard (Three) and One (1) obtained sub A. Most of the participants have obtained a high school level..

Table 47: Educational levels of the ex offender’s respondent’s offenders.

Educational level of participant	Number	Percentage
Never went to school	0	0%
Grade 1-4	2	13%
Grade 5-8	3	20%
Grade 9-12	10	67%
Total	15	100%

Dhami, Mandel, Lowenstein, and Ayton (2006) state that the prisoners' quality of life before prison (defined as whether or not prisoners had finished high school, were employed, had an intimate relationship, used drugs, and had been in prison before) had a direct effect on their participation in programs, their feelings of happiness, and their prison misconduct.

The highest level of education achieved or whether or not a minor child or a young adult is taking a training course or is in further schooling (Ehrlich 1975; Lochner and Moretti 2004; Gallipoli and Fella 2006). Moreover, a high education may also be correlated to certain personality factors like high self-control (e.g. De Ridder et al. 2012), which, in turn is an important determinant of criminal behavior (Gottfredson and Hirschi 1990) Blom and Jenissen, (2013)

4.4 Marital status of the participants

From the fifteen participants who were ex-offenders twelve (12) were single and never married, and three (3) is married, And lastly one (1) is windowed. The married inmates had thoughts about their wife's and family, who provided for them while they were serving their sentence. The respondents whom were single didn't stress too much about their partners or spouses.

Table 48: Marital status.

Marital status	Number	Percentage
Single	11	73%
Married	3	20%
Divorced	0	0%
Widow	1	6.7%
Total	10	100%

Zamble and Poporino (1988) conducted a study on prison adjustment and found that inmates who were coping with imprisonment were the ones who were single, and had no sort of employment at all.

4.5 Number of participants that had children.

Nine (9) of the Fifteen respondents who were ex-convicts stated that they have children, and Six (6) do not have none.

Table 49: Number of participants that had children.

Response	Number	Percentage
Yes	9	60%
No	6	40%
Total	10	100%

As far as the social context of adults is concerned, having a partner and/or having children are presumed to be possible factors that reduce the tendency to commit crimes (see for example Sampson 1987; Laub and Sampson 2003). Research carried out by Blokland and Nieuwbeerta (2005) revealed that in this context, having a relationship is more important than having children. The effects of having a relationship may vary between different crime types (Horney et al. 1995).

4.6 Number of children that the respondents has.

Seven (7) out of the fifteen ex-offenders who had between 1-2 children, Five (5) had no children at all, and three (3) had between 3-4 children, and zero participants had between 5-6.

Table 50: Number of children that the respondent has.

Number of Children	Number	Percentage
None	5	33%
1-2	7	47%
3-4	3	20%
5-6	0	0%
Total	15	100%

4.7 Employment status pre-incarceration.

Out of the fifteen respondents nine (9) were working before they were incarcerated and six (6) were never employed. Those that are not working blame their criminal record they hold.

Table 51: Employment status pre-incarceration.

Category	Number	Percentage
Was working	9	60%
Never worked	6	40%

Total	15	100%
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Dhami, Mandel, Lowenstein, and Ayton (2006) state that the prisoners’ quality of life before prison defined as whether or not prisoners was employed has an impact on how they behave inside prison.

4.8 Problems that are health related problem or sicknesses.

Eight (8) out of the fifteen respondents did not have any health problems; Seven (7) of the respondents admitted that they had problems with their health.

Table 52: Problems that are health related problem or sickness.

Health Related problem	Number	Percentage
Yes	7	47%
No	8	53%
Total	15	100%

4.9 First experience when entering the correctional centre for the first time they despondence was as follows.

Seven (7) out of the fifteen who were ex-convicts respondents stated that they had a bad experience, and were scared of the prison. Two (2) respondents mentioned it was not a nice place and they used to it. Three (3) stated that it was hard to accept their incarceration, The last three (3) stated that they had to fight for survival.

Table 53: First experience when entering the correctional centre for the first time.

Meta theme	Number	Percentage
It was hard, bad experience	7	47%
Was not nice, wasn't used to the place	2	13%
Hard to accept my incarceration	3	20%
Hard to fight for survival	3	20%
Total despondence	15%	100%

All the respondents had a rough time while they entered prison for the first time. They were. From this it can be concluded that prison is not a dangerous and a violent place.

The deprivation model is focusing primarily on the prison environment as pressure producing on and responses by the inmates (Parisi 1982). The model supposes that when inmates enter prison they are faced with major social and psychological that result from the loss of freedom, status, dignity, possessions, and autonomy, security and personal relationships.

Souza and Dhami 2010 cited in Jones and Schmid (2000) conducted an ethnographic study (a scientific description of different races and cultures) of first-time inmates and found that on entry to correctional center, the convicts experienced heightened feelings of fear and concerns of violence.

Putwain and Sammons, (2002) argued that imprisonment is an aversive experience and that prison generally offers an extremely unpleasant environment. Apart from the

obvious problems of boredom and violence, there is some evidence that imprisonment can have a detrimental effect on prisoner's psychological functioning.

4.10 Type of offence committed.

From the 15 participant's (one) was convicted for house breaking only, (Five) for rape and attempted rape, (One) for robbery and house breaking; Five for attempted murder and Murder, (One) for rap and house breaking, (One) for car theft; (One) for dealing with Drugs.

The South African Police Crime Stats of 2013 states that property related crimes has increased by 1.7% during the past financial year (2012/13), serious crimes has reduced by 5.3% during the past financial year (2012/13). Sexual Offenses Reduced by 0.4% during the past financial year (2012/13), Assault Reduced by 6.6% during the past financial year (2012/13) Murder increased by 0.6% during the past financial year (2012/13), Attempted Murder Increased by 6.5% during the past financial year (2012/13).

Table 54: Type of offence committed.

Crime category	Number	Percentage
House Breaking/ Stealing	1	6.7%
Attempted rape and Rape	5	33.3%
Robbery/ House breaking	1	6.7%
Murder and attempted murder	5	33.3%

Rape and house braking	1	6.7%
Dealing with drugs	1	6.7%
Car theft	1	6.7%
Total	15	100%

Gender and age of a person is linked to the type of crime (Steffensmeier et al. 1989; Soothill et al. 2004).

4.11 First time convicts.

(Six) out of the fifteen respondents were first time offenders and (Nine) of them were second time offenders.

Table 55: Demonstrating first time convicts.

First time convict	Number	Percentage
Yes	6	40%
No	9	60%
Total	15	100%

The white paper on corrections states that: *“first offenders, that is offenders sentenced for the first time, particularly for less serious crimes, should as far as possible be accommodated separately from repeat offenders as in general they have the best possible potential for rehabilitation.”* This separation should already begin during the

awaiting-trial period of and become an integral part of the manner in which the criminal justice system in South Africa treats first offenders (Correctional Service 2008).

4.12 How long was your sentence.

Out of the 15 participated as convicts, One was convicted for 3-5 years, Three were convicted for period of between 6-8 years, (one) was convicted for a period of 9-11 years, (Five) were convicted for a period of 12-14 years, (three) were convicted for 15-17 years; (Two) were convicted for (18-20 years).4

Table 56: How long was your sentence.

Time Sentenced	Number	Percentage
0-2 year	0	0%
3-5 Years	1	6.7%
6-8Years	3	20%
9-11Years	1	6.7%
12-14Years	5	33.3%
15-17 Years	3	20%
18-20 years	2	13.3%
Total	15	100%

Dhami, Ayton, &Loewenstein, (2007); McCorkle, Miethe, & Drass, (1995); Argue that it is possible that the total amount of time spent in prison is a reliable measure of

prisonization than the number of prior incarcerations. Long prison sentence (e.g., 20 years) could be much more damaging than several shorter prison sentences.

4.13 while incarcerated who is providing for their family.

Seven (7) out of the ten respondents mentioned that their parents provided for their family while serving their sentence; four (4) mentioned that their siblings was providing for their family, and three (3) said that their grandparents were providing for their family. In summary fourteen (93%) of the fifteen participants say that their relatives are providing for their families, one responded that his retirement fund was taking care of their family. This means that there offenders had less problems to worry about who was proving for their family, this would not increase to their problems they had to deal with.

Table 57: While incarcerated who is providing for their family.

Bread Winner	Number	Percentage
Parents	7	47%
Siblings	4	27%
Grand Parents	3	20%
My retirement funds	1	6%
Total	15	100%

4.14 The expectations of the correctional centre.

Six (6) out of fifteen respondents mentioned that they thought of being abused and victimization, three (3) had expected a violent place; another three (3) never even thought that they would come to prison; the other three thought of the kind of life that

they were going to leave inside prison. All the respondents agreed that they never thought they would come to prison, they feared being victims of gangsterism, and expected wanders to protect them but instead some also abuse them.

Table 58: Expectations of the correctional centre.

Meta theme	Number	percentage
Gangsterism/ being a victim	6	40%
As a violent place	3	20%
I never thought I would come	3	20%
The kind of life I was going to leave inside	3	20%
Total	15	100%

4.15 How long did it take you to adjust to the correctional centre.

Two (2) of the fifteen respondents adjusted to prison within the same week of incarceration, Three (3) adjusted in two Months, Three (3) adjusted within three months of imprisonment, One (1) in six Months, One (1) in Seven Months, One (1) in Eight Months, Three adjusted in three years.

Table 59: How long did it take you to adjust to the correctional centre.

Answer	Number	Percentage
1-6 Months	8	53.3%
7-12 Months	2	13.3%
13-18 Months	0	0%

19-24 Months	2	13.3%
25-30 Months	0	0%
31-36 Months	3	20%
Total	15	100%

Prison adjustment is influenced by pre-prison characteristics that are “imported” (Irwin, 1970; Irwin & Cressey, 1962).

It can be concluded that the adjustment in prison depends on the individual's character, how one views things. Clemmer (1940) to describe the process adjusting to prison as imprisonment, defines it as a process by which prisoners adopt the customs, mores, and values of the prison culture in which they live.

4.16 Was it easy accepting that they had been incarcerated.

Fourteen (14) out of the fifteen respondents stated that it was not easy accepting that they are imprisoned; one (1) respondent's stated that for them it was easy accepting their imprisonment. Accepting prisonisation depends on the individual's character.

Table 60: Was it easy accepting that you have been incarcerated.

Answer	Number of respondents	Percentage
Yes	1	6.7%
No	14	93.3%
Total	15	100%

Clemmer (1940) argues that when new inmate enters prison he or she goes through a process or a stage known as prisonisation, it varies from one inmate to the other it is not same for every inmate. The character of the inmate and their experience of imprisonment play's a vital role in their adjusting to imprisonment (Gillespie, 2003).

(Reid 2004) states that there are three factors that influence the adjustment of the inmate; The inmate's personality, environment, the relationship with the outside prison; whether the inmate joins a group in prison and lastly the degree to which the inmate accepts the codes of prison life Reid,(2004).

4.16.1 Explanation of the above question

"I told myself that nothing will change, have to accept my situation."

4.17 Skills learnt while serving their sentences.

Three (3) of the respondents mentioned that they had learned life skills, anger management, another three (3) mentioned that they had learned bible studies and life skills, three (3) respondents learned that crime doesn't pay; two (2) leaned substance abuse and anger management, one was learned about agriculture, lastly one (1) learned about sewing.

All the respondents agreed that they have learned a skill while serving their sentence.

Table 61: Skills learnt while serving their sentence.

Meta Theme	Number	Percentage
Life skills, anger management	3	20%
Bible studies, life skills	3	20%
Crime doesn't pay	3	20%
Agriculture	1	6.7%
Life skills	2	13.3
Sewing, ceiling	1	6.7%
Substance abuse, anger management	2	13.3%
Total	15	100%

4.18 Challenges faced with.

Ten (10) out of the fifteen (15) respondents who were ex-offenders said yes there are some challenges that they are faced with ;and Five (5) stated that no there isn't any challenges.

Table 62: Challenges that ex-offers were faced with.

Response	Number of participants	Percentage
Yes	10	67.%
No	5	33%
Total	15	100%

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4.18.1 Follow up question to the above response.

Six (6) participants respondent that they faced with prison gangs, Five (5) respondents said they had no challenges, One (1) respondents said that they had anger management , One (1) their belongings were taken from them, One (1) had problem with hygiene, another one (1) had problem with prison fights.

Table 63: Demonstrating the challenges that they with.

Meta theme	Number of responds	Percentage
Prison Gangs	6	40%
None	5	33.3%

Anger management	1	6.7%
Theft of belongings	1	6.7%
Hygiene	1	6.7%
Prison fights	1	6.7%
Total	15	100%

4.19 How did they overcome those challenges if there were any.

Out of the fifteen participants five (5) responded that they had no challenges, four (4) of the respondents mentioned that they avoided arguments and fights; and two (2) participants mentioned that joined the gang; two (2) obeyed the rules; one (1) reported bad behavior to the officials; one (1) attended rehabilitation programmes.

Table 64: How did they overcome those challenges if there were any.

Meta theme	Numbers	Percentage
None	5	33.3%
Avoided arguments/ fights	4	27%
Joined gang for protection	2	13.3%
Obeyed the ruled	2	13.3%
Reported bad behavior to the officials	1	6.7%
Attended rehabilitation programmes	1	6.7%
Total	15	100%

4.20 Psychological symptoms.

Thirteen (13) out of the fifteen (15) respondents stated that they are suffering from pain, depression and stress, and two (2) stated that they are not experiencing any psychological symptoms.

Most of the participants mentioned that they suffered from depression, stresses while serving their sentenced and heart pains.

Table 65: Psychological symptoms.



Response	Number of participants	Percentage
Yes	13	87%
No	2	13%
Total	15	100%

4.21 Were you ever been victims in any way. If yes how.

From the fifteen (15) participants thirteen (13) said that they have never been victims before and two (2) admitted that they have been victims.

Table 66: Were you ever been victims in any way. If yes how.

Response	Number of participants	Percentage
Yes	2	13%
No	13	87%
Total	15	100%

Correctional facilities (jails, detention centre's and correctional centre's) are high risk settings for the sexual victimization and rape of offenders Cotton and Groth (1982).

Weis & Friar cited in (De Wet 2005) states that the consequences of homosexual attacks on an inmate vary from inmate to inmate.

4.22 The impact imprisonment had on the family of the offender.

Four (4) of the fifteen respondents stated that their families didn't accept their imprisonment , as they were accused; Another four (4) mentioned that their families were suffering as they were the bread winner to their home, three (3) respondents stated that their parents ended up in hospital due to their imprisonment; lastly four (4) of

the respondents stated that it was hard for them as they were worried/they were concerned about.

Table 67: The impact imprisonment had on the family of the offender.

Meta theme	Number	percentage
They didn't accept my imprisonment as I was accused	4	27%
They were suffering as I was the bread winner	4	27%
My parents ended up in hospital due to my imprisonment	3	20%
It was hard for them they were worried/concerned about me	4	27%
Totals	15	100%

4.23 The impact Imprisonment had on their social life as the offender.

Out of the fifteen respondents five (5); mentioned that they wasted their time in prison, Four (4) respondents said that they lost everything because of imprisonment, Another four (4) mentioned that imprisonment changed their life for the worse, and two (2) others mentioned that they life changed better after serving their sentence.

Table 68:The impact imprisonment had on the social life as the offender.

Meta theme	Number of participants	Percentage
I wasted my time in prison	5	33%
Lost everything because of imprisonment	4	27%
It changed for the worse	4	27%
It changed my life for the better	2	13%
Total	15	100%

4.24 In what way did their imprisonment affect their community.

Eight (8) of out the fifteen (15) respondents mentioned that the community accepted them, four (4) said that the community was worried, two (2) said that they were rejected by the community, and one (1) stated that his community felt safe while he was behind bars.

Table 69: In what way did their imprisonment affect their community.

Meta Theme	Number of participants	Percentage
They accepted me	8	53%
They were worried	4	27%
They rejected me	2	13.3%
They felt safe while I was behind bars	1	6.7%
Total numbers	15	100%

4.25 Were there any thoughts of their families while serving your sentence.

All fifteen (15) respondents said that there were having thoughts of their family.

Table 70: Where there any thoughts of their families while serving your sentence.

Response	Number	Percentage
Yes	15	100%
No	0	0%
Total	15	100%

4.26 while serving your sentence who was providing for their families.

Six (6) of the respondents mentioned that their parents provided for the family, five (5) stated that their brothers and sisters did, Two (2) mentioned that their grandparents provided for their families, and lastly two (2) said that their wife was supporting their families.

Table 71: While serving your sentence who was providing for their families.

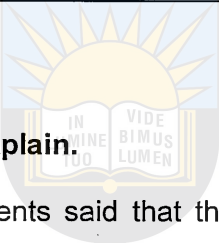
Meta Theme	Number of participants	Percentage
My parents	6	40%
Brothers and sisters	5	33.3%
Grand parents	2	13.3%
My wife	2	13.3%
Total	15	100%

4.27 how did you keep contact with their families while serving their sentence.

Eleven (11) out of the fifteen (15) respondents communicated with their family by calling them and they also came for visited during some weekends, four (4) only visited during some weekends.

Table 72: How did you keep contact with their families while serving their sentence.

Meta Theme	Number of participants	Percentage
I called and they visited	11	73%
They visited	4	27%
Total number of respondents	15	100%



4.28 have harmed yourself? If yes explain.

Eleven (11) out of the fifteen respondents said that they have never ever attempted harming their selves, four (4) stated that they had self harmed them. Due different reasons, i.e lives too hard imprison and couldn't accept their imprisonment.

Table 73: Have harmed yourself? If yes explain.

Meta Theme	Number of respondents	Percentage
No	11	73.3%
Yes, Because life is hard in prison	3	20%
Yes, Couldn't accept my imprisonment	1	6.7%
Total	15	100%

4.29 how did you cope with imprisonment.

Five (5) respondents stated that they accepted their imprisonment, another five (5) stated that they accepted the lord, Three (3) said that their cell mates advised them, and two (2) participants saw a social worker and psychologist.

Table 74: How did you cope with imprisonment.

Meta theme	Number of respondents	Percentage
I accepted the lord	5	33.3%
I accepted my imprisonment	5	33.3%
My cell mates gave me hope	3	20%
Saw a social worker/psychologist	2	13.3%
Totals	15	100%

4.30 What were the things that they thought of the most when you were alone.

Seven (7) out of the fifteen respondents stated that they thought of the family, Four (4) of the respondents stated that they thought of getting out of prison and starting a new life, Three (3) respondents stated that they had thoughts of their children , and one (1) thought of getting employment.

Table 75: What were the things that they thought of the most when you were alone.

Meta Theme	Number of respondents	Percentages
My family	7	47%
Getting out and starting a new life	4	27%
My child	3	20%
Getting employment	1	6%
Total	15	100%

4.31 How many cellmates did you share your cell. Did the number of cell mates contribute to stress.

Eight (8) out of the fifteen respondents who were ex-convicts stated that they were between the 45-50 in a cell, Six (6) of the respondents responded that they were between 35-40 cell mates, and one (1) respondent had between 25-30 cell mates.

Table 76: How many cellmates did you share your cell with.

Number of prisoners	Number of participants	Percentages
5-10	0	0%
15-20	0	0%
25-30	1	7%
35-40	6	40%
45-50	8	53%
Total	15	100%

4.31.1Did the number of cellmates contribute to stress.

Nine (9) of the fifteen respondents stated that they have no problem staying in a overcrowded cell, and Six (6) of the fifteen respondents mentions that they had problems with the issue of staying in overcrowded cell.

Table 77: Did the number of cellmates contribute to stress.

Respondents	Number of participants	Percentage
Yes	6	40%
No	9	60%
Total	15	100%

4.32 Are you taking any intoxicating substances.

Eight (8) of the fifteen respondents said they were taking intoxicated substance, seven (7) stated that they were not taking intoxicated substance.

Table 78: Are you taking any intoxicating substance.

Respondent	Number of participants	Percentage
Yes	8	53.%
No	7	47%
Total	15	100%

4.33 Rehabilitation programmes.

Fourteen (14) of the fifteen respondents stated that they were attending rehabilitation programs, only one (1) participant stated that he didn't attend any rehabilitation programmes.

Table 79: Rehabilitation programmes.

Respondent	Number of respondents	Percentage
Yes	14	93%
No	1%	7%
Total	15	100%



4.34 How do they feel about their selves, how were they feeling post incarceration

Six (6) out of the fifteen respondents said they were feeling guilty for their actions, regret what they had done to their victims, Five (5) couldn't forgive themselves for their abnormal behavior, two (2) were unhappy that they served time imprison for something that they didn't do, and another two (2) mentioned that they were happy that they served their sentence finished and now they are out.

Table 80: How do they feel about yourself, how were did you feel post incarceration.

Meta theme	Number of respondents	Percentage
Regret my actions	6	40%
Cannot forgive myself	5	33.3%
Unhappy as I was innocent	2	13.3%
Happy that I am out	2	13.3%
Total	15	100%

4.35 Is life better inside or outside prison. Why?

All fifteen (15) participants respondent that they prefer to be outside prison than inside simple because they are not restricted and are free to do whatever they desire any time they wished to so.

Table 81: Is life better inside or outside prison. Why?

Response	Number of participants	Percentages
Outside	15	100%
Inside	0	0%
Total	15	100%

4.36 post incarceration are you employed.

Six (6) of the fifteen participants responded saying they are employment, Nine (9) participants responded that they are currently unemployed.

Table 82: Post incarceration are you employed.

Response	Number of Participants	Percentage
Yes	6	40%
No	9	60%
Total	15	100%

4.37 Have attempted job hunting.

Out of the fifteen respondents five (5) were making attempts to get employment but they had no luck yet, three (3) haven't even attempt to job search, six (6) we employed, and one was a pensioner.

Table 83: Have you attempted job hunting.

Response	Number of respondents	Percentage
Yes	5	33.3%
No	3	20%
Employed	6	20%
Pensioner	1	7%
Totals	15	100%

4.38: Have you acquired any skills while serving your sentence.

Thirteen (13) of the fifteen respondents said that they had learned some skills while serving their sentence, and two (2) out of the fifteen respondents said that they haven't learned any skill.

Table 84: Have you acquired any skills while serving your sentence.

Response	Number of respondents	Percentages
Yes	13	87%
No	2	13%
Total	15	100%

4.39 Has the prison environment had changed them? If yes how?

Out of the fifteen participants twelve (12) agreed that the prison has changed them, ten (10) in a positive way and two (2) changed for the worse. Three (3) participant's stated that they remained unchanged by prison. From this it can be concluded that prison can influence one's behavior depending on one's personality.

Table 85: Follow up question from the above question.

Response	Number of Participants	Percentage
Yes	12	80%
No	3	20%
Total	15	100%

4.40 What were there general overviews about prison.

All the fifteen participants agreed that prison is not a right place for a normal human being to stay at, but it is a place where people learn how to stay with other people in peace through rehabilitation problems.

4.41 Were you harmed by the questions that the researcher had prepared?

All fifteen respondents agreed that they were not harmed by the questions asked above.

4.42 Were you comfortable in answering all the questions.

All the participants agreed that there were comfortable in answering all the questions.

4.43 Were the questions were clear and straight forward.

The fifteen participants all agreed the questions were straight forward and clear.

4.44 Summary

The study that was conducted was a quantitative study and in according with scientific guide, informing the methodology and data collection techniques which a semi structured interview was used and the analysis was presented together with the results and findings.

From the data above 40% of the respondents who were current inmates were between the ages of 28-31, meaning that at this age there is a likelihood of committing crime.

Precisely 80% of the respondents are blacks, about 73% of the participants have achieved grade 9-12.

And 87% of the participants were single males, 80% were employed pre-incarceration. Plus minus 60% of the respondents had health problems because of their imprisonment. Precisely 80% of the participants were first time convicts.

Less than 26% of the respondents were serving sentences between ten years and more. About 53.3% of the respondents adjusted to imprisonment between 1-6 months, 73% mentioned that they were some challenges that they were faced with.

Precisely 60% of the respondent said that that they had psychological symptoms like stress, pain, depression, from that 60% they suffered from Tuberculosis (TB), and stress of who will provide for their families while incarcerated.

Only 20% of the participants have been victims, all the participants who were current inmates mentioned that their social life was affected in a negative way as a result of imprisonment.

About 87% of the participants stated that they communicated with the family over the telephone and visits during weekends. More than 47% of the respondents had harmed themselves.

All fifteen respondents mentioned that they accepted imprisonment, used different approaches, some got advice from cellmates, and some got help from psychologist and social workers.

67% of the respondents had between 35-40 cell mates, 47% had a problem sharing a cell with such a large number of inmates. 53% of the respondents were taking intoxicating substances. 100% of the respondents mentioned that they had attended rehabilitation programmes.

40% of the respondents were feeling happy that they made peace with their victims. 87% of the respondents stated that they prefer to be outside prison walls, while 13% mentioned that they are happy inside.

93% of the respondents mentioned that the prison environment had changed them for the better.

In the next chapter (chapter 5) will be conclusion and recommendation of the study

Chapter five

Research findings, Recommendation and Conclusion

5.0 Introduction

In the following chapter will be the discussion of the findings and recommendation of the study conducted. In the previous chapter dealt with the presentation of data, and the interpretation and analysis. The recommendation of the study will be based on the findings of the research.

5.1 General Summary



5.2.0 Chapter one

Chapter one entails the background of the study. The researcher introduced the study and gave a background to the psychological impact of imprisonment. This chapter also outlined the research problem, and the research aims and objectives as well as the objectives and methodological plan that will be employed by the researcher.

5.2.1 Chapter two

Chapter two of the study is the literature review which contains related work of other researchers on the psychological impact of imprisonment. And to analyse if there is any gap between the previous research and the current situation. The researcher also in

also included theoretical frame work to give a broad explanation of the concerned aspect.

5.2.2 Chapter Three

This chapter focused research methodology which helped the researcher to contract the study. The researcher employed qualitative methods in the study. Champion, 2006 cited in (Gibson & Brown 2009) postulates that qualitative research is the application of observational techniques and the analysis of documents as the primary means of learning about persons or group and their characteristics.

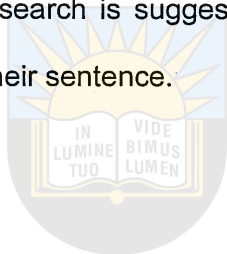
5.2.3 Chapter four

This chapter dealt in-depth the data presentation, the data that was gathered was analysed using theories and literature that is available to the researcher concerning the data collected. The researcher had used no names were used and the information proved by the participants was confidential between the two persons, the other person who had seen the questioners was the supervisor but cant not say this data can be referred The researcher followed the thematic system of analyzing data. The data was presented and interpreted the same time in this chapter. The finds of the research and conclusion on will be presented in the next chapter, which is chapter 5 of the study.

The Aims of the study were as follows

Aim 1: To examine how imprisonment affects the offender during and after imprisonment.

The researcher found that 47% of the ex-offenders had health related problems and didn't have any problems pre incarceration, this is a sign that they might be negative effects of imprisonment and further research is suggested. 100% of the ex-offenders had learned some skills while serving their sentence.



Objective 1: The focus will be on how imprisonment changes the individual as well as what ancillary effects incarceration has on the offender and his family.

The researcher intended to find out whether the participants had any ancillary effects, About 60% of respondents stated that they are suffering from one or two of the following pain, depression and stress, 40% stated that they are not experiencing any ancillary problems.

Objective 2: What are the sociological effects of imprisonment.

Does imprisonment have an effect on the family of the offender.

100% of the respondents who were current inmates and ex-offenders in this research stated that for them imprisonment had an impact on their families.

Aim 2: Examine what are the factors that contribute to stress while being incarcerated.

There is more than one factor that leads to stress to in inmates, amongst the other factors that may contribute to stress the researcher discovered that adjusting in prison can stress the perpetrator as it is not easy accepting their status.

Objective 3: What were the challenges that they faced with, what were the challenges that they are faced with while entering inside the prison for the first time and while they are outside prison walls.

100% of the respondents who were current offenders stated that they had a hard experience during their first entry in the correctional centre, and were scared of the prison; felt bad for their actions and angry towards themselves. They also didn't like the fact that they were being told what to do, when to do it they had lost freedom, and had constants thoughts of the family.

53% of the participants who are ex-offenders posited that the community accepted them after they came back into their community after serving their sentence complete, 27% mentioned that they felt that they were rejected by the community members, 20% respondents stated that they had to relocate because of the stigma and their victims had not forgiven them.

5.3 Recommendation Of The Research

The researcher finds that there are psychological impacts of imprisonment due to the conditions the inmates are expected to stay in, the way they treat each other themselves. i.e prison gangs and the victimization that takes place inside the correctional centres.

It has the potential of changing the behavior of one to a positive as this is demonstrated by the data analysis in the previous chapter. The issue of losing their jobs because of imprisonment and while they have some skills which they learned while serving their sentence but cannot use such skills because of their criminal record. Policy makers and the Government should try to find a solution to the problem as more and more ex-convicts tend to recidivism.

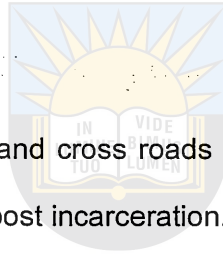
More research is needed about this topic as it may assist the government in finding a solution on the how to prevent inmates being victims and help reduce high employment rate not only to law abiding citizens but also ex-convicts.

And the community should also be playing its role in accepting the ex-convict when they return to the community as the stigma and rejection leads to recidivism. The issue of hygiene and overcrowding is another course of the inmates having psychological impacts of imprisonment.

There is a need for further research in the study, as not much research is not done on the topic.

5.4 Conclusion

It can be concluded that the experiences that an inmate's goes through while entering prison and when how the community accepts them stays with them even long after completing their sentence, this is due to the fact that they had wasted most of their time in prison being told what to do and end up being used to such practice. To some it is a place where they learn different things amongst those is how to get along with different people with different manners.



The prison programmes like life skills and cross roads should be compulsory for each and every inmate as it assists in them post incarceration. Inmates entering the prison for the first time should be protected to avoid victimization as this can have negative consequences for the inmate or ex-convict in the future.

Adjustment inside prison depends on the character of one, how they handle a particular matter. The researcher can conclude in saying small things like family visits are important to the offender as they become happy to see their loved ones.

By giving the ex-convict a opportunity to employment, this reduces the chance of them getting involved in a committing another offence. This research has proven that the inmates prefers to be outside than inside prison because there is more that one can do outside and they are not restricted like inside.

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7. Appendix A

The psychological effect of imprisonment a case study in the Nkonkobe municipality Eastern Cape South Africa.

Semi-Structured interview schedule

Objectives

Themes

Sub-theme Prom's

1.Biographic details	Since were meeting for the first time tell me about yourself?	1.1 When where you born? 1.1.1 What is your current age? 1.2 What is your ethnic group? 1.3 What is your highest level of education? 1.4 What is your marital status? 1.5 Do you have any children? 1.6 If yes how many?
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		1.7 What was your employment status before imprisonment? 1.8 Do you have any health problems or sickness?
2. To examine how imprisonment affects the offender during and after imprisonment.	What was your first experience when entering the correctional centre for the first time?  University of Fort Hare Together in Excellence	2.1 What type of offence did you commit? 2.2 Are /were you convicted for the first time? 2.3 How long is/was your sentence? 2.4 How many years have you served up until now? 2.5 Now that you are incarcerated who's providing for your family? 2.6 What were expectations of the correctional centre? 2.7 How long did it take for you to adjust to the correctional centre? 2.8 Was it easy accepting the

		fact that you are incarcerated? 2.9 yes/no 2.9.1 If yes explain
3. What effect does imprisonment have on the offender?	What are the things that you learnt while serving your sentence?  University of Fort Hare Together in Excellence	3.1 Are there any challenges that you were faced with? 3.1.1 Yes/No 3.1.2 If yes what were they? 3.2 How did you overcome those challenges if there were any? 3.3 Did you experience any kind of psychological symptoms: Stress; Depressed; pain; suffering; Disturbance? 3.3.1 Yes/No 3.3.2 if yes elaborate? 3.4 Were ever been a victim in any way? 3.4.1 Yes/No 3.4.2 If yes Explain?

4. What are the sociological effects of imprisonment?	The impact that imprisonment had/has on the family of the offender?	4.1 What impact did imprisonment have on the social life of the offender? 4.2 In what way did imprisonment affect the community? 4.3 While serving your sentence were you having any thoughts of family? 4.4 Who provided for your family while you were inside prison? 4.5 How did you keep contact with your family or relatives while serving your sentence? 4.5 Was there any time that you thought of giving up your life as a result of imprisonment? 4.5.1 Yes/No 4.5.2 If yes elaborate 4.6 How did you cope with imprisonment?
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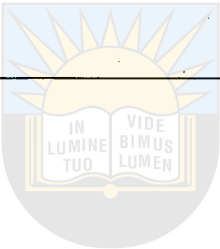
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5. What are the factors that contribute to stress in the prison environment.	What are the things that you thought about the most when you are alone in your cell?	5.1 How many cell mates did you have inside your cell? 5.2 Did the number of the inmates contributory factors of stress? 5.3 Are you taking any intoxicating substances? 5.3 Do/Did you attend any rehabilitation programmes? 5.3.1 Yes/No 5.4 How do about yourself? 5.5 Do you see life better inside or outside prison? 5.6 Now that you have served your sentence are you employed? 5.7 If no, have you attempted getting a job? 5.8 Are there any skills that you learnt while serving your sentence? 5.8.1 Yes/No 5.8.2 If Yes Explain 5.9 Did the prison environment change your character? 5.10. If yes explain how?
6.1 General Questions		6.1 What is your general over view on prison?



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		6.2 Have the above questions have harmed you in any way?
		6.3 Were you comfortable in answering the above questions?
		6.4 Were the questions clear and straight forward?
		6.5 From the above questions is there anything that you think the researcher should have included?



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