

The Relationship between Some Components of Prisoner's Psychological Well-Being and Duration in Prison in Hosanna Correctional Center, Ethiopia

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DOI: [10.36348/sjhss.2020.v05i10.003](https://doi.org/10.36348/sjhss.2020.v05i10.003)

| Received: 25.04.2020 | Accepted: 03.05.2020 | Published: 05.10.2020

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Abstract

This study was design to address the relationship between duration in prison and some components of psychological well-being among prisoners in Hosanna town correctional center. To meet this objective, the researcher drew 100 out of 2000 populations were selected as the sample participants of the study by using systematic random sampling techniques. A point Likert type scale questionnaire was used to address the relationship between duration in prison and some components of psychological well-being. The data were analyzed through percentage, correlation; T-test and ANOVA. The result reveled that there is no significant relationship between some components of psychological well-being and age among prisoners. The study also revealed that there is significant difference between male and female prisoners on the components of psychological well-beings. The study suggested that it is advisable to create favorable conditions for the prisoner to develop a sense of good interaction when he/she is in the prison or/and after return to the society and they should be done by practicing different physical exercise going in concordance with flexible plan of schedules. Finally, the correctional center should develop sense of belongings and coordination among offender to minimize stress and conflict in the correctional center.

Keywords: Relationships; Components, Prisoner's Psychological Well-Being, Duration in Prison center

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INTRODUCTION

Back ground of the study

Human beings are sociable creatures and we have developed many ways to communicate our messages, thoughts and feelings with each other. Not all psychological and psychiatric problems and disorder are significantly more prevalent in prisons so-called mood disorder (i.e. disorders in the affective spectrum including depression, melancholy, and adjustment disorder) are generally found with comparable or a little higher frequency in prison study than in the general population [13]. Although, there is differences between studies and several studies indicates that a high prevalence of major depression among prisoners [7]. A composite of research findings depicts people with low self-awareness as uncertain and confused about themselves. So, they are oriented towards avoiding risk and potential loss, shy, modest and emotionally label (and having tendencies towards depression and anxiety [2].

Empirically, some investigators have sought to find their inner core of self-doubt and reported that they

couldn't do so. [15], suggests that members of violent gangs to not carry around a load of inner in securities (like stress and stress coping, low self-awareness and social anxiety).

Psychological well-being problems of prisoners like self-awareness, stress and stress coping are the variables of interest. Self-awareness involves conscious awareness of one's own thoughts, behavior's, feelings and traits [4]. People who lack self-awareness and people who have no idea what is the value of knowing oneself for the sake of their future appear to be at risk for experiencing a number of psychological and social problems. Some evidence suggests that deficits in self-awareness are related to drug abuse, criminal activity and delinquency [10]. According to [17] longitudinal study in Canadian correctional center shows that there no reliable relationship between lengths of imprisoned and psychological well-being of prisoners. On the other hand, self-awareness has frequently been viewed as an important target of intervention with in criminal populations [9]. Many program designers have assumed that self-awareness is an important outcome and that a side-benefit of their

offender programming efforts is an increase in this highly desirable personal state [3]. Also, an interesting research project reported by [12] they illustrate that the perception of many correctional program designers regarding offender self-awareness have a crucial role in maintaining personal states of the prisoners. Depending on above concepts, the researcher will be going to show the relationship between prisoner's psychological well-being and duration in prison among prisoners of Hosanna town, and the exits gender difference among the prisoner's level of self-awareness, stress and stress coping.

Even though, the above studies focused on prisoner's self-awareness, stress and stress coping problems related to prisoners psychological and social well-being, they did not show detailed information about the gender difference on self-awareness, stress and stress coping and some components of psychological well-being (i.e. self-awareness, stress and stress coping) among prisoners in Hosanna town. However, unlike the above researches, the present study is aimed at studying the relationship between some components of psychological well-being (i.e. self-awareness, stress and stress coping mechanism) among prisoners of Hosanna town in correction center. Therefore, assessing the relationship between prison's psychological well-being and duration in prison, in Hosanna town was guided by the following basic research questions.

- What are the relationship between the year of stay in prison and the levels of self-awareness, stress and stress coping among prisoners?
- Is there a gender difference on self-awareness, stress and stress coping among prisoners?
- Are there relationship between prisoner's psychological well-being and their age?

The purpose of the study is to assess the relationship between prison's psychological well-being and duration in prison, in Hosannas town correctional center. The study is important for correction employees to increase their knowledge of self-awareness, stress and stress coping among prisoners to the extent and to take action when necessary on the issue of prisoners. Furthermore, it intends to broaden knowledge for practitioners about psychological well-being of prisoners.

MATERIAL AND METHODS

The study design was descriptive and explanatory method was employed. The descriptive

type will be used to describe the relationship between some components of psychological well-being among prisoners. While, explanatory type was used to explain the behavior of prisoners in detail.

Subjects

The study was conducted in Hosanna town, which is located 230 km from the capital, Addis Ababa; inhabitants of the town are from the southern region. To meet this objective, the researcher drew 100 out of 2000 populations who were pursuing their life was selected as sample participants of the study by using systematic random sampling techniques.

Instruments and data collection procedure

The data collection tools were Likert type questionnaire. Questioner was used for purpose of data collection by including 38 close indeed questions. So, (10) self-awareness questions, (10) stress questions and (10) stress coping questions were used. The instrument has different parts such as: demographic background of respondents (age, sex marital status, year of stay in prison, birth order and educational background /statues), Self-awareness (Rosenberg), stress and stress coping questions. The data collection procedure is first of all; getting a letter from the department of psychology the researcher (student practitioner) then forward to the concerned bodes and then asks the counselor for getting assistance and goes to the colonel to get permission to conduct a research.

Study variables

The predictable variables are age, sex, marital status, birth order, year of stay in prison and educational status and the consequences/ result base on these variables on the components of psychological well-being (i.e. self-awareness, stress and stress coping) are used.

Method of Data analysis

Finally, the collected data processed and analyzed concurrently by using different statistical techniques SPSS version 20. Specifically, percentage, correlation, T-test and ANOVA techniques was used to analyze those compute data.

RESULTS AND DISCUSSION

Table-1: Demographic characteristic of study participants

No	Demographic variable		Number	%
1	Sex	Male	70	70%
		female	30	30%
2	Age	18-28	33	33%
		29-39	39	39%
		40-50	20	20%
		50 and above	8	8%
3	Religion	Orthodox	40	40%
		Muslim	20	20%
		protestant	32	32%
		other	8	8%
4	Educational status	0-8	29	29%
		9-12	39	39%
		Certificate/diploma	12	12%
		Degree and above	20	20%
5	Number of family	2-3	25	25%
		4-6	45	45%
		7 and above	30	30%
6	Marital status	Single	40	40%
		Married	50	50%
		Divorced	5	5%
		widow	5	5%
7	Year of stay in prison	1 and below	30	30%
		2-4	40	40%
		4-7	20	20%
		7 and above	10	10%
8	Birth order	First	30	30%
		Middle	40	40%
		Last	15	15%
		Only one	15	15%

Table 1 indicates out of the total respondents 70(70%) were males whereas 30(30%) were females. This shows that most of the respondents were males. A second variable result shows that 33(33%) of the respondents were laid in age of 18-30, 39(39%) of respondents were laid in the average age of 29-39, 20(20%) of respondents were laid in age of 40-50, 8(8%) of respondents were laid in average age of 50 and above. This shows that most of respondents were found in the average age 29-39 years. A third variable result shows that 40(40%) of the respondents are orthodox, 20(20%) of the respondents are Muslims, 32(32%) of the respondents are protestants and 8(8%) of the respondents are from other religions. This shows that most of the respondent's religion is orthodox. A fourth variable result shows that 29(29%) of respondents were elementary school level (1-8), 39(39%) of respondents were in high school level (9-12), 12(12%) of respondents were in certificate/diploma level and 20(20%) of the respondents were educated in degree level and greater than degree. This shows that most the respondents were high school students. A fifth variable result shows that 25(25%) of the respondents have a number of family 2-3, 45(45%) of respondents

have a number of family 4-6 and 30(30%) of respondents have a number of family 7 and above. This shows that most of the respondents have a number of families from a range of 4-6. A sixth variable result shows that 40(40%) of the respondents are unmarried, 50(50%) of the respondents are married, 5(5%) of the respondents are divorced and 5(5%) of the respondents are widow. This shows that most of the respondents were married.

A seventh variable result shows that 30(30%) of the respondents stay in prison for 1 and less than 1 years, 40(40%) of the respondents stay in prison from 2-4 years, 20(20%) of the respondents stay in prison from 5-7 years and 10(10%) of the respondents stay in prison for 8 and more than 8 years. This shows that most of the respondents stay in prison from 2-4 years. The last variable result shows that 30(30%) of the respondents are first child in their family, 40(40%) of the respondents are middle child in their family, 15(15%) of the respondents are last child in their family and 15(15%) of the respondents are the only child in their family, this shows that most of the respondents are middle child in their family birth order.

Table-2: Self-awareness scale evaluation for study participants

No	Decision alternative	Strongly Agree		Agree		Disagree		Strongly Disagree	
		F	P	F	P	F	P	F	P
1	I feel that I am a person of worth at least on an equal plane with others	58	58%	20	20%	10	10%	12	12%
2	I feel that I have a number of good qualities	74	74%	15	15%	5	5%	6	6%
3	I feel that I am a failure	25	25%	20	20%	30	30%	25	25%
4	I am able to do many things	30	30%	40	40%	20	20%	10	10%
5	I feel that I do not have much to be proud of	24	24%	27	27%	24	24%	23	23%
6	I have positive attitude for my self	65	65%	20	20%	5	5%	10	10%
7	Generally, I am satisfied with my self	52	52%	25	25%	10	10%	13	13%
8	I wish I could have more respect for my self	40	40%	30	30%	20	20%	10	10%
9	Sometimes I certainly feel useless	20	20%	20	20%	21	21%	39	39%
10	Sometimes I think I am not good at all	19	19%	21	21%	26	26%	34	34%

Table 2 shows that the feeling of being a person of worth at least on an equal plane with others 58 (58%) of the respondents strongly agree, 20 (20%) respondents agree, but 10 (10%) and the other 12(12%) of the respondents disagree and strongly disagree respectively. Based on the feeling of having a number of good qualities, 74 (74%) of the respondents strongly agree, and 15(15%) of the respondents also agree. On the other hand, 5(5%) and the rest 5 (5%) of the respondents disagree and strongly disagree that they have respectively. On the feeling of being a failure 25(25%) of the respondents strongly agree and 20(20%) of the respondents also agree. On the other hand, 30(30%) and 25(25%) of the respondents disagree and strongly disagree respectively. On the ability of doing many things many things 30(30%) of the respondents strongly agree on that they are and 40(40%) of the respondents are agree, but 20(20%) and 10(10%) of the respondents disagree and strongly disagree respectively. Based on the feeling of not having much to be proud of 24(24%) of the respondents strongly agree and 27(27%) of the respondents are agree, but 24(24%) and 23(23%) of the respondents disagree and strongly disagree respectively.

On taking positive attitude towards myself 65(65%) of the respondents strongly agree and 20(20%) of the respondents are agree, but 5(5%) and 10(10%) of the respondents disagree and strongly disagree respectively. Based on the feeling of being useless 52(52%) of the respondents strongly agree and 25(25%) of the respondents are agree, but 10(10%) and 13(13%) of the respondents disagree and strongly disagree respectively.

On the feeling of being not good at all 40(40%) of the respondents strongly agree and 30(30%) of the respondents are agree, but 20(20%) and 10(10%) of the respondents disagree and strongly disagree respectively. Based on the feeling of being satisfied with him/ herself 20(20%) of the respondents strongly agree and 20(20%) of the respondents are agree, but 21(21%) and 39(39%) of the respondents disagree and strongly disagree respectively. On the wish to have more respect for him/herself 19(19%) of the respondents strongly agree and 21(21%) of the respondents are agree, but 26(26%) and 34(34%) of the respondents disagree and strongly disagree respectively.

Table-3: Stress scale evaluation for study participants

No	Decision alternative	Never		Almost never		Some times		Fairly often		Very often	
		F	P	F	P	F	P	F	P	F	P
1	I've been upset because of something happened unexpectedly	20	20%	5	5%	50	50%	14	14%	11	11%
2	I felt that I was unable to control important things in my life	30	30%	10	10%	25	25%	12	12%	23	23%
3	I felt nervous and stressed	25	25%	10	10%	35	35%	15	15%	15	15%
4	I feel confident about my ability to handle my personal problems	15	15%	15	15%	13	13%	37	37%	20	20%
5	I felt that things were going my way	21	21%	17	17%	26	26%	25	25%	11	11%
6	I couldn't cope things that I had to do	40	40%	15	15%	17	17%	16	16%	12	12%
7	I've been able to control relationships in my life	15	15%	5	5%	15	15%	43	43%	22	22%
8	In the last month I felt that I was on top of things	8	8%	8	8%	24	24%	40	40%	20	20%
9	I've been upset because of things that happened outside of my control	35	35%	15	15%	23	23%	10	10%	17	17%
10	I felt difficulties were pulling up so high that I could not overcome them	36	36%	23	23%	19	19%	6	6%	16	16%

Table 3, indicated that being upset because of something happened unexpectedly, 20 (20%) of the respondents says never, 5 (5%) says almost never, 50 (50%) says sometimes, 14 (14%) says fairly often and the rest 11 (11%) says very often. This result shows that most of the respondents say they sometimes feel upset because of something happened unexpectedly.

Based on the feeling of being unable to control important things in their life, 30 (30%) of the respondents says never, 10 (10%) says almost never, 25 (25%) says sometimes, 12 (12%) says fairly often and the rest 23(23%) says very often. This result shows that most of the respondents say they never feel being unable to control important things in their life. Based on feeling nervous and stressed, 25 (25%) of the respondents says never, 5 (10%) says almost never, 35 (35%) says sometimes, 15 (15%) says fairly often and the rest 15 (15%) says very often. This result shows that most of the respondents say they sometimes feel nervous and stressed. On feeling confident about their ability to handle personal problems, 15 (15%) of the respondents says never, 15 (15%) says almost never, 13 (13%) says sometimes, 37 (37%) says fairly often and the rest 20 (20%) says very often. This result shows that most of the respondents say they fairly often feel confident about their ability to handle personal problems. Based on the feeling that things were going their way, 21 (21%) of the respondents says never, 17 (17%) says almost never, 26 (26%) says sometimes, 25 (25%) says fairly often and the rest 11 (11%) says very often. This result shows that most of the respondents say they sometimes feel that things were going their way.

Based on the feeling of not able to cope with all things that they had to do, 40 (40%) of the respondents says never, 15(15%) says almost never, 17 (17%) says sometimes, 16 (16%) says fairly often and the rest 12(12%) says very often. This result shows that most of the respondents said that never feel not able to cope with all things that they had to do. On being able to control relationships in their life, 15 (15%) of the respondents says never, 5 (5%) says almost never, 15(15%) says sometimes, 43 (43%) says fairly often and the rest 22 (22%) says very often. This result shows that most of the respondents say they fairly often feel able to control relationships in their life. Based on the feeling that they were on top of things in the last month, 8 (8%) of the respondents says never, 8 (8%) says almost never, 24(24%) says sometimes, 40(40%) says fairly often and the rest 20 (20%) says very often. This result shows that most of the respondents say they fairly often feel that they were on top of things in the last month.

Based on being upset because of things that happened outside of their control, 35 (35%) of the respondents says never, 15 (15%) says almost never, 23 (23%) says sometimes, 10 (10%) says fairly often and the rest 17 (17%) says very often. This result shows that most of the respondents say they never feel upset because of things that happened outside of their control.

Based on the feeling that difficulties were pulling up so high that they couldn't overcome them, 36 (36%) of the respondents says never, 23 (23%) says almost never, 19(19%) says sometimes, 6 (6%) says fairly often and the rest 16(16%) says very often. This result shows that most of the respondents say never feel that difficulties were pulling up so high that they couldn't overcome them.

Table-4: Stress coping mechanism evaluation for study participants

No	Decision alternative	Agree		Strongly Agree		Disagree		Strongly Disagree	
		F	P	F	P	F	P	F	P
	F= frequency P=percentage								
1	I try to avoid situations which force me to be worried	34	34%	48	48%	11	11%	7	7%
2	I feel free condition in worried conditions	38	38%	23	23%	24	24%	15	15%
3	It is easy for me to relax when I am with worried situations	16	16%	13	13%	51	51%	20	20%
4	I usually feel comfortable when nervous conditions occurred	21	21%	7	7%	51	51%	31	31%
5	I usually ease when stressful situations happened	51	51%	29	29%	14	14%	6	6%
6	I try to avoid things that will make up my mind	34	34%	26	26%	19	19%	21	21%
7	I often went to get away from stressful circumstance	43	43%	21	21%	18	18%	18	18%
8	I usually feel relaxed when I am still with stressful circumstances	40	40%	19	19%	24	24%	17	17%
9	I usually feel comfortable when I am living in uncomfortable environment	30	30%	9	9%	47	47%	8	8%
10	I often feel nervous stressed with psychological behavior which causes stress	49	49%	18	18%	19	19%	14	14%

Table 4, shows that based on trying to avoid situations which force them to be worried 34(34%) of the respondents agree, 48 (48%) respondents strongly agree, but 11 (11%) and the other 7(7%) of the respondents disagree and strongly disagree respectively. this shows that most of the respondents strongly agree. Based on feeling free condition in worried situations, 38

(38%) of the respondents agree, and 23(23%) strongly agree. on the other hand, 24(24%) and 15(15%) of the respondents disagree and strongly disagree that they have respectively. this shows that most of the respondents agree. Based on being easy for them to relax when they are with worried situations 16 (16%) of the respondents agree and 13(13%) of the respondents

strongly agree. on the other hand, 51(51%) and 20(20%) of the respondents disagree and strongly disagree respectively. this shows that most of the respondents disagree. On the feeling comfortable when nervous conditions happened 11(11%) of the respondents agree on that they are and 7(7%) of the respondents strongly agree, but 51(51%) and 31(31%) of the respondents disagree and strongly disagree respectively. this shows that most of the respondents disagree. Based on making ease when stressful situations happened usually, 51 (51%) of the respondents agree and 29(29%) of the respondents strongly agree, but 14(14%) and 6(6%) of the respondents disagree and strongly disagree respectively. this shows that most of the respondents agree. Based on getting away from stressful circumstances, 43(43%) of the respondents agree and 21(21%) of the respondents strongly agree, but 18(18%) and 18(18%) of the respondents disagree and strongly disagree respectively. this shows that most of the respondents agree.

Based on the feeling of getting relaxed when they are still with stressful circumstances, 40(40%) of the respondents strongly agree and 19(19%) of the respondents are agree, but 24(24%) and 17(17%) of the respondents disagree and strongly disagree respectively. this shows that most of the respondents agree. On the feeling of comfort ability when they are living in uncomfortable environment, 30(30%) of the respondents agree and 9(9%) of the respondents strongly agree, but 47(47%) and 8(8%) of the respondents disagree and strongly disagree respectively. this shows that most of the respondents disagree. Based on the feeling of being nervous with psychological behavior which causes stress 49(49%) of the respondents agree and 18(18%) of the respondents strongly agree, but 19(19%) and 14(14%) of the respondents disagree and strongly disagree respectively. Therefore, this shows that most of the respondents agree.

DISCUSSIONS

4.1. The Relationship between Duration in Prison and Self-Awareness, Stress and Stress Coping

One of the objectives of the present study was to assess the relationship between duration in prison and psychological reactions to imprisonment, within the strongest emotional stress reactions. To do this, percentage, correlation, T-test and ANOVA techniques was used to analyze the relationship between duration in prison and psychological reactions to imprisonment. Therefore, the result indicated that there is a significance relationship between duration in prison and some components of psychological well-being (i.e. Self-awareness, stress and stress coping) among the prisoners. From the rest two components (self-

awareness and stress coping) stress has a negatively correlated with duration in prison. Similarly, previous studies indicated that defects in self-awareness skill are related to life in prison [10]. So, emotional stress can be expressed or practiced in many ways, Anxiety is one of them. Anxiety is usually quite low and some acceptance of prison life is generally gained [1].

The findings of the present study manifested that the relationship between lengths of imprisoned and intimates stress coping. The results of the correlation analyses revealed that there is no significant relationship between any of the stress coping mechanism and length of imprison. In contrary, the previous studies indicate that there is reliable relationship between imprisoned length and any measure of adaptation [17]. In addition, other literatures show that there has relationship between self-awareness and prisoners. Therefore, there have been inconsistent between the finding and results about the relationship between self-awareness and life in prison.

[6] They identified that only a small number of studies reporting lower self-awareness in offender samples prior to 1980. However, they argued that the lake between prisoners and self-awareness many operate through locus of control. Since many prisoners are externally oriented in their ability to affect change or have control in tier environment (i.e. internal control). Studies on stress said that prisoners are uncomfortable and stressful environment [2]. The person who suffers the acute pair of imprisonment necessarily manifests psychological discomforts such as post-traumatic stress disorder or other forms of disability may be in the form of diminished sense of self-worth and personal value. These psychological problems effects of life in prison vary from individual to individual [8].

4.2. Gender Difference on Prisoners Level of Stress, Self-Awareness and Stress Coping

The other objective of the present study was to assess statistical gender difference in in prisoner's level of stress and self-awareness. As the findings, indicate that there is significance statistical gender difference in prisoner's level of stress and self-awareness. Similarly, [16], they indicate that females are more likely to develop Post traumatic stress disorder and trauma than men and Post traumatic stress disorder is more prevalent among the female prisoners. Furthermore, previous studies show that trauma experienced by female prisoners strongly influences offending behavior.

4.3. The Relationship between Age of Prisoners Self-Awareness, Stress and Stress Coping

The other objective of the present study was to assess the relationship between age of prisoner's self-awareness, stress and coping mechanisms. The results of the finding reveled that there is a relationship between age of prisoners and self-awareness. Similarly, previous studies indicated that younger prisoners aged twenty-five or below are initially move resistant to the prison structure which makes them more likely to be

stress than older inmates who assume passive avoidance roles in prison [11]. However, it has been suggested that after the initial shock of imprisonment, younger inmates tend to demonstrate increasingly level of conformity over time [1]. In contrary, the study shows that there is no significant relationship between some components of psychological well-being (i.e. self-awareness stress coping and stress) and age of the prisoners.

CONCLUSIONS

Depending on the findings on the study of the following concluding and recommendation notes were made:

- There is significant difference between male and female prisoners on the components of psychological well-beings (i.e. self-awareness, stress and stress coping).
- As well as it shows significance relationship between duration of stay in prison and the components of psychological well-being (i.e. self-awareness, stress and stress coping) among the prisoners of Hosanna town. Based on this from the components of psychological well-being studied in this research stress has inverse relationship with duration in prison (I.e. as the length of imprison increases the prisoner's adaptation to stress increases and the level of stress decreases).

ACKNOWLEDGMENTS

It gives us great respect to thank all study participants for their cooperation in providing the necessary information. Our gratitude is great to research assistants who participated in data collection and supervision in this study. Finally, great thank goes to Wachemo University and psychology department for logistic support during data collection.

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