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## INFLUENCE OF JAMMU AND KASHMIR PRISON REHABILITATION PROGRAMMES ON REFORMATION OF OFFENDERS: A CASE STUDY OF ALL CENTRAL AND DISTRICTS JAILS IN JAMMU AND KASHMIR.

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### Abstract:

*Jammu and Kashmir prison rehabilitation programme is a programme that is used in reforming offenders in prisons. The programme consists of designed training activities. Some of these activities including vocational trainings which are mandatory like carpentry and masonry, carpetweaving, candlemaking, tailoring, making clothes, assembling transformers, phenyl making, electrician, blacksmith, carpentry etc. and other are optional like sports, hobbies and motivational activities carried out to reform offenders. The offenders are taken through the activities by prison wardens and counsellors who supervise and record their progress irrespective of the crime one has committed. Despite all these rehabilitation activities crime and the number of recidivists in Jammu and Kashmir prisons continues to increase from 12% in 2003 to 25% in 2011. The purpose of this study was to investigate the influence of Jammu and Kashmir prison rehabilitation programme on the reformation of offenders at the central as well as district level jails. The study adopted a descriptive survey research design. It targeted a sample of 145 respondents among thousands of respondents with the help of lottery method. Ten prison wardens and four counsellors were also selected for the study. Data was collected through the administration of questionnaires on the selected respondents. The collected data was processed and analysed using frequencies, percentages and chi-square tests at 0.05 significance level with the help of Statistical Package for Social Sciences (SPSS). Majority of the offenders (95.2%) participated in the mandatory activities on the daily basis and majority (66.2%) rated these activities as either very good or excellent. Although optional, participation in motivation activities was also indicated a significance association between the rehabilitation and new skills/knowledge learnt. The study revealed that both the mandatory and optional activities played a very significant role in rehabilitation of offenders and helps in decreasing the inter-jail conflicts.*

### KEYWORDS:

Jammu And Kashmir Rehabilitation Programmes, Crime, Reformation, Offenders.

## INTRODUCTION

Prison Department, The Department at present is headed by Inspector General, Prisons. The Prisons Department controls and supervises the Jails of the State and ensures the safe custody of prisoners. Its activities are also aimed at bringing about the reformation / rehabilitation of the prisoners. At present there are thirteen Jails of different types for lodgement of prisoners which includes two Central Jails at Kotbalwal and Srinagar, eight District Jails at Jammu, Kathua, Udhampur, Rajouri, Poonch, Baramulla, Kupwara and Leh and three Sub-Jails at Hiranagar, Reasi and Kishtwar. The total capacity for prisoners in these Jails is 2775. To augment the capacity of Jails, the Government is establishing/setting up new Jails at Pulwama, Anantnag, Kishtwar, Kargil and Doda (Bhaderwah). In Jammu and Kashmir, a Jail Manual for Superintendence and Management of Prisons has been notified in the year 2000. The new Jail Manual focuses on changing the concept of prisons from a place meant to punish criminals to centres of reformation. Reformation in Jails is a continuous process. The Government is of the firm belief that the period spent by under-trials, convicts or those detained under PSA must be utilized to the benefit of these inmates. In this regard, a number of rehabilitation programmes and vocational trainings are being organized in the jails of Jammu and Kashmir. The State Govt. and Prisons Department is committed to make prisons in J&K as Reformation Centres besides various crafts, emphasis is being laid on educating the inmates. Various education programmes through IGNOU are in place in some of the Prisons. Literacy programmes and adult education programmes have also been started. As part of the various reforms made in Jails, vocational training has been started in various prisons for jail inmates with an aim to develop their skills. The object is to make the prisoners employable once they complete their Jail term and merge with the society. A number of rehabilitation programmes and training in different vocations have been started and the trades in which training is being imparted include carpet weaving, candle making, embroidery, tailoring, cloth making, assembling of transformers, typing, phenyl making, and training in electrician/carpentry/black smith trades. Moreover training in Computer Applications has also been started and computer training is being imparted through the IGNOU and DOEACC (a Government of India organization) has also established its Training Centres for Computer Courses at Central Jail Srinagar, Central Jail Kotbalwal Jammu and District Jail Jammu. Inspector General of Prisons

The Jammu and Kashmir Prisons Rehabilitation Programme (JKPRP) is a programme that is used in Jammu and Kashmir prisons to reform and rehabilitate all offenders including rape offenders. Prison rehabilitation programmes are universally accepted for reforming offenders before they are released back to the society. The name given to the programme depends on the goal it is meant to achieve and the strategy used. In different countries, programmes also vary in the way they are administered, the technique used for different crimes, the nature of crime, type of offence and the institution in question. (Ministry of Justice). The first rehabilitation programme was introduced by Pope Clement XI to correct and reform religious offenders. Starting from that time different countries introduced rehabilitation programmes in prison to rehabilitate and reform offenders. Unlike before where incarceration was used for punishment and deterring, the prisons now focus on rehabilitation to reform the character of the offenders and prevent recidivism.

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

In summary, prison rehabilitation programmes are universally accepted as the ultimate major to rehabilitate and reform criminals. Different countries may administer the programme in different ways and may bear different titles, but the main objective is to reform the criminal and release them back to the society. Some countries like Australia, U.S.A, U.K etc. have special programmes for each type of crime committed. However in Jammu and Kashmir, there are no special programmes for these offenders.

To investigate the effectiveness of Jammu and Kashmir prison rehabilitation (JKPR), these are the following objectives:-

I Measures used to rehabilitate offenders in Jammu and Kashmir prisons.

II To determine the influence of participating in J&K prison rehabilitation programme on skill acquiring in different central and district jails.

**THEORETICAL FRAMEWORK:-**

This research was guided by Control theory by Travis which focuses on the characteristics of criminals. Control theory, looks at the characteristics of criminals. The theory considers four main characteristics, These includes: attachment to others, beliefs in moral validity of rules, commitment to achievement and involvement in conventional activities. In this theory Travis further,explained that low self control person is more likely to become a criminal than a high self-control person.

**METHODOLOGY:-**

The Study used a descriptive survey design to explore the measures used to rehabilitate offenders and the influence in participating in Jammu nad Kashmir. Prison Rehabilitation Programme in acquiring new skills and knowledge. To investigate the influence of the rehabilitation programme, the study was conducted in central as well as in all district (J&k) jails on those offenders which are convicted for more than five years of imprisonment.

**SAMPLE SIZE:-**

The sample for this study was drawn from the accessible population of 704 offenders. Sample obtained for this case study was 145 offenders among 704 with the help of Kathuri and Pals (1993) formula. According to Kathuri and Pals(1993) a sample size above 100 participants is good enough to give good result. Further 14 prison wardens and counsellors were conveniently selected to participate in study because they are involved in training the offenders.

**DATA COLLECTION INSTRUMENTS:**

Two sets of questionnaires(one set for offenders and another set for prison wardens and counsellors) were used as tools for collecting data. The questionnaire for offenders was used to find out measures taken to rehabilitate them, the influence of participating in the rehabilitation programme on the type of skills acquired. The second set of questionnaire for counsellors and prison wardens was used to find out measures taken to rehabilitate offenders.

**RESULT AND DISCUSSION:**

**DEMOGRAPHIC CHARACTERISTICS:**

The data collected from the respondents was analysed by using frequencies, percentages and chi-square test of association of goodness of fit at 95% level of confidence. The demographic data from the respondents revealed that age range was between 18-70 years with majority (31%) being 36 years and older. 26.2% were with in age category of 26-30 years, 16% between 31-35 years and 15.2% being younger than 21 years.

Most of the respondents(67.6%) had primary school education with 15.2% having secondary education, 8.3% of the respondents had diploma certificates and 2.1% were University graduates. The activities offered in Jammu and Kashmir Prison Rehabilitation Programmes are categorized into mandatory and optional activities. Mandatory activities are taken under the supervision of prison wardens and counsellors and optional activities are taken during the free time.

**MANDATORY ACTIVITIES:**

Mandatory activities are scheduled trainings that offenders must go through irrespective of the crime one has committed. These activities are planned by the office –in-charge like prison wardens and counsellors. The activities included vocational trainings which are mandatory. The vocational trainings includes like tailorings, carpentry, leatherwork, hairdressing and masonry. The offenders were first introduced to all vocational activities, after which each individual was given a chance to choose and continue working on the activities he liked best. The duration taken to learn a particular skill depends upon on the individuals capabilities and capacity.

The study shows that 95.2% of the offenders participated on the daily basis which 4.8% did not. Those offenders which did not take part were sick. The prison wardens and the counsellors were asked to indicate the number of working hours they spent on the training of offenders with in a day on mandatory

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activities.

**Table no. 1 gives the responses from the prison wardens and the counselors.**

Number of working hours in a day.	frequency	percentage
1 to 2 houes	3	21.4
3 to 5 hours	5	35.7
6 to 5 hours	6	42.9
Total	14	100

According to the result obtained from the prison wardens and the counsellors .They spent several hours with in a day for trainings although the official scheduled time for the training was five hours per day.21.4% spent one to two hours with offenders,35.7% spent between three to five hours with the offenders and 42.9% spent 6 hours and above with the offenders.Thus the offenders indicates that they spent more than eight hours in the workshop per day under the supervision of the prison wardens and the counsellors.During the training hours the offenders were taught both practical as well as the theory.

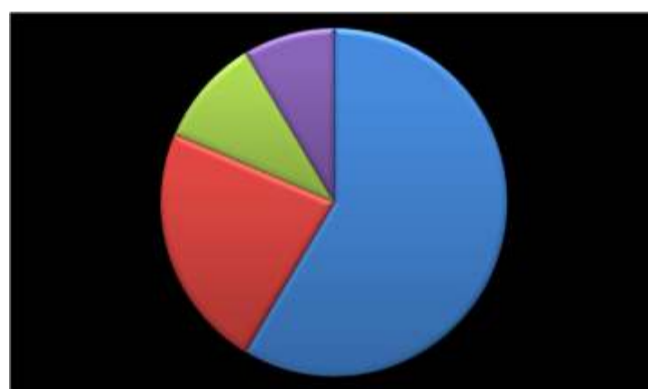
The offenders were asked to rate the mandatory activities depending on how will they helped them learnt a new skill.The rating was categorized as excellent,verygood,good,fair and bad.

**The result are shown in Table no. 2 which indicates the rating of mandatory activities.**

Rating	Frequency	Percentage
Excellent	49	33.8
Very good	47	32.4
Good	40	26.4
Fair	4	2.8
Bad	5	3.4
Total	145	100

The result indicates that 66.2% rated the mandatory activities either very good or excellent.Only a few(3.4%) rated the activities as bad.

The study sought the perceived commitment to the mandatory activities by the offenders and the results are presented in figure no.3.



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- 1: The blue portion indicates very high commitment=58.50%
- 2: The red portion indicates high commitment=19.00%
- 3: The yellow portion indicates moderate commitment=16.90%
- 4: The purple portion indicates low commitment=5.60%

An examination of the figure no.3, indicates that 77.5% considered themselves either highly or very highly committed to the activities they undertook, 16.90% rated themselves moderately committed while 5.6% consider themselves lowly committed towards the activities offered.

**THE OPTIONAL ACTIVITIES:**

In addition to the mandatory activities, the Jammu and Kashmir Rehabilitation Programmes offered optional activities. The offenders undertake these activities during free time. The optional activities include sports (cricket, football, baseball etc.), hobbies and motivational activities (quiz competition, singing, dance, acting etc.).

According to Banister (2004), motivational activities are important in helping the offenders to become willing to accept the need for change during rehabilitation process. Erik (2010) also indicates that optional activities help inmates to inspire themselves to achieve goals, which in turn give rise to self-esteem, confidence, self-worth, respect for others and themselves. The activities focus on character development that helps offenders develop positive relationships with others and strengthen their interpersonal skills. The respondents were asked to specify the motivational activities they participated in that helped them in their rehabilitation process.

**The results are presented in Table no.4**

Motivational Activities	Frequency	Percentage
Self-esteem	126	86.9
Self-actualization	125	86.2
Mood Management	120	82.1
Relationship Skills	122	84.1
Relapse Prevention	111	77.6
Relapse planning and after care	112	78.3
Anger Management	121	77.2

The results show that respondents had a very high participation rate for those activities. The offenders were further asked to rate the motivational activities based on how the activities were beneficial to them.

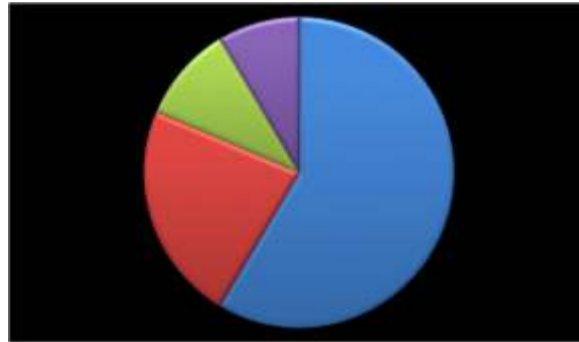
**The ratings are presented in Table no.4.**

Rating	Frequency	Percentage
Excellent	74	51.00
Very good	40	27.6
Good	29	20.0
Fair	2	1.4
Bad	0	0.0
Total	145	100.00

The result indicates that 51% of the respondents rated the motivational activities as excellent while 27.6% rated them as very good. Only 20% rated the activities as good. None rated the activities as bad indicating that offenders found these activities beneficial to them in their rehabilitation.

**INFLUENCE OF JAMMU AND KASHMIR PRISON REHABILITATION PROGRAMMES ON .....**

The study sought the perceived commitment to the optional activities by the offenders and the result are presented in Figure no.5.



- 1: The blue portion indicates very high commitment=60%
- 2: The red portion indicates high commitment=18.50%
- 3: The yellow portion indicates moderate commitment=16.50%
- 4: The purple portion indicates low commitment=5.00%

An examination of the figure no.5, indicates that 78.50% were consider themselves either highly or very highly committed to the optional activities, 16.50% were consider moderately committed with these activities and 5.00% were consider themselves lowly committed with these optional activities. Hence the offenders were highly committed with the optional activities(78.50%) as compared with the mandatory activities(77.5%).

**INFLUENCE OF PARTICIPATING IN JAMMU AND KASHMIR REHABILITATION PROGRAMME ON SKILLACQUIRING DURING BOTH MANDATORY AND OPTIONAL ACTIVITIES :**

The influence of participating in rehabilitation programme on the acquisitionof new skills was sort.The table no.6 indicates that new skills were learnt from the mandatory activities.

	Frequency	Percentage
Learnt new skills	137	94.5
Do not learn new skills	8	5.5
Total	145	100.00

The influence of participating in rehabilitation programme on the acquisition of new skill was sort. The table no.7 indicates that new skills were learnt from the optional activities.

	Frequency	Percentage
Learnt new skills	105	72.41
Do not learn new skills	40	27.59
Total	145	100.00

The data of both the tables indicates that the offenders learn new skills as the result of the mandatory skill learn activities(94.5%) as compared to the skills learn activities with the help of the optional activities(72.41%). Thus, the mandatory activities played a very important role in rehabilitation of the offenders after the completion of the imprisonment. Both the mandatory as well as the optional activities makes the offenders busy in the jails. So that the chances of inter-jail gangs rivirarly are diminished.



#### DISCUSSION:

Offenders who participated in this study varied in their demographic characteristics. Majority (31%) of the offenders were above 36 years with 15.2% being younger than 21 years. The study also established that 67.6% of these offenders had primary level education with only 2.1% being University education. It further established that 53.8% were married with 37.2% being single.

The Jammu and Kashmir Prison Rehabilitation Programmes uses the rehabilitation programmes for achieving their goals. The offenders were taken through mandatory and optional activities. The aim of these activities was to equip the offenders with skills that would be useful to them once their jail term was over including assisting them in starting income generation projects that would facilitate smooth re-integration into society. Beside all this, the Jammu and Kashmir Prison rehabilitation Programmes also started various education and vocational courses with the help of IGNOU and DOEACC.

Moreover training in Computer Applications has also been started and computer training is being imparted through the IGNOU and DOEACC (a Government of India organization) has also established its Training Centres for Computer Courses at Central Jail Srinagar, Central Jail Kotbhalwal Jammu and District Jail Jammu. Inspector General of Prisons.

#### CONCLUSIONS:

The broad objective for the study was to investigate the influence of Jammu and Kashmir Rehabilitation Programmes in reforming offenders at Jammu and Kashmir Prisons. Once offenders are convicted of crime, they are taken to the prisons, where they are taken with these rehabilitation programmes. Prisons are no longer places for deterrents and incarceration but places for rehabilitation whose aim is to give a chance to the offenders to reform and to be successfully reintegrated back to communities.

The rehabilitation programmes seem to be successful in imparting skills needed to rehabilitate offenders. Though the mandatory activities trainings, offenders learn and acquire new skills that they can use once they are released. Motivational activities also build the self-esteem of the offenders as well as facilitating interpersonal relationship. An integrated approach should be central to the work of each Local Criminal Justice Board. Annual reports on the work of the schemes should be owned and highlighted by each local criminal justice agency. A higher profile should be given to inspection reports of integrated offender management schemes. The success of such schemes and the role of police, probation and local voluntary organisations should be publicised to increase community confidence and reduce fear of crime. The proposal to develop integrated offender management based on the youth offending team approach would be particularly appropriate for young adults.

The integrated offender management approach has been developing in different ways, with varying degrees of enthusiasm across the country, for some years. Further encouragement could be given by highlighting the benefits of shadowing schemes and exchanges for staff between police, probation, prisons and the voluntary sector. The new police commissioners and local authority chairs and chief executives, as well as sentencers and court officials, should be enabled to see first hand, the benefits of the best performing areas. All these rehabilitation programmes which are started in all District jails and in central jails are playing a very important role in decreasing the crime percentage and in accepting the offenders again back in the society. According to a survey conducted by Jammu and Kashmir Prisoner Department in collaboration with Jammu and Kashmir Police that only 6.24% offenders are again directly or indirectly involved in criminal activities after the completion of their imprisonment. The 93.76% offenders which are again accepted by their families and society is only due to the rehabilitation programmes which are started in all district and central jails. The voluntary and community sector can contribute far more to crime prevention and the rehabilitation of offenders than has yet been recognised. The contribution must however be set within a considered, carefully planned framework to avoid unintended consequences.

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