



## ANXIETY EXPERIENCED BY PRISONERS - AN EMPIRICAL STUDY

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### ABSTRACT:

Man is a social being. He gets fulfilled both physiological and psychological needs in groups. Family is a basic institution and primary group in which its members enjoy love and affection, warmth, care, solace during crisis, security, being nursed during illness etc. There is a saying which goes "There is no heaven like home". Hence home is the place where a person relaxes, have people to love and to be loved, to trust, to share, to fight with etc. These privileges are not relished by people who don't have families and even if they have one, when they don't stay with the families, it is unfortunate to miss these beautiful moments in their lives. One such unfortunate group is prisoners. Due to an unprecedented situation, their life turns into chaos by the time they realise what had happened in their life they be incarcerated missing all the advantages and liberties in their life.

**KEYWORDS:** physiological and psychological , advantages and liberties.

### INTRODUCTION:

Anxiety is characterized by a diffuse, unpleasant, vague sensation of fear or anguish accompanied by autonomic symptoms such as head ache, sweating, palpitations, tachycardia, gastric discomfort, etc. (Ágnes Szirmai, 2011). World Health Report 2001 says that, Mental illnesses are more common among prisoners' community. Little attention is given for mental health service for low and middle income countries. The problem is more in respect of the prisoners' health care is poor. More than 10 million people are incarcerated worldwide. The prevalence of mental disorders are high among prisoners than the general population. (Seena Fazel et.al, 2016). Majority of the prison population are from low and middle income countries. The world prison population is growing by about ten lakhs per decade. More people suffer globally from behavioural and mental disorders. The disorders are prevalent especially from prison populations. One out of nine prisoners worldwide suffers from depression and anxiety. Epidemiological studies conducted in prisons in several countries have shown a high prevalence of psychiatric morbidity. The prevalence of severe mental disorders can be 5 to 10 times higher among prisoners than in the general population. (World Health Report 2001).

Anxiety is a common experience to everybody. The degree of anxiety defers from one to another, people feel that it is excessive sometimes and affects their functional capacity. Most of the prisoners are in their productive age and expected to contribute to their country on their release from the prison. The prisoners are being taught various vocational trainings while in prison and it is necessary for the prisoners' well-being has to be taken care and maintained. Hence an empirical study was conducted to assess the anxiety experienced by the prisoners and its correlates at a central male prison in one district in Tamilnadu.

## REVIEW OF LITERATURE

Thomas C.Castellano and Irina R.Soderstrom (1997) observed the levels of self-esteem, depression, and anxiety among a sample of prisoners who recently completed or were enrolled in pre-release life skills courses. The data revealed that the prisoners were very depressed and anxious group with low self-esteem. Vianey Reinhardt and Richard Rogers (1998) examined the differences in anxiety symptoms and associated features between 129 first-time and multiple-time male inmates from a large urban jail. They were assessed on three separate anxiety measures: the Structured Clinical Interview of DSM-III-R Disorders (SCID) anxiety disorders module, the State Trait Anxiety Inventory, and anxiety scales of the Personality Assessment Inventory (PAI). First-time prisoners were found to have more symptom severity for Generalized Anxiety Disorder, especially symptoms related to scanning and vigilance. Both first-time and multiple-time inmates showed higher state than trait anxiety, although this pattern did not hold for African Americans. Zakir Abdu et.al (2018) found that the prisoners who had the habit of smoking, consuming alcohol and having the habit of abusing drugs had developed depression in the prisons in Ethiopia. Shivani Tomar (2013) stressed the need for mental health services in prisons. She has inferred that the role of psychologist in providing mental health care had become important component in correctional system. Woojae Han, Allison Redlich (2018) compared Mental Health Court and Traditional Court Defendants in using Community Health Service. Within the traditional court sample, African Americans were less likely than Whites to receive mental health and substance abuse services. However, significant racial/ethnic disparities were not found for the MHC sample. In an interaction model, African Americans were still less likely to use substance abuse services (but not mental health services) compared with the Whites. However, the African American MHC participants utilized more substance abuse services than their counterparts; Prisoners were unable to get timely legal services due to late appointment by District Legal services Authorities and their lack of interest and expertise in the subject matter. Most of the prisoners didn't get parole due to the prison staff's lethargic attitude to help them and the fear that the prisoners on parole may not return to prison SDTT (Sir Dorabji Tata Trust), (2011). The older offenders who entered prisons for heinous crimes found it difficult to adapt the prison environment. They had difficulties coping with the shame and stigmatization. Further they feared victimization by other inmates. (Aday, 2003; Allen, Latessa & Ponder, 2010). It was reported by National Crime Records Bureau (NCRB 2008: ii) many of the prisoners are in prison not because they are proved guilty, but because they cannot afford the legal service in order to be out on bail. Life prisoners served sentence without parole (Nellis & King, (2009), Mauer, King, & Young (2004) in USA., more than one third of them were blacks (West & Sabol, 2008). Various research studies on prisoners show the aging of the prison population and the need for geriatric services that will result in costly medical care (Appleton & Grover, 2007; Harvard Law Review, 2006; King & Mauer, 2001). Life without parole and environmental stressors played a primary or secondary role in the development of depression (Sadock & Sadock, 2007). Kerbs and Jolley (2007) examined victimization that older male inmates experienced from other inmates. The highest rates of mental health problems were found in those aged 24 years or younger with the lowest rates among those 55 or older (James & Glaze, 2006). P.C. Mishra and Minum Shyam (2005) made an attempt to find out the relationship of social support and job involvement in prison officers. The result showed that social support (overall) and its dimensions, namely, appraisal support, tangible support and belonging support had significant positive relationship with job involvement. Stepwise Multiple Regression Analysis suggested that overall social support was a significant predictor of job involvement in prison officers. The other predictors were belonging, support, appraisal support and tangible support.

## SCOPE OF THE STUDY

As there is rapid changes taking place globally in all the fields, it has got definite impact on the social institutions and the standard of living. Since there is transition in the socio-economic and cultural domains of the society, the minimum standards in the moral codes of people are also changing which results in violation of law leading to arrests and incarceration. The present generation is in dilemma of rationalising or in discriminating the socially acceptable conduct may be another reason for the

increasing crime rates in India. The mental disposition of a person who reacts to a crisis situation due to anxiety is also a major reason for people who commit crime especially with regard to first time offenders. Hence it is imperative to assess the anxiety experienced by prisoners and the various factors associated with it.

### **Aim of the study**

The present study aims to assess the anxiety level of the prisoners and factors associated with it. Further it aims to find out the relationship between the socio-economic variables and anxiety experienced by the respondents.

### **Inclusion Criteria**

The prisoners those who were convicted and serving their sentence in the male prison are included in the present study.

### **Exclusion Criteria**

The prisoners who were not willing and were not in a position to participate in the research process were excluded in the present study.

### **Methodology**

#### **Research Design**

As the study described the socio-economic factors and the anxiety experienced by the respondents descriptive design was adopted in the present study.

### **Pilot study**

The researcher paid several visits to the prison and had meetings with the prison authority in order to understand about the profile of the prisoners. Further he interacted with the male prisoners and built a rapport with them. It made the researcher to confirm the feasibility of conducting the research study and he made a research study on a small scale level which helped him to explore different variables and the relationship existed among them.

### **Tools of Data Collection**

- (1) Structured Self-prepared questionnaire was used to elicit socio-demographic data.
- (2) Anxiety scale by Lovibond and Lovibond (1995) was administered to the respondents.

### **Pre-test**

The Structured Self-prepared questionnaire was pre-tested with 10 respondents and was modified.

### **Universe and sampling**

The universe of the study constituted 700. Every 4<sup>th</sup> convict in the register maintained in the prison was selected by using systematic sampling, a sample of 175 respondents were drawn.

### **Data Collection and ethical issues**

The researcher got permission from the office of the Additional Director General of police/Inspector General of police, Chennai, dated 19.2.2018, to carry out his research study in the central prison, Tamilnadu. (The identity of the prison is not revealed as per the ethical responsibility of the researcher). The prisoners were oriented the purpose and the outcome of the research study and got their consent to participate in the research process. The data were collected by contacting the respondents personally in the central prison in a particular district in Tamilnadu.

### Analysis and interpretation

The collected data were processed and analysed manually and using SPSS package in checking the significant relationships/differences among independent and dependent variables.

### The major significant findings of the study:

**TABLE - 1**  
**SOCIO-DEMOGRAPHIC PROFILE THE RESPONDENTS**

S.No	Variables	Number of Respondents N=175	Percentage
1.	<b>Age (In Years)</b>		
	Below 30	21	12.00
	30 – 40	48	27.43
	40 – 50	59	33.71
	50 – 60	20	11.43
	60 – 70	19	10.85
	70 & above	08	4.57
2.	<b>Educational Status</b>		
	Primary	57	32.57
	Middle School	51	29.14
	High School	49	28.00
	Higher Secondary	11	06.28
3.	Collegiate	7	04.00
	<b>Marital Status</b>		
4.	Married	125	71.42
	Unmarried	50	28.58
5.	<b>Domicile</b>		
	Rural	123	70.28
	Urban	52	29.72
	<b>Type of Family ( N=171)</b>		
	Joint		
	Nuclear	89	52.05
		82	47.95

Average Age = 43.75 years

Over one third of the respondents (33.71 percent) belong to the age group of 40 – 50 years. Less than one third of the respondents (32.57 percent, 29.14 percent and 28 percent) have acquired primary, middle and high school education respectively. Majority of them (71.42 percent) are married. Majority of the respondents (70.28 percent) were from rural areas. More than half of the respondents (52.05 percent) were from joint families.

**TABLE - 2**  
**RESPONDENTS' FAMILY SIZE AND FAMILY MONTHLY INCOME**

S.No	Variables	Number of Respondents	Percentage
1.	<b>Size of the Family</b>		
	<b>(N=171)</b>	110	64.33
	Small (2-4)	45	26.31
2.	Medium (4-6)	16	9.36
	Large (6-8)		
	<b>Family Income</b>		

3.	Have Family Income	93	53.14
	No Family Income	82	46.86
	<b>Family Monthly Income (In Rs) (N=93)</b>		
	Below 5000	29	31.18
	5000-10,000	32	34.41
	10,000-20,000	20	21.51
	20,000 & above	12	12.90

The above reveals the respondents' family size and monthly income. Majority of the respondents' (64.33 percent) family size was small. Less than half of the respondents' (46.86 percent) families have no income at all. The family monthly income of the respondents ranges from Rs.2000 to Rs.1,10,000. When looking into the monthly income of the respondents' families, more than one third of them (34.41 percent) have their family income from Rs.5,000 to Rs.10,000 while less than one third of the families (31.18 percent) have their family income below Rs,5,000 and over one fifth of the respondents' families have Rs.10,000 – Rs.20,000 as their family monthly income. Few of the respondents' families (12.90 percent) have their family income Rs.20,000 and above.

**TABLE -3  
INCARCERATION VARIABLES OF THE RESPONDENTS**

S.No	Variables	Number of Respondents N=175	Percentage
1.	<b>Years of imprisonment</b>		
	Below 5	49	28.00
	5-10	55	31.42
	10-15	46	26.28
	15-20	18	10.28
2.	20-25	5	02.86
	25 & above	2	01.14
3.	<b>Duration of conviction</b>		
	Life Imprisonment	151	86.28
	Below 7 years	16	9.14
4.	7-10 years	8	4.57
	<b>Nature of offenders</b>		
	Non-habitual offenders	160	91.42
	Habitual Offenders	15	8.57
	<b>Nature of crime</b>		
	Murder		
	Other Crimes	147	84.00
		28	16.00

Nearly one third of the respondents (31.42 percent) years of imprisonment at the time of data collection was 5-10 years. A vast majority of the respondents' (86.28 percent) nature of conviction was life imprisonment. . A vast majority of the respondents were non – habitual offenders (91.42 percent). A vast majority of the respondents' (84 percent) nature of crime committed was murder while the remaining less than one fifth of the respondents (16 percent) have committed other crimes such as Hooliganism (6.85 percent), Theft (3.42 percent), Rape (1.71 percent), Attempt to murder (1.71 percent), Robbery (1.14 percent), Abduction (0.57 percent) and Suicide inducement (0.57 percent). Nearly one third of the respondents (30.29 percent) had committed crime due to property dispute.

**TABLE - 4**  
**ANXIETY LEVEL OF THE RESPONDENTS**

LEVELS	NORMAL	MILD	MODERATE	SEVERE	EXTREMELY SEVERE
Number of Respondents N=175	99	9	17	9	41
Percentage	56.57	5.14	09.71	05.14	23.42

Over half of the respondents (56.57 percent) were normal with regard to anxiety. Nearly one fourth of the respondents (23.42 percent) had extremely severe anxiety.

**TABLE - 5**  
**KARL PEARSON'S COEFFICIENT CORRELATION BETWEEN RESPONDENTS' AGE AND ANXIETY**

Variables	Correlation Value	Statistical Inference
Age and Anxiety	-.154	P < 0.05 Significant

From the above table it is clear that there is a significant relationship between respondents' age and anxiety. As age increases the level of anxiety decrease. It could be inferred from the above table that the young respondents are more affected psychologically due to imprisonment when compared to the respondents who are older. This may be due to the reason that the youngsters are more worried about their future and about their families.

**TABLE - 6**  
**DIFFERENCE BETWEEN RESPONDENTS' SOCIO-DEMOGRAPHIC VARIABLES AND ANXIETY**

S.No.	Socio-demographic Variables	Mean	Standard Deviation	Statistical Inference
1.	<b>Mothers' vocational status</b>			
	Not working (n = 150)	5.03	5.141	Z = .771
2.	Working (n = 25)	4.48	4.575	P < .05
	<b>Cordial Relationship Between Parents</b>			Significant
3.		4.79144	4.79144	
	Yes (n = 88)	5.0805	5.33357	
4.	No (n = 87)	4.7807	4.78892	Z = 2.399
	<b>Housing</b>			P < .05
5.	Owned (n = 114)	5.2623	5.54648	Significant
	Rented (n = 61)	5.4946	5.24119	
	<b>Type of Family</b>			
	Joint (n = 93)	4.3293	4.3293	Z = 3.891
	Nuclear (n = 82)			P < .05
	<b>Nature of Crimes</b>			Significant
	Murder (n = 137)	4.5109	4.57313	
	Other Crimes (n = 38)	6.5263	6.32770	Z = 4.483
				P < .05
				<b>Significant</b>

									Z = 1.447 P < .05 Significant
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The above table portrays the relationship between the respondents' socio-demographic variables and anxiety experienced by them. It is clear that there is a significant difference between respondents' mothers' vocational status and anxiety. From the above table it could be inferred that the respondents whose mothers were not working have high level of anxiety. This may be due to the reason that the respondents might have been influenced by the nature of their non-working mothers since there is an insecurity feeling among the mothers who are not the bread winners of the family.

With regard to the nature their parents' relationship, it is clear that there is a significant difference between respondents' parents' kind of relationship and anxiety. From the above table it could be inferred that the respondents whose parents are not having cordial relationship have high level of anxiety. This may be due to the reason that the respondents have been brought up in a quarrelsome family and are not trained in dealing with their problems productively.

Regarding the nature of housing, it is clear that there is a significant difference between respondents owning houses and anxiety. From the above table it could be inferred that the respondents who were residing in rented houses have high level of anxiety. This may be due to the reason that the respondents are worried about their family members' struggle to pay their rent when the respondents are in prisons. When looking into the type of family, it is clear that there is a significant difference between respondents' type of family and anxiety. From the above table it could be inferred that the respondents who were from joint families have high level of anxiety. This may be due to the reason that the respondents from joint families might have worried about leaving their large families stranded.

While considering the respondents' nature of crime committed, it is clear that there is a significant difference between respondents' nature of crime and anxiety. From the above table it could be inferred that the respondents who have committed other crimes than murder have high level of anxiety. This may be due to the reason that the respondents who have committed other crimes may feel that they don't deserve the sentence what they undergo now. This may be the reason for their high level of anxiety.

**TABLE - 7**  
**ONE WAY ANALYSIS AMONG RESPONDENTS' SOCIO-DEMOGRAPHIC VARIABLES AND ANXIETY**

S.No.	Variables	Df	SS	MS	Mean	Statistical Inference
1.	<b>Respondents' Education</b>	4	84.098	21.024	G1=5.4483 G2=1.0000 G3=4.2373 G4=5.2558 G5=5.5385	F = .819 P < .05 Significant
	Between Groups	170	4362.440	25.661		
	Within Groups					
G1 = Primary, G2 = Middle School, G3 = High School, G4 = Higher Secondary, G5 = Collegiate						
2.	<b>Type of House</b>	2	192.494	96.247	G1=6.4808 G2=4.5875 G3=3.7674	F = 3.891 P < .05 Significant
	Between Groups	172	4254.043	24.733		
	Within Groups					

G1 = Hut, G2 = Tiled, G3 = Concrete						
3.	<b>Reasons for committing Crime</b>					
	Between Groups	3	214.141	71.380	G1=5.4821	F = 2.884 P < .05 Significant
Within Groups	171	4232.396	24.751	G2=4.4098 G3=6.2308 G4=2.4737		
G1 = Family & Property, G2 = Emotional, G3 = Motive and pressure, G4 = Crime not Committed						
4.	<b>Nature of Sentence</b>					
	Between Groups	2	215.021	107.511	G1=4.5743	F = 4.370 P < 0.05 Significant
Within Groups	172	4231.516	24.602	G2=8.2222 G3=4.5556		

G1 = Life, G2 = Below 7 years, G3 = 7 - 10 years

The above table reveals the significant difference among the respondents' socio-demographic variables and anxiety. From above table it is clear that there is a significant difference among the respondents' level of education and anxiety. From the above table it could be inferred that the respondents who are graduates had high level of anxiety. It may be due to the reason that the graduates might have felt low about their act and incarceration might be the reason for their high level of anxiety. With regard to the type of house, it is clear that there is a significant difference among the respondents' type of house and anxiety. From the above table it could be inferred that the respondents who were residing in concrete houses have high level of anxiety. It may be due to the reason that respondents who have concrete houses might be comparatively assume higher status may feel frustrated about their present status that may lead to anxiety.

Regarding the respondents' reasons for committing crime, it is clear that there is a significant difference among the respondents' reasons for committing crime and anxiety. From the above table it could be inferred that the respondents who committed crime due to motive and pressure have high level of anxiety. It may be due to the reason that respondents might feel that they have become scape goat in committing crimes for others may lead to high level of anxiety.

When looking into the nature of sentence of the respondents, it is clear that there is a significant difference among the respondents' type of conviction and anxiety. From the above table it could be inferred that the respondents who have been convicted for below 7 years have high level of anxiety. It may be due to the reason that respondents might have not expected this type of conviction for their nature of offence.

**SUGGESTIONS AND RECOMMENDATIONS.**

In the present study majority of the respondents were from rural areas. It may be due to ignorance about the consequences of committing crime among rural mass. Hence the prison authorities may arrange programmes for the prisoners to realise the consequences of committing crime. Further the government can create awareness especially among rural areas on law and order through various agencies like field publicity offices, Non-governmental organisations, Central and State Legal Services Authorities etc. Media could be encouraged to screen films which propagate non-violence. In the present study, it was found that less than half of the respondents' families **had no earning members at all**. It was observed by the researcher that their means of subsistence was their 100 percent dependence on the free ration grocery provided by the government; further it was found that they were residing in their own houses. Hence it could be inferred that financial constraint was one of the reasons for the respondents involving in criminal activities. Hence the government can create more employment opportunities and identify pre-delinquents and provide them vocational training in order



to prevent them involving in criminal activities. Further it is suggested that the prison authorities can arrange vocational training for the prisoners and make them to learn a trade/skill which may help them to start their own enterprise on their release. A vast majority of the respondents were non – habitual offenders. Nearly one fourth of the respondents had extremely severe anxiety. It was learnt by the researcher that majority of the crimes were committed emotionally and were proved guilty easily in the court where as in case of habitual offenders everything was pre-planned and witnesses feared to give evidence as against the accused and the crime as well. The respondents need of counselling since they leave their family abruptly stranded and were very much worried about their families. The visiting mental health personnel like Social Workers, counsellors and psychiatrists can play an important role to reduce the anxiety level of the respondents. Programmes like yoga, meditation, recreation could be arranged in the prisons; and the services by the District Legal Services Authority (DLSA) could be enhanced based on the felt needs and problems of the prisoners, the policies, programmes and strategies of DLSA and prison administration could be modified to extend timely help to the prisoners.

### **SOCIAL WORK INTERVENTION**

The present study indicated the need for the intervention of prison authorities, governmental and non-governmental organisations, mass media and social institutions like family, educational institutions, religion, culture, amusement agencies and mental health personnel, social workers collaborate with all the above stated agencies and extend their support through plethora of services to different category of prisoners who are in need of professional assistance. The role of social workers in correctional institutions considered imperative in most of the developed countries and it is gaining importance in India.

In the present study it was found that the older prisoners lost hope and the young prisoners were worrying about their future. The prisoners from rural areas and joint families were unable to adapt themselves with the changing environment. Hence the respondents who were struggling to adjust with the environment could be dealt by the social workers on one to one basis. Case work method may be used by the social workers to deal with their personal problems. For instance, when the researcher was interacting with a prisoner, the researcher came to know that a prisoner was having vengeance of taking revenge on his release since he has been punished for not committing that crime (murder). He is always contemplating that without interacting with others or functioning normally. Such kind of persons may be identified and case work can be done with those having personal problems. Counselling may be provided to prisoners who are having adjust-mental problems. In the prison there is a psychiatrist appointed to work with the prisoners. But there is a need for a social worker who can collaborate with him for the complete understanding of the problems of the prisoners. Since significant proportion of the respondents had extremely severe anxiety, an awareness programme was arranged in the month of October, 2018. A psychiatrist from Chennai addressed the prisoners and were given group psycho-therapy. After the programme the prisoners gave positive feedback that they could understand their state of mind and the crime they had committed and its consequences.

There is much scope for group work methods to be practiced among the prisoners since the prevalence of different groups having different problems. For example, in the present study the aged prisoners have different problems comparatively from young prisoners. Respondents from rural areas have problem in adaptability and most of them committed crime without analysing its consequences. Some of them have committed crime for trivial reasons, which reveals that they are too emotional and don't value life how precious it is. Most of the crimes were committed emotionally or accidental. The present study shows majority of them are not habitual offenders. Hence different types of social group work groups can be conducted among the prisoners like socialization group to make them to unlearn their old behaviours and acquire socially accepted behaviours. Educational group can be conducted to educate them in general issues like extent and reasons for crime, laws, prison administration, correctional system, importance of life, family system, mental health etc.

Further social workers may play brokering roles bridging the gap between the prisoners and the prison administrators. The researchers came to know that most of the respondents needed

assistance in going for appeal in the higher courts ie in the high court and supreme courts, they grumbled it is a too slow process by the time they get the results they almost completing their sentence. Hence justice denied for the innocents. In this regard, the District Legal Services Authority (DLSA) can motivate the panel of advocates in DLSA to assist the prisoners for the speedy disposal of appeals made by the prisoners. The advocates who are working with the prisoners needs to be supported to carry out their work without any delay.

Recreation and recreation skill groups can be used in order to make them involve in relaxation and it may also pave way to develop good relationship with others and it may strengthen bond among the prisoners. Through recreation skill group, prisoners may be made to learn certain trade which may help the prisoners to start their own enterprise on their release. It builds their self-confidence and hope may develop positive attitude in their day to day life. Self-help group may be formed among the prisoners so that after their release they may help each in finding a job, finding a proposal for marriage, reuniting with their family members, motivate each other not to involve in criminal activities or resume association with anti-social elements, overcome societal stigma upon prisoners etc. Yoga and meditation may help prisoners in appeasing their mind and body which may prevent them from taking revenge, control their emotions, enhancing their cognitive skills, social relations skills etc. Personality development programmes can be organised in order to break their inferiority complex, devaluation of self, pessimism etc. Group counselling can be conducted with the group of prisoners who have common problems.

Social worker can reach out the community through organising programmes to create awareness among people especially youth groups in villages and urban areas through Nehru Yuvak kendras and other youth associations like fans club of actors and work with them. Since youth has great energy which can be used for constructive purposes. School social workers can work with the students by identifying the students who have deviant behaviours or aggressive behaviours, who involve in violent activities etc through their teachers so that criminality among young children may be prevented. Through group work with the teachers, they can be oriented in identifying deviant children and through positive handling of students, teachers-students relationship may be strengthened so that the children from problematic families may openly share their problems with the teachers and they can refer these children to social workers for further intervention. Intervention in educational institutions may forestall children becoming criminals.

In the present study the respondents were worried about their families and some of them felt that their families didn't visit them. Social workers can make home visits in order to make a connection with their families. Family counselling may be extended to the families of the prisoners so that the family members develop a better understanding about the prisoners and accept them as they are and may pay visit to the prison. Further the social workers may work with the prison administrators make them understand the prisoners, their needs and problems so that the prisoners may be treated better. It was observed by the researcher when he was interacting with them, some of them have problems from their co-prisoners such as teasing, bullying etc. Social workers can work with those persons who are involving in such kind of behaviors along with other inmates, team building programmes may be conducted for them. This may strengthen the bond among the prisoners.

Social workers may also observe whether minimum standard to be maintained is followed in the prison regarding a decent standard of living is provided for the prisoners. Facilities like good time for early release, parole, library, pursuing their education or higher education and all other basic needs or facilities need to be there in the prison. Social workers can monitor the availability of these facilities in the prison. During festivals the prisoners need to be considered and possible kindness needs to be shown to them since they also human beings but are here due to their peculiar situations. Everybody who work with the prisoners and the society need to understand the fact that 'CRIMINALS ARE NOT BORN BUT MADE'.

In order to understand the prisoners better more social work research studies need to be conducted among the prisoners in different perspectives using different methodologies so that the dark side of the prisoners may brought into light for better solutions and reduction of recidivism.

**CONCLUSION:**

The present study portrays the existing condition especially it focusses on the factors contributing to mental health status of the male prisoners in Tamilnadu. The study was confined to only one district male prisons in south India. It is recommended that more studies need to be conducted in both male and women prisons focusing on different dimensions like adjustment problems, health issues, basic amenities like maintenance of minimum standards in prisons, relationship between prison administrators and prisoners, services like parole and probation, good time, bail, library, etc

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