Effect of Rehabilitation Counselling on Physical and Moral Self Concept of Prison Inmates in Nasarawa State

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Abstract
The study investigated the effect of rehabilitation counselling on physical and on moral self concept of prison inmates in Nasarawa State. Two research questions and two hypotheses guided the study. The study employed experimental research design. The population was 525 inmates from two prisons in Keffi and Lafia prisons. The sample size was 60 inmates. The study adopted purposive sampling technique. The two sets of questionnaire for data collection namely; Physical and Moral Self-Concept Scale (PMSCS) with reliability coefficients of 0.96 and 0.77 respectively. The instrument was validated by two experts in Guidance and Counselling in Department of Educational Foundations, Benue State University, Makurdi. The data collected were analysed using mean and standard deviation to answer the research questions and t-test test hypotheses at 0.05 level of significance. The study revealed that there is significant effect of rehabilitation counselling on physical and moral self concept of prison inmates in Nasarawa State. Based on the findings, it was recommended that counsellors should help inmates on the need for regular exercise in order to improve their appearances, body fats and so forth. Also, moral lessons should be introduced in prison by counsellors so as to improve inmates' morality.
Keywords: Rehabilitation Counselling, Physical, Moral Self Concept and Prison inmates.

Introduction

The living conditions in Nigeria's prisons are very terrible and incapable of guaranteeing expected reformation of inmates. The reason may be that there is general paucity of infrastructure, policies, workshops and corrupt disposed system. According to Quinney in Tanimu (2010), the philosophies of punishment are retribution, reformation, and deterrence. Retribution philosophy assumed that convicts must "pay" for their crime: the reformist assume that the convict will be changed to prevent future criminality. Deterrence is to discourage current and potential criminals from committing crime. Perhaps, the sordid condition of Nigerian prisons may not appear to achieve the desire goals of the prison. This could be attributed to the condition Nigerian prisons. In agreement with poor condition of prison in Nigeria, Efiok (2005) states that the prisons in Nigeria are too congested and poor ventilation is one of their glaring features, and detainees are cramped together in cells with no adequate accommodation facilities provided, hardened criminals are made to live with first offenders and the type of treatment meted to the latter by the former is unimaginable.
s unimaginable.

The high increase in inmate's population in Nigeria makes it quite impossible to operate the prisons as centres of treatment, correction and reformation. Prison inmates

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faced with the human conditions should naturally always concern with their safety. As result of this inmates become afraid and they develop emotional, social, physical and psychological fears which threatentheir lives. The inmates also develop low physical and low moral self concept. For this reasons there is need to rehabilitate them to develop the physical and moral self-concept among themselves. Thus, social and psychological rehabilitation of inmates which help to heal the already battered personality of the prison inmates is needed in Nigeria, especially in prisons in Nasarawa State (Mayange, 2015).

The term rehabilitation attracts diverse meanings depending on the angle from which it is considered. Rehabilitation simply implies the reforming of the personality and behaviour of convicted offenders through well designed educational and/or therapeutic treatment, ensuring that individual offender is returned back to the society as a complete, self supporting and accepted member of the society. This ordinarily seem popular because decree No. 9 of 1972 placed this responsibility on the Nigerian prison system with the hope that inmates desiring to better themselves during their incarceration, have the opportunity to participate in a number of rehabilitation programmes.

In most cases, the providers of rehabilitation services are not either trained very well to give wholesome services that can affect inmates' lives positively. Rehabilitation services are notable for their pivotal prison role in changing lives of the inmates; unfortunately these are either not there or grossly inadequate. Change is possible for everyone. Even prison inmates can change for the better and become productive citizens. However, changing for the better and becoming productive citizens need a little sacrifice from the prison inmates and a great help from government and concerned agencies. Prison rehabilitation services were established in Nigerian prisons for the purpose of reforming the inmates. For any meaningful rehabilitation to take place in prisons rehabilitation services must first be improved upon; adequate provisions made and these should be accessible to the inmates.

Rehabilitation is the action of restoring someone to health or normal life through training and therapy after or during imprisonment, addiction or illness. Simply put, rehabilitation is needed to help people get back on their feet, so that they can live their lives to their full potentials. Therapeutic communities are holistic residential environments that are designed to promote the personal growth and development of the residents (Schneider, 2012, pg 269). A rehabilitated inmate is not one who learned to survive well in prison, but one who succeeds in the world outside prison on release. Unfortunately, this appears not to be the case in Nigeria, especially in Nasarawa State. Many ex-convicts lack coping and assertive skills to fight back tendencies to commit more crimes. Some of them possess dilapidated self-image and often vow to hurt the society the more. Nigerian prisons are often characterized by brutality, violence and stress and though they aim at curing criminals of negative behaviour they have not succeeded. Instead, prisons do more harm than good which may cause low physical and moral self concept of inmates.

Physical refers to appearance, strength, body fat, coordination and other related aspects of the physical self.**Physical** is one of the non-academic dimensions of self-concept which relates the perceptions about the physical abilities, interest in sport, appearance, sex, age, height, body size, complexion, clothes, home, *and among others* (Kobal, Palcic andMusek, 1996; Huitt, 1998). According to Mwamwenda (1995), psychologists are more interested in thepsychological effects or implications of the

physical attributes, in particular, the way peers, members of the family andlearners themselves view them affects the self-concept and subsequent behaviour. For example, if the attitudetowards one's body is positive, a positive self-concept will develop, and if negative a negative self-concept willdevelop. In other words, the reactions to physical attributes such as appearance, body size, maturity andactivities dependent on physical skills will influence self-concept (Dembo, 1994; Mwamwenda, 1995).

Similarly, **Vicary and Good (2008)** found that the physical conditioning and dietary educational sessions or educational sessions alone are associated with positive changes in obese individuals. This also corroborates this study that show links between physical and psychological fitness. Amuche and Mayange (2012) revealed that there is a significant difference in the level of physical development between male and female inmates and, no significant difference exists between self-esteem among male and female inmates. The study however, concluded that inmates have a direct relationship with inmates' physical appearance. Also, physical development of inmates differs according to gender but self esteem among inmates do not differ in terms of gender differential.

Similarly, moral refers to how individuals feel and think about ethical issues within themselves such as moral values, awareness of good and evil in their human qualities Han (1997). Moral self-concept also refers to the code of conduct accepted by members of a society causes some problems because in many large societies, not all members of the society accept the same code of conduct. Therefore, a natural response to these problems is to switch attention from groups to individuals. If what is important is what code of conduct people accept, and prison inmates do not always accept the same code of conduct, then why be concerned with groups at all. Monin (2010) found that age, education and gender of inmates are associated with moral which was associated with moral which higher in older persons. It was concluded that intervention during initial years after diagnosis should be designed to palliate the effects on psychological well being and to provide counselling for individuals and their families to reduce disruptions in family life. Brown (2006) also found that found that the moral of teachers who participated in the research project was generally on a par with the population as a whole and showed little variance relating to public school or Christian school employment, elementary or secondary teaching, or cross domain teaching experience and the finding of this study also revealed that there is a positive relationship between one's years of teaching experience and moral self-concept, with more experienced teachers reflecting a higher perception of morality.

The pains of jail confinement affect all prisoners in different ways. To begin with, the prison inmates need to withstand the entry shock by adapting quickly to prison life. They are exposed to a new culture, which is very different from their own culture. Then, they need to maintain outside links. For example, keeping in contact with family and friends becomes frustrating. While being in prison, the prisoner must determine his way of passing the time since the hours appear endless (Tosh, 1982).

Prison inmates,source of stress and low self-esteem and self-concept include the loss of contact with family and friends outside the prison, there is also the fear of deterioration. Traditionalists may regard crime to be associated with low self-esteem. A second body of literature suggests a rival hypothesis supporting a relationship between crime and high self-esteem. A multivariate model by Tosh (1982) explored this nexus by examining the impact of demographic characteristics, criminal history, personality traits, and participation in prison programming on self-esteem levels of 134 inmates in two medium-security prisons. Results support the relationship between crime and low

self-esteem, with state-raised convicts reporting lower self-esteem levels. In addition, inmates who are emotionally stable, who are less open to novel experiences, and who have participated in counselling or education during incarceration manifest higher self-esteem. Further results of this study also show that when family functioning is high cognitive distortion is low; hence, improving family functioning will reduce cognitive distortion.

The escalating number of convicts especially those involved in violent behaviour is alarming. Generally speaking, delinquents, deviant behaviours and social vices such as theft, prostitution and arm rubbery are at higher risk of committing crime now or in the future (Doren, 1996). These social vices often time do not risky them but also become healthy and productive challenges to inmates. Thus, without proper intervention, they could graduate into full blown criminals in their adulthood. However, proper intervention programme such as rehabilitation counselling could prevent crime. Hence, it is design to provide assistants to such people to discovered themselves and become useful to themselves and the society at large.

The above does not reflect the reality on ground. Contrarily to global expectation, Ugwuoke (2010) notes that the Nigerian prison service is obviously in a state of serious dilemma. This situation is essentially predicated on the perceived contradiction that is embedded in the country's penal philosophy (this implies the country's policy that centres on the rationalisation of punishment administered to offenders. Presently, the Nigerian penal policy emphasizes the reformation and rehabilitation of offender). Thus, one of the fundamental issues confronting prison administrators today in Nigeria is the apparent lack of agreement as to what should be aimed in dealing with convicted offenders. There is dearth of training programmes, research and literature in the area of correctional counselling for prisoners hence the need for this research.

Statement of the Problem

The Nigerian prisons have been enormously characterized by some problems, which several studies have indicated to be the reasons for the inadequacies of the system as a corrective institution. In various respects, life in Nigerian prisons in general is overly regimented to the extent that there is strict control in virtually all activities of the inmates. This often leaves the prisoners in a mentally brutalized manner with broken body and spirit, which destroys the individuals. In this regard, it is apparent that the prisons system in Nigeria is faced with the problem of destroying the individual members of the community, which negates the essence of imprisonment, amounting to human development wastage in the national calculus.

It is evident that various prisons in Nigeria are saddled with the problem of turning out maladjusted releases. However, the fundamental cause of this post-release problem of maladjustment and recidivism could be traced to the lock up pattern and content of the prisons. In most prisons in Nigeria, the remand and convict populations; the minor and serious offenders', the younger and older in- mates are not systematically sorted out in different cells according to the Standard Minimum Rules (SMR) for imprisonment, which pre- scribes that prisoners should be locked up ac- cording to their various categories.

The Nigerian prisons have been identified as a veritable avenue for human resources wastage in the society. There is idleness and wastage among the inmates, while old time trade ideas and occupations vanish. Where there are existing trade and skills acquisition centres within the prison yards, they are either not functioning or

unsuitable for some of the inmates who may prefer other trades and educational learning processes that are non existence in the prisons rehabilitation curriculum.

Prison inmates exhibit deviant and maladjusted behaviour which may be attributed to a number of factors ranging from biological, social and psychological (Achu, Owen, and Ekoh, 2013). Such deviant behaviours are manifested in aggressiveness, less control in anger, immeasurable, pessimistic and bad temper. In addition, these inmates are observed to suffer from depression and show signs of very low energy, less interaction with fellow inmate, take no interest in activities that they used to like earlier. Because the inmates lack personal choices, they lose the ability to think for themselves and make their own decisions and choices freely. This may lead to destruction of human personality in form of physical and moral self concept. Thus, without early intervention in form of rehabilitative counselling, some inmates may not be useful members of the society after their jail term. This study therefore attempts to empirically examine the effect of rehabilitation counselling on physical and moral concept of prison inmates in Nasarawa State.

Research Questions

The following research questions guided the study:

1. What is the effect of rehabilitation counselling on physical concept of prison inmates in Nasarawa State?
2. What is the effect of rehabilitation counselling on moral concept of prison inmates?

Hypotheses

The following hypotheses have been formulated and tested at 0.05 level of significance

1. There is no significant effect of rehabilitation counselling on physical concept of prison inmates in Nasarawa State.
2. There is no significant effect of rehabilitation counselling on moral concept of prison inmates.

Methodology

This study adopted is quasi-experimental design. The term quasi-experiment refers to a type of research design that shares many similarities with the traditional experimental design. Participants have the same chance of being assigned to a given treatment condition as such, random assignment ensures that both the experimental and control groups are equivalent. The population of the study was 525 inmates from three prisons of Wamba, Keffi and Lafia prisons of Nasarawa State. The sample of the study was 60 inmates selected through purposive sampling technique. The instrument for data collection was a two sets of structured questionnaire title " Physical Concept Scale (PCS) and Moral Concept Scale (MCS) based on strongly agree (SA), Agree (A), and Disagree (D) Strongly Disagree (SD) and with value points of 4 for strongly agree, 3 for Agree, 2 for disagree and 1 for strongly disagree. To establish the validity of the instrument, draft copies of questionnaire were given to the three research experts in Guidance and Counselling in the Department of Educational Foundations, Benue State University, Makurdi. A reliability study was conducted on twenty (20) inmates in Waba prison inmates with reliability index of 0.96 and 0.77 respectively. The data collected were analysed using mean and standard deviation to answer the research questions and t-test was used to test null hypotheses at .05 level of significance.

Results

Research Question 1: What is the effect of rehabilitation counselling on physical concept of prison inmates in Nasarawa State?

Table 1: Pre-Test and Post-Test Mean Scores of Experimental and Control Groups on Physical Concept

Treatment	N	$\bar{X}$ Pre-test	Std	$\bar{X}$ Post-test	Std
Physical concept					
Experimental	30	2.60	.498	3.30	.651
Control group	30	2.57	.504	2.77	1.006
Total	60				

Table 1 shows the pre-test and post-test mean scores of experimental ($\bar{X}$=2.60, Std=.498) and control groups (2.57, Std = .504) on physical concept. The experimental group made higher mean scores (3.30, Std = .651) than the control group (2.77, Std=1.006) at post-test. This means that the Experimental Group benefited more from the experiment than control group and the control group had an increase from 2.57 to 2.77 because the treatment made some positive effects on the participants.

Research Question 2: what is the effect of rehabilitation counselling on moral concept of prison inmates?

Table 2: Pre-Test and Post-Test Mean Score of Experimental and Control Groups on Measures of Moral Concept

Moral concept	N	$\bar{X}$ Pre-test	Std	$\bar{X}$ Post-test	Std
Experimental	30	1.67	.959	3.37	.490
Control	30	1.30	.794	1.53	.507
Total	60				

Table 2 indicates the pre-test and post-test mean scores of experimental ($\bar{X}$ = 1.67, Std =.959) and control groups (1.30, Std = .794) on moral concept. The experimental group made higher mean scores (3.37, Std = .490) than the control group (1.53, Std = .507) at post-test. This accepted that there is a significant positive effect of rehabilitative counselling on moral concept of prison inmates.

Hypothesis 1: There is no significant effect of rehabilitation counselling on physical concept of prison inmates Nasarawa State.

Table 3: t-test on effect of rehabilitation counselling on Physical Concepts of Prison Inmates

Treatment	Groups	N	Pre-test	Std	Post-test	Std	Df	t-cal	t-criti	P.value
Physical self Concept	Experimental	30	2.60	.498	3.30	.651	58	2.437	1.96	.018
	Control	30	2.5	.504	2.77	1.006				
	Total	60								

Table 3 indicates t-test value of 2.437, df = 58, at P = .018. Since t-cal of 2.437 is greater than t-critical of 1.96 at P= .018, the null hypothesis is rejected. This means that there is a significant effect of rehabilitation counselling on physical concept of prison inmates Nasarawa State.

Hypothesis 2: There is no significant effect of rehabilitation counselling on moral concept of prison inmates.

Table 4: *t-test on Effect of Rehabilitation Counselling on Moral Self Concept of Prison Inmates*

Treatment Groups	N	$\bar{X}$ Pre-test	Std	$\bar{X}$ Post-test	Std	Df	t-cal	t-criti/value	Moral
Experimental	30	1.67	.959	3.37	.490	58	14.234	1.96	1.82
Concept Control	30	1.30	.794		1.53		.507		
Total	**60**								

Table 4 shows t-test value of 14.234, df = 58, at P= 1.82. Since t-cal of 14.234 is greater than t-critical of 1.96 at P = 1.82, the null hypothesis is rejected. This means that there is significant effect of rehabilitation counselling on moral concept of prison inmates.

Discussion

Findings are discussed in line with the research questions and hypotheses earlier formulated for the study:

The study revealed that there is significant effect of rehabilitation counselling on physical concept of prison inmates in Nasarawa State. This means that experimental group benefited from the experiment as it improved their appearance, strength and coordination and other related aspects of physical concept. This finding agrees with the findings Vicary and Good (2008) who found that rehabilitation counselling helped in physical self satisfaction of adult obsessed males in which meant that physical conditioning is associated with positive changes in self concept in obese individuals and also corroborates other studies that link between physical and psychological fitness. Similarly, the findings also agrees with Amuche and Mayange (2013) who found out that physical development of inmates differs according to gender but self esteem among inmates do not differ in terms of gender differential. This means that prison inmates at any point can adjust to rehabilitative counselling hence there is a positive change of their physical concept after treatment. It also agrees with the existing literature of Mitchell, Brodwin and Benoit (1990) who postulated that individuals who sustain injuries in group setting with lower physical concept may improve through counselling and enhance their self concept of returning to work. This result may show that rehabilitation counselling with prison inmates have helped them gain their physical self concept through counsellor's use of verbal persuasion, emotional arousal, pain management and a host of other techniques. This may be because, as the prison inmates were exposed to physical concept treatment. They (inmates) realized the need to take interest in sporting activities, improved on their appearances, because hitherto, they saw no need to take care of themselves since they took it that they are already worthless to the society.

The study also showed that there is significant effect of rehabilitation counselling on moral concept of prison inmates in Nasarawa State. This means the experimental group benefited from rehabilitation counselling. This finding agrees with the study of Monin (2010) who reported that rehabilitation counselling helped increase the moral self-concept of adults in Tenesseee. This may be because, having been exposed to rehabilitation counselling, the prison inmates developed a moral identity. As proposed by Blaize (1980), moral identity is the centre of one's being and "essential self". This

identity might have ordered their life, provided them with a sense of purpose and influenced their long life projects after jail term and made them to experienced the "real me" or real self. This may be that as the inmates were exposed to rehabilitation therapy involving moral concept, they discovered that it is better to do the right thing that is socially acceptable. Be doing the right thing, they may not end up in jail again. By this, the experimental group increased their moral self concept in order to be re-integrated into the society.

Conclusion

This study concluded that rehabilitation counselling has effect on physical and moral self concept of prison inmates. This is because when inmates are counselled at the end of their jail term they become reformed. This is done through developing the mental ability to manage themselves in the prisons through acquiring the desire skills and knowledge that enable them cope outside the prison world.

Recommendations

Based on the findings of the study, it was recommended that:

1. Counsellors should help inmates on the need for regular exercise in order to improve their appearances, body fats and so forth. This will help the inmates to improve on their physical concept
2. Moral lessons should be introduced in prison by counsellors so as to improve inmates' morality. The concepts of societal self concept, attitudes and lawfulness should be taught at all the prisons by counsellors.

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