

**INFLUENCE OF SELECTED FACTORS ON DRUG ABUSE AMONG
PRISON INMATES: A CASE OF KANGETA PRISON, MERU COUNTY,
KENYA**

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**A Thesis Submitted to the Graduate School in Partial Fulfilment of the
Requirements for the Award of the Degree of Master of Arts in Criminology and
Security Studies of Tharaka University**


THARAKA UNIVERSITY

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DECLARATION AND RECOMMENDATION

Declaration

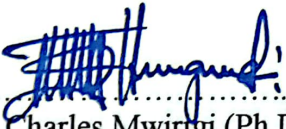
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DEDICATION

I dedicate this work to my beloved son, family and my friends for their unending support. I also devote this study to the inmates and stakeholders of Kangeta Prison for advocating for better rehabilitation methods and policies.

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I give thanks to the Mighty God for the knowledge and health He has given me during this time of study.

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ABSTRACT

The problem of drug abuse in prison is a global issue that has a detrimental impact on the moral fabric of societies worldwide, including Kenyan prisons. However, there has been a lack of comprehensive analysis to inform the development of effective measures and policies to address this pressing problem. This study sought to fill this gap by assessing the influence of selected factors on drug abuse among the prisoners of Kangeta Prison. To enable the researcher to concretely conceptualize the problem of drug and substance abuse in prison, two theories were used to guide this study that is; the differential association theory and the differential opportunity theory. This study adopted a sequential explanatory method of research design which enabled the researcher to collect quantitative data first and later collect qualitative data to explain the phenomenon. Kangeta Prison in Meru County, Kenya was chosen by the researcher purposively due to high rate of recidivism and increase in drug trafficking offenses in the area. The target population and the accessible population of Kangeta prison were 523 respondents which included both inmates and prison stakeholders. From this population, a sample size of 120 inmates was selected using simple random sampling technique. This sample was used for collecting quantitative data. Purposive sampling technique was also used to draw only six individuals from the stakeholders' population for collecting the qualitative data. Questionnaires were used to collect data from the inmates and interview schedules were used to collect data from the stakeholders. The validity of the instruments was checked with the help of experts in this field of social sciences. To test the reliability of the questionnaires, a pilot study was carried out using 12 respondents from Meru Prison in Meru County, Kenya which is a neighbouring prison. The analysis of the pilot data produced a Cronbach alpha value of 0.910 which attained the recommended level of equal to or above 0.70. The quantitative data was analysed by use of percentages, means, and correlations using Spearman Correlation coefficient with the aid of Excel and SPSS software. On the qualitative data, thematic content analysis was used by the help of NVIVO Software Version 14. To facilitate data collection, permits from relevant bodies such as Tharaka University Ethics Committee, NACOSTI, and Correctional Department were obtained by the researcher before actual data collection. The relationship between the variable was measured using spearman coefficient at 95% confidence level where stress, prison care and prison policies produced a coefficient of 0.629, 0.642 and 0.551 respectively. This positive correlation indicated that there is a strong relationship between the variables. This study has yielded valuable findings that can serve as a valuable resource for the National Government in their efforts to conduct comprehensive reviews and implement reforms within the prison system. These reforms can help inmates struggling with drug addiction can benefit from evidence-based treatment approaches that address their specific needs and challenges. From the findings the study recommends the establishment of stress management programs in prison, develop or enhance the existing drug rehabilitation program, improve of enforcement and implementation of rules and regulations in relation to drug and other relater counterfeit goods. The study also added more academic knowledge to the existing one.

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LIST OF ABBREVIATIONS & ACRONYMS

APA	American Psychiatric Association
BJS	Bureau of Justice Statistics
DA	Drug Abuse
DOJ	Department of Justice
DP	Drugs and Prison Care Programs
EMCDDA	European Monitoring Centre Drugs and Addiction
IDU	Injecting Drug Use
N I D A M H	National Institute on Drug Abuse Abuse and Mental health
NACADA	National Authority for Campaign against Alcohol and Drug Abuse
NACOSTI	National Commission for Science, Technology and Innovation
NIDA	National Institute on Drug Abuse
NIMH	National Institute of Mental Health
NPS	National Police Service
NPSC	National Police Service Commission
PP	Prison Policing
SD	Stress and Drug Abuse
STATA	Statistics and Data
SUD	Substance Use Disorders
UNODC	United Nations Office on Drugs and Crime.
WHO	World Health Organization
WPB	World Prison Brief

CHAPTER ONE: INTRODUCTION

This chapter provides information about the background of the Study, statement of the problem, the objectives of the study, research hypothesis, and significance of the study and scope of the study. This Chapter will also discuss the limitation and assumptions of the study and also provide operational definition of terms.

1.1 Background to the Study

Drug abuse in prisons is a pervasive and intricate problem that poses substantial challenges for both inmates and correctional staffs. Drugs continue to enter correctional facilities despite strong security procedures. Drug use can be used by prisoners as a coping mechanism for the harsh conditions of prison (Stover et al 2007). In prisons, drug addicts can easily make friends and form relationship with other inmates which would later influence them to get into drugs. The use of these drugs causes some destructive behaviors and may lead to other physical and mental problems including distress, depression and suicidal thoughts (Crewe, 2005).

The prison population worldwide is about 12 million inmates and it keeps on growing day after day (World Prison Brief, 2021). Among the prisoner's population, most of them have a history of substance and drug abuse prior to their arrest (Fazel et al, 2011). The population which still use these drugs in prison tend to have some unique characteristics and behaviour. Studies also shows that accessing most of the illegal drugs within the prison is much easy than getting them outside the prison. For instance according to the Bureau of Justice report in 2020, 63% of people sentenced to prison in Europe, reported that availability of hard drugs (Bhang, Cocaine and Heroin) is high in prison compared to the outside environment.

Study shows that about one out of three inmates in prisons worldwide have used or uses drugs at-least once during the imprisonment period. (United Nations Office on Drugs and Crime, 2017) European Monitoring Centre for Drugs and Addiction (European Monitoring Centre Drugs and Addiction, 2012) have approximated that between 2% to 31% of prisoners in Europe Correctional centers commonly use injection drugs. Drug abuse while in prison is associated with some negative outcomes before and even after release (Elison et al, 2016). For instance, with Substance Use Disorders (SUDs), and withdrawal symptoms are possible causes that may make inmates to commit suicide

during the first weeks of imprisonment. In addition, ex-prisoners released from these correctional facilities some of them commit suicides and others die as a result of drug and substance overdoses, addictions, and drug-use related accidents (Fazel et al, 2011). A study of European prisons, drug use is linked to numerous negative effects both while in prison and after release. Their mental health, physical health, rehabilitation issues, psychological issues, and withdrawal symptoms are all impacted by drug addiction and abuse. (EMCDDA's 2012)

Marijuana is the most commonly reported drug abuse in the United States Correctional facilities, (77%), then followed by cocaine (47%). In addition, the study reveals that the proportion of inmates who had ever used marijuana (78%) and cocaine (47%) was nearly identical in 2004. Nearly 42% of inmates reported having ever used hallucinogens between 2007 and 2009, up from 33% in 2004. Similarly, the number of state inmates who had used antidepressants grown from 21% in 2004 to 30% between 2007 and 2009 while in prison. Antidepressant use by state inmates nearly doubled from 10% in 2004 to 18% between 2007 and 2009. From 13% in 2004 to 22% between 2007 and 2009, regular use of hallucinogens also increased prior to incarceration (DOJ, 2017)

Drug usage in prison is also linked to violence for instance prisoner riots in the United Kingdom's Ford Open Prison in 2010 resulted in significant property damage, including the breaking of windows and doors as well as the lighting of fires that destroyed the majority of the jail's facilities. This event made the prison wardens investigate what could be the factor influencing riots and they discovered that most of the inmates were drunk and some amount of alcohol was obtained inside the prison hostels (Onyango, 2013).

When compared to other continents, there are little studies on substance abuse within the African prisons. The most frequently misused drugs in African prisons are tobacco/cigarettes (90 percent), bhang (49 percent), Miraa (17 percent), and liquor (2 percent) (Stover, 2007). A case in South Africa, drug in prison have been a significant issue influencing the remedy division. The study in the South Africa's prison shows that around 45% of the inmates were abusing drugs. Guests, visitors and jail staff were found getting involved in carrying the drugs into the prison (Kinyanjui, 2013).

Drug abuse is a major challenge facing the Ugandan prison system. The report indicates that inmates use drugs such as marijuana, cocaine, heroin, and other opioids. These drugs are smuggled into prisons by visitors, prison staff, or other inmates. This compelled the government of Uganda come up with strategies such as partnership with other organizations to provide drug rehabilitation programs to inmates. Additionally, measures have been put in place to screen visitors and prison staff for drugs and other contraband (Martin, 2017).

Drug abuse is also a significant problem among inmates in Ethiopian prisons (Ali, 2016) Like in other African countries, drugs are often smuggled into prisons by corrupt staff members or visitors. In these Prisons in Ethiopia, miraa and bhang were found to be the most commonly abused drugs. In some cases, inmates may also have access to harder drugs such as cocaine and heroin (Adane, 2017). Drug abuse in Ethiopian prisons and others prisons generally has serious consequences for inmates' physical and mental health, as well as their ability to reintegrate into society after their release. It can also lead to violence and other criminal behavior within the prison system (Ali, 2016).

In Kenya, little studies have been done while addressing the issue of substance use and addiction among prison inmates. Other general surveys done mostly touches the general population, but they do not touch so much about the prison population and which maybe into drugs and substance abuse even more that the other population (Eldridge, 2009). Research conducted in Eldoret Prison in Kenya, shows that almost half of the inmates have abused drugs while in the prison. Where 65.5% abused alcohol, 22.5% used tobacco and 21% are abusing bhang. About 24.5% percent of the inmates agreed to have used Drugs in order to relieve themselves from stress (Kinyanjui, 2013).

In comparison to those who do not use drugs, drug-dependent offenders are responsible for a significant amount of crime (Kolind, 2013). Studies on serious substance abusers, particularly heroin and cocaine users, demonstrate that their crime rates are extremely high (Elison, 2016). The severity and frequency of their crimes also rise as the extent of abuse increases. Additionally, many of these drug users are involved in drug dealing, which has a direct impact on other forms of crime, particularly violent crimes (Mjåland, 2016).

The government through the Prison Service incurs significant costs as a result of prosecuting and enforcing sentences for individuals who in turn after getting into prisons negate the rehabilitation process and get into drugs. In recent years, the government has attempted to enhance drug treatment and rehabilitation programs, but their efforts have not resulted in significant change (Tompkins, 2016).

1.2 Statement of the Problem

Prisons are the correctional facilities that have the objective of helping inmates become more productive and law-abiding citizens. A significant number of inmates however resort to drug abuse while in prisons which negates the purpose of rehabilitation in the first place. Ensuring that the inmates are not drug addicts has been the target of many prisons and prison programs in many countries including Kenya. Despite the effort and resources of the government to fight the drug abuse in prison, drug use in prison still continues to be a problem in different prisons in Kenya. There is also scanty of documented research aimed at examining the links between various factors and drug abuse among prison inmates especially in Kenya. This study thus aims to close this gap by determining the influence of stress, prison policing and prison care programs on drug abuse among inmates at Kangeta Prison.

1.3 General Objective

The general objective of this study was to examine the influence of selected factors on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.

1.4 Objectives of the Study

- i. To examine the influence of stress on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.
- ii. To determine the influence of prison policing on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.
- iii. To find out the influence of prison care programs on drug abuse among the inmates Kangeta Prison, Meru County, Kenya.

1.5 Research Hypothesis

H₀₁: There is no statistically significant influence of stress on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.

H₀₂: There is no statistically significant influence of prison policing on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.

H₀₃: There is no statistically significant influence of prison care programs on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.

1.6 Significance of the Study

The Study findings may be of useful source of information to the National Government making prison reviews and reforms. The study recommended some strategies and policies that the government and other policy makers can use to curb the issue of drug abuse in prison. The information and results of this study is of importance to other investigators and scholars as it has provided them with basics for further research. The inmates and the society members also benefited from this study because they will be rehabilitated using the measures that the study will recommended. The study added more knowledge on the existence of drug abuse in prison institutions.

1.7 Scope of the Study

The focus of this study was on the influence of selected factors on drug usage among prison inmates. The study specifically focused on how stress, prison care programs and prison policies may influence the drug abuse in prison. A sample of 126 respondents were used where this comprised of 120 inmates and six respondents from prison stakeholders purposeful selected by the research also took part in this study. Questionnaires for inmates and interview schedules for stakeholders were used as instruments of data collection. This study was carried out in Kangeta Prison in Meru County within the Nyambene Region, Kenya.

1.8 Limitations of the Study

- i. Prison policies and rules were limiting to assess certain information. The researcher therefore obtained permission from Department of Correction Services and from NACOSTI.
- ii. Illiteracy levels of inmates challenged them in understanding the language used in the research. The researcher did a researcher-administered questionnaire

1.9 Assumptions of the Study

- i. Respondents provided honest responses to all questions.
- ii. The data and information provided is accurate.

1.10 Operational Definition of Terms

These concepts have the following meaning in this study:

Counsellor:	A person trained to give guidance on personal or psychological problems.
Drug:	They're both legal and illegal substances that are not prescribed by a physician and they alter how the brain and the rest of the body function and can alter mood, consciousness, thoughts, emotions, or conduct.
Drug abuse:	This is the use of drugs for the purpose of creating pleasurable moments and changing mood of an individual.
Drug addiction:	This is a disorder in which a person is unable to quit using drugs despite the risks and negative consequences that the substances have on them.
Ingredients:	Contributing factors that affects the Behaviour of a person, or affects the way he or she carries out duties
Inmate/prisoner:	Refers to a person confined to an institution such as a prison after being found guilty of any offence by a court of law
Influence:	The ability to impact someone or something's Behaviour patterns, growth, or character.
Prison Police:	An officer in the prison facility whose work is supervision, safety, and regulation of prisoners.
Probation officer:	An officer of the court who regularly meets individuals who have been sentenced to supervised probation or community sentence
Policing:	The process of enforcing rules, laws and policies by a law enforcement officer such as police or security personnel.
Prison-care programs:	Refers to a kind of treatment program that prisoners participate in. It includes both supervision and educational instruction for the purpose of rehabilitating the offenders.
Recidivism:	Refers to a ex-inmates' relapse into the criminal activities and Behaviour after he or she has been released or finished imprisonment.
Stress:	The state of being worried or having a mental tension which is caused by difficult situations in prison.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This section presents the literature on the overview of the drug problem in Kenyan prisons that was evaluated during the formulation of this study. This literature is divided into the following sections; Drug Abuse in Prison, Stress and Drug Abuse, Prison policing and drug abuse, Prison care programs and drug abuse. Theoretical and conceptual framework are also covered under this chapter.

2.2 Drug Abuse in Prison

A prison, often referred to as a correctional facility or penitentiary, is a secured institution or facility designed for the confinement, custody, and rehabilitation of individuals who have been convicted of committing crimes. Prisons serve several key functions, including punishment, deterrence, rehabilitation, and public safety. Kenya have a total of 129 prison across the country. These includes all correctional facilities including Juveniles Homes, Borstal Institutions both Men and Women prison either Maximum, Medium or minimum Prison. (Kenya Prison Service, 2022)

In 2020, approximately 86,119 individuals found themselves incarcerated in Kenya, marking a significant decrease from the previous year when the prison population stood at around 219,000. These numbers encompass convicted individuals, those imprisoned for civil debt, and individuals awaiting trial (World Prison Brief, 2021). The largest portion of this inmate population consisted of individuals who had not yet been convicted of their charges.

The reduction in Kenya's overall prison population can be attributed to two main factors. First, there were reviews of sentences for individuals serving death sentences and life imprisonment, leading to some prisoners being released. Second, in response to the COVID-19 pandemic, the government reevaluated the cases of remand prisoners and sought alternative non-custodial sentencing options for some of them. The Figure Below shows the trend of prison population in Kenya from 2010 -2020. (World Prison Brief, 2021)

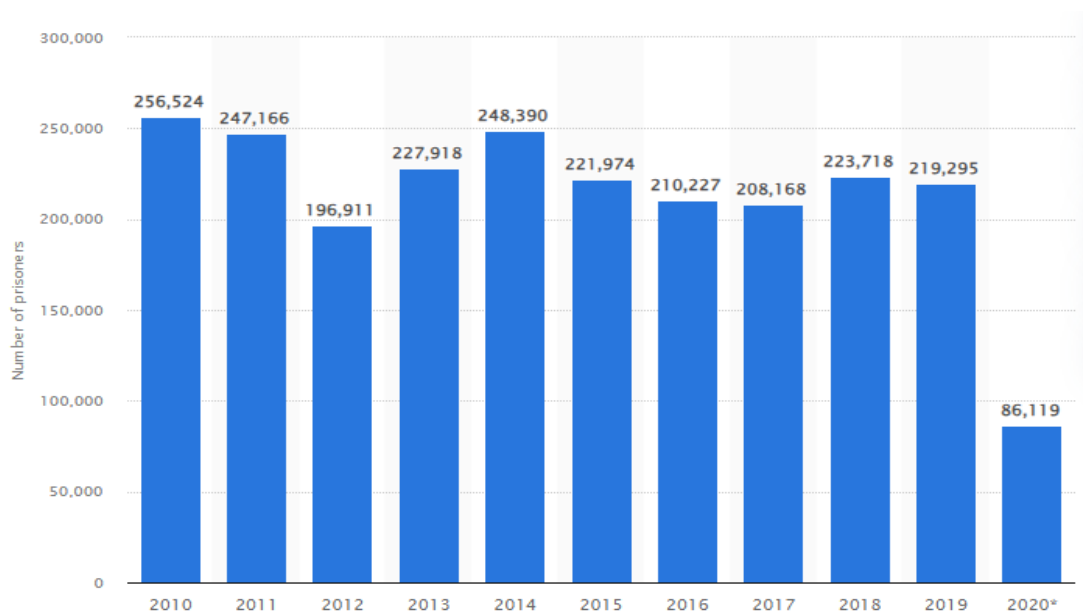


Figure 1; Kenya Prisons population

Source: World Prison Brief, 2021

As per the Economic Survey by the Kenya National Bureau of Statistics the total number of individuals in the prison system saw a substantial 85.8% increase, rising from 86,119 in 2020 to 160,021 in 2021. This rise can be partially attributed to the restoration of court services to their regular operations, limited reevaluation of sentences, and reduced utilization of Alternative Dispute Resolution methods. (KNBS, Republic of Kenya, 2022: 377 to 380),)

The proportion of drug abusers in the prison systems all over the world has grown so much in recent years. This has resulted to the rise of challenges, not only for the prison policy -makers, prison administrators and the drug abuse treatment system, but also for the inmates themselves and their families (WHO,2020)

The abuse of drugs and other substances is a phenomenon that dates back even Before Christ (Chen, 2010). During the Stone Age period the Egyptians and South Americans used these drugs and substances during their ceremonies such as religious rituals. Mostly these drugs were used for medical purposes by the traditional doctors. These drugs later started spreading across the world as the merchants and traders used to exchange them with other valuable commodities. The spread of the drug use has still continued up to date and they have also found a way in into our criminal justice systems such as the prisons and rehabilitation centers. Almost all nations have reported some devastating problem caused by drug abuse in Prisons (Chen, 2010).

The world's prison population keeps growing day by day and as per World Prison Brief 2012, the population is almost 12 million. Most of developing countries like Kenya have not been able to match the population with the resources and this has resulted to overcrowding thus producing a very unhealthy environment for prisoners. In situation where resources are scarce, even the rehabilitation will not be carried sufficiently. (Byrne et al, 2015).

In Kenya little researches have been done on the issue concerning drug abuse among the prisoner (Belenko, 2013). This issue of drugs among the inmates is a social problem that affects not only the inmates but also the society and the state government (Kinyanjui, 2013). Some studies shows that drug abuse and addiction is ubiquitous in Kenya population also including the prison population. The abuse of drug and substances involves both illegal and legal either imported or locally made or cultivated within the country. (NACADA, 2020)

Commonly abused Drugs in prisons include: Alcohol, Tobacco and Bhang. Alcohol refers to a substance that contains ethanol, it is found in drinks such as beer, wine, medicines and other household substances such as, mouthwashes. Alcohol is a type drug that alters the brain functions, mood and behaviour (Bezruczyk, 2018). Too much consumption of alcohol can lead to poor body organs coordination and even at times failure (Graham, 2012). Alcohol is one of the drugs that is most often abused in Kenya; 70% of households have engaged in alcohol abuse in some capacity. Alcohol misuse is common, affects people of all ages, and is more likely to be committed by males than by women. Alcohol is frequently used by prisoners to relax and change their moods (NACADA, 2020). These feelings make them escape the reality of prison environment for a while (Layous, 2014).

Alcohol consumption comes with a lot of negative effects to the inmates using them for instance, alcohol causes damage to the pancreas, liver, stomach and throat. Inmates who abuse alcohol and for a long period of time can develop diseases such as tuberculosis and pneumonia. Also, other health conditions such as depression, anxiety, and bipolar may develop with time (Danielsson et al, 2012). Alcohol use is more closely associated with criminal activity than any other drug. When they are buzzed or under the influence, many inmates make extremely poor decisions and fail to think clearly at the time.

Although intoxication can have an impact on burglaries and robberies, homicide and physical and sexual assault. A person's suppressed criminal attitudes and behaviours may come to light when they drink alcohol.

The abuse of tobacco is one of the most leading health threats in the world causing deaths of about 8 million years, including exposure to second-hand smoke (WHO, 2020). Smoking of cigarette is one of the most common and popular way of abusing tobacco. It contains nicotine and other chemicals which are absorbed in the body through the lungs. The usage of tobacco causes distracts the abuser from unpleasant and sad feelings and makes the user feel good and happy. This makes the tobacco user want to use more and regularly (Bonnie, 2019)

Factors such as boredom, lack of constructive activities and dealing with stress are some of the reasons given by inmates to explicate why they tend to get into smoking habits while in prison. For instance, a survey in the Polish prison show that about 40% of the prisoners abused tobacco due to lack of constructive work in the prison and a lot of boredom (Eldridge, 2009). Smoking tobacco can be a way of assisting the inmates manage stressful situations and events such as prison adaption, prison culture, separation from loved ones and other personal factors and also lack of family ties and responsibilities, are some of the issues that may make an inmate smoke while in prison facility (Holmwood , 2008).

Bhang is also a commonly abused drug in prisons. It is a mixture obtained by grinding or crushing leaves, stems, soaking the buds and flowers of a female Marijuana Plant (Balhara et al, 2014). This drug can be taken into the body through smoking, chewing, drinking or consuming with food or drinking substances (Sarkar, 2020). The US National Institute on Drug Abuse Abuse and Mental health, 2017 did a study that showed some effects of bhang may include; heightened sensory perception, altered sight and increased appetite of some specific foods and drinks. Some people may also experience anxiety, panic and fear of the surroundings. When consumed in large doses of bhang may cause hallucinations, delusions and loss of an individual's sense of personal identity (Sarkar, 2020). Most of the fights and accidents in prison are as a result of intoxication of drugs. Drugs such as bhang alters the normal functioning and

makes inmates do some acts that may even result to serious harm to themselves and even to the other members of the prison (STöver, 2021)

Miraa is a drug associated with Short-term effects such as increased heart rate, irritability, euphoria, manic behaviour, insomnia, breathing difficulties, increase in heart beats, reduced appetite and increased motor activity and body temperature (Valente, 2014). It is a drug obtained from leaves and stems of Miraa plant. It is mostly consumed through chewing. The usage of Miraa is associated with a lot of talkativeness and alertness. Other inmates may experience feelings of increased self-esteem, imaginations and ideas (Balint, 2009).

2.3 The Influence of Stress and Drug Abuse

Stress is a brain and body reaction towards a certain event or condition in a certain environment. These changes can be good or bad depending on the individual's response, for instance starting a new life in new environment and getting separated from loved ones (National Institute of Mental Health, 2017). When stress hits an individual, he or she may experience some certain psychological changes that even affect the coordination of the whole body. In some cases, these changes can even affect the whole life of an individual as the brain tries to provide some reactions of high stress or when it discerns itself to be in danger or threat (Kaeble, 2016).

Every person as different ways of coping with stress, some may use medicated ways, other through guidance and counselling while others may end up abusing drugs and other substances. Mind and mood-changing substances are some of the drugs individuals use in order to fight stress (Shrestha, 2017). Some of these substance and drugs usually affects the brain's communications to the sensory systems and body. When these communications are tampered with the emotions and impulse control systems do not work well. Some drugs such as depressants will not only affect the psychological aspect of a person but also bring out some physical changes such as slowing down the heart beats, increasing the body temperatures and enhancing relaxation of all body organs (Carlson, 2010). These kind of drugs makes inmates feel 'out of the World' and help them forget the harsh conditions in prisons and also dismiss the mind from thinking about families and relatives back in the society (Kinyanjui, 2013).

Inmates' stress can be facilitated by various factors. The most ordinary factors are the relationship between the inmates and prison police, the new prison environment and fear of intimidation by other inmates. Other Factors such as, employment troubles and integration challenges after release can also facilitate stress to a large extent (Pearlin, 2010). Negative conditions in prison that might cause mental problems include forced isolation, congestion, antagonism, a lack of personal space, worries about the future, and being unable to receive proper health care (Shrestha, 2017).

Serious mental illness is more prevalent among convicts than in the general population. Inmates typically suffer from mood disorders, anxiety disorders, schizophrenia, and post-traumatic stress disorders. These mental issues may have started before incarceration or they may develop over time. (American Psychological Association, 2017).

An investigative study on the likelihood of depression and its risk factors in Ethiopia's Mekelle General Prison reveals that, out of 408 prisoners who participated, 55.9% had depression (Welu, 2021). This study reveals that the majority of inmates who are not well rehabilitated tend to use drugs as a way of managing stress they encounter in the prison (Welu, 2021). The most devastating consequence of depression is suicide, which is the primary cause of mortality in many jails across the world. According to an Australian study, one third of inmates had suicidal thoughts throughout their lives and some of them had attempted suicide (Ssadi, 2006). Additionally, depression causes early death, dysfunction in one's personal and professional life due to missed workdays, stigma, and an economic crisis due to high treatment expenses and unemployment. Young people, women, people with less education, and depression are particularly common. Suicide and severe health decline are among the outcomes of depression that goes untreated in prison (Welu, 2021).

In accordance with the stress cycle hypothesis, a person should have a consistent life path with low trauma and overall excellent health if their life events are always moving toward their goals and values that are acknowledged by society (Pearlin, 2010). However, many people who are involved in the legal system act in ways that are against society's norms due to pressures from their adolescence and adulthood, which adds new

stressors (Maschi, 2016). Prisoners suffer many traumatic events throughout their life, including physical or sexual abuse, violence, and negative legal outcomes (Carlson, 2010).

Self-medication among inmates refers to the practice of using drugs or substances, such as alcohol or illicit drugs, to alleviate or manage symptoms of stress, anxiety, depression, or other mental health issues while incarcerated. This behavior is often a coping mechanism in response to the harsh and stressful environment of correctional facilities. Here is a more detailed explanation of self-medication in the context of prisoners. (Pearlin, 2010) Inmates experience high levels of stress and anxiety due to the confined and often dangerous nature of correctional facilities. The loss of freedom, constant surveillance, potential for violence, and separation from loved ones contribute to these stressors. In response, some inmates turn to drugs to temporarily alleviate their anxiety and create a sense of relaxation (Maschi, 2016).

Inmates often face trauma and emotional turmoil, including issues related to their criminal behavior, incarceration experience, and unresolved past traumas. Drugs can serve as a way to numb or dissociate from these painful emotions, providing a temporary escape from reality. In a prison environment, there is often peer pressure and a social hierarchy that can influence inmates to use drugs. Those who are struggling with mental health issues may feel compelled to use substances to fit in or avoid being targeted by other inmates (Vest, 2021)

In many prisons, access to mental health care is limited. Inmates may not receive the treatment and support they need for their mental health issues, leading them to self-medicate as a way to manage their symptoms without proper medical guidance. In some cases, inmates may believe that using drugs is a way to self-regulate their mental health symptoms. They may have observed others using drugs and believe it's an effective way to control their emotions and mental state (Maschi, 2016).

Inmates who are addicted to drugs often face a significant challenge when they are incarcerated. When they abruptly stop using drugs, they frequently experience a range of both physical and psychological withdrawal symptoms. These symptoms can be particularly intense and distressing, making the process of quitting drugs while in prison exceptionally difficult for them. (Anjali, 2021)

The physical symptoms can include things like muscle aches, nausea, sweating, and other physical discomfort. These symptoms are not only uncomfortable but can also be painful, making the inmates feel physically unwell. Additionally, the psychological symptoms can be equally daunting. These may manifest as intense cravings for the drugs, overwhelming anxiety, deep-seated depression, and, in some severe cases, even the onset of medical complications. These symptoms collectively create a substantial burden for inmates who are trying to overcome their drug addiction (Duke, 2011)

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Self-medication with drugs can lead to addiction, compounding an individual's problems. It may start as an attempt to cope with mental health symptoms, but over time, it can result in a cycle of substance abuse that worsens overall well-being. Inmates who use drugs as a form of self-medication risk disciplinary actions, extended sentences, and exacerbation of their mental health issues. The cycle of substance abuse can also affect their chances of successful reintegration into society upon release (Carlson, 2015).

Helping inmate manage their stress and develop measures that help them cope with stress within the prison is of essential. This essential can only be dealt with by developing measures and programs that can help an inmate. Prisons are intended to serve their primary purpose of rehabilitating and changing the behaviour of an inmate, they should also stay in a safe and stress- environment for better rehabilitation (Muring'u,, Kariuki, & Njonge, 2021).

From all the above evaluated literature material from various sources, shows that stressing events and conditions in prisons have been identified as key factors that influence drug abuse in prisons and this shows that something must be done in order to be able to address the “depressed inmate” and ensure that the prisoners do not turn into drugs in order to cure their stress.

Most of the Literature discusses stress as a general concept but does not delve into the specific stressors that inmates face within the prison environment. It does not really make it clear how a stressed inmate can get into drug abuse as a coping mechanism. There is a lack of detailed exploration of the various factors contributing to stress among inmates. This research closes this gap by exploring in detail how stress can influence drug abuse among the inmates.

2.4 The Influence of Prison Policing and Drug Abuse

Prison policing is a set of procedures, rules, and regulations with the goal of providing security through surveillance and punishment. The inmates' actions and behaviors are typically influenced by this prison policy (Nick, 2015). The majority of these policies are most on verbal basis and not the physical means of enforcement and police practice plays an important but frequently contradictory role (Hautala, 2015). The easy availability of narcotics in the correctional facilities endangers health and safety, hinders the treatment of convicts who have substance abuse problems, and fuels the emergence of concerns in other prisoners. There are several different methods that drugs infiltrate prison, including visits, drone deliveries, entry via the front gate, and being tossed over the surrounding fence (Mjåland, 2016).

It is clear that the jail and police systems not only support the upkeep of justice and peace but also assist in shaping inmates for the good of society. The lives of men, women, and children are protected by law enforcement personnel like an iron roof (Carlson, 2010) On the other side, prisons house those who have disobeyed the law and are punished for their crimes as well as rehabilitated to conform to civilized society. According to Anjali, 2012 corruption, wrongdoing, the use of excessive force, and political biases are some of the direct influences on the prison policies. A compromised jail or police guard will not consider the rights of the inmates, therefore abusing the entire system. Reforms in both systems are required as a result of the persistence of corruption. For a contemporary democratic society to flourish, everyone must have the

same rights and be treated with respect. Prison guards and law enforcement personnel should uphold the law, do their tasks, and serve as role models for the prisoners (Stover, 2007).

Using unlawful mobile phones, which are smaller and more difficult to detect with standard scanning equipment, is how majority drugs gets supplied in the prison. The risk that drugs will spread throughout the jail is decreased by strengthening all of the physical, technical, and procedural obstacles to drug supply (Public Health England, 2018). These regulations must be founded on human rights principles and emphasize the need of maintaining good relations between prisoners and prison employees. However, certain prison administrations have a history of unfair policing methods that regularly alienate inmates and deliberately promote their participation in illegal activities like drug usage and drug trafficking inside the prison walls (Ashworth, 2021).

The Laws of Kenya, specifies how the prison police are expected to act and perform their tasks. Additionally, this law stipulates other protocols that must be followed for various events or activities that take place inside prison walls. For instance, prison officers have the authority to stop and search any vehicle or person within a jail, as well as anybody entering or leaving a prison. They may also investigate anything that is being taken into or transported out of a prison. By doing this, it will ensure that neither new inmates nor visitors would introduce narcotics into the facility. The statute also gives the prison police the authority to hold any vehicle they suspect of carrying unidentified goods or drugs. A jail official who flees, withdraws from duty, or is absent without authorization is also in violation of the Prison Act 90. The officials are also not allowed to accept money from prisoners or visitors in exchange for any favors or services (Prison Act, Chapter 90 Laws of Kenya, 2010)

Although the laws and policies are so clear about the event and activities in the prison but still prisoners are able to get drugs easily within the prison than even outside (Ngugi, 2012). Most of the prison wardens are inexperienced and corrupt which enable the inmates to make arrangement with them and also the visitors. The entry of drugs into prisons does not only involve prison guards but also other personnel within the facilities such as doctors, nurses, trainers, teachers and counselors. Most of these staffs might not be well scanned and checked at the gate providing a loophole for them to get these drugs into the prison (Roberts, 2015).

Prison walls and fences are another means on how the inmates get drugs. By the use of the legal or illegal cellphones in the prison, inmates usually make so arrangements with the outsiders for them to throw drugs at specific points through the walls (Thomas, 2006). Others may use technology for instance the use of drones to drop the drugs within the facility. Visitors are a common route by which drugs enter prisons. Drugs are handed out to inmates in a variety of ways, including sloppy kisses, handshakes, and hugs. All of these indicate that the current system of prison policing does not work well, and there should be changes made to these policies (Bukten, 2017)

Regulating and managing inmates' social conduct is a big problem in the majority of jails across the world. In most institutions, it is not possible to organize and train the prison staff needed to execute and enforce these policies (Layous, 2014). Prison policing includes not only the physical but also psychological protection of inmates, which may be utilized to regulate their behavior and preserve social order. The policing also involves the way police wardens deal with the inmates and uphold the standard of honesty. The behavior of the wardens should be guided by the rules and regulations established by the correctional department. The growing problem of convicts corrupting employees to assist them in obtaining drugs is a worry for everyone, and to a greater extent, wardens are also heavily involved in the distribution of narcotics within the confines of the facility (Pinc, 2010)

The effectiveness of policing within correctional facilities plays a pivotal role in shaping the behavior of inmates. This dynamic is multifaceted and hinges on several key factors. Firstly, the mere presence of correctional officers can act as a deterrent to rule-breaking behavior. Inmates are less likely to engage in misconduct when they understand that there are consequences for their actions. However, the way correctional officers engage with inmates significantly influences their behavior. Respectful and professional interactions can help reduce tension and encourage compliance with rules, while disrespectful or abusive behavior can incite resistance. (Bukten, 2017)

Consistency is another critical element. Inmates must perceive that rules and regulations are applied uniformly, without favoritism. Inconsistencies in enforcement can lead to frustration, grievances, and a breakdown of order. Policing within correctional facilities should not be solely punitive but should also support

rehabilitation efforts. This includes providing inmates with opportunities for education, vocational training, and counseling, which can have a positive impact on their behavior and reduce recidivism. (Roberts, 2015).

Correctional officers who receive proper training in conflict resolution, de-escalation techniques, and cultural sensitivity are better equipped to manage inmate behavior effectively. The use of technology, such as surveillance cameras and electronic monitoring systems, can enhance security and serve as a deterrent to misconduct. In addition, proactive measures, such as searches for contraband and intelligence-based strategies, can help prevent conflicts and disruptions. Overall, effective policing within correctional facilities balances the need for security and discipline with the imperative to treat inmates with dignity and respect, promoting a more controlled and secure environment while fostering the potential for rehabilitation.

Written, concise instructions for employees, inmates, visitors, and the general public are required in all correctional facilities. Written policy and procedure are crucial due to worries about administrative accountability, accreditation requirements, case law, and the need to promote professional behavior. Policy and procedures are the pillars upon which modern correctional operations are built. It ensures that the administration has carried out its responsibilities and provides clear guidelines for employee conduct. In addition, it provides a safeguard in the event of a mishap as well as the foundation for personnel monitoring. Therefore, in order to reduce drugs entry in prison, the government and other stakeholders should ensure that the existing rules are sufficient and followed in prison facilities.

The literature emphasizes the importance of addressing these issues and calls for the development of measures and programs to help inmates cope with stress and substance abuse. It mentions the role of prison policies and law enforcement personnel in shaping inmates' behavior and well-being. Additionally, it discusses the ease of drug availability in prisons and the various ways drugs are smuggled into correctional facilities.

Most of the studies and researches made just describes and explain the issues on laws and policies within the prison. , it lacks concrete evidence, references to studies, or statistics to substantiate these claims. Specific research findings and data are necessary to establish the extent of the problem and its underlying causes. Without empirical

evidence, it is challenging to develop effective policies and interventions to address the issue of drug availability in prisons. This study therefore will provide data based evidence that can help policy makers in drafting reviews and policies.

2.5 The Influence of Prison Care Programs

Retribution was the most common form of punishment in the past. Later, rehabilitation became the predominant sentencing philosophy. Since then, prison populations have increased rapidly while crime has continued (Hasin, 2013). Research studies that basically concluded that "nothing works" fueled a strong belief that corrections could not rehabilitate offenders. Regardless of the way that the quantity of medication treatment programs in penitentiaries has expanded throughout the course of recent years, there is still a ton of resistance to them. It is unmistakably clear that treatment reserves have been focused on over jail development and upkeep reserves. There are a number of reasons why policymakers oppose expanding drug treatment programs for convicted felons: Programs for rehabilitation treat criminals too lightly (Mary, 2008). The public prefers fewer rehabilitation programs to more criminals. Additionally, rehabilitation programs are overpriced and ineffective. A lot of people will relapse to drug use and crime after release if they don't get treatment in prison. These actions are part of a way of life that is hard to change and very destructive. Approximately one quarter of drug users in prison had previously received treatment. (Bureau of Justice Statistics, 2018),

The research on convicts in the Delaware Remedial facility where underlines the significance of treating drug abuse issues while a detainee is as yet confined. The Delaware model included a system of care in which some prisoners could be treated. After a year, Martin discovered that remarkably more prisoners who were released on a prison care program had not been arrested nor were they using drugs even after release from the prison. Others who were not under any rehabilitation or program most were arrested few months after release and were found to be addicts already. This scientist advocated that rehabilitation programs are needed to help drug users in prison stop abusing drugs (Martin, 2008).

Lack of sufficient rehabilitation programs, good policies and stress management programs have made inmates to venture into drug and substance abuse and this is a major threat not only to them but also the prison systems. Substance use among inmates

is typically associated with mental health disorders such as depressive disorders, delays in development, apathy, withdrawal, and other psychosocial dysfunctions (Bureau of Justice Statistics, 2018). Still, there are some in the drug addiction and corrections industries who believe that treatment should focus on the non-prison population and that rehabilitation in prison settings is ineffective. While the majority of state prisons appear to be hostile settings that hinder therapy and research (Davis, 2009).

Rehabilitation programs in prisons are not as extensive as those in normal rehab facilities. Rehab centers use evidence-based strategies that are tailored to the individual requirements of the client, including any co-occurring disorders. Therapy, support group discussions, and a controlled elimination phase are frequently included in recovery. Although many prisons lack detox services, they have adopted evidence-based treatment strategies including cognitive behavior therapy and self-help group sessions. In Zimbabwe, the public and non-governmental organizations are permitted to engage in counseling programs, which has helped to lower reoffending and decrease jail congestion (Ngare, 2005). Because of a shortage of funds, there are no organized counseling programs that are offered for the prison service in Kenya. Although prison chaplaincy and social services are meant to fill this function, a lack of trained staff has restricted the availability of psychiatric services (Ngare, 2005).

Substance abuse and addiction is a major problem in most of prison centres in the world causing a big negative influence on the rehabilitation and integration of offenders back to the society. Below are some of strategies and measures that are being deployed by other prisons in the world to curb drug addiction and abuse among the Prisoners (Hasin, 2013). Different methods such as Detoxification have been used by different countries and they tend to work very well. Detoxification is the method that is used to remove narcotic substances in the body while reducing the withdrawal symptoms. This can be accomplished by letting the body organs do away with the substances through normal methods such as excretion to clear the drugs through normal metabolism and excretion or by using more active methods. People are assisted in the process of withdrawal from psychoactive drugs in a detoxification program by getting some medication to prevent the withdrawal symptoms (Jung, 2020). The importance of detoxification programs in Kenya is emphasized by NACADA but the organization points out that the majority of

these services are lacking and frequently unaffordable for the poor and the government may not support them fully in prison. (NACADA, 2020)

Kenya needs to establish specialized, reasonably priced facilities for the treatment and rehabilitation of substance abusers. Regardless of being faulted for not having the option to think about the issue of medication victimizers and dealers in jails and disgrace related with chronic drug use, the Penitentiaries and Probation Administrations divisions have been seen giving guiding to restoration, yet these recoveries don't cut across the projects for drug fiends in the jail (NACADA, 2020). Several proposals have been made so that substance abuse and addiction can be classified as a medical condition and to direct people to services like counselling, treatment, and rehabilitation. Backslide counteraction, also known as after-care treatment, is regarded as the final phase of a treatment program's exercises. The longer-term issue then becomes abstaining from medication use on a daily basis after the dynamic treatment period has ended. Aftercare typically consists of aftercare medication and aftercare guidance (Elison, 2016).

Programs that prevent drug abuse are more effective than treatment. This is due to the belief that prevention is preferable to treatment (NACADA, 2020). Some scholars have developed a model with three levels of preventions; The primary level and tertiary levels are for the new inmates and those who are not addicts before imprisonment (Belenko, 2014). These levels aim is to ensure these new inmates will not get into drugs as a result of influence or any other factor. The secondary level is to be used for inmates who are already addicts or are abusing drugs while in prison. This level will employ different methods in order to get rid of the addiction factors (Balhara, 2014).

Most of the time, these programs aim to stop people from using other drugs and substances that are more dangerous or from developing more dangerous ways to use the drugs they are already experimenting with. Many inmates, according to scholars of drug abuse in prison, would fall into this category. Following-up programs and relapse prevention are the main foci of tertiary prevention. At this point, the emphasis is on avoiding substance abuse among those who have already received treatment or have quit using drugs and other substances without a lot of assistance. One of the most important ways to prevent drug abuse is through education (Hasin, 2013).

The most important aspect of this situation is to provide the inmates with information and materials about drug abuse and leave them there to read for themselves in the hopes that they will change their attitudes, which had been encouraging drug abuse. The abuse of drugs has been addressed by various police initiatives in nations like the US. For instance, police and prison officers are not allowed to use any kind of drug while they are handling inmates or even inside the prison (The Laws of Kenya, Chapter 90, 2010).

Different studies have shown that drugs in prison is associated with some negative results, for instance, recidivism among inmates who were using drugs while in prison is higher than the other individuals who did not abuse drugs while in prison (Kinyanjui, 2013) These inmates had a hard time in being rehabilitated and also, they will end up being addicted to those drugs. Lack of job opportunities may make such individuals to engage in crime and other deviant Behaviour so that they can raise some amount of money to be used to purchase those drugs (Duke, 2011).

In some correctional facilities, there is a growing emphasis on providing detoxification services to inmates who are addicted to drugs. Detoxification helps individuals safely withdraw from drugs and manage withdrawal symptoms. Medication-assisted treatment (MAT) is another vital aspect of addressing drug addiction in prisons. MAT involves the use of medications, such as methadone or buprenorphine, to help individuals reduce cravings and dependency on drugs.

Prison care programs don't end when an inmate is released. Aftercare and relapse prevention services are crucial in helping individuals maintain their sobriety after leaving the correctional facility. These programs typically involve continued counseling, support groups, and access to addiction treatment resources in the community. They aim to reduce the likelihood of relapse and help individuals reintegrate successfully into society.

The society, the government and other stakeholders expect that after imprisonment the inmates will change their behaviour and become better, productive and law-abiding citizens. This expectation is not achieved because inmates using drugs cannot be rehabilitated easily. Offenders who were arrested even without any prior drug-related issue tends to learn the abuse from other inmates (Bronson,2017).

Although the literature discusses the importance of rehabilitation, it does not delve deeply into the specific shortcomings and gaps in existing rehabilitation programs especially those involving drug abuse among the inmates. While the literature mentions the importance of education as a preventive measure, it does not elaborate on the specific educational strategies and awareness campaigns that have proven effective in reducing drug abuse in prisons. A closer look at these initiatives would be valuable. This study will therefore provide more detailed analysis of the limitations and challenges within these programs is needed. The recommendation will also be evidence based.

2.6 Theoretical Framework

This study was guided by theoretical framework of differential association and differential opportunity theories. Differential Association Theory and Differential Opportunity Theory are two criminological perspectives that, when considered together, provide a more comprehensive understanding of criminal behaviour and delinquency. They complement each other by addressing different aspects of how individuals become involved in criminal activities and how their opportunities to do so are influenced.

2.6.1 Differential Association Theory

The most well-known sociological theory is Sutherland's Differential Association theory (1939). This theory states that a person becomes a criminal or delinquent when there are more definitions that favour breaking the law than those that don't. Through a variety of personal relationships that vary in intensity, priority, frequency, and duration. These societal and cultural definitions are presented to people. The social learning that leads to becoming a criminal includes language, motivation, and skills (Ward, 2015).

Differential Association theory gives a more advanced interpretation of the proverb, "Great mates make nice boys; Bad boys result from toxic relationships. The theory is about Criminal behaviour can be taught; interactions with others that occur via communication, instruct criminal behaviour. Furthermore, the great majority of criminality education is delivered in small personal clusters (Vinney, 2021).

In consequence of the regular and prolonged confinement of inmates in restricted areas, social networks and groups are frequently formed inside of prisons. If these members

of these social networks who have a history of drug usage or participation in the drug trafficking can influence and instruct their peers about drug-related mind-sets and actions. For a number of reasons, the differential association hypothesis is gaining ground in the discussion of drug dependence. Inmates frequently learn to use drugs from other prison employees and inmates through interactions and influences (Ward, 2015)

Inmates, like everyone else, form circles of friends, and people in these groups aspire for a sense of belonging and identity by engaging in their peers' activities. Non-drug users can be convinced to begin abusing drugs in order to avoid discriminatory treatment if some members of the group use drugs and have a strong influence over others. The notion of role modelling helps to explain why some jails may have a higher concentration of drug users than others. People have a propensity to mimic what other inmates of the institution do. This means that fresh convicts are more likely to experiment with drugs if they are constantly exposed to drug-abusing inmates.

However, despite its significance, Sutherland's differential association theory has not been without criticism. Some people believe that its concepts are too broad and general. Another critique is that the theory does not explain why persons who are not encircled by criminal associations perpetrate crime, or why those who are besieged by criminal associations do not break laws. This theory is relevant in this study because the researcher believed that drug and substance abuse is a behaviour that inmates learn from each other. Once a new inmate gets into prison, he ends up forming a group of socialization. Such groups provided learning structures of peoples to mimic what the rest of the group is doing.

2.6.2 Differential Opportunity Theory

The differential opportunity theory, which combines Sutherland's differential association theory with Merton's anomie theory, was initially developed by Cloward and Ohlin in 1960. According to Cloward and Ohlin's theory, individual institutional contexts must be viewed not just in terms of the pressure of constrained lawful opportunities but also in terms of the immoral alternatives open to people in particular social settings (Shjarback, 2020). According to Merton, creativity takes the shape of deviation when people lack access to legitimate means of reaching socially acceptable ends.

Cloward and Ohlin (1960) discovered a considerable disparity between ambitions and actual prospects of achievement in lower-class organizations. Lower-class individuals are frustrated because they cannot attain their cultural aims through legal methods. Out of dissatisfaction, they resort to illicit measures to fulfil their cultural objectives. According to the notion of unequal opportunity (Brookes, 2021). There are two types of opportunities, each of which is allocated differently. First, Cloward and Ohlin (1960) assert that there are inequalities in access to "learning processes," which are contexts conducive to the development of values and abilities associated with a certain position. Differential association theory examines how these values and talents emerge via social interaction (Farrington, 2006).

Second, there are disparities in availability also called "performance structures," that include the possibility of joining a cohort of people struggling with a related difficulty of adaptation and getting peer validation for one's conduct. This suggests that delinquents require two things: gaining specific values and talents, and giving encouragement for deviant acts after attaining such ideals and capabilities.

Due to isolation and scarce resources, inmates have restricted access to legitimate opportunities for personal and economic development in the prison environment. Individuals may turn to alternate, frequently illegal, options as a result of having limited access to productive opportunities. Inmates may turn to drug-related activities as a means of gaining prestige, resources, or a sense of authority within the prison community if they lack access to legitimate means of achievement.

According to Cloward and Ohlin's ideas on unequal illegitimate chances, inmates who aim to achieve high degree of self in jail are more inclined to take drugs to achieve this sociocultural objective. Most of the inmates join prisons with an aim of getting rehabilitated and become better, but this is not always achieved.

This theory makes assumptions based on socioeconomic backgrounds and legitimate opportunity constraints. It simplifies the explanation of criminal behaviour, neglecting individual motivations and psychosocial factors. It doesn't comprehensively explain non-criminal choices or address the spectrum of criminal behaviour, especially in white-collar crime. Cultural factors and values receive limited attention in this theory.

2.7 Conceptual Framework

A conceptual framework mapped how the variables interacted in the study. This framework shows the relationship between the independent variable; (Stress, Prison Policy & Prison Care Programs) and dependent variable (drug abuse among inmates), and how that relationship could also be affected by other variables such as nature of crime, History of drug use and family history (intervening variables). This is illustrated in the figure 1 below.

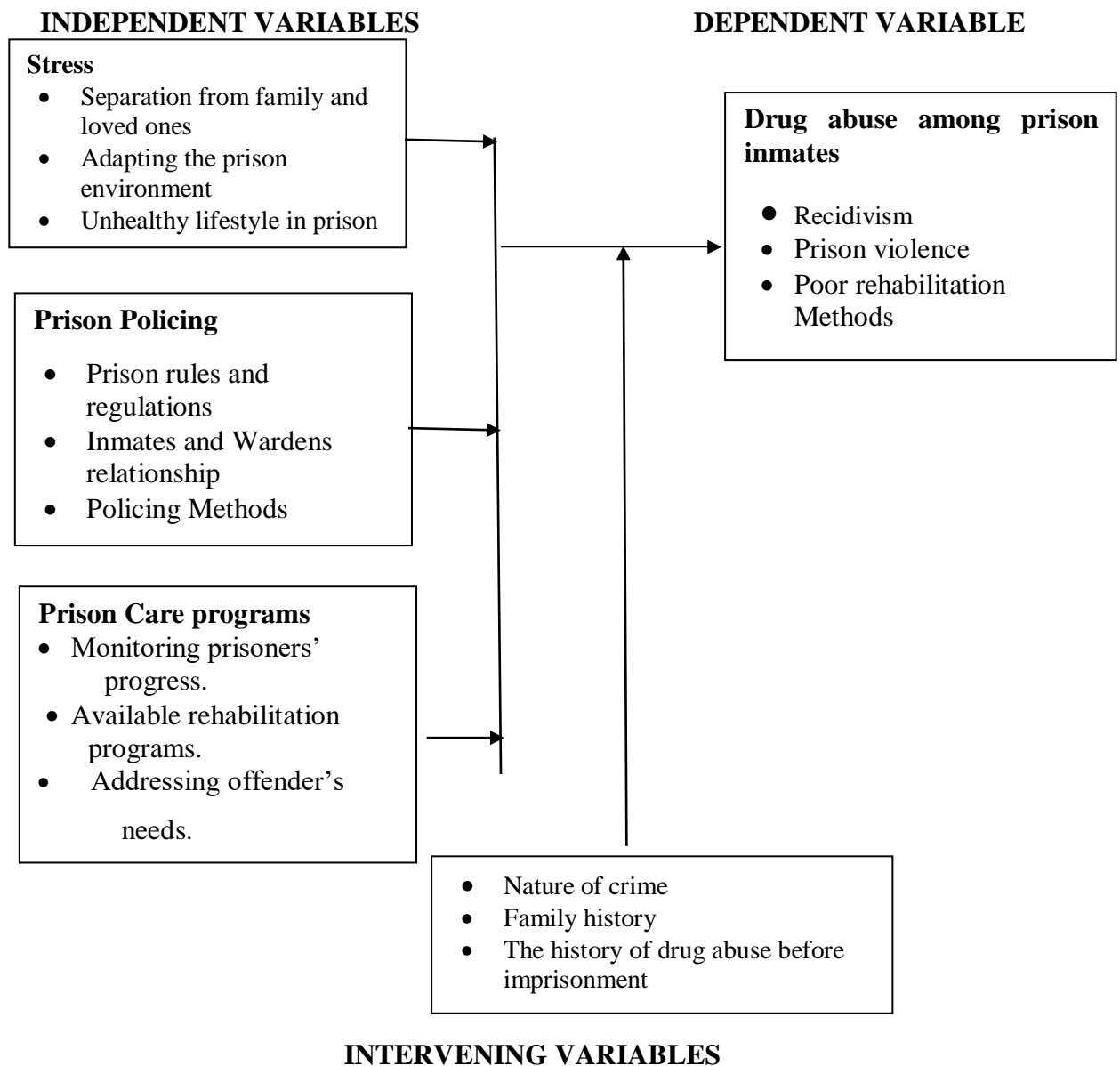


Figure 2; Conceptual Framework

Source: Author's own Presentation/Design

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents the population, sampling, research design, instruments, tools for gathering data, methods for data analysis and ethical considerations used in the study to examine the influence of particular variables on drug abuse among inmates at Kangeta Prison in Meru County, Kenya.

3.2 Research Design

A sequential explanatory mixed method research design was used in this study to determine the influence of the chosen factors on drug and substance use among Kangeta Prison inmates. A research design is a strategic plan for organizing and directing the whole study while assisting the researcher in addressing the issue at hand (John, 2018). The sequential explanatory mixed method, which combines the strengths of both qualitative and quantitative data, allowed the research to have a more thorough grasp of the research problem. This study's design was appropriate since it allowed the researcher to gather and analyse quantitative data in the initial stage. During the second phase, the qualitative data was collected using the interview schedules and any questions or phenomena that the researcher felt weren't fully covered in the first phase was added in the second phase of gathering qualitative data. Questionnaires were used collect quantitative data while interview schedules collected qualitative data.

3.3 Location of the Study

This study was carried out in Kangeta prison which is a correctional facility located in Igembe Central Sub County, Meru County Kenya. This facility has it jurisdiction for inmates and remandees from all the sub counties of Nyambene Area. (Tigania West, Tigania East, Tigania Central, Igembe North, Igembe South and Igembe Central.) This prison is located in one of the densely populated areas of Meru County. The Nyambene Region has a population of about 926,000 People according to the Census 2019. This location was chosen by the researcher due to the increasing recidivism in the area and also the prison is located in the area where violence and drug trafficking offences are so common (National Police Service, Annual Report, 2018)

3.4 Population of the Study

The target population of the study was 523 respondents when the study was conducted which includes; prisoners, remandees, prison wardens and other staffs. The accessible

population was 497 inmates and 26 officers working within the prison. (Kangeta Prison Registry Record, July 2023). A population is a set of items, objects or people that the researcher wants to select a sample or use the entire population for the purposes of collecting data for research or measurements. (Mugenda, 2013).

3.5 Sampling Procedure

Sample from the inmates were obtained using the simple random sampling procedure which is a probability sampling method. Sampling is a method of picking a suitable sample or representative section of a population in order to determine the characteristics of the entire population (Kombo, 2011). The researcher had two groups which he collected data from. This method of sampling ensured that each sample had an equal chance of being chosen. A random sample is intended to be a fair and balanced representation of the general population. (Etikan, 2017). Additionally, the researcher used a purposive sampling method to draw only six individuals from the prison staffs and other stakeholders. This sampling technique enabled the researcher to select only key individuals that were available and could provide relevant and meaningful information to this study. These respondents were interviewed by the researcher. This sample consisted of individuals cutting across all the department in the prison. These included include, two prison police, one health care official, one prison counsellor, a probation officer and a rehabilitation/vocational training coordinator.

3.5.1 Sample Size

A good sample should be able to represent the whole population. For the purpose of getting a better sample from the inmate's population the sample size calculation formulae proposed by Nassiuma (2000) was used this formula enabled the researcher to take into consideration the possible errors and coefficient of variation. Below is the formulae:

$$n = \frac{NC^2}{C^2 + (N - 1) e^2}$$

Equation 1: Nassiuma (2000) formula

Where:

n = Sample size,

e = Standard error.

C = Coefficient of variation,

N = Population,

C=25% (Nassiuma 2000), e = 0.02 and N= 497(Kangeta Prison inmate)

$$n = \frac{497 \times 0.25^2}{0.25^2 + (497 - 1) 0.02^2}$$

$$= \frac{31.0625}{0.2609}$$

$$= 119.06$$

=120 Respondents were selected to participate in this research.

3.6 Research instruments

To obtain primary data from convicts and other key informants, this study used semi-structured questionnaires and an interview schedule. These tools were selected due to their easiness in administering, were appropriate to the population under study and they saved time compared to other instruments.

3.6.1 Questionnaire

The questionnaire, which included both closed-ended and open-ended questions, were used to collect crucial data from respondents. The researcher distributed and administered the questionnaire. The questionnaire was divided into five sections, with section (A) covering the respondents' personal information and the other sections collecting data in accordance with the study's objectives.

3.6.2 Interview schedules

Interview schedules was used to get qualitative data from the relevant experts selected purposely by the researcher. The questions and statements to purposely help in gather more data that could be of important in testing the hypothesis in the interview schedule was design by the researcher. The schedule is affixed in Appendix C.

3.6.3 Validity

The research presented these instruments to various social science professionals and readers for their opinions, considerations, and ideas in order to ensure the instruments' internal and content validity. The corrections and other relevant changes were made

where necessary. Face validity was used to evaluate the appearance the language used, the format and the edit. During validity the research instruments were checked against the study objectives to ensure that the study results truly reflect what the researcher intended to investigate about. Validity ensured that the instruments are able to measure the phenomena under investigation. (Mugenda , 2013).

3.6.4 Pilot Study and Reliability

A pilot study was conducted to gauge the dependability of the instruments. The internal consistency of the study items was assessed using the Cronbach alpha coefficient, which ranges from 0 to 1. The Pilot study was conducted in Meru main Prison because it has some similar characteristics with Kangeta Prison. The pilot sample was 10% of the sample to be used in the study. Therefore, twelve respondents were given questionnaires at the pilot stage. Results obtained were then spilt into two and measured in the Cronbach’s alpha. And a score of 0.915 was determined which surpass the allowed value of 0.7, showing that the instruments used were reliable. (Malhotra, 2010). Reliability denotes the capacity and stability of the research instrument to give consistent findings each time there are utilized. (Mugenda.,2013). The table 1 below illustrate the reliability analysis of the variables

Table 1: Reliability Tests

Cronbach's Alpha	N of Items
.915	24

3.7 Data Collection Procedure

The researcher requested authorization from Tharaka University Ethics Committee and also sought for a permit from NACOSTI in order to collect data. Once these permissions were granted the researcher visited office of the Department of correction and informed them about the intention of carrying out the research in the prison. The respondents selected were contacted by the help of the prison officers. The interviews were conducted with the permission of the participants.

3.8 Data Analysis

The raw data was obtained after administering the questionnaires and conducting the interviews, and was systematically structured to aid in analysis. Following data cleaning and storage in a Microsoft Excel Version 2019 database, SPSS Version 25 was used for data analysis and interpretation. For variables with numerical values, descriptive statistics were employed to compute means and standard deviations. The spearman correlation coefficient was used to examine the significance of the link between the variables, and a statistical significance level of $p < 0.05$ was taken into consideration. Pie charts, graphs, and frequency tables were used to illustrate the data. The questionnaires were administered by the researcher. This study was carried out between the month of July and August 2023.

Utilizing interview schedules allowed for the collection of qualitative data. The researcher ensured that all the department and sections were involved in the study. The prison warden, probation officer, programs coordinator, Prison Counsellor, shot caller and a health officer were among the respondents selected purposely by the researcher. Thematic analysis using Nvivo Software Version 14 was conducted on the data collected by the interviews. The data was presented by use of frequency tables, graphs, word cloud and maps.

Table 1 Data Analysis Matrix

NO	Hypothesis	Independent variables	Dependent variable	Statistical procedures and tests
1	There is no statistically significant influence of stress on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.	Influence of stress on drug abuse	Drug abuse among the inmates	Performed thematic content analysis and Spearman's rank correlation coefficient
2	There is no statistically significant influence of prison policing on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.	Influence of prison policing on drug abuse	Drug abuse among the inmates	Used thematic content analysis and Spearman's rank correlation coefficient
3	There is no statistically significant influence of prison care programs on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.	The influence of prison care programs on drug abuse	Drug abuse among the inmates	Performed thematic content analysis and Spearman's rank correlation coefficient

CHAPTER FOUR

RESULTS AND DISCUSSION

4.1 Introduction

Chapter presents the outcomes and examination of the data collected. It delves into the viewpoints and understandings of the participants regarding the factors impacting drug abuse within the inmate population. The study utilized descriptive statistics, inferential statistics, and qualitative analysis for its investigation.

4.2 Distribution of Respondent Response Rate

A total of 120 copies of questionnaires were distributed for the study, and 102 of those were returned, representing a response rate of 85%. This percentage was within the required standard criterion of between 80% and 100% used in research. (Morton, 2012).

All the six respondents identified by the researcher for the purpose of performing interviews participated in the study producing 100% response rate. This information is nicely represented in the table 3 below.

Table 3: Inmates' Response Rate

Respondents	Sample	Response	Response (%)
Inmates	120	102	85
Total	120	102	85
Stakeholders	6	6	100
Total	6	6	100

4.3 Bio Data Analysis

This subsection discusses the respondent's personal information such as age, and, education levels. These data made it possible to understand the composition of the sample for drawing meaningful conclusions and generalizing findings

4.3.1 Distribution of Respondents by Age.

The information on age shows how respondents were distributed among the various age groups. There were 102 respondents in all that made up the study sample. Most participants were in the 25 – 30 age group which was made up of 31.4% of the respondents and the least were respondents in the age category of 41 and over which comprised 20.6%. In some countries like United State majority of inmates range 35-39 years showing a slight difference from what was found in Kangeta Prison (Bronson, 2017). The above information is shown clearly by the Below Table 4:

Table 4: Distribution of Respondents by Age

	Frequency	Percent	Valid Percent	Cumulative Percent
18-24	24	23.5	23.5	23.5
25-30	32	31.4	31.4	54.9
31-35	25	24.5	24.5	79.4
41 and above	21	20.6	20.6	100.0
Total	102	100.0	100.0	

4.3.2 Distribution of Respondents by Education Levels

The majority of respondents completed primary school (53.9%) this shows that most of the inmates who participated in the study did not continue with education after primary education. The least group of the respondents were those who had finished college/university (3.9%) The table 5 below summarizes this information.

Table 5: Distribution of respondents by Education Levels

	Frequency	Percent	Valid Percent	Cumulative Percent
No education	27	26.5	26.5	26.5
primary	55	53.9	53.9	80.4
Secondary	16	15.7	15.7	96.1
College/ University Level	4	3.9	3.9	100.0
Total	102	100.0	100.0	

4.4 Normality Test

To test the normality of the variables the Kolmogorov-Smirnov^a was used and the p-values (Sig.) was very low (less than 0.0001) which is less than the critical value of 0.05, which typically indicates that the data significantly deviates from a normal distribution. The Kolmogorov-Smirnov^a value of 0.265 is greater than the critical value of (<0.05), thus rejecting the null hypothesis that data followed the normal distribution. The table 6 below summarizes this information.

Table 6: Tests of Normality for Variables

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
SD_SCORE	.265	102	.000	.803	102	.000
DA_SCORE	.271	102	.0001	.789	102	.0001
PP_SCORE	.269	102	.0001	.767	102	.0001
DP_SCORE	.381	102	.000	.896	102	.0001

4.5 Distribution of Abused Drugs in Prison

The study of drug usage at Kangeta Prison revealed a nuanced picture of substance addiction among convicts. Surprisingly, tobacco was identified as the substance that was most frequently misused, garnering a significant percentage of 32.4%. The high rates of alcohol and Miraa usage among the prison population were also recorded. With a frequency of 2.0%, cocaine had a comparatively low presence. These results are presented by the Chart below:

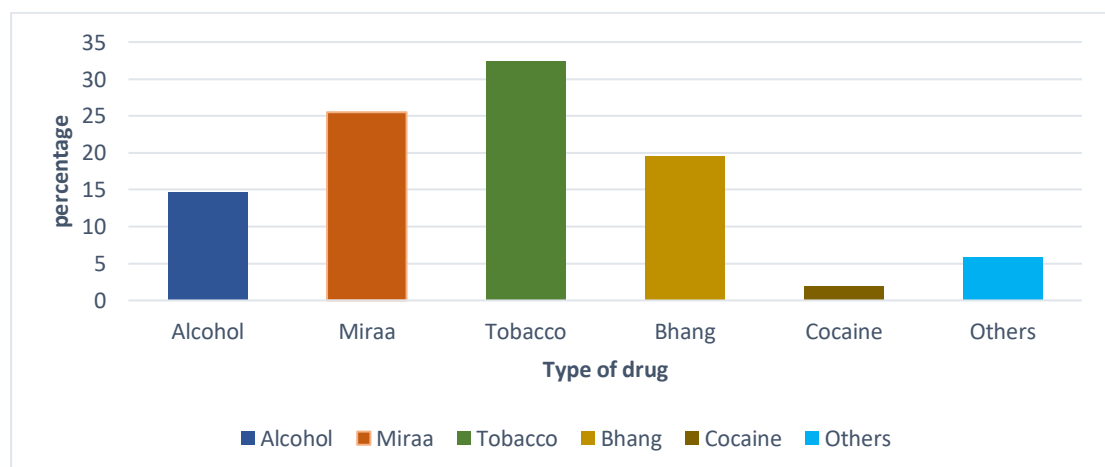


Figure 3: Distribution on abused drugs in prison

Interestingly, research conducted in Nigerian prison (Enugu Prison) by Okwudil N.K and Obayi (2014) showed some similarity. This difference could be attributed to various factors, including cultural norms and population. The absence of Miraa usage in Nigeria and its substantial prevalence in Kenya could be attributed to the geographic distribution of the plant. This is summarized by the below line graph

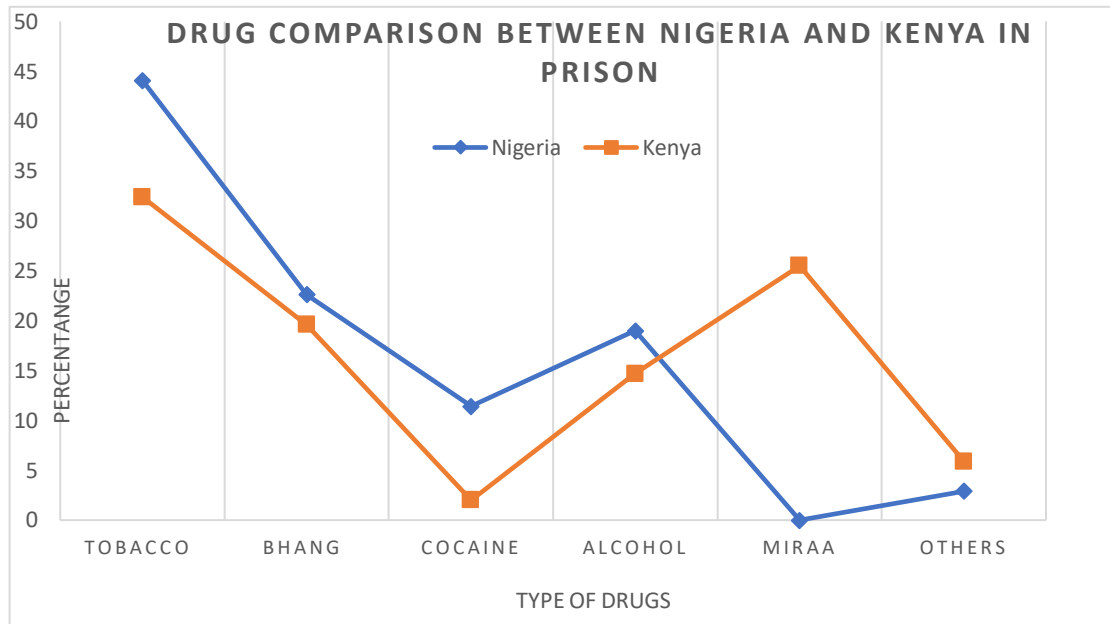


Figure 4: Drug Comparison between Nigeria Prison and Kangeta Prison in Kenya

4.6 Analysis of the Research Hypothesis

This section contains the analysis of the data on the research objectives for both questionnaires and interview schedules.

4.6.1 An Overview of Drugs within the Prison

This sub section aims to provide an extensive overview of the intricate relationship between drugs and the prison environment, delving into the various dimensions that contribute to the presence, impact, and the commonly abused drug within Kangeta prison.

To determine the presence of drugs in prison, various questions were asked on how frequently the prisoners or their peers use drugs in prison and if drugs can be easily obtained within the prison. The questions were framed on a Likert scale method of data collection where; (1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree).

From Table 2 below, it was observed that the major percentage of respondents seemed to have admitted to regularly using drugs inside the prison, which raises the possibility that substance misuse may be widespread among the prisoners. In addition, a substantial number of respondents (72.5% agreeing) say their friends typically use drugs in prison. This implies that drug usage may be a frequent practice in the respondents' prison social networks.

A significant percentage of those respondents (70.6% strongly agreeing) admits that prisoners may easily access drugs in prison. This perception supports the conclusions from the above comments and raises the possibility that there are problems with drug access and availability in the jail environment.

Additionally, a significant number of respondents believe that drugs are easily accessible within the prison, further highlighting the potential challenges related to substance abuse in the prison. Table 7 provides a summary of these discussions. Overall, the findings demonstrate that drug abuse is an ongoing problem in the prison environment, with a significant percentage of respondents either confessing to using drugs themselves or believing that their friends and other inmates use drugs frequently.

Table 7: Frequency of Drug Usage

Statement/Question	1	2	3	4	5	Mea n	SD
I frequently use drugs in the prison	2 2%	16 15.7 %	8 7.8%	51 50%	25 24.5 %	3.8	1.0 5
My friends usually use drugs while in the prison	3 2.9 %	13 12.7 %	12 11.8 %	39 38.2 %	35 34.3 %	3.9	1.1 1
Drugs can be easily obtained by the inmates in this prison	4 3.9 %	14 13.7 %	12 11.8 %	36 35.3 %	36 35.3 %	3.8	1.1 7

(Mean Average)- 3.83(Standard Deviation) (SD) Average – 1.11

NB - (1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree).

In order to get a deeper comprehension of the anomaly, the researcher went ahead to ask the stakeholders about the presence of drugs within the prison. Surprisingly most of the respondents agreed that drugs have been existing in the prison for decades and unless this issue is addressed they will continue existing and their impact will still be felt by both inmates and prison systems. For example, when one of the workers within the prison was asked about the presence of drugs in prison he said;

“Yes, we can’t deny, it true that drugs exist in this prison and their presence is indeed a challenge within our prison. Regrettably, despite our best efforts, we have not yet discovered a definitive strategy for their complete eradication...”

(Stakeholder 3, Male, KIII, 17TH JULY 2023)

Other stakeholders felt that even if the measures have been put into place to prevent the entry and usage of these drugs they are not stopping this phenomenon in the prison. They also acknowledged that the presence of drugs in prisons leads to a number of interrelated issues, such as an increase in violence and gang disputes over drug territories, increased health risks and the spread of diseases. One of the stakeholders said that:

“Despite this prison lying down good measures that are used to ensure that no unauthorized materials or drugs get into the prison they still find the way into the prison. This made even the management to be changed at one time and new policies implemented with the aim of ensuring that these drugs should not exist at all but we continue getting inmates using drugs. The impact of these drugs. The usage of these drugs have resulted to fights and violence in the prison”.

(Stakeholder 4, Female, KV, 17TH JULY 2023)

In summary, the findings indicate that drugs are present in many prisons around the world, including Kangeta prison in Kenya, and that solving the issues associated with drug use in prisons necessitates an extensive approach that includes improved security measures, successful drug prevention and rehabilitation programs, training for correctional staff, and efforts to prevent the entry of drugs into correctional institutions.

4.6.2 Influence of Stress on Drug Abuse

The researcher tested the null hypothesis that there is no statistically significant influence of stress on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya. Respondents were asked to fill questionnaire regarding the relationship between stress and drug abuse especially on how stress can make them get into drug abuse while

in prison. The question formed, touched on different approaches regarding stress including; how stress can influence use of drugs, factors causing stress and possible mechanisms and methods available in the prison. Table 3 provides a summary of the questions asked for instance, when Kangeta prison inmates were asked if stress might encourage them to take drugs while incarcerated, a substantial majority (51% and 23.5%) of respondents agreed that stress can result in drug abuse in prison. Only 17.6% of respondents disagreed with this assertion, in contrast. 7.9% of respondents felt neutral towards this statement. The majority of responders (mean = 3.8) skew towards agreement

The usage of drugs so that one can relieve themselves from stress came out clearly and the responses produced a statistical mean of 3.5 showing that 56.6 % (32.4 & 24.2) of the respondents agreed that drugs having been assisting them relieve stress while in prison.

Separation from family, friends and loved ones came out as one of the significant factors that made most of the inmates feel stressed while in prison with a mean of 3.8 which shows that majority of the respondents either agreed or strongly agreed about this statement. .

A significant portion of respondents (61.7%) moderately agreed and strongly agreed that the prison lacks stress management programs. Conversely, 18.6% of respondents disagreed with this statement while 19.7% were neutral on this issue. The average agreement is moderate (mean = 3.5)

A small percentage of respondents (14.7%) disagreed that inmates feel stressed due to adapting to the prison environment. In contrast, 72.5% of respondents agreed and strongly agreed with this statement. Average agreement appeared to be in favour of agreement. (mean = 3.7)

A substantial percentage of respondents (64.7%) agreed and strongly agreed that assisting prisoners in managing their stress will lower drug use. In contrast, 14.7% of respondents disagreed with this idea, while 20.6% had no opinion. The mean (3.8) indicates a reasonable level of agreement. The table 8 below summaries these findings:

Table 8: Influence of stress on drug abuse

Statement/Question	1	2	3	4	5	Mean	SD
stress influences the	5	13	8	52	24	3.8	1.1
abuse of drug while in	4.9	12.7	7.8%	51%	23.5		0
prison:	%	%			%		
The usage of drugs while	5	18	21	33	24	3.5	1.1
in prison helps an inmate	4.9	17.6	20.6%	32.4	24.2		8
relieve stress	%	%		%			
Separation from family,	5	7	21	42	27	3.8	1.0
friends and loved ones	4.9	6.9%	20.6%	41.2	26.5		7
makes inmates feel	%			%	%		
stressed							
This prison does not	9	10	20	44	19	3.5	1.1
have programs and	8.8	9.8%	19.6%	43.1	18.6		7
policies that helps	%			%	%		
inmates manage their							
stress							
The adaptation of the	2	19	7	49	25	3.7	1.0
prison environment	2.0	18.6	6.9%	48%	24.5		9
makes inmates feel	%				%		
stressed							
Helping inmates manage	2	13	21	31	35	3.8	1.1
their stress will reduce	2%	12.7	20..6	30.4	34.3		0
drug use among the		%	%	%	%		
inmates							

(Mean Average)- 3.68 (Standard Deviation) (SD) Average – 1.11

NB - (1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree).

The strength and direction of the relationship between these factors were evaluated using the Spearman's rank correlation coefficient (rho). Between the Drug abuse (DA)_Score and S Stress and Drug abuse (SD) Score, the Spearman's rank correlation

coefficient is 0.629. The magnitude of this relationship is moderately strong. This shows a substantial and relatively favourable correlation between the two factors. The correlation is statistically significant since the p-value for the correlation coefficient is less than the threshold of 0.05.

Increases in DA_Score typically correspond to increases in SD Score. Similar to SD Score, DA_Score also has a propensity to rise as SD Score does. The intermediate strength of this relationship shows that although the two variables do not have a strong relationship, there is still a significant correlation between them. The null hypothesis was rejected since the association is statistically significant at the 0.01 level. Table 9 provides a summary of this finding.

Table 9: Correlation between Stress and Drug abuse (Spearman Correlation)

		Correlations		
		DA_SCORE	SD_SCORE	
Spearman's rho	DA_SCORE	Correlation Coefficient	1.000	
			.629**	
		Sig. (2-tailed)	.	.001
		N	102	102
	SD_SCORE	Correlation Coefficient	.629**	1.000
		Sig. (2-tailed)	.001	.
	N	102	102	

To get a better understanding on this issue of stress and drug abuse, the researcher asked the stakeholders and authorities question regarding how stress can influence an inmate abuse drug. Most of the respondents reported that prison produces unpleasant environment such as loss of autonomy, separation from loved ones, fear of violence, uncertainty about the future, limited resources, stigma, lack of activities. Others claimed their stress is as a result of unfair and long judicial system.

Other respondents said that some inmates use drug as a strategy of helping them cope with the prison environment and a way of adapting easily in the prison and socializing with others. Stress within the prison can prolong to some extent that it can produce

some mental illnesses and disorders. A mind map showing this relationship is as shown in figure 6

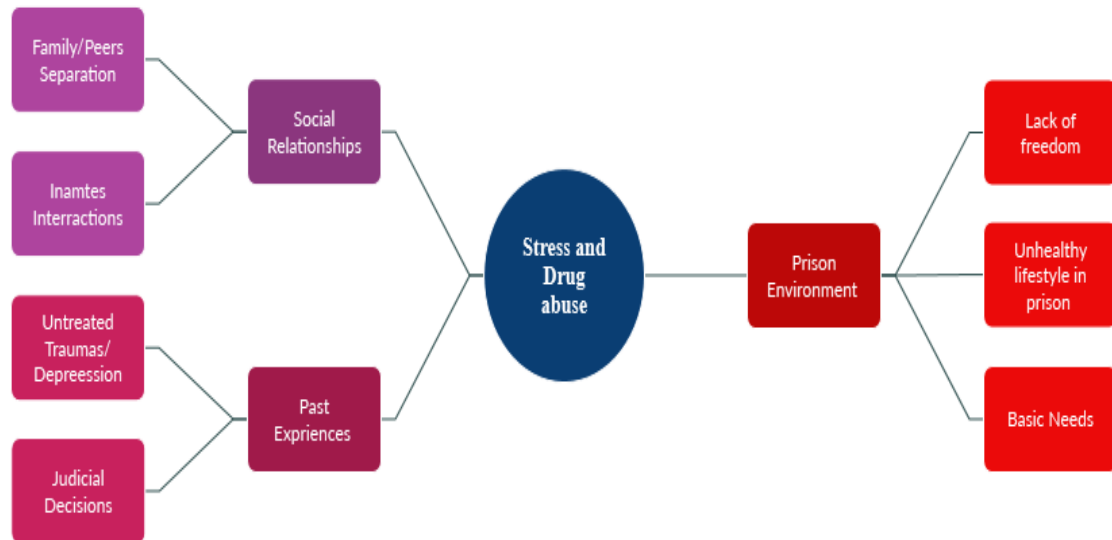


Figure 4: Mind map of Responses on Stress and Drug Abuse

When the stakeholders were asked about the treatment of mental patient most of the responded by saying that the prison does not have a good treatment program for such inmates with mental issues.

Based to the interviews done on stakeholders within the prison, some inmates use drugs as a coping technique for the difficult prison setting. The drugs are used as a way to deal with the pressure, loneliness, and uncertainty of incarceration. In this scenario, drugs could be used as an interim flee from the harsh reality of prison life and as a form of psychological pleasure. Drugs may also serve as a way of social acceptability for those who are unaccustomed with prison culture, making it easier for them to integrate into already-existing prisoner networks.

Prisons environment can result to high levels of stress that can lead to inmates developing mental diseases. The majority of stakeholders stated that the current treatment programs are insufficient when questioned about how prisons handle convicts with mental health issues. This emphasizes the important need for improved mental health services in prisons to assist prisoners who are struggling with psychological issues receive the care they need to stop their conditions from getting worse while they are incarcerated.

The following statements are some of the excerpts from the responses given by stakeholders:

“You know sometime the prison can produce a very unpleasant environment for many and especially new inmates, depending on the individual behaviour and learnt behaviour from other inmates, inmate can be forced to get into these drugs so that he can feel relieved from the stressing situations. We also do carry studies here and it has shown majority of the inmates have some mental issues and other illnesses”

(Stakeholder 5, Male, KVI, 17TH JULY 2023)

“Most of them inmates especially the “New Ones” have a hard time in adapting the new environment of the prison, some were even depressed before arrest and stressed as a result of judicial results that is making them be in this prison. This can make them get into drugs as a way forgetting their problems at their homes and even help them adapt in the harsh environment of the prison.”

(Stakeholder 1, Male, KI, 17TH JULY 2023)

“In this correctional facility, prisoners with mental health conditions do not receive treatment on-site; instead, they are relocated to other prisons like Kamiti or sent to the Mathare Rehab centre. However, it's important to note that not all inmates with mental health problems undergo this transfer, as some are still left untreated within the prison.”

(Stakeholder 6, Male, KIV, 17TH JULY 2023)

It can be challenging for inmates to settle in to the new prison setting because it frequently not so welcoming. For the purpose to keep and discipline those who have been found responsible of crimes, prisons have been designed to be harsh and secure environments. The environment may feel cruel and unpleasant as a consequence of often lacking the liberties and features of the outside environment (Mason et al, 2022).

Surprisingly, a study that was carried out by Chatterjee, 2006 in one of the largest prisons in Nepal found that over 35% of the detainees were struggling with depression and 65% of those suffering depressions were using drugs to cope with their stress.

Despite this, neither the prisoners nor the staff at the prison are aware of these disorders, allowing the individual to suffer in silence.

Just like what was found in Kangeta prison, a study carried out in Eldoret Prison, Rift Valley Region, Kenya by Showed that 24.5% of the inmates in that prison abused drugs so that they could cope with the prison environment and a way of adapting easily in the prison and socializing with others. (Daniel WC Kinyanjui & Lukoye Atwoli , 2013) The findings from Kangeta and other prisons across the world shows that stress is a major contributor in abusing drugs. Most of the inmate's responses shows that most prisons lack methods that can be used to help this depressed prisoner. The stress can be facilitated by factors such as prison environment, hostile inmates/staffs, separation from loved ones and unhealthy lifestyle in prison. Effective measures and programs needs to be implemented by the government and prison department.

4.6.3 Influence of Prison Care Programs and Drug Abuse

Testing Hypothesis that here is no statistically significant influence of Poor prison care programs on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya.

Table 5 shows the different questions that were asked by the researcher concerning the available prison care programs relating to drug abuse and their mean determined. The response produced a mean of 3.7 which shows that majority of the respondents (74.3%) agreed about the statement being asked. For instance;

When respondents were asked about the government coming up with new and improving the existing Prison care programs Will help in fighting Drugs in the Prison, about 68.60% of the respondents agreed or strongly agreed that enhancing the prison care programs will help the drug addicts while 17.6% of the respondents were contrary with this statement.

The 57.9% of the respondents believed that Prison programs can be used to tackle drugs within the prison. Their responses received a mean of 3.5 which suggests that the majority of respondents still leaned toward agreement. Although a significant number of respondents about 25.5% declined about this statement and 16.7% were neutral on this statement.

Majority (71.60%) of the respondents agreed that drug abuse in prison does not depend on the history of drug use before imprisonment, their believed that most of the addicts

in prison were recruited into the addiction while within the prison. While 13.70% disagreed with this statement.

To determine if counselling can be used a program tool for helping addicts, respondents were asked about it and 71.6% agreed that it can be so much of beneficial to addict if well implemented. A small portion (16.70%) believed that counselling would not work for drug addicts within the prison.

Addressing and understanding the inmate's needs especially those having addiction problem is a way of making them feel better and well rehabilitated. Studies have shown most of inmates commit crime so that they can fulfil their needs therefore addressing these needs will reduce abuse of drugs for most of the inmates. A large portion (61.70%) agreed that the prison did not fully address their needs while being in prison and about 20% of the respondents felt that addressing the need would not reduce drug abuse in prison.

Prison staff are the one concerned about rehabilitating the offender and their level of concern affects the whole rehabilitation process of any inmate. About 67.70% agreed that the staffs were not concerned on helping the addicted inmates and 14.70% agreed that the staffs provided useful concern that could be used to help the addicted inmates.

In conclusion, the means for all six questions indicate that the majority of respondents agreed or strongly agreed with the statements presented. The table 10 below summarizes this information;

Table 10: Influence of Prison Care Programs on Drug Abuse

Statement/Question	1	2	3	4	5	Mean	SD
The government coming up with new and improving the existing Prison care programs Will help in fighting Drugs in the Prison	4 3.90%	14 13.7	14 13.70%	41 40.20%	29 28.40%	3.8	1.13
Prison care programs are the best methods to reduce drug use in prisons	4 3.90%	22 21.60%	17 16.70%	33 32.40%	26 25.50%	3.5	1.2
Those people who take drugs while in prison are not only those who have some history of drug abuse before imprisonment.	4 3.90%	10 9.80%	15 14.70%	46 45.10%	29 26.50%	3.8	1.06
Counselling sessions can be helpful in helping addicts within this prison	6 5.90%	11 10.80%	15 14.70%	46 45.10%	29 26.50%	3.8	1.15
The available programs do not address the inmates needs especially those using drugs	9 8.80%	11 10.8%	19 18.60%	44 43.10%	19 18.60%	3.5	1.18
Prison officials are not so much concerned in regard to prison care programs for addicted inmates	3 2.90%	12 11.80%	18 17.60%	32 31.40%	37 36.30%	3.9	1.13
(Mean Average)- 3.7 (Standard Deviation) (SD) Average – 1.14							
NB - (1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree).							

The relationship between drug abuse and poor prison care programs was determined by using Spearman correlation coefficient (ρ) at 95% confidence level. The relationship was found significant after the Spearman Correlation coefficient of 0.642 was determined which shows a strong relationship between the two variables. This means that the DA scores are typically influenced by the DP scores.

The null hypothesis was thus rejected because the findings shows a relationship between Prison care programs and Drug abuse exists and the association is statistically significant at 0.01 which is less than the threshold of 0.05. This is summarized by the table 11 below

Table 11: Drug abuse and prison care Programs; Spearman correlation

Correlations					
		DA_SCORE	DP_SCORE		
Spearman's rho		Correlation Coefficient	1.000	.642**	
	DA_SCORE	Sig. (2-tailed)	.	.001	
		N	102	102	
		Correlation Coefficient	.642**	1.000	
	DP_SCORE	Sig. (2-tailed)	.001	.	
		N	102	102	

The findings from Kangeta Prison shows that rehabilitation especially on drug abuse is not so much of concern by the prison system. From the interviews conducted by the researcher one of the stakeholders in the prison stated that;

“This prison helps the inmates by teaching them skills on farming, masonry and carpentry which they can use after release, we do not concentrate so much on drugs treatment because they require a lot of resources and skilled personnel that we do not have”.

(Stakeholder 3, Male, KIII, 17TH JULY 2023)

The stakeholders were also asked about the availability of enough and qualified staff who performs rehabilitation programs within the prison. Surprisingly the responses from most of the respondents shows that the available staff are not so much qualified

to the extent of helping inmates especially those on drug addiction and mental problems. One of the stakeholders claimed that:

“This prison does not have adequate and trained personnel to aid in rehabilitating and counselling inmates especially those with addiction and mental illness. Unfortunately, the government has not provided the necessary resources to ensure a sufficient number of qualified staff members for these critical roles”

(Stakeholder 2, Female, KII, 17TH JULY 2023)

The results obtained from Kangeta prison show that the correctional system does not put sufficient emphasis on treatment, especially when it comes to drug abuse. A worker in the prison has outlined how the prison places a strong emphasis on teaching offenders’ useful skills for their use after release, such as agriculture, brickwork, and construction. This is a result of the lack of resources and skilled professionals needed for thorough drug treatment.

The stakeholder interviews highlighted a lack of skilled personnel who can effectively run rehabilitation programs, particularly for prisoners dealing with drug addiction and mental health difficulties. One interested party emphasized that the institution lacked the necessary funding and government support to fill the personnel and rehabilitation programs gaps. These themes are summarized by the figure 8 below; The Rectangle shows the main theme, the triangles show the sub theme while the circles shows sub-sub themes.

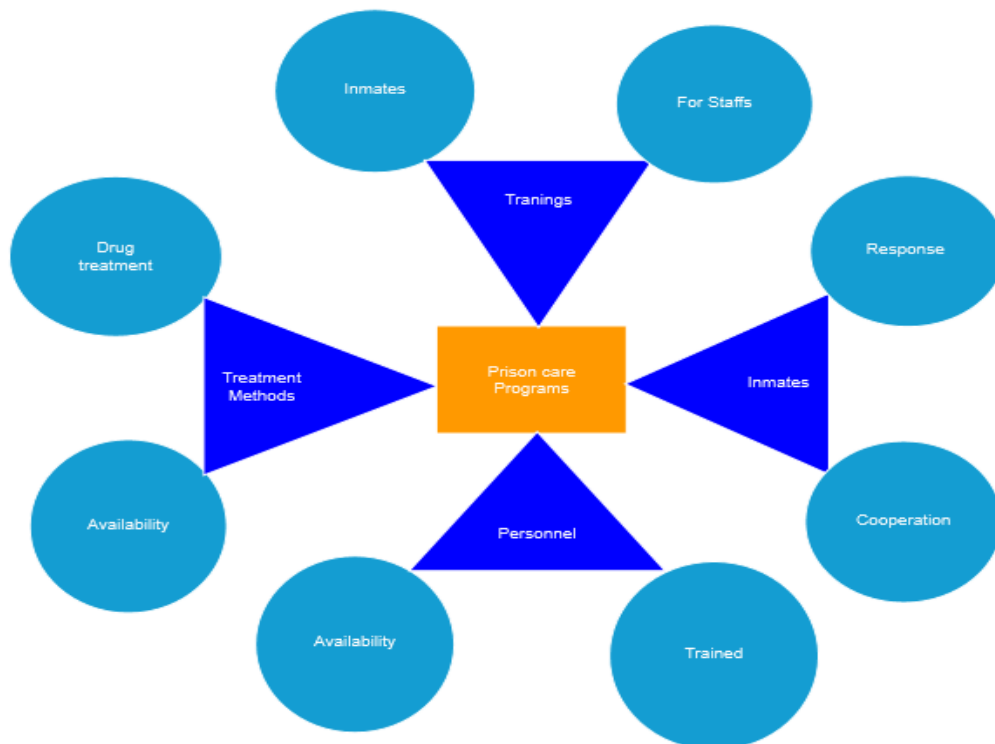


Figure 6: Concept Map on Themes of Prison care Programs

The findings from Kangeta prison matches with what Papa found in 2015, where he found that the current criminal justice system do not concentrate on the rehabilitation of the offender, their aim is just to arrest and incarcerate the offender. This shows that the inmate will leave the prison just punished but their behaviour cannot be changed by only punishment because other rehabilitation programs are needed.

The method of treatment has been hampered by the use of drugs within jails. For instance, studies conducted on Kericho Prison in Kenya) on the impact of drug abuse o rehabilitation shows that the prison lacks rehabilitation methods that could address the issue of drugs in the prison. When these inmates were released 53% of them got arrested with drug addiction issues that they got within the prison, indicating that they did not receive adequate care and rehabilitation while they were incarcerated. (Maritim ,2018)

A survey study conducted in Canada prisons shows the impact of prison care programs in rehabilitating an addict while in prison. Watson found that about 40% of Canadian inmates were already addicted to drugs before imprisonment, while 70% of the abusers in those prison go into drugs after arriving in the prison (Within the first three months). From this study Watson also found that the available methods of rehabilitations in the

Canadian prisons did not full help inmates who were struggling with drugs related disorders. (Watson, 2016),

The findings from Kangeta and other prison indicates that a significant portion of drug treatment programs within most prisons are not yielding satisfactory results. The ongoing issue of inmate drug abuse despite these programs suggests that there are challenges in their design, delivery, or effectiveness. Comprehensive reforms and enhanced strategies are warranted to address these shortcomings and improve the success of drug treatment programs in prison settings.

4.6.4 Influence of Policing on Drug Abuse

Testing Hypothesis that here is no statistically significant influence of policies and laws on drug abuse among the inmates of Kangeta Prison, Meru County, Kenya. The table 7 presents data on respondents' perceptions regarding various aspects of rules, policies, and drug-related activities within the prison environment. These perceptions are measured on a scale from 1 (Strongly Disagree) to 5 (Strongly Agree), with corresponding percentages of respondents falling into each category. The Mean Average and Standard Deviation (SD) Average are also provided for each statement.

In order to understand the state of the current rules and policies within the prison regarding controlling the behaviour and entry of drugs and Contraband goods in the prison, the researcher asked some specific questions regarding this issue.

In regard to Inmates' awareness of rules and policies, the mean average for this statement is 3.7, indicating that the majority of respondents either agree or are neutral regarding inmates' awareness of rules and policies concerning drug and contraband usage. Specifically, 83.6% of respondents agreed or strongly agreed, while 18.6% disagreed or strongly disagreed, and 12.7% were neutral.

About 68.7% of inmates, which represents the majority of the respondents think that drug users who are caught within the jail are typically not punished when caught using or in possession of the drugs. This statement also has a mean average of 3.7, with 68.7% agreeing or strongly agreeing. However, 16.7% disagreed or strongly disagreed, and 11.8% were neutral, implying a significant proportion of respondents who perceive that inmates caught in drug possession are not usually punished.

Interestingly, a substantial percentage (68.6%) believe that inmates typically obtain drugs from visits by friends and relatives. This poses concerns regarding how well visitor screening measures work and suggests a possible way to strengthen prison security measures. Respondents leaned slightly towards agreement on this statement, with a mean average of 3.9. Here, 68.6 % agreed or strongly agreed, while only 17.3% disagreed or strongly disagreed. Notably, 14.7% were neutral, indicating some uncertainty or mixed views on the role of visitors in drug supply.

The view that prison guards and staff help convicts obtain drugs is held by a significant percentage of 67.70%. An estimated 14.70% of prisoners disagreed, showing that some respondents do not hold this opinion while 17.60 were neutral on this notion. Over half of inmates (53.9%) concur that drugs can be purchased outside of prison walls and fences. On the other hand, about 15.70% of prisoners disagreed, which may signal they believe there are other ways to get drugs.

The majority of prisoners (67.60% agreed and strongly agreed), think that if they break the regulations, the prison police might not intervene. This impression may weaken the prison's sense of security and discipline, which may affect general compliance and order. About 20.6% of prisoners disagreed with this statement, potentially suggesting a more favourable view of the prison police's enforcement operations, while 11.80% were neutral. These findings are summarized by table 12 below;

Table 12: influence of Policing on Drug abuse

Statement/Question	1	2	3	4	5	Mean	SD
Inmates are aware of the rules and policies relating to drug and Contraband usage or possession within the prison	6	13	6	55	22	3.7	1.1
	5.90	12.70	5.90%	53.90	21.60		2
	%	%		%	%		
	5	12	15	42	28	3.7	1.3

Inmates who are caught in possession of drugs within the prison are not usually punished	4.90 %	11.80 %	14.70 %	41.20 %	27.50 %		
Inmates usually get drugs from Visitors	3 2.90 %	15 14.70 %	14 13.70 %	30 29.40 %	40 39.20 %	3.9	1.1 2
Prison staffs and police facilitate the entry of drugs into the prison	3 2.90 %	12 11.80 %	18 17.60 %	32 31.40 %	37 36.30 %	3.8	1.1 3
Inmates usually purchase drugs over the walls and fences around the prison	7 6.90 %	9 8.80% %	31.4 30.40 %	34 33.30 %	21 20.60 %	3.5	1.1 7
The Prison police are people who will not take any action if inmates don't follow the rules	6 5.90 %	15 14.70 %	12 11.80 %	30 29.40 %	39 38.20 %	4.2	1.1 1

Mean Average- 3.8

Standard Deviation (SD) Average – 1.15

NB - (1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree).

The association between drug abuse and poor policies and laws was determined by the use of Spearman's Correction Coefficient (*rho*) which helps in measuring the the fortitude and trajectory of the variables' relationships with one another. The correlation coefficient (*rho*) between "DA_Score" and "PP_Score" was determined to be 0.551. This significant correlation suggests that the two variables have a moderate link. In

other words, as one variable's values rise, the other variable's values tend to rise as well, and vice versa. This correlation's p-value is 0.002, which is lower than the usual 0.05 level of significance. This suggests that the relationship between "DAScore" and "PP_Score" is statistically significant, thus rejecting the null hypothesis that prison policing has no statistically significant effect on drug abuse among inmates at Kangeta Prison in Meru County, Kenya. The table 8 below provides summary of these findings;

Table 13: Correlation of Drug abuse and Policing on Drug Abuse

		Correlations		
		DA_SCORE	PP_SCORE	
Spearman's rho	DA_SCORE	Correlation Coefficient	1.000	.551**
		Sig. (2-tailed)	.	.002
		N	102	102
	PP_SCORE	Correlation Coefficient	.551**	1.000
		Sig. (2-tailed)	.002	.
		N	102	102

The researcher also conducted some interviews about the rules and how drugs enter the Prison despite the security and check up at the gate. Respondents had different views and perceptions on the matter and majority of them claimed that the drugs find their way in into the prison through visitations, prison staff involvement and drug activities outside the prison. For example, a program coordinator in the prison added that;

“Some drugs find their way in through staff members who may be involved in illegal activities or susceptible to corruption. Visitors also pose a risk as they might attempt to smuggle in contraband during their visits, exploiting the limited security measures. Additionally, drugs can sometimes be obtained through the welfare department such as..... sport days”

(Stakeholder 5, Male, KVI, 17TH JULY 2023)-1

The figure below shows a thematic analysis of the different interviews of stake holders about the entry of drugs into the prison.



Figure 7; Word Cloud about the entry of drugs into the prison

The data on the issue about the current laws and policies within the prison was collected qualitatively where the respondents were asked about the available rules pertaining drug abuse and the implementation and enforcement of those laws within the prison. Most of the respondents agreed that clear and proper rules exist within the prison and they are sufficient to curb drug abuse but the problem is their implementation and enforcement. For instance, a probation officer added that;

“The government policies and laws to curb drug abuse in prison exist, but their implementation is not well done. There are rules, but searches and prevention are inconsistent, and some staff lack proper training to address the issue effectively. To make a real difference, these policies need better enforcement and more training for staff.”

(Stakeholder 4, Female, KV, 17TH JULY 2023)

Table 14; Laws and policies (Interview Responses)

Word	Length	Count	Weighted Frequency
The measures and policies not sufficient	35	25	16.2%
Lack of enough Staff	19	18	11.7
Presence Corrupt staffs	21	31	20.1

Limited resources	17	29	18.8
Poor implementation of the laws	29	32	20.8
Lack of punishments	20	19	12.3
Totals	141	154	100

This response and other views and ideas from other respondents were collected, coded and presented as shown below by the graph and the table 14 above. The findings show that Poor implementation of laws and policies by the staff, and presence of corrupt officer are the main factors relating to drug abuse among the prison. Generally, the results show that the current measures, rules and policies are not sufficient to curb the issue of drug abuse in the prison

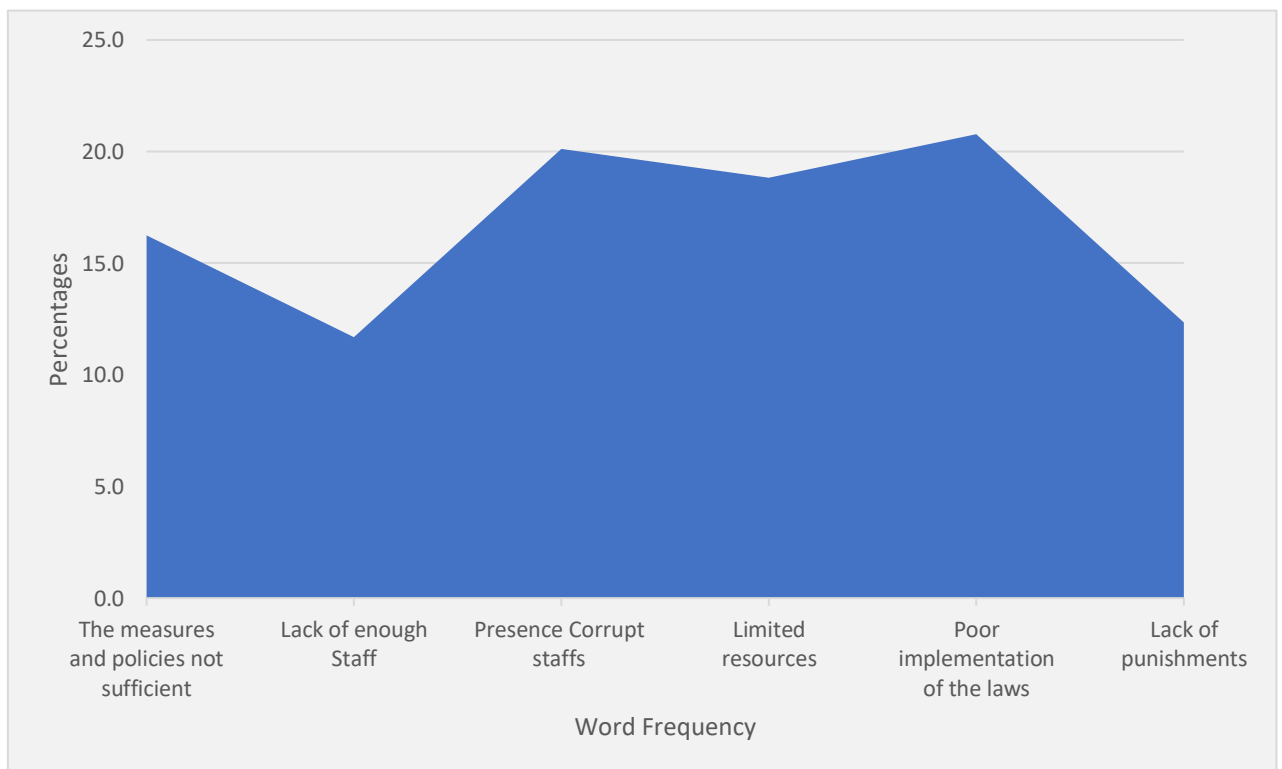


Figure 8: Laws and policies (Interview Responses)

These results found in Kangeta concurred with what was found in the nation of Australia, where sewage examination is used to conduct efficient gathering of information about substance abuse among the inmates. It enables for a precise evaluation of drug consumption in jail and is currently undergoing tests in the USA and Spain. It is a more rapid more efficient method that offers accurate, reproducible, objective, and almost real-time data without invading anyone's confidentiality. Eight out of the nineteen samples evaluated in a study that collected sewage samples from June 2008 to June 2009 on 42 occasions in Catalonia, North-Eastern Spain, had a 100% recognition rate.

One of the most popular ways to smuggle drugs into institutions is through points of entry; staff members, visitors, and inmates all bring narcotics in through the main entrance. Contact visits, insufficient staff searches, and ultimately a lack of resources to support interdiction efforts such as technology and personnel to monitor the grounds and conduct physical searches have all contributed to this common entry point for drugs into correctional facilities (Peterson, 2021). The Federal Bureau of Prisons (BOP) claims that due to a lack of physical barriers during visitation and insufficient staff surveillance and visitors are a major factor in the introduction of drugs into prisons (Peterson, 2021).

A study in England prisons, showed that between the year 2013 and 2014 most the prisons in England reported cases amounting. When the inmates were interviewed about the phenomena most of the (50%) reported that they had received those drugs from the visit sections (CJS, 2014).

Sniffing dogs, electronic scanners, and urine testing can be used to pick up even the smallest drug traces are just a few of the tools employed in some developed countries such as Canada to maintain its zero-tolerance stance on narcotics within the prisons. Inmates that screen positive or are discovered using drugs may suffer consequences and lose more liberties. Visitors are well screened and are not allowed to bring any food, drinks or other stuffs prohibited by the laws of the prison. These countries have even embraced the use of exams and body scans that are able to trace these drugs even when are swallowed into the body (Johnson, 2021).

These findings from Kangeta Prison and other literature from other related finding really shows that the issue of drug abuse within the prison has been existing and it

interferes with the goal of rehabilitating these offenders. Therefore the parties involved need to develop strategic plans and measures that will help in addressing this issue.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the findings of the thesis by summarizing the data, providing logical conclusions, and providing helpful suggestions and recommendations as well as recommendations for further study by other researchers.

5.2 Summary of the findings of the Study

The study in Kangeta Prison on the influence of drug abuse on prison inmates produced findings that shows the connection of some selected factors that could be making inmates get into drugs while being in prison. The total Response rate was at 85.71% from both respondents of the questionnaire and interview schedules.

Most participants were in the 25 – 30 age group which was made up of 31.4% of the respondents. The majority of respondents had completed primary school (53.9%). Surprisingly, tobacco was identified as the substance that was most frequently abused, garnering a significant percentage of 32.4%.

A major percentage of respondents (74.5%) seemed to have admitted to regularly using drugs inside the prison, and (72.5% agreeing) say their friends typically use drugs in prison. A significant percentage of those respondents (70.6%) strongly agreeing) admits that prisoners may easily access drugs in prison. Most of responses from the interview schedules produced the same results, where majority of them agreed that drug abuse is a major problem to prison systems.

5.2.1 Influence of Stress on Drug Abuse

The researcher investigated the influence of stress on drug abuse among inmates at Kangeta Prison, Meru County, Kenya. The study aimed to test the null hypothesis that there is no statistically significant influence of stress on drug abuse in this prison environment. Respondents filled out questionnaires that explored various aspects of the relationship between stress and drug abuse.

The majority of respondents (51% and 23.5%) agreed that stress can lead to drug abuse among inmates, with a mean agreement score of 3.8. Only 17.6% disagreed, while 7.9% were neutral on this statement. A substantial percentage (56.6%) of respondents agreed that drugs help them relieve stress while in prison, resulting in a mean score of 3.5. This suggests that many inmates use drugs as a coping mechanism. Separation from Loved Ones and Stress, Lack of Stress Management Programs, Stress from Prison Environment and lack of assistance to Manage Stress and Reduce Drug Use also were among key contributors of stress within the prison.

The findings reveal a significant relationship between stress and drug abuse within the prison setting, with stress factors such as separation from loved ones, the prison environment, and the lack of stress management programs playing a crucial role. Many inmates resort to drugs as a coping mechanism to deal with the challenges and stressors they face in the prison.

Stakeholders and authorities within the prison also acknowledged the adverse impact of the prison environment on inmates' mental health. Interviews revealed that the harsh prison conditions, separation from loved ones, and the uncertainty of incarceration contribute to stress and, in some cases, lead to drug abuse. Furthermore, it was noted that the prison lacks adequate treatment programs for inmates with mental health issues, emphasizing the need for improved mental health services in prisons.

The research findings align with previous studies conducted in other prison environments, indicating that stress is a significant factor in inmates' drug abuse. Effective measures and programs are needed to address the mental health and stress-related challenges faced by inmates in Kangeta Prison and similar institutions, highlighting the importance of government and prison department intervention.

5.2.2 Influence of Prison Care Programs and Drug Abuse

This objective aimed to investigate the influence of poor prison care programs on drug abuse among inmates at Kangeta Prison in Meru County, Kenya. The study sought to test the null hypothesis that there is no statistically significant relationship between poor prison care programs and drug abuse within the prison.

The respondents largely agreed with the statement that enhancing and improving prison care programs will help in combating drug abuse in the prison. About 68.60% of respondents agreed or strongly agreed with this idea, while 17.6% disagreed. A majority

(57.9%) of respondents believed that prison care programs are effective in reducing drug use within the prison, with a mean agreement score of 3.5. However, about 25.5% disagreed, and 16.7% were neutral on this matter.

The coefficient of 0.642 indicates a strong and significant relationship between the two variables. This means that higher DA scores are associated with higher DP scores, showing that there is a link between poor prison care programs and drug abuse. The null hypothesis was rejected because the correlation is statistically significant at the 0.001 level.

The interviews with stakeholders and authorities within Kangeta Prison provided additional insights into the challenges faced in terms of rehabilitation and prison care programs. The stakeholders acknowledged that the prison primarily focuses on teaching inmates practical skills, such as farming and construction, for their use after release. Limited resources and a lack of qualified personnel are cited as the reasons for the limited emphasis on drug addiction treatment within the prison.

The findings from Kangeta Prison align with previous research conducted in other prison settings, indicating that the current criminal justice system often falls short in terms of inmate rehabilitation. Inadequate attention to drug treatment, the lack of resources, and a shortage of qualified staff are identified as key barriers to effective rehabilitation programs. Similar studies conducted in Kenyan and Canadian prisons further emphasize the challenges in addressing drug abuse within correctional facilities.

The research findings underscore the need for comprehensive reforms and improved strategies to enhance the success of drug treatment programs in prison settings. These findings also highlight the importance of government support and adequate resources to address the issues of drug abuse and rehabilitation within correctional facilities.

5.2.3 Influence of Policing on Drug Abuse

This objective aimed to investigate the influence of policing on drug abuse among inmates at Kangeta Prison in Meru County, Kenya. The study sought to test the null hypothesis that there is no statistically significant relationship between policies and laws and drug abuse within the prison.

Respondents' perceptions regarding inmates' awareness of rules and policies relating to drug and contraband usage indicate that the majority (83.6%) either agree or are neutral

about inmates' awareness of these rules. This implies that the inmates have some level of understanding of the existing rules and policies, even though the mean average is 3.7.

About 68.7% of inmates believe that drug users who are caught within the prison are not usually punished, with a mean average of 3.7. This suggests that a significant portion of respondents perceives that inmates caught in drug possession are not consistently punished. Drug supply from visitors, staff, and external drug purchase were some of the routes that majority of the inmate's gets drugs from. Also punishment of those inmates that break the prison rules are not well carried out by the prison police.

The Spearman correlation coefficient (ρ) was used to assess the relationship between drug abuse (DA_Score) and prison policies and policing (PP_Score). The coefficient of 0.551 indicates a moderate but statistically significant relationship between the two variables. In other words, as one variable's values increase, the other variable's values tend to increase as well, and vice versa. The correlation's p-value is 0.002, which is lower than the usual 0.05 level of significance, suggesting that the relationship between "DA_Score" and "PP_Score" is statistically significant. This leads to the rejection of the null hypothesis that prison policing has no statistically significant effect on drug abuse among inmates at Kangeta Prison.

Qualitative interviews with stakeholders and authorities at Kangeta Prison provided additional insights into the challenges related to drug abuse and the effectiveness of policies and rules. Respondents generally agreed that clear and proper rules exist within the prison to address drug abuse, but their implementation and enforcement are inconsistent and inadequate. Several factors contributing to the entry of drugs into the prison were identified, including staff corruption, insufficient resources, and ineffective enforcement of rules.

The word cloud and thematic analysis show that poor implementation of laws and policies, staff corruption, and limited resources were identified as the primary factors contributing to drug abuse within the prison.

These findings align with international research from various countries, including Australia, England, and Canada, which highlights the challenges related to drug abuse within correctional facilities. Common entry points for drugs into prisons include visitations, staff involvement, and drug activities outside the prison.

The results emphasize the need for more effective enforcement of existing policies and rules, along with measures to address corruption and the lack of resources. Developing and implementing strategies to enhance prison security, visitor screening, and enforcement of drug-related policies is essential to curb drug abuse within correctional facilities.

These findings emphasize the significance of maintaining and enforcing policies and rules aimed at controlling drug abuse within prisons, along with the importance of addressing the entry points and factors contributing to drug abuse. Prison authorities and relevant stakeholders need to prioritize these issues to effectively rehabilitate inmates and maintain security within correctional facilities.

5.3 Conclusion of the Study

This Study did a depth understanding of some of stressors or contributing factors that may make inmate abuse Drug while within the prison facility. The central part of the study was guided by three factors that the researcher established that they had a great connection in regard to abuse of drugs. The research was carried out in Kangeta Prison, Meru County, Kenya.

It became clear that the stress among the inmates was a major cause of drug use. Penitentiary conditions, which were marked by the harsh environment, diminished privacy, and constant threat of violence, separation from relatives are some of the reasons fostered to elevated stress levels. Inmates who face stress often resort to using drugs as an ineffective way to overcome the intensity of jail. The results of this study emphasized the importance of understanding the major influence of stress on inmate well-being and pointed to the necessity for focused treatments that minimize stress and support mental health to deal with the root causes of drug abuse.

Drug abuse habits inside correctional facilities were found to significantly influenced by the rules and procedures inside the prison system. Lack of proper enforcement and strict rules emerged to one of the reasons why inmates could abuse drugs easily. The study emphasized the necessity for a review of the drug policy in order to provide focus to restorative justice and rehabilitation-focused approaches. Prison authorities can better address the underlying causes of drug usage by creating a more conducive environment for effective inmate rehabilitation by redirecting the focus from retribution to treatment and recovery.

The examination of the presence and quality of rehabilitation programs in prisons has been identified as a crucial determinant in the resolution of drug abuse amongst inmates. The outcomes of the study show that the current programs at the jail under review are insufficient for dealing with the problem of drug usage and addiction. Conversely, the mitigation of drug usage is challenging in correctional facilities that possess inadequate, obsolete, or ineffective rehabilitation programs. The study findings highlight the pressing need for the allocation of sufficient funding and the implementation of reforms to facilitate evidence-based rehabilitation efforts within correctional facilities.

5.4 Recommendations of the Findings

Based on the comprehensive analysis of the data and insights obtained from this research at Kangeta Prison, this section outlines a series of actionable recommendations aimed at addressing the critical issues related to drug abuse and the effectiveness of prison care programs and policies. These recommendations are designed to guide prison authorities, policymakers, and stakeholders in making informed decisions to enhance the overall well-being of inmates and improve the rehabilitation process within the prison system.

5.4.1 Stress Management Programs;

- i) Integrate based on research stress mitigation activities to correctional institutions via establishing stress management programs Such as meditation, mindfulness meditation, and other relaxation practices may be amongst them.
- ii) Enhance emotional wellness programs and support inside prison institutions to broaden accessibility to these therapies. This could involve employing additional psychologists to provide therapy and counselling to inmates enduring stress and other psychological issues. Drug abuse statistics can be minimized with proper mental health care.
- iii) The recommended programs could Include teachings on stress management. Inform inmates regarding the relationship between stress and addiction to drugs and educate them on effective stress-management practices.
- iv) Establishing peer support groups in which prisoners can talk about their experiences and methods for coping. Prisoners who are in an encouraging atmosphere can control their stress and withstand their impulses to take drugs.

- Support from peers may boost a feeling of connection to others and minimize isolation, both of which have been linked to dropped substance abuse prevalence
- v) Offering prison staff with strategies and trainings for handling potential stressful situations as well as educating them to identify the indications of stress and drug abuse.. The staffs can be even trained before being deployed to different prisons across the country. With these skills they will be able to help inmates manage their stresses easily and effectively.
 - vi) Establishing games activities and sports can also be used as a method of helping inmates manage their stress. Exercise has been proven to help reduce stress while improving mental health, which might help indirectly lowering the abuse of drugs.
 - vii) A significant number of issues can be remedied by doing research and investigation so that the fundamental root causes of these problems can be understood. The government should promote deeper research and inquiry into prison systems.

5.4.2 Recommendation on prison policing

- i) Setting up more security cameras as well as tracking equipment at every entrance of the jail, including the main gates, the visitor areas, and the staff entrances. All things that are forthcoming into and out of the prison are looked over by them.
- ii) From the study findings, visitors are associated with the tendency to bring drugs and other contraband into the prison. Therefore, establishing a clear and strict visitor policy, outlining the allowed visiting hours, approved visitors, and the number of visitors per inmate.
- iii) Collaboration with other law enforcers outside the prison will be of great help in understanding where these drugs come from and cutting off the supply. The prison wardens should foster strong partnerships with local law enforcement agencies to gather intelligence on potential smuggling attempts and criminal networks operating in and around the prison.
- iv) Training staff and wardens will be of great help, especially on the current trends in methods of detecting crimes and the ways of using critical thinking to identify signs of potential smuggling attempts, and the importance of maintaining a drug-free facility. Encouraging staff members to report any observed or suspected illegal activities promptly, assuring them of confidentiality and protection from

retaliation.

- v) Investing in new art technology, such as full-body scanners, millimeter-wave scanners, and electronic surveillance systems to detect concealed contraband on individuals and within packages.
- vi) Unexpected and routine inspections of the staff quarters, common spaces, and cells can be carried out to deter staff members and convicts from attempting to bring in illicit drugs or other illicit substances. Use trained teams, typically comprised of auditors and members of other law enforcement agencies, for crackdowns to ensure broad checks and lower the probability of corruption.

5.4.3 Recommendations on Rehabilitation Programs.

- i) Establishing the Cognitive-Behavioural Therapy (CBT), a widely recognized evidence-based strategy for treating drug usage and addiction. It concentrates on supporting people in recognizing harmful thought patterns and actions that support drug use.
- ii) In a prison context, qualified therapists and counsellors work one-on-one or in groups with convicts to investigate the fundamental reasons for their consumption of drugs and assist with helping them in learning ways of coping that deal with desires and stimuli. Inmates may enhance their self-control and decision-making skills by modifying harmful behaviours and adopting healthy options.
- iii) The jail may establish new programs and enhance those already operating for vocational training and education: For inmates to successfully reintegrate into society, access to educational programs and vocational training is essential.
- iv) The jail can arrange for family members to meet up with detainees to chat about their time there and offer spiritual support to such inmates. Sessions in family therapy offer a secure setting for dealing with previous traumas, mending relationships, and establishing constructive communication patterns.
- v) Strong family support can have a good effect on an inmate's drive to get well and stay sober. Given that family relationships frequently contribute to a person's substance usage, involving family members in the rehabilitation process might be helpful.
- vi) Providing post-release support, convicts may provide a very successful reintegrate into society and develop into better members of it. For those in recovery, leaving jail and entering the community is a crucial stage.

5.5 Suggestions for Further Research

This study may not have comprehensively cover all the aspects pertaining drug abuse among the prison inmates and it recommends further research on;

- i. Influence of other factors on drug abuse in other prisons in Kenya.
- ii. Challenges facing implementation of reforms in Kenya correction department.
- iii. Role of inmate on rehabilitation process.

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APPENDICES

APPENDIX A: INTRODUCTION LETTER

Benjamin Mugambi
THARAKA UNIVERSITY
P.O BOX 193-60215
MARIAMNTI
Benjamin.mugambi@tharaka.ac.ke

Dear Respondent,

I am Benjamin Mugambi, a Master's student at Tharaka University conducting a research titled "Influence of selected factors on drug abuse among Kangeta Prison, Meru County, Kenya." I am writing to inform you that you have been picked at random to take part in this study. I humbly request that you respond to the research questions using your own opinions, experiences, and understanding. There are no direct benefits if you participate in this research but the information will benefit the inmates, the government and general society. The information gathered from all responders will be kept strictly secret, and your identity will not be revealed in any way in this study.

Thank you.

Yours Faithfully.

Benjamin Mugambi
AMT17/0573/20

APPENDIX B: QUESTIONNAIRE FOR INMATES

General Information

This questionnaire is confidential. You are requested to give honest opinion to show how inmates abuse drugs while in prison. **Please do not mention your identity or Prison Number in this questionnaire.**

SECTION A: Background Information

This section requires you to give personal information.

1. Kindly indicate your:

i) **Age bracket in Years**

18-24 [] 25-30 [] 31-35 [] 36-40 [] 41 and above []

ii) **Level of Education**

No Education Background [] Primary Education [] Secondary level Education []

University/College level []

How long have you been in this prison?

Less than a year [] 1-3 years [] 4-6 years [] 9-10 years [] More than 10 Years []

Have you ever used drugs before imprisonment?

YES [] NO []

SECTION B: OVERVIEW OF DRUG ABUSE

The following statement relate to the of drug abuse among the inmates of Kangeta Prison.: Tick using a scale where;

(1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree.)

	Statement/ Question	1	2	3	4	5
	I frequently use drugs in the prison					
	My friends usually use drugs while in the prison					
	Drugs can be easily obtained by the inmates in this prison					

Have you ever noticed other inmates taking drugs so that they can relieve stress?

YES [] NO []

List some of the drugs you used or your friends used to relive stress.

SECTION C: STRESS AND DRUG ABUSE

The following statement relate to the influence of stress on drug abuse among the inmates of Kangeta Prison.: Tick using a scale where;

1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree.

	Statement/ Question	1	2	3	4	5
	To what extent do you agree that stress influences the abuse of drug while in prison:					
	The usage of drugs while in prison helps an inmate relieve stress					
	Separation from family, friends and loved ones makes inmates feel stressed					
	This prison does not have programs and policies that helps inmates manage their stress					
	The adaptation of the prison environment makes inmates feel stressed					
	Helping inmates manage their stress will reduce drug use among the inmates					

SECTION D: DRUG ABUSE AND PRISON CARE PROGRAMS

The following statement relate to drug abuse and prison care programs among the inmates of Kangeta Prison.: Tick using a scale where;

1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree.

	Statement/ Question	1	2	3	4	5
	The government coming up with new and improving the existing Prison care programs Will help in fighting Drugs in the Prison					
	Prison care programs are the best methods to reduce drug use in.					

	Those people who take drugs while in prison are not only those who have some history of drug abuse before imprisonment					
	Counselling sessions can be helpful in helping addicts within this prison					
	The available programs do not address the inmates needs especially those using drugs					
	Prison officials are not so much concerned in regard to prison care programs for addicted inmates					

SECTION E: PRISON POLICIES AND DRUG ABUSE

The following statement relate to drug abuse and Prison Policies among the inmates of Kangeta Prison.: Tick using a scale where;

1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree.

	Statement/ Question	1	2	3	4	5
	Inmates are aware of the rules and policies relating to drug usage within the prison					
	Those caught using drugs gets punishments					
	Inmates get drugs from Visitors					
	Prison staffs and police facilitate the entry of drugs into the Prison					
	Inmates usually buy drugs through walls and fences					
	The Prison police are people who will not take any action if inmates don't follow the rules					

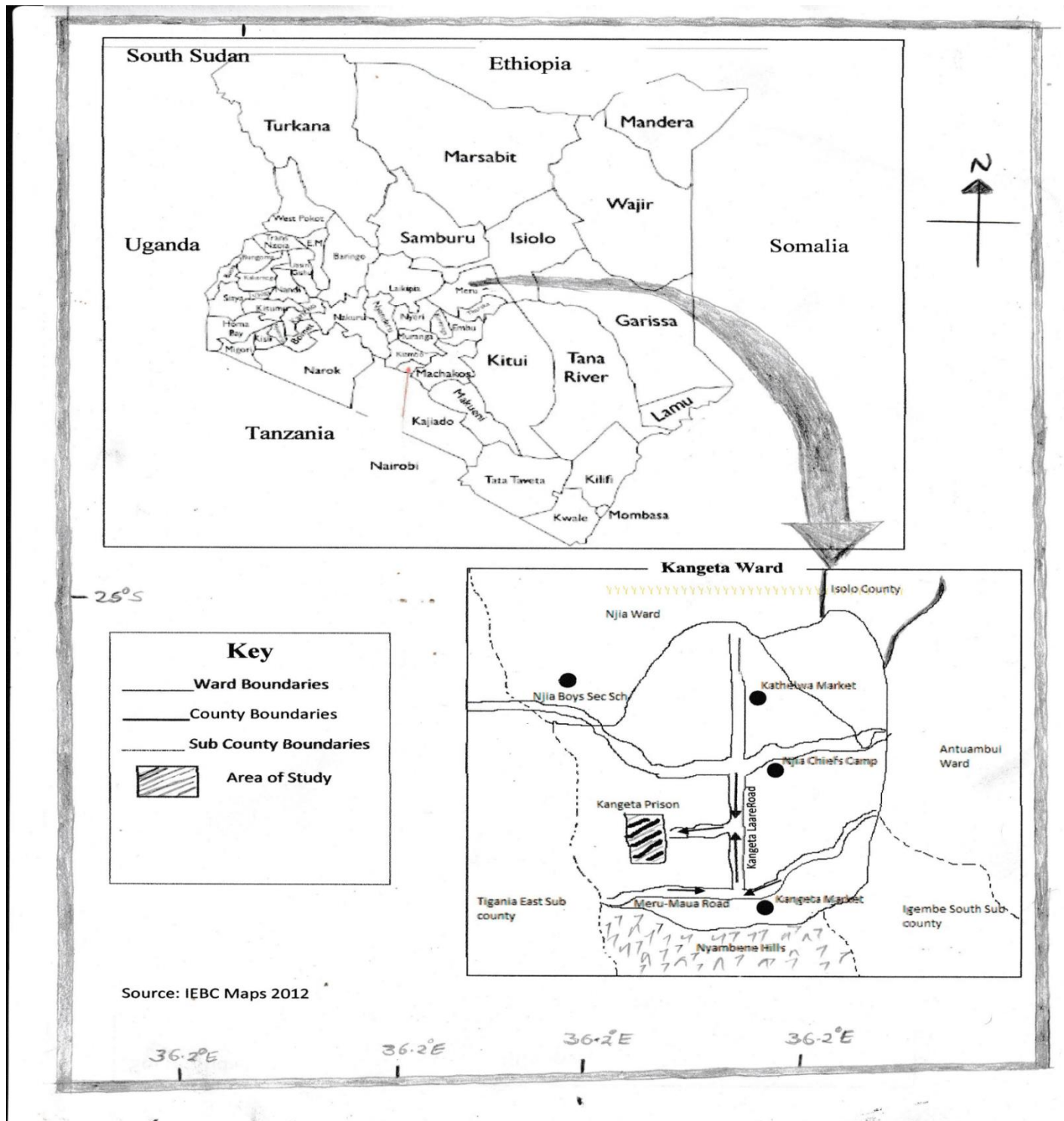
**THANK YOU FOR YOUR COOPERATION IN COMPLETING THE
QUESTIONNAIRE**

APPENDIX C: INTERVIEW GUIDE FOR KEY STAKEHOLDERS IN THE PRISON

The researcher will introduce himself to the respondents by a brief introduction. The respondents will be informed the privacy and confidentiality that will be maintained in this research. Respondents will be allowed to ask questions or inquiries before, during and after the interview. The following will be the guiding questions;

1. What are your views about drug abuse in this prison?
2. How does the management of this prison deal with cases of drug and substance abuse?
3. What are some of the factors that may lead inmates to abuse drugs and other substances?
4. Is there any connection between the drug use by inmates and the rehabilitation process, based on your personal experience with them? If so, in what ways does drug abuse affect an inmate's rehabilitation?
5. From Your own perspective do you think there is relationship between stress and drug abuse among the inmates of this prison? How so?
6. Which are the most commonly used drugs in this prison?
7. Where do you think prisoners gets these drugs and substances from?
8. Do this prison have measures and policies that they have set to reduce or curb the issues of drug and substance abuse?
9. How frequently does this prison organize therapy and counselling for inmates?
10. Does this prison have adequate and trained personnel to aid in rehabilitating and counselling of inmates?
11. Are the current government policies and laws sufficient to curb drug abuse in the prison?
12. What are some of the challenges facing the fight against drug and substance abuse in prisons?

APPENDIX D: LOCATION OF THE STUDY MAP



APPENDIX E: THARAKA UNIVERSITY INTRODUCTORY LETTER.

THARAKA

P.O BOX 193-60215,
MARIMANTI, KENYA



UNIVERSITY

Telephone: +(254)-0202008549
Website: <https://tharaka.ac.ke>
Social Media: tharakauni
Email: info@tharaka.ac.ke

**OFFICE OF THE DIRECTOR
BOARD OF POSTGRADUATE STUDIES**

REF: TUN/BPGS/PL/: AMT17/00573/20

29th May 2023

To Whom It May Concern,

Dear Sir/Madam,

**RE: INTRODUCTORY LETTER FOR BENJAMIN MUGAMBI, ADMISSION
NUMBER: AMT17/00573/20**

The above named is our postgraduate student undertaking a Master of Arts degree programme in **Criminology and Security Studies**. The student has finished coursework and is expected to collect data. The title of the research is **"Influence of Selected Factors on Drug Abuse Among Prison Inmates: A Case of Kangeta Prison, Meru County, Kenya."** The study will be conducted in **Meru County**.

The candidate has defended the proposal successfully at the Faculty and has submitted the required number of corrected copies to the Office of the Director, Board of Postgraduate Studies. The candidate is expected to begin collecting data, analyse and write a report on the findings. The study is expected to be completed by March, 2024.

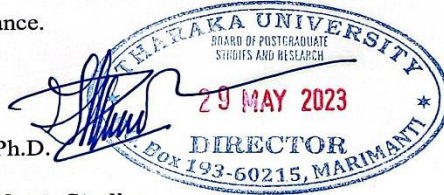
Any assistance accorded to him will be highly appreciated.

Thank you in advance.

Yours faithfully,

Dr. Denis Obote, Ph.D.

**Director,
Board of Postgraduate Studies.**



APPENDIX F: ETHICS REVIEW LETTER.



CHUKA UNIVERSITY INSTITUTIONAL ETHICS REVIEW COMMITTEE

Telephones: 020-2310512/18

Direct Line: 0772894438

Email: info@chuka.ac.ke,

P. O. Box 109-60400, Chuka

Website: www.chuka.ac.ke

REF: CUIERC/NACOSTI/377
TO: Benjamin Mugambi

16th May, 2023

RE: Influence of Selected Factors on Drug Abuse among Prison Inmates: A Case of Kangeta Prison, Meru County, Kenya

This is to inform you that *Chuka University IERC* has reviewed and approved your above research proposal. Your application approval number is *NACOSTI/NBC/AC-0812*. The approval period is 16th May, 2023 – 16th May, 2024.

This approval is subject to compliance with the following requirements;






- i. Only approved documents including (informed consents, study instruments, MTA) will be used
- ii. All changes including (amendments, deviations, and violations) are submitted for review and approval by *Chuka University IERC*.
- iii. Death and life threatening problems and serious adverse events or unexpected adverse events whether related or unrelated to the study must be reported to *Chuka University IERC* within 72 hours of notification
- iv. Any changes, anticipated or otherwise that may increase the risks or affected safety or welfare of study participants and others or affect the integrity of the research must be reported to *Chuka University IERC* within 72 hours
- v. Clearance for export of biological specimens must be obtained from relevant institutions.
- vi. Submission of a request for renewal of approval at least 60 days prior to expiry of the approval period. Attach a comprehensive progress report to support the renewal.
- vii. Submission of an executive summary report within 90 days upon completion of the study to *Chuka University IERC*.

Prior to commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology and Innovation (NACOSTI) <https://oris.nacosti.go.ke> and also obtain other clearances needed.

Yours sincerely


Dr. Benjamin Kanga
SECRETARY

APPENDIX G: NACOSTI RESEARCH LICENSE

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 918680	Date of Issue: 17/July/2023
RESEARCH LICENSE	
	
This is to Certify that Mr. BENJAMIN Mugambi of Tharaka University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Meru on the topic: INFLUENCE OF SELECTED FACTORS ON DRUG ABUSE AMONG PRISON INMATES: A CASE OF KANGETA PRISON, MERU COUNTY, KENYA for the period ending : 17/July/2024.	
License No: NACOSTI/P/23/27553	
918680 Applicant Identification Number	 Director General NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
	Verification QR Code 
NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.	
See overleaf for conditions	

APPENDIX H: DEPARTMENT OF CORRECTIONS RESEARCH PERMIT

M-191

**MINISTRY OF INTERIOR AND NATIONAL ADMINISTRATION
STATE DEPARTMENT OF CORRECTIONAL SERVICES
KENYA PRISONS SERVICE**

Telegrams: "COMPRISONS", Nairobi
Telephone: +254-20-2722900-6
Fax: +254-2-2714716
Email: commissioner.prisons@gmail.com
When replying please quote
Ref No. PRIS 1/112/ VOL XX/97



PRISONS HEADQUARTER
P.O. BOX 30175-00100
NAIROBI

Date: 20th July 2023

Benjamin Mugambi
P. O. Box 193
0704168624
TARAKA

RE: APPLICATION FOR APPROVAL TO CONDUCT ACADEMIC RESEARCH

This has reference to your letter dated 18th July 2023 requesting for approval to conduct academic research.

This is to inform you that your research request on the topic "*The Influence of selected factors on Drug abuse among the inmates of Kangeta Prison*" has been approved.

You shall be allowed access to Kangeta prison for the period ending September 2023.

You will be expected to comply with Prisons rules and regulations during your research period. You will also be required to provide the Prisons headquarters (Training Section) with a copy of your research findings at the end of your attachment.

By a copy of this letter, the officer in charges, Kangeta prison is requested to accord you the necessary assistance.

**HASSAN S. BUGU, SACGP
DIRECTOR ADMINISTRATION & PERSONNEL
FOR: COMMISSIONER GENERAL OF PRISONS**

Cc
Officer in charge, Kangeta Prison