

***THE PERCEPTIONS AND EXPERIENCES OF MALE OFFENDERS
REGARDING SOCIAL AND REHABILITATION SERVICES AT
CHIKURUBI FARM PRISON IN ZIMBABWE***

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DEDICATION

This dissertation is dedicated to all the ex-offenders who have been given a second chance to live a life free of crime in Zimbabwe.

ACKNOWLEDGEMENTS

Praise be to God for giving me the strength, patience and understanding to be able to carry out this study.

My special thank you to the respondents that participated in this study for their willingness and cooperation.

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ABSTRACT

There is very little that has been written on the rehabilitation programmes offered to offenders in African prisons. The main focus of this study was to explore the perceptions of sentenced male offenders on the social services and rehabilitation programmes offered at Chikurubi Farm Prison in Zimbabwe. An exploratory qualitative approach was used in this study. The purposive sample consisted of twenty adult male offenders who had been incarcerated for at least two years at Chikurubi Farm Prison in Zimbabwe. Face -to- face interviews with a semi structured interview scheduled were used to gather data for the study.

The study found that there were various rehabilitation programmes offered at the prison namely; agricultural, educational, vocational, recreational, life skills, spiritual and psychosocial therapeutic programmes. The study found that the main programmes that majority of the respondents were involved in were agricultural and vocational in nature. The study also found that the prison rendered medical attention to sick inmates, allowed the inmates to maintain contact with the outside world through letters, visitation every month and telephone calls.

Furthermore, the results show that the inmates felt that the social services rendered to them were generally good, had a good impact on them even though some of the inmates felt that they needed improvement. The results also show that the most of the inmates felt that the rehabilitation programmes that they underwent were good and helpful, prepared them for release and provided them with knowledge and skills. Very few expressed their dissatisfaction. It is clear from the study that there are areas in which the Zimbabwe Prison Service (ZPS) can improve on the social services and rehabilitation programmes that they offer at the prison. The main recommendations were that the ZPS offer more psychosocial therapeutic programmes and recreational programmes; volunteer tutors and student social workers and psychologists do their field placements at the prison; the inmates be provided with warm clothes and bedding and that telephone be installed at the rehabilitation office.

ACRONYMS AND ABBREVIATIONS

INPROL	International Network to Promote the Rule of Law
NGOs	Non- Governmental Organisations
SMR	United Nations Standard Minimum Rules for the Treatment of Prisoners (1977)
UN	United Nations
UNAFEI	United Nations Asia and Far East Institute for the Prevention of Crime and the Treatment of Offenders
ZPS	Zimbabwe Prison Services

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CHAPTER ONE

1.1 INTRODUCTION

This section of the proposal discusses the statement of the problem of the study, the motivation for undertaking the study, the aims and objectives of the study and the potential value of the study. Furthermore, background information on the setting where the study was conducted will be discussed, that is, the historical background of Chikurubi Farm Prison and the general profile of the inmates incarcerated there.

1.2 STATEMENT OF PROBLEM

There is much literature available on prisons in Western countries by scholars such as Patrick and Marsh (2001), Lambert and Hogan (2009) and Lipsey and Cullen (2007)- but when it comes to African countries, this appears not be the case. The literature that does exist on African prisons- for example, Diesel (2001) and Dankwa (2007)- describes mostly the bad state that these prisons are in, that is, overcrowding and poor conditions. Around the world, the rehabilitation of prisoners is acknowledged as one of the key functions of the prison system. It was, therefore, very important to investigate what rehabilitation efforts are being made in Zimbabwe's Chikurubi Farm Prison to equip the inmates with the necessary skills to enable them to lead a crime free life after being released back into the community.

Like other countries in Africa, it would seem very little has been written on the rehabilitation programmes offered in Zimbabwean prisons. For example, Alexander (2009) states that information that is available is focused more on the bad conditions of the prisons with greater emphasis on issues like overcrowding, lack of food, poor health care and sanitation and brutality, to mention a few.

1.3 BACKGROUND INFORMATION ON CHIKURUBI FARM PRISON

Chikurubi Farm Prison is located in Zimbabwe on the outskirts of Harare, the country's capital. Offenders who have been sentenced to a maximum of three and half years are sent to serve their sentences at this prison. The prison borders with Chikurubi Maximum Prison- the largest prison in Zimbabwe- and offenders who have three more years to serve on their sentences are transferred to Chikurubi Farm Prison from Chikurubi Maximum Prison. Chikurubi Farm Prison houses up to 523 inmates who are categorised into 2 different classes. Which class a prisoner is allocated to depends on the number of years he has left to serve. Class A houses 30 inmates who have no information about where they stay and have no fixed address. In Class B, there are 492 inmates who have at most two and half years left to their sentences. Class C houses inmates who are very sick, regardless of how many years they still have left to serve in prison.

The number of inmates in each cell varies according to how big the cell is. In order to be properly rehabilitated, prisoners are sent to this prison to finish serving their sentences. During this time, inmates are introduced to various programmes (see **Appendix A**) thus preparing them for their release and reintegration into society.

1.4 MOTIVATION FOR UNDERTAKING THE STUDY

As the capital city, Harare is the location of one of the two largest prisons in the country, of which Chikurubi Farm Prison is one. There is a need to investigate what social services and rehabilitation programmes are being offered to the inmates. There is also a need to investigate what is being done in this prison in order to facilitate change in the inmates' behaviours, particularly as they are in the pre-release stage of their sentences, in order to enable their seamless reintegration into society.

1.5 OVERALL AIM OF STUDY

The overall aim of this study was to investigate the types of rehabilitation programmes and social services offered to adult male offenders serving their sentences at Chikurubi Farm Prison. This was done from the perspective of the inmates incarcerated at this correctional facility. It was hoped that the findings of this study will help identify the nature of social services and rehabilitation programmes offered to the inmates.

1.6 OBJECTIVES

To survey twenty sentenced adult male offenders at Chikurubi Farm Prison in order to determine the following:

- The nature of social services that they have received thus far at the prison;
- The nature of rehabilitation programmes that they have undergone thus far at the prison;
- Their perceptions, if any, of the social services and rehabilitation programmes that they have received and/or undergone in the prison;
- Their understanding of the professional background of the staff who are rendering social services and rehabilitation programmes at the prison and;
- Their recommendations on the nature of social services and rehabilitation programmes that they feel should be offered at the prison.

1.7 POTENTIAL VALUE OF STUDY

The study seeks to explore and shed light on the nature of social services and rehabilitation programmes offered at Chikurubi Farm Prison, from the perspectives of sentenced adult male offenders. It is hoped that the findings will enable practitioners to be more effective in formulating intervention strategies and rehabilitation programmes whose focal point is on the stated needs of the inmates.

The following chapter presents a literature review on the research topic area.

CHAPTER TWO

LITERATURE REVIEW

2.1 INTRODUCTION

This literature review looks at rehabilitation in the prison context in general and the theories that underpin rehabilitation programmes in prisons in a broader sense. Regional and international instruments informing prisoner rehabilitation will also be discussed. Lastly, rehabilitation programmes in prisons around the world and those found in Zimbabwean prisons will be explored.

2.2 REHABILITATION IN PRISON CONTEXT

The question society has asked for centuries is *what should be done with people who break the law?* Over the ages, it would seem, the overriding response to this question has been harsh punishment. African prisons are no exception as their penal systems were largely inherited from the colonial powers, and the legislative framework as well as the infrastructure, still remains largely unaltered (Dissel, 2001). Around the nineteenth century, there was a move away from ruthlessly reprimanding law-breakers towards a system that provided opportunity for offenders to realise their wrong and reform their behaviour (Patrick and Marsh, 2001). In other words, correctional institutions introduced a system of justice that recognized that criminals could change their actions.

Prison authorities have realised that their approach to dealing with inmates has an impact on the inmates' ultimate long-term potential to alter their behaviours, as well as on recidivism rates (Staples, 1992). Prisons now sought to handle inmates with intricate behaviours in a more therapeutic and rehabilitative way because of the negative long-term effects of punitive prison practices. Therefore, the goal now is to transform offenders into law-abiding, productive members of society upon their release back into the community. According to Lambert and Hogan (2009), imprisonment in adult prisons has many aims including retribution, general

deterrence, specific deterrence, and incapacitation, but rehabilitation remains one of the major goals of corrections.

According to Hoffman (2008) cited in McAree (2011), rehabilitation can be defined as a process of learning to be oneself and to be known as a unique person, meaningful to others because of both differences and common ground. Therefore, good rehabilitation programmes are ones that create a sense of self for the participant and instill a belief that he or she has control of their own destiny (Hoffman, 2008 cited in McAree, 2011). On the other hand, Muntingh (2005) outlines a more operational definition that can be used, stating that a rehabilitation intervention targets some specific aspects pertaining to inmate, with the aim of reducing the likelihood of him or her reoffending.

Cullen and Gendreau (2000) cited in Dissel (2007) provide a broader definition of rehabilitation which incorporates social relations with others, employment, education and vocational skills with the purpose of the intervention intended to make the offender less likely to break the law in the future. Muntingh (2005) further explains that the crucial goal of rehabilitation should be the reintegration of offenders back into society. This reintegration does not only entail education, life skills training and self- control, but also employment, mental and physical health, housing and family relationships. Thus, from the author's point of view, without setting reintegration as a goal and construct a path towards it, rehabilitation can do little more than offer offenders temporary comfort.

2.3 THEORIES UNDERPINNING REHABILITATIONS PROGRAMMES IN PRISONS

Rehabilitation has often been associated with the conviction that human behaviour is the result of antecedent causes that can be identified and that therapeutic measures can be used to effect positive changes in the behaviour of the person subjected to such treatment (Rabi and Mare, 1994 cited in Dissel, 2007). This means that an inmate is seen as malfunctioned or diseased and can be cured or treated by various professionals in the criminal justice system (Dissel, 2007).

This notion of rehabilitation formed the basis of penal reform in the west until western societies were compelled to re-evaluate the impact of this approach following Robert Martinson's findings in a 1974 study done on 231 treatment programmes across the developed world (Dissel, 2007). Martinson concluded that 'nothing worked' when it came to efforts to rehabilitate offenders and the pendulum swung away from psychological or psychiatric interventions in favour of longer sentences and 'hard time' (Wilkinson, nd).

In 1990, Andrews and Bonta proposed the "What Works" theory which forms the theoretical framework for rehabilitation of offenders (Howells and Day, 1999). Andrews and Bonta created the Risk-Need-Responsivity Model (RNR) of offender management, which is underpinned by a general personality and social learning theory of criminal behaviour, focusing on modelling and behavioural reinforcement (Wilkinson, nd). The primary aim of this approach to inmate rehabilitation is to reduce an inmate's risk of re-offending and thereby protect the community from more harm while advocating for the use of actuarial risk assessment tools in conjunction with professional discretion to determine an inmate's chance of re-offending (Wilkinson, nd).

Even though Martinson was criticised, his ideas on rehabilitation made a comeback around the late 1980s and early 1990s when studies indicated that some treatment programmes are more effective if they are done under certain conditions (McGuire, 2000). Based on these studies, there is now agreement that treatment programmes and services incorporating the following attributes work best (McGuire, 2000):

- Firstly, the treatment programmes should have proper structure, with clear objectives within the interventions. Secondly, most effective methods are those that have responsivity, that is, active and participatory and theoretical soundness. This means that the programmes should be based on explicit and well-articulated models of the causes of crime.
- Interventions should be targeted at specific risk categories. In other words, risk assessment is vital. Studies have shown that programmes provided for high- risk groups are more effective. The prisoners should be assessed to determine dynamic risk factors

such as, attitudes, skills deficit, substance abuse, criminal associations and self control issues related to offending.

- The methods used are very important. The most effective methods are drawn from cognitive-behavioural approaches that focus on the interrelationship between thought, feeling and behaviour. This is also in line with the programme's integrity. Programmes should be delivered by appropriately trained staff who are able to deliver intervention in its designed format.

The above mentioned attributes are also supported by Howells and Day (1990) who state that programmes which are well grounded in psychological theory and/or research are likely to result in better outcomes than those which are not. They assert that programmes should be designed in such a way that they are able to target psychological factors that are responsive to change through various treatments and have a functional relationship with the criminogenic needs (Howell and Day, 1999). In the author's view, this has given rise to programmes that target issues like drug use, violent behaviour and sexual offending, to mention a few.

Another theory that informs rehabilitation in prisons is the Social Learning Theory. According to O'Connor and Perreyclear (2002), social learning theory asserts that criminal behaviours are learned behaviours in a given cultural and social context and therefore, offenders are capable of learning non-criminal behaviours should their given context change. For instance, if an inmate is immersed in a religious setting in prison- surrounded by chaplains and volunteers attached to the major social institutions of life and very committed to pro-social learned behaviours- such an inmate is more likely to learn and adapt to these new behaviours (O'Connor and Perreyclear, 2002).

Furthermore, O'Connor and Perreyclear (2002) state that the social learning theory works together with the Social Attachment Theory which affirms that the more attached a person is to the major social institutions of life such as family, politics and religion,- the less likely they are commit a crime. This means that if offenders have role models, family members who model good behaviour and/or positive advocates in their lives who they are attached to, they are less

likely to have criminal behaviours. Therefore, rehabilitation programmes that build on positive family programmes and role models would be ideal for inmates (O'Connor and Perreyclear, 2002).

Wilkinson (nd) thus suggests that addressing criminogenic risk factors is the primary goal of offender rehabilitation. A criminogenic risk factor can be defined as something that has been demonstrated to be associated with offending behaviour (Wilkinson, nd). Assessment of an offender's criminogenic risk factors leads to a clear specification of treatment goals that can be targeted through the rehabilitation programmes (Howell and Day, 1999).

2.4 REGIONAL AND INTERNATIONAL INSTRUMENTS GUIDING PRISONER REHABILITATION

The United Nations Standard Minimum Rules for the Treatment of Prisoners (SMR) (1977), is an international instrument that guides prisoner rehabilitation. The SMR were first adopted by the UN Congress on the Prevention of Crime and the Treatment of Offenders in 1955 and were later approved by the UN Economic and Social Council (ECOSOC) through resolutions adopted in 1957 and 1977 (SMR, 1977). These standard minimum rules seek to set out what is generally accepted as being good principle and practice in the treatment of prisoners and the management of institutions (SMR, 1977). The SMR are the most important and most quoted international standards that impact on corrections and Zimbabwe Prison Services strives to manage prisons in conformity with the SMR (Parliament of Zimbabwe Report, 2011). Some of the fundamental principles of the SMR include:

- Prisons shall be well-ordered communities, where there is no danger to life, health or personal integrity.
- No discrimination in the treatment of prisoners.
- Prison conditions shall not impose or constitute a punishment additional to the deprivation of liberty imposed by the imprisonment, nor should they aggravate the suffering caused by the imprisonment.

- Prison conditions should be compatible with human dignity and acceptable standards in the community.
- Activities should aim towards assisting prisoners to resettle in the community by providing opportunities for them to develop skills.

The SMR also state that the treatment of persons sentenced to imprisonment shall be such as will encourage their self-respect and develop their sense of responsibility (SMR, 1977). In order to achieve this, all appropriate means shall be used, including religious care in the countries where this is possible, education, vocational guidance and training, social casework, physical development and strengthening of moral character, taking account of so prospects after release (SMR, 1977). Rule 49 states that there should be a sufficient number of specialists such as psychiatrists, psychologists, social workers, teachers and trade instructors to facilitate these.(SMR, 1977).

The SMR contains rules that directly affect prisoner rehabilitation. These include medical attention, communication with the outside world, recreation and education and these are explained below:

- **Medical Attention**

In regards to medical care of the prisoners, Rule 22 of SMR provides that at least one medical officer should be appointed at each prison, that sick inmates who require special attention should be treated at special institutions or be referred to civilian treatment facilities and that the services of a qualified dental officer shall be available to every prisoner (SMR, 1977).

- **Communication with the outside world**

SMR also makes provision for prisoners to have contact with the outside world. Rule 37 states that prisoners shall be allowed under necessary supervision to be in touch with their family and reputable friends at regular periods, both by correspondence and by receiving visits (SMR,

1977). It means that the prisoners are supposed to have contact with people outside prison through letter writing, telephone calls and visits.

Furthermore, in the event that a prisoner is seriously injured, or is seriously ill or dies, the prison is to inform prisoner's spouses or nearest relative, according to Rule 44 of the SMR (1977). This Rule 44 also states that a prisoner shall also be informed immediately of the death or serious illness of any near relative and every prisoner shall have the right to inform his or her family immediately his family of his or her imprisonment or transfer to another institution (SMR, 1977).

- **Education**

The SMR also provide guidelines for the education of prisoners. Rule 77 states that there should be provision for further education of prisoners with education for those who are illiterate and those who are young being compulsory (SMR, 1977). The education of these prisoners must be integrated with the country's educational system so that after their release, they may be able to continue with their education without any difficulty (SMR, 1977). This means that the prison services should provide for the education of prisoners who have no gone to school before and this must be made compulsory. Upon release, if the prisoner is not yet finished with his or her studies, he or she can be able to continue with these outside prison in the same education system that they started with.

- **Recreation**

Recreation also plays a part in prisoner rehabilitation. Rule 78 states that recreational and cultural activities shall be provided in all institutions for the benefit of the physical and mental health of prisoners (SMR, 1977). This is also mentioned by Thinane (2010) who states that sports and recreation help in relieving the tension associated with being imprisoned and can encourage offenders to develop skills and interests related to a specific sport. This means that recreation becomes a channel for releasing frustrations and tensions.

Another international instrument that guides prisoner rehabilitation is the 1990 UN General Assembly's Resolution on the *Basic Principles for the Treatment of Prisoners*. This Resolution attempts to condense the “basic principles underlying” the Standard Minimum Rules into 11 concise statements (INPROL Consolidated Response (10-002)). The majority of the Principles discuss the treatment of prisoners while imprisoned, but the resolution also counsels abstract post-detention policy recommendations, such as the re-integration of former prisoners into society under the best possible conditions (INPROL Consolidated Response (10-002)). The Basic Principles outlined in relation to prisoner rehabilitation include:

- Respecting the religious beliefs and cultural precepts of the group to which prisoners belong.
- Prisoners having the right to take part in cultural activities and education aimed at the full development of the human personality.
- Conditions being created that enable prisoners to undertake meaningful remunerated employment which will facilitate their reintegration into the country's labour market and permit them to contribute to their own financial support and to that of their families.
- Prisoners having access to the health services available in the country without discrimination on the grounds of their legal situation.
- Participation and help of the community and social institutions, and with due regard to the interests of victims, with favourable conditions being created for the reintegration of the ex-prisoner into society under the best possible conditions.

Regionally, there are also instruments that inform prisoner rehabilitation. *The Kampala Declaration on Prison Conditions in Africa*, adopted in 1996 is a regional instrument that informs prisoner rehabilitation and integration in Africa. The Kampala Declaration outlines the rights of prisoners in Africa and its main recommendations include that:

- the detrimental effects of prison should be minimised so that inmates do not lose self-respect and a sense of personal responsibility;
- prisoners should be given an opportunity to maintain and develop links with their families and the outside world and

- prisoners should be given access to education and skills training in order to make it easier for them to re-integrate into society on their release.

In 2002, a more specific reference was made to rehabilitation in prisons in the *Ouagadougou Declaration on Accelerating Penal and Prison Reform* in Africa. The Ouagadougou Declaration (1996) states that rehabilitation programmes should focus on reintegration of offenders and contributing to their individual and social development. The Plan of Action accompanying the Ouagadougou Declaration (2002) in relation to prisoner rehabilitation outlines the following strategies amongst others:

- Providing social and psychological support with adequate professionals;
- Promoting contact with family and community;
- Promoting rehabilitation and development programmes during the period of imprisonment or non-custodial sentence schemes and,
- Emphasising literacy and skills training linked to employment opportunities.

Given the dismal conditions of prisons in Africa, it is not surprising that only eight countries- (Zimbabwe was not one of them)- had actually listed the improvement or introduction of rehabilitation and developmental programmes as best practices since the Ouagadougou Declaration (1996). Most countries are focusing more on introducing human rights standards, training prison officials and improving prison conditions (Dissel, 2007).

There is evidence that African countries such as South Africa and Botswana, have explicitly included rehabilitation in the objectives of their prison services (Frongpon, 2001 cited in Dissel, 2007). For example, Botswana Prison Services states that one of the purposes of its prison system is to train and rehabilitate all classes of sentenced prisoners in skill and social behaviour so that there is improvement in their social resettlement into the community upon their release (Frongpon, 2001 cited in Dissel, 2007).

It is important to note that even though legislative and international instruments and norms are guiding principles to the treatment of offenders in prisons, the effectiveness of these provisions rests on the availability of adequate resources (Parliament of Zimbabwe Report, 2011).

2.5 REHABILITATION PROGRAMMES IN PRISONS AROUND THE WORLD

A literature review by Dissel (2001) on African prisons suggests that many of these facilities are undeveloped in nature, and there are shortages of food, bedding, medical supplies and treatment, as well as an absence of rehabilitation and recreation facilities. In Kenya, one of the main objectives of the Prison Services is to carry out rehabilitation programmes aimed at training, counseling and reforming prisoners (Dissel, 2001). The Kenyan Prison Services legislation states that every convicted prisoner is obliged to engage in useful programmes so that they learn new skills that can enable them to gain employment (Dissel, 2001). As in the case in prisons in Zimbabwe, the male inmates are mainly engaged in farm work, while women are engaged in cooking, cleaning, and taking care of the warder's dogs (Dissel, 2001). The work is hard and the inmates are required to work as many as twelve hours a day, every day of the week, with little or no regard for their safety or hygiene. According to the Kenya Human Rights Commission (2001), few limited vocational programmes exist in some prisons. It is therefore difficult to see how the work done by the inmates contributes to their development, besides serving the useful purpose of keeping them out of their cells (Kenya Human Rights Commission, 2001). This is also true in Gambia where inmates are sentenced to hard labour on farms, thus generating revenue for the prison (Dissel, 2007).

In Uganda, treatment programmes that are meant to help rehabilitate inmates are now being used to exploit them and there have been calls from various Non-Governmental Organisations to end this exploitation (Dissel, 2001). For instance, the government should provide payment for the inmate's labour. Dissel (2001) states that the exploitation of inmate's labour for personal gain by prison authorities is rife. For example, prisoners were exploited when they were required to exhume the bodies of the Kanungu doomsday cult without being issued with protective clothing (New Vision, 2000). Many of the inmates complained of post-traumatic stress after performing

this task, but they did not receive any trauma counseling since such therapeutic programmes are not available in the prisons (Dissel, 2001).

It is important to note that most African prisons either have inadequate, or no professionals such as psychologists, social workers and educators (Dissel, 2007). Furthermore, the reformation of inmates is often viewed narrowly, with provisions made for schooling, training or work opportunities seen as the full extent of rehabilitation, even though no other psychosocial services are provided for (Dissel, 2007). Furthermore, Dissel (2007), states that when programmes are offered in prisons, they are often targeted at marginalised groups such as young offenders and female offenders due to donor agendas that favour these groups.

Rehabilitation programmes that target criminogenic causes of offending often require the services of properly trained professionals as some of the programmes will include those that target substance abuse, cognitive-behavioural functioning and psychosocial dysfunction (Dissel, 2007). Some African countries like Mauritius and South Africa have realised the importance of these professional staff but they are all still understaffed. Mauritius for instance, offers a holistic approach to dealing with offenders that goes beyond the cognitive-behavioural aspect and involves integrated collaboration across a number of different agencies and includes factors such as mental health and substance abuse (Dissel, 2007). South Africa also offers needs-based psychological services to inmates in order to improve their mental health and emotional wellbeing so as to promote rehabilitation and reintegration (Dissel, 2007). The range of programmes offered to offenders in South African prisons include those that deal with substance abuse, sexual problems, aggression management and life skills (Department of Correctional Services, 2006 cited in Dissel, 2007).

In the author's opinion, it would seem that rehabilitation of prisoners is more advanced in First World countries like the United States of America, Canada and the United Kingdom, where a wide range of programmes are in place. For example, Tasmania's correctional services, classify

rehabilitation programmes into re-integration skills such as: basic living or life skills (sewing, time management, computing); community integration programme; social skills programmes and parenting programmes (Wilkinson, nd). Tasmania's correctional services department also classifies rehabilitation programmes into criminogenic programmes that reduce re-offending. These include cognitive skills programmes; preparatory programmes; sexual offender treatment programmes; alcohol and substance abuse programmes and educational programmes (problem solving, critical thinking, literacy and numeracy, vocational education and training), (Wilkinson, nd).

Australia is another example of a country that offers many rehabilitation programmes that deal with the criminogenic needs of inmates. Sex offender treatment programmes are offered in most of Australia's states and territories, both in prison and community settings (Howell and Day, 1999). Other programmes which may employ behavioural principles to reduce drug use have subsequently also been offered across Australia.

From the author's point of view it would seem that it is clear that internationally more extensive programmes are available than is the case in Africa. From the literature that has been studied by the author, it would seem proper implementation of rehabilitation programmes is hampered by a lack of finances and resources, including trained professionals in African prisons. This is a trend that seems to also apply to Zimbabwean prisons.

2.6 REHABILITATION PROGRAMMES IN ZIMBABWEAN PRISONS

In any country, particularly in the developing world, where there are high poverty rates, there is often a corresponding increase in blue-collar crimes (Dissel, 2001). This means that more people are being incarcerated than would otherwise be the case, leading to overcrowding in prisons. This is a common phenomenon in African prisons, and Zimbabwe. According to Wamsley (2003), the official holding capacity for Zimbabwe's prisons is 17 000, the total prison population was 21 000 in the middle of 2002 and in 2009 it was estimated to be 35 000

(Sokwanele, 2009). Furthermore, in Zimbabwe, like in most African prisons, there is a severe absence of research on inmates and rehabilitation programmes.

The United Nations Asia and Far East Institute for the Prevention of Crime and Treatment of Offenders (UNAFEI) (2007) states that reviews on what has been written on Zimbabwean prisons has shown that the welfare and concerns of prisoners in Zimbabwe are not treated with the same importance as other issues in the country. Overcrowding in prisons is also caused by a backlog as the judicial process fails to cope with the number of offenders that go through the system leading to prisons filling up with petty criminals and awaiting trial offenders remanded in custody (Parliament of Zimbabwe Report, 2011).

UNAFEI (2007) also states that rehabilitation programmes in Zimbabwean prisons are mostly agriculturally oriented, for example, maize production, poultry farming, dairy farming, vegetable farming and cattle ranching for adult offenders. UNAFEI (2007) also mentions that in the case of juveniles, programmes dealing with academic education, smaller scale vegetable gardening and technical courses such as carpentry, motor mechanics and welding are provided. Furthermore, specific programmes for rehabilitation and treatment are lacking in the system. One such as example is Cognitive Behavioural Therapy, and at the same time prison officers do not have specialized training in correctional services (UNAFEI, 2007). This is also echoed by Dissel (2007) who asserts that in most African prisons rehabilitation is more focused on spiritual development, vocational training and educational development, rather than on the behavioural and psychosocial aspects of rehabilitation. This is due to lack of professionals and this is also true in Zimbabwe because, according to Dissel (2007), about 70% of Zimbabwean inmates are involved in literacy classes, skills training and church services and counselling. South Africa also faces this challenge of a shortage of psychologists and social workers in prisons. Kalideen (2006) states that there was only one psychologist for every 4 000 prisoners and 500 social workers employed by the Department of Correctional Services in South African prisons. In the author's opinion, this hampers proper rehabilitation of the inmates as the caseload is clearly too much for one professional and thus effectiveness of rehabilitation is seriously compromised.

Harare Central and Chikurubi Maximum Prisons have a holding capacity of 1470 and 1913 inmates respectively (Parliament of Zimbabwe Report, 2011). The conditions in these prisons are dire, with poor health care and basic needs not being met. These include prison uniforms and provision of sufficient blankets. A Zimbabwe Prison Services (ZPS) official cited in the Parliament of Zimbabwe Report (2011) asserted that empowering inmates educationally was proving a hard task due to the shortage of material and stationery. According to the Parliament of Zimbabwe Report (2011), inmates complained of a lack of stationery to write letters to their families and friends and the ZPS attributed this to financial constraints. Furthermore, the Parliament of Zimbabwe Report (2011) notes that not much was happening in terms of rehabilitation, due to a lack of funding.

In the author's view, even though very little has been written on prison rehabilitation programmes offered at Harare Central and Chikurubi Maximum Prisons, in other prisons such as Chikurubi Farm Prison, Mutare Prison and Whawha Prison, there seems to be some effort and resources being put in place for the rehabilitation of the inmates. The United Nations Standard Minimum Rules for the Treatment of Prisoners of 1977, states that all prisoners are required to work subject to their physical and mental fitness as determined by the medical officer. This is not the case in Zimbabwean prisons. Prison labour is not supposed to be of an afflictive nature but in Mutare Prison, rehabilitation through imparting skills on farming was seen as punishment due to a lack of farming machinery within the prison (Parliament of Zimbabwe Report, 2011). It stands to reason that lack of machinery renders farming extremely difficult, despite the fact that these farming projects provide food required by inmates, thus reducing dependence on the fiscal budget (Parliament of Zimbabwe Report, 2011).

The Standard Minimum Rules for the Treatment of Prisoners of 1957, Basic Principle 8, also states that conditions must be created that will enable prisoners to undertake meaningful remuneration employment which will facilitate their integration in to the country's labour market and allow them to contribute to their own financial support and that of their families. This means that inmates earn a living through employment within the prison, a practice that pertains in most

countries, but not in Zimbabwe. Therefore, the Zimbabwe Prison Act (Chapter 7:11) needs to be amended to include this principle (Parliament of Zimbabwe Report, 2011).

Mutare Prison has qualified teachers and artisans who teach both academics and vocational courses to inmates but like with the other prisons the major challenge is a shortage of resources like textbooks, ballpoint pens and tools (Parliament of Zimbabwe Report, 2011). The Zimbabwe Prison Services is unable to pay for trade test fees and examination fees to ensure that prisoners obtain academic certificates and journeyman cards which could help them to look for jobs upon their release (Parliament of Zimbabwe Report, 2011). This is also true at Whawha Prison for young offenders where there is not only a shortage of resources, but also no furniture for both inmates and teachers and the cells double up as classrooms, which are not conducive for either teaching or learning (Parliament of Zimbabwe Report, 2011). In the author's opinion, this hampers the educational type of rehabilitation that the young offenders need to help them reintegrate back into society since now they will fall behind in terms of their education.

The Parliament of Zimbabwe Report (2011) says that at Mutimurefu and Whawha Prisons, all convicted inmates at that time engaged in various workshop activities as a form of rehabilitation including tailoring, knitting, motor mechanics, carpentry, building, welding and fence making. As in other prisons in the country, there is a shortage of resources like sewing and knitting machines to cater for those inmates with a special interest in tailoring and knitting and a lack of raw materials and tools for those in carpentry (Parliament of Zimbabwe Report, 2011). This can be seen as a hindrance when it comes to capacity building. On the other hand, there are also poetry and drama groups, as well as a musical band, and these groups have been assisted to compose and release songs by various NGOs (Parliament of Zimbabwe, 2011).

Whawha Prison was converted from an adult to a young offenders' prison in 2005, catering for young inmates of up to 20 years and whose most common offences of are rape, robbery, stock theft and theft (Parliament of Zimbabwe Report, 2011). The Young Offenders Prison is involved

with several rehabilitation programmes and is the only prison in the Zimbabwe which caters for juvenile inmates, hence its establishment as an institution of learning. According to the Parliament of Zimbabwe Report (2011), the rehabilitation programmes offered included formal education from grade one to seven and O' levels and A' levels and training in various fields such as carpentry, welding, upholstery, motor mechanics and panel beating among others. These diverse courses equip the young offenders with technical skills that will play a pivotal role in rehabilitating them after completion of various sentences but the major challenge lies with shortage of safety clothing, overalls, gloves, and gumboots (Parliament of Zimbabwe Report, 2011). From the author's point of view, the counseling services could restore hope and confidence among the young inmates.

The following chapter presents the research design and methodology adopted in this study.

CHAPTER THREE

METHODOLOGY

3.1 INTRODUCTION

Mouton (1996) stated that methodology is the analysis of how research should proceed. It includes discussions of how theories are generated and tested, and what kind of logic is used. Furthermore, Mouton (1996) also states that methodology involves what criteria theories have to satisfy, what theories are like and how particular theoretical perspectives can be related to particular research problems. This section will discuss the methodological approach this study adopted, the research design; population; sampling method; data collection tool; data analysis; ethical considerations and limitations of the study.

3.2 RESEARCH DESIGN

A research design is a strategic framework for undertaking the research (Tutty, Rothery and Grinnell, 1996). The study used a qualitative research paradigm in the form of a case study, to be able to explore subjective experiences of rehabilitation programmes and social services as perceived by inmates. According to Mouton (1996), the main aim of qualitative research is to describe and understand rather than explain and predict human behaviour. Furthermore, Babbie and Mouton (2001), state that a case study is an intensive investigation of a single unit and it takes multiple perspectives into consideration while attempting to understand the influences of multilevel social systems on subjects' perspectives and behaviours. Therefore, having considered the researched topic, a qualitative exploratory approach was deemed the most appropriate.

3.3 METHODOLOGY

3.3.1 Population

The population targeted in the study constituted adult male offenders who have been incarcerated for at least two years at Chikurubi Farm Prison in Zimbabwe. The researcher chose this

particular prison because it is the one where the inmates are introduced to various rehabilitation programmes prior to their release. Furthermore, Chikurubi Farm Prison is the largest maximum security prison in Zimbabwe. It is also situated in the capital city, Harare, and is in close proximity to the researcher's residence. The researcher also chose adult male offenders because they represent a larger proportion of offenders than the female population group. The researcher believes that after at least two years, adult male offenders would be aware of, and acquainted with rehabilitation programmes and social services offered at the prison.

3.3.2 Sampling

The research adopted a non- probability sampling approach that is purposive in nature. Purposive sampling is a type of non-probability method in which the researcher uses her or his own judgement in the selection of sample members because in some situations there is not much money and/or time available to conduct the study, as is the case here (Babbie and Mouton, 2001). The authors also define non-probability sampling as a practice in which the researcher selects a sample based on the elements and nature of research aims and the knowledge the researcher has about the population (Babbie and Mouton, 2001). Based on the aims of the research, twenty adult male offenders who have been incarcerated for at least two years were selected from Chikurubi Farm Prison in Harare, Zimbabwe. With this type of sampling, the researcher was able to gain deeper insight into the perceptions of the inmates regarding the social services and rehabilitation programmes that are being offered to them. With the help of the Rehabilitation Officer, the researcher selected respondents who had been in prison for at least two years and were willing to take part in the study. The inmates were asked to participate voluntarily. The first twenty who signed up were interviewed in the study as per an agreement with the researcher's University supervisor.

3.3.3 Data collection strategy

In- depth face- to- face interviews were conducted to gather research data. According to Babbie and Mouton (2001), face-to-face interviews generally produce fewer incomplete answers; they guide the person through the questioning, maintain rapport with the respondent and have higher control over the interview process.

3.3.4 Data collection tool

A semi-structured interview schedule was used as a guide to collect data. According to Brewerton and Millward (2001), through the use of semi structured interview schedules as a data collection tool, data is generally easy to analyse, while allowing interviewees to explain their responses and to provide more in-depth information where necessary.

3.3.5 Pre- test

According to Strydom and Delport (2005), a pre- test allows the researcher to test the interview schedule in order to ascertain whether the relevant data can be obtained from the questions to be asked. In this study, a pre- test on the interview schedule was done on a few individuals to test certain questions and modifications were made to areas in the interview schedule which were unclear.

3.3.6 Data collection apparatus

Research interviews were captured through a voice recorder. The use of a recorder allowed the researcher to concentrate on exploring the topic and noting the non-verbal cues (Babbie and Mouton, 2001). Record of thoughts that emerged were also kept through note taking. The interviews were conducted in English. Some of the responses were given in another language, Shona and the researcher- who also speaks Shona- translated those responses. Each interview took an average of 45 minutes to 1 hour.

3.3.7 Research data analysis

The data was analysed using the Tesch (1990) method of data analyses in de Vos, et.al (2005). It is a form of thematic content analysis in which This means that all the interviews were transcribed and each transcript analysed. The Tesch (de Vos, 2005), data analysis steps that were followed included reading through all transcripts of the interviews done with the inmates and getting a sense of the whole while keeping a record of ideas.

The researcher then selected one interview from the twenty interviews done and considered the underlying meaning. Records of thoughts that emerged were also kept. A list of all ideas and columns of similar ideas that the inmates had about the rehabilitation programmes and social services, were clustered together. At this point, unique topics that emerged, as well as those that did not fit into specific categories, were also noted.

The topics that were noted were then converted into codes, which were then used to delineate parts of text determining whether new categories and codes emerged. From here on, topics were then converted into different categories and the interrelationships were shown between them. The researcher made the final decisions regarding the codes. Information was then assembled into one place where the preliminary analysis was done and existing data recoded when necessary.

3.4 ETHICAL CONSIDERATIONS OF THE STUDY

Ethics are a code of conduct that guides a researcher to ensure that both the welfare of the researcher and the respondents are protected (Babbie and Mouton, 2001). In this study, ethics related to conducting a study within a prison setting will be considered and these will include confidentiality and anonymity; informed consent and voluntary participation and avoidance of harm.

3.4.1 Confidentiality

Confidentiality involves limiting the access to the identities of respondents and private information and ensuring that those who have access make an undertaking to maintain confidentiality (Babbie and Mouton, 2001). The researcher explained to the respondents how the data was collected, who would have access to the data and how the results would be written up in the research report for academic purposes.

3.4.2 Anonymity

Anonymity refers to the non-disclosure of the identities of the respondents in the research (Babbie and Mouton, 2001). In this study, it was made clear to the respondents that they would remain anonymous and their names would not be recorded or identified. In order to keep the respondents anonymous, the researcher used numbers instead of the actual names of the respondents.

3.4.3 Informed Consent and Voluntary Participation

Informed consent is important for ensuring an ethical and accountable research process. It is for this reason that the research rationale was explained to the participants so that they would be fully informed before making a decision to participate or not. The researcher informed the respondents how the information would be disseminated. Babbie and Mouton (2001) state that

respondents should not be coerced or forced into taking part in any research because those who willingly participate are more likely to provide unbiased, honest responses. The researcher therefore made it clear to the respondents that they could withdraw from the study at any point if they felt they could not continue. Informed consent from the participants was obtained in the form of an oral agreement as these were all adults over the age of 18.

3.5 CHALLENGES AND LIMITATIONS OF STUDY

3.5.1 Research Design

Qualitative research has its pitfalls. It was time consuming to do the data analysis. Purposive sampling of only twenty respondents in one prison in the whole country was targeted and it would seem this is a small sample. Fewer people were studied and this means that generalisability was limited. Babbie and Mouton (2001) states that it is not possible to generalise results of a study of this nature to the larger population. Knowledge gained in this study cannot be used to generalize across all prisons in Zimbabwe. However, it is important to note that the main objective of this study was not to generalise, but to gain in-depth insight into the research topic.

3.5.2 Gaining access to the prison

Gaining access into the Chikurubi Farm Prison proved a difficult undertaking for the researcher. Firstly, because the prison is governed by the Zimbabwe Prison Service, a government department, a lot of red tape was encountered. This resulted in a lot of time being consumed trying to get past the red tape. Furthermore, the researcher was studying at an institute outside Zimbabwe so initially there was some scepticism as to who would have access to the information and the main reason behind the research. The researcher had to explain that the study was purely for academic purposes and the ZPS would also receive a hard copy of the final report.

The following chapter presents and analyses the research data collected.

CHAPTER FOUR

PRESENTATION AND ANALYSIS OF RESEARCH DATA

4.1 INTRODUCTION

This chapter will present and discuss the research data. The respondents' profiles will be given to highlight their demographic information, that is, age, type of offence committed, how long they have been in prison, occupation and level of education. The themes that emerged from the study and the discussion of these findings will be presented in a framework of analysis. At the end of the chapter, concluding remarks will also be given.

4.2 PROFILE OF RESPONDENTS

The sample constituted 20 respondents. The profile of the respondents who participated in this research is shown in **Table 1**.

Table 1: Profile of respondents

Respondent	Ages of the respondents	Offences	Time served in prison	Occupation	Level of education thus far
1	36	Stock Theft	8 years	Unemployed	Primary
2	30	Armed Robbery	4 years	Entrepreneur	Tertiary
3	24	Illegal Diamond Selling	8mnths	Unemployed	Secondary
4	45	Fraud	1year 5mnths	Doctor	Tertiary
5	29	Theft	1year 5mnths	Cell Technician	Secondary
6	35	Malicious Damage to Property	2 years	Bus Loader	Secondary
7	30	Armed Robbery	5 years	Gold Panner	Secondary
8	26	Fraud	4 years	Unemployed	Secondary
9	33	Unlawful Entry	1 year	Motor Mechanic	Secondary
10	35	Store Breaking In	1 year	Bar Man	Secondary
11	30	Unlawful Entry	4 months	Office Clerk	Secondary
12	42	Armed Robbery	3 years	Sewing and Selling	Primary
13	31	Culpable Homicide	2years 5mnths	Farmer	Secondary
14	26	Robbery	1 year	Motor Mechanic	Secondary
15	33	Murder	9 year	Technician	Secondary
16	28	Theft of Motor Parts	11 months	Motor Assembler	Never attended
17	41	Culpable Homicide	2 years	Teacher	Secondary
18	29	Unlawful Entry	5 years	Sign Writer/Artist	Secondary
19	32	Rape	8 years	Landscaper	Secondary
20	32	Fraud	10 months	Accountant	Secondary

4.2.1 Age of the respondents

The highest percentage of the age category of the respondents, which is, 16 out of 20 (80%), were aged between 26 to 39 years. The lowest percentage of the age category of the respondents, that is, 3 out of the 20 (15%), were aged 40 and above. Only one respondent's age category was between 18 to 25 years. The age group that had the highest percentage of respondents was the 26 to 39 years group, and this age category is also the working age.

4.2.2 Offences

Offence refers to the crime the respondent committed and is now serving time for. Minor to very serious offences were committed by the respondents. Serious crimes such as general theft, shoplifting, fraud, armed robbery, robbery and illegal mining were committed by 10 out of 20 (50%), of the respondents. Those who committed property related amounted to 5 out of 20 respondents (25%). A very low percentage, 4 out of 20 (20%), of the respondents committed contact crimes. Only one, (5%), respondent committed a contact related crime of malicious damage to property.

4.2.3 Time served in prison

Time served refers to the number of years that the respondents have been incarcerated in this prison during the period of the study. More than half of the respondents, 11 out of 20 (55%), had served more than two years in prison. Just below half, 9 out of 20 respondents (45%), have served time for less than two years whilst 4 out of those 9 respondents had served for less than one year.

4.2.4 Occupation

Occupation refers to the kind of work the respondents were involved in before being incarcerated. Most of the respondents, 13 out of 20 (65%), were doing blue-collar jobs and informal jobs such as bus loader, bar man, motor assembler and landscaper. A fifth of the respondents, 4 out of 20 (20%), had a formal office job such as a teacher, doctor and office clerk. The lowest percentage, 3 out of 20 respondents (15%) were unemployed. A high percentage is involved in informal and blue-collar jobs which may have influenced their engagement in illegal activities in order to get more money.

4.2.5 Level of education thus far

Level of education refers to what level of learning the respondents had reached during the period of the study. Three quarters of the respondents, 15 out of 20 (75%), attained a secondary school level of education. Very few of the respondents, 2 out of the 20 (10%), one (5%) had tertiary education and another one (5%) had primary education. Only one respondent (5%) had never had any form of schooling. Most of the respondents had attained some form of secondary school learning but lacked the tertiary education often required to be economically marketable in the formal sector.

4.3 FRAMEWORK FOR ANALYSIS

The overall aim of the study was to investigate the types of rehabilitation programmes and social services offered to the adult male offenders who have been sentenced at Chikurubi Farm Prison, from their own perspectives and experiences. The overall aim of the study was to survey twenty sentenced adult male offenders at Chikurubi Farm Prison in order to determine the following:

- The nature of social services that they have received thus far at the prison;
- The nature of rehabilitation programmes that they have undergone thus far at the prison;
- Their perceptions, if any, of the social services and rehabilitation programmes that they have received and/or undergone in the prison;
- Their understanding of the professional background of the staff who are rendering social services and rehabilitation programmes at the prison and;
- Their recommendations on the nature of social services and rehabilitation programmes that they feel should be offered at the prison.

The following table presents the themes and categories that emerged from the analysis of the research data.

Table 2: Framework for Analysis

Themes	Sub- themes	Categories
1) Nature of social services and rehabilitation programmes the respondents had received	* Social services	<ul style="list-style-type: none"> - Medical attention - Communication with people outside prison - Assistance with obtaining ID documents -Receiving clothes and money
	* Rehabilitation programmes undergone	<ul style="list-style-type: none"> - Agricultural, - Educational: (i) Part-time primary school (ii) Part-time high school (iii) Long- distance learning - Vocational - Life skills - Recreational - Spiritual and - Psychosocial therapeutic: (i) Support group (ii) Individual counselling
2) Perceptions of social services and rehabilitation programmes undergone and/or received	* Social services	<ul style="list-style-type: none"> - Needed some improvements -Generally good - Having a good impact
	* Rehabilitation programmes	<ul style="list-style-type: none"> - Good and helpful - Preparation for release - Providing knowledge and new skills - Dissatisfaction
3) Understanding of professional background of staff	* Social services professionals	<ul style="list-style-type: none"> - Rehabilitation Officer - Correctional Officer - Social Worker
	*Facilitators of rehabilitation programmes	<ul style="list-style-type: none"> - Rehabilitation Officer - Church
4) Respondents' Recommendations	* Social Services	<ul style="list-style-type: none"> - Telephone installation - Assistance upon release from prison

		<ul style="list-style-type: none"> - Increasing frequency of visits and times - Opening a tuck-shop - Assistance with obtaining identity documents - Provision of protective clothing
	* Rehabilitation Programmes	<ul style="list-style-type: none"> - Agricultural programmes - Educational programmes - Psychosocial therapeutic programmes - Vocational programmes - Recreational programmes

4.4 DISCUSSION OF THE RESEARCH DATA

This study's research data will be discussed in accordance with the themes and categories that emerged from specific objectives of the study as presented in the framework of analysis. In the discussion, respondent will be abbreviated as **R**.

4.4.1 Nature of social services and rehabilitation programmes that the respondents were involved in at the prison

One of the objectives of the study was to determine the rehabilitation programmes and social services offered at Chikurubi Maximum Prison. The social services and rehabilitation programmes that the respondents received and/or participated in will be discussed. All of the respondents stated that they were involved in rehabilitation programmes and had had social services rendered to them during their incarceration. These will be presented in two sections. The first section of this discussion will specifically refer to the social services the respondents received at the prison. The second section will be focus on the rehabilitation programmes that the respondents have undergone.

4.4.1.1 Social services received in prison

All the respondents stated that they had received social services. Most of the respondents cited having *communication with people outside the prison* and also mentioned *getting medical attention* as a social service though it is a health service.

Medical attention

Most respondents cited medical attention as one of the main form of social services that they had received as reflected in the following responses:

"...once I got sick and they took to me to the dispensary were I saw a nurse. Then because I was really sick they took me to Parirenyatwa Hospital. They told me that they had called my wife to tell her that I was sick. So I stayed in the hospital until I was okay to come back to prison." (R1).

"...and the prison has also helped me get my treatment, I have TB so they have been making sure that I'm receiving my pills in time and stuff..." (R3).

"The other time I had problems with my tooth, I went to the dispensary to get something to stop the pain and when it got worse they took me to the hospital to see a dentist." (R17).

If the dispensary at the prison is inadequate, the respondents are taken to the hospital outside the prison as a last resort. From the responses, it would seem to the author that the respondents do not get screened medically for any physical or mental health problems. Dissel (2007) states that prison can provide the offenders with an opportunity for proper diagnosis and treatment, considering that more than 70% of offenders suffer from mental health and physical problems.

It seems that respondents are helped medically only when they fall sick. In the author's opinion, it would seem there are no regular check-ups or screenings of diseases like tuberculosis as they enter prison. Instead, the respondents are only checked and treated when they fall sick,

"...we are not tested for other illnesses when we enter into prison and the only time you get to see the doctor or nurse is when you are sick.." (R4).

On the other hand, the prison is trying to provide medical attention to respondents in line with Rule 22 of the Standard Minimum Rules for the Treatment of Prisoners (SMR) of 1977, which

provides that at least one medical officer, should be appointed at each prison with sick inmates requiring special attention to be treated at special institutions or be referred to civilian treatment facilities. Rule 22 also states that the services of a qualified dental officer shall be available to every prisoner (SMR, 1977).

- ***Communication with people outside prison***

Most of the respondents asserted that the social services they received comprised of communication with people outside prison in the form of *monthly visits* and *telephoning of families*, as reflected in the statement below:

"I have my family visiting me every end of month though it's not enough for me you see." (R8).

"Every month for one weekend, family and friends come to see me here at the prison and we are all so happy..." (R12).

"...I look forward to the visits we have from those from home. It's one weekend in the month I really enjoy. It's always good to see family again when you are in prison." (R15).

The monthly visit is the time when their families and friends can come to visit them. It seems that this is the time that the respondents look forward to as they get to see their loved ones. It would also seem that the prison is doing well in making sure that the respondents are not isolated from their families and the outside world. Due to the fact that most offenders will be released into the communities that they came from, it is important that their family and community connections are maintained and encouraged while they are incarcerated (Dissel, 2007). One such way of doing this is allowing the offenders monthly visits (Dissel, 2007). Monthly visitation is a social service in line with the Kampala Declaration on Prison Conditions in Africa (1996) which states that prisoners should be given an opportunity to maintain and develop links with their families and the outside world.

Besides monthly visits, the respondents said that the prison afforded them telephonic contact with their families if they needed something from home:

"...I was at Whawha Prison and I was transferred here so they called my family to let them know that had been transferred to here..." (R4).

"I have not had any visitors for about two months now so I asked the rehabilitation officer to call my mother and ask her to bring me essentials I need like soap and a new toothbrush because I really need those things. So when she called home she found out that my mother is sick so that's why she has not been coming to visit me..." (R7).

"If we need anything from home we write in the log book and the rehabilitation officer will call our families for us and tell them what we need. I have done things a number of times and my family always receive the message." (R13).

The system in this prison is that the respondents write their requests in a log book and the rehabilitation officer will contact the families on their behalves using the telephone at the neighbouring Chikurubi Maximum Prison. Whenever a respondent is moved from one prison to another, the family is notified in due course. It would seem that the prison is efficient in informing families of prisoner transfers but is lacking in the area of respondents logging in messages they want conveyed back home. In the author's opinion, the respondents might censor their messages because there is no room for privacy and this process takes a long time. Telephone calls ensure that respondents have contact with the outside world and Dissel (2007) states that telephone calls are another way for prisoners to maintain contact with the outside world. Furthermore, the prison is providing this service in line with Rule 44 of the SMR (1977) that states that a prisoner shall also be informed immediately of the death or serious illness of any near relative and every prisoner shall have the right to inform his or her family immediately of his or her imprisonment or transfer to another institute.

Very few respondents cited other services such as *getting assistance in obtaining identity documents, receiving money for bus fare upon release and receiving clothes such as t-shirts.*

- ***Assistance with obtaining identity documents***

Another social service cited by one prisoner was getting help with birth certificates:

"...and the other time I needed help with getting birth certificates for my children and so they helped me and they organised that my children go to the Registrar General's offices with a letter from the ZPS stating that I could not take the children personally since I am in prison you see." (R11).

It would seem that the prison extends help to the families of the respondents who need assistance. Assistance of this nature is essential since respondents are incarcerated, which naturally limits their ability to help their families in times of need.

- ***Receiving clothes and money***

Some respondents, although few, mentioned that they receive assistance in the form of clothes, soap and money from the prison:

"They give us clothes like t-shirts. They also give us essentials like soap to those that don't have because most of us get soap from home when they visit us." (R4).

"Let me see, oh yes, when we are released they give us clothes to take with us that we can wear and also money for bus fare to get us back home..." (R1).

In the author's opinion, due to the economic crisis in Zimbabwe, means not everyone can afford to have family bring them essentials like soap, so the prison provides for those who do not have. As mentioned by the SMR (1977), the prison is supposed to be providing basic essentials for the respondents, regardless of whether the respondents can afford them or not. On the other hand, it seems that the prison offers an efficient service of providing the respondents with clothes and money for bus fares upon release.

The next section presents research data on the different types of rehabilitation programmes that the inmates were involved in as part of their rehabilitation.

4.4.1.2 Nature of rehabilitation programmes undergone in prison

In this prison, before an inmate can be released back into society, they have to take part in various rehabilitation programmes during the last few years of their sentences. The respondents reported that they took part in programmes of an: *agricultural; vocational; life skills, recreational, spiritual; educational and psychosocial therapeutic* nature. The respondents were thus asked if they had taken part in any rehabilitation programmes and what those programmes were.

- ***Agricultural programmes***

Most of the respondents reported that they were involved in programmes that were agriculturally oriented during the time they were in the prison. Agricultural programmes involved farming crops and vegetables that they cook in the prison, keeping of livestock like cattle, chickens and rabbit rearing:

"I'm involved in a couple of programmes...but I'm also involved in farming. Right now I am doing a potato project and also growing butternuts." (R2).

"I am doing different farming projects like growing green vegetables, onions, tomatoes and also milking the cows..." (R13).

"For the time I have been here, I make chicken feed amongst other things..." (R4).

"...I'm involved in farming maize and rabbit rearing as well..." (R7).

The research data shows that because Chikurubi Farm Prison is a prison on a farm, it makes sense that it would have more rehabilitation programmes that are agriculturally oriented. The prison's programmes being agriculturally oriented is borne out by the United Nations Asia and Far East Institute for the Prevention of Crime and the Treatment of Offenders (UNAFEI) (2007) which stated that rehabilitation programmes in Zimbabwean prisons are mostly agriculturally oriented. In addition, it would seem the prison uses the respondents as free labour to farm food the respondents eat in the prison rather than employing other people to do so. Dissel (2001) found that in most African countries- for example- Kenya prisons inmates are mostly engaged in farm work, while in Gambia inmates are sentenced to hard labour on farms (Dissel, 2007). In the author's opinion, this raises a question about how the respondents are being rehabilitated if programmes like farming are being provided as a form of free labour and not for the purpose of rehabilitation. It would therefore seem that the agricultural programmes are merely there to make the inmates work on the farms, rather than offer them the chance to change their criminal behaviour. In the author's opinion, one may argue that farm labour may serve as a deterrence to re-offending, knowing that imprisonment results in hard labour.

- ***Educational programmes***

Very few respondents cited educational programmes and this may be due to the fact that most of the respondents, 19 out of 20 (95%), have some level of education so they may not be interested

in any of the educational programmes as highlighted in Table 1. There are two types of learning programmes available at Chikurubi Farm Prison. These are, *part-time primary and high school learning* and *long distance* for tertiary studies.

Part-time primary school learning

Primary school learning is from Grade 1 to Grade 7. One respondent had this to say about primary school learning:

"I am involved in schooling from primary to secondary schools lessons so I spend most of the time studying and learning..." (R1).

The respondent studied part time and wrote the national exams in grade seven.

Part-time high school learning

High school learning is from Form 1 to Form 6 (Grade 8 to Grade 12 equivalent). Another respondent involved in secondary school learning mentioned that:

"..I'm involved with school stuff, my education is important. The prison is helping get my O' level certificate so right now I'm doing my Form 4 and will right my national exams at the end of the year." (R8).

In the author's opinion some offenders commit crime because they do not have the necessary skills and knowledge to enable them to make a living. When it comes to education, the prison is providing an important programme in the rehabilitation of the inmates. Education gives the inmates a chance to make a better life for themselves when they are released. Brewster (2002:30) cited in Thinane (2010), asserted that education programmes will always be the major part of any correctional rehabilitation process because they aim to improve education levels and the skills of offenders in order to facilitate their reintegration into society. Other prisons in the world also offer educational programmes. For example, Tasmania Correctional Services offers educational programmes that include literacy and numeracy, critical thinking and problem solving (Wilkins, nd) as part of their rehabilitation programmes.

Long distance learning

Prisoners also have a chance to partake in long distance education at a tertiary level:

"...I'm also taking private studies in Sociology and I.T so the prison helps with my examination papers and also with books in the library." (R17),

It seems in this prison, the educational opportunities are available to those who need them. Long distance learning is also being offered in some Tanzanian prisons (Dissel, 2007). The research data in the study indicates that, as in Groenpunt Maximum Prison in South Africa, inmates are also involved in correspondence studies, adult basic education and mainstream education (Grade 10-12) (Thinane, 2010). Education is free in the Zimbabwean prisons, as indicated by the respondents at Chikurubi Farm Prison unlike in Namibian prisons:

"...and we do not have to pay for the lessons and examinations that we write." (R8).

According to Taylor (1993) cited in Thinane (2010), offenders that have taken part in education are better behaved, less likely to engage in violence and have a better chance of having a positive effect on the general prison population. Furthermore, existing educational courses may be interrupted and so prison based education could give prisoners the skills needed to gain employment upon release (Dissel, 2007). In Africa, prison-based education and literacy programmes are limited in most countries or are available to only a small percentage of the sentenced population (Dissel, 2007). Unlike in countries like Benin, where education classes are only available at juvenile facilities (Dissel, 2007), education classes are available at adult prisons as well in Zimbabwe. The research data shows that a chance to pursue studies while in prison is offered to those inmates who need to gain some knowledge that they may use when they are released.

- *Vocational programmes*

Some of the respondents mentioned the various vocational training that they were involved in such as motor mechanics, carpentry, sewing and building:

"I am a mechanic outside the prison so it only makes sense that I take part in a programme that works with motor mechanics so that I do not forget some skills (laughs), and also it's an opportunity for me to learn something new..." (R14).

"Before I got into prison, I used to sew clothes and when I came here, I have learnt how to sew shoes as well..." (R12).

"I'm involved in a lot programmes for the past four years and they include carpentry, making of sheet metal and sign writing..." (R18).

"...I have learnt another skill form the programmes here...I know how to build a house! I have been involved in building courses and when I leave I can take a job into construction..." (R2).

The research data seems to allude to the fact that the prison is trying to provide as much vocational training to the respondents as it can. This is evidenced by the number of projects that the respondents can choose from. The programmes seem to be oriented towards blue collar skills learning, that is, the skills that can be utilised in blue collar and/or informal sectors. These programmes are relevant to the respondents because, as stated earlier in the profile on the respondents, prior to incarceration, most of them were working in blue collar jobs in the informal sector. The prison is thus equipping the respondents with skills that can be used upon release, while at the same time keeping them occupied in prison.

Dissel (2001) found that vocational training is not what is happening in Kenyan prisons, where every prisoner is supposed to engage in useful programmes so that they learn new skills and are enabled to gain employment, but very few vocational programmes actually exist in some of the prisons. It is also important to note that in Africa, most prisoners are involved in vocational training as opposed to academic training and this may be due to vocational training's close relationship to useful prison labour (Dissel, 2007). The author observed that chairs, tables and bars at the prison, to mention but a few, needs fixing. Therefore, vocational training would possibly allow the prisoners a chance to learn skills such as metal works and wood work that they can use in the prison.

Some of the respondents were unemployed at the time of arrest. For those who were employed, imprisonment may also have resulted in the interruption or loss of employment. Therefore, existing skills can be eroded or become outdated and vocational skills training will allow for the existing skills to be upgraded. Similar steps have been taken in Kenya to improve the skills of prisoners in the Beauty Therapy Programme at Langata Women's Prison (Tapscott, 2008). The programme improves inmate's self-esteem and equips them with skills that may be useful when they are released (Tapscott, 2008). Zimbabwe Prison Services is operating in accordance with the SMR (1977), which states that vocational training should be provided to prisoners so as to

prepare them for life after release and the skills taught should be similar to those that are applicable outside of the prison. In the author's opinion, vocational training may be used negatively by some of the inmates to commit crimes upon their release such as auto/car theft or theft of motor parts.

- ***Life skills programmes***

Besides vocational training, the respondents reported that they are also involved in life skills programmes. These are provided by the prison and non-governmental organisations (NGOs) like the Zimbabwe Association for Crime Prevention and Rehabilitation of the Offender (ZACRO):

"We have programmes like New Life coordinated by ZACRO and I'm a peer educator. I help with the different life skills programme here like New Life..." (R3).

"I am a peer educator in life skills programme for HIV/AIDS where I helping in teaching about HIV/AIDS to those infected and affected..." (R17).

"I am a peer educator but I have just started three days ago and I teach the other inmates about how to cope with HIV/AIDS and the Rehabilitation Officers with the help from the people from ZACRO, also give us information as well..." (R7).

It would seem that being a peer educator affords the respondents a chance to have a positive impact on other inmate's lives. Throughout the continent there is high incidence of HIV/AIDS and it is thus certain that virtually all correctional institutions in Africa currently hold offenders affected and infected with the virus (Tapscott, 2008). Similar to Rwanda, South Africa, Botswana and Uganda, this prison also runs awareness programmes to alert prisoners to the risks of HIV/AIDS and STDs (Tapscott, 2008). These programmes are run by a variety of NGOs, prison staff and inmates who have undergone specialist training (Tapscott, 2008). From the responses of the respondents, it would seem that ZACRO is the only organisation that helps this prison with life skills programmes. In a country like Zimbabwe, where the prison services lack enough resources to fulfil rehabilitation needs, one would expect to see more NGOs and civil society taking part in offender rehabilitation in prison. Dissel (2007) states that, in most African countries, NGOs and civil society groups are the ones that provide services to prisoners that the system does not have the capacity or resources to offer. In Zambia, a project called 'In But Free' provides peer mentoring on the risks of contracting STDs and HIV and support for those living with AIDS (Simooya and Sanjobo, 2005 cited in Tapscott, 2008).

- ***Recreational programmes***

Some of the respondents mentioned that they took part in recreational activities as part of their rehabilitation:

"For the past year I have been doing traditional dance and the group is called Chimbangbanga. I love dancing our cultural dances you know..." (R19).

"...I also play chess with some of the inmates to keep my mind exercising (laughs) that is when I'm not in the library reading books." (R3).

"...poetry, for the past three years I have been writing poems and I recently got published in the local newspaper! I love doing poetry with others." (R2).

"...and I also play soccer for the prison team. We even get a chance to play in a league with other teams from other prisons and teams and so we have soccer tournaments and we enjoy it." (R14).

The research data indicates that prison offers soccer, traditional dancing, painting, drama and chess to mention a few. It would seem that the prison has made some effort to ensure that the inmates are involved in some recreational activities, albeit only a few. Tapscott (2008) states that this is not a problem confined to Zimbabwean prisons but it also prevalent across Africa as a whole. Tapscott (2008) further states that, across the continent, access to recreational facilities is generally limited and in most institutions there are no facilities at all. Lack of facilities may be due to the fact that other sports would require more facilities and resources like courts for tennis and basketball, a swimming pool and even a hockey field and staff personnel to facilitate these. In the author's opinion this requires finances, resources and trained qualified staff.

The research data also shows that the facilitator of the sports goes the extra mile in order to make the event better for all concerned. With the few resources available, he is able to organise tournaments for soccer. Tapscott (2008) stated that regardless of inadequate facilities, some warders go to great lengths to organise recreational activities for inmates. For example, Westville Youth Prison in South Africa has no playing fields but the staff organises sporting events for the inmates, which is similar to what is happening in Chikurubi Farm Prison. These activities are also similar to those introduced in Mali prisons, which include regular sporting and cultural events for inmates such as soccer tournaments, plays and singing competitions (Tapscott, 2008).

The author believes that recreational activities such as poetry writing, offer a chance to the respondents to explore and develop talents that they otherwise may not have known they had. Thinane (2010) states that sports and recreation help in relieving tension associated with being imprisoned and can encourage offenders to develop skills and interests related to a specific sport.

- *Spiritual programmes*

Some of the respondents reported that they were also involved in spiritual programmes:

"Before I got in here I was a very bad person. I started attending church service here and the pastor would come and talk to us about doing good and being saved. Other people who had been like me would come as well and talk to us and showed us they had changed their lives and were now doing good and helping others after being released from prison. I felt that I needed to change and find God so I converted into a Christian..." (R5).

"...also in the choir, I would call it a church choir. I have been in this choir for four years now and I also play the guitar in the choir." (R18).

"...I got into the choir, the prison choir I mean. There is this priest who comes and helps us with the choir and we are going to release a church album soon as a prison. There were some singers who came to hear us sing and I was offered a contract to record an album once I leave prison...I am so excited and thanks to this priest who thought about the choir, I would not have had this opportunity..." (R9).

The research data indicates that spiritual programmes seem to be in the form of church services, bible study, mentorship by the pastor and also a choir in which they sing religious songs. It would seem that the religion manifests itself in the prison in the presence of priests and ex-inmates who have had an impact on some of the respondents. Manifestation of religion in prisons may be due to the fact that there is a greater presence of priests and other religious people in the prison than other groups of people. In the author's view, considering the political climate in Zimbabwe, there is scepticism of NGOs who are mostly foreign funded and therefore access to government institutions like prisons is hard to obtain. Therefore, religious groups have greater access to the prison.

In the author's opinion, spending time with someone results in one learning the other's behaviours and the priests have had that influence. Furthermore, the ex-inmates that have managed to stay out of prison act as a good example to the respondents that a person can change

and become a better person. Social Learning Theory asserts that criminal behaviours are learned behaviours in a given cultural and social setting (O'Connor and Perreyclear, 2002). Offenders are also able to learn non-criminal behaviours should their context change. Therefore, if an inmate is immersed in a religious setting in prison- surrounded by chaplains and volunteers committed to pro-social learned behaviours- the inmate is most likely to learn and adapt to these new behaviours (O'Connor and Perreyclear, 2002).

Skosana (2000) cited in Thinane (2010) states that religion is an important part of a person's existence and therefore could play a crucial part in the rehabilitation of offenders. There is some similarity to what is happening in Durban Medium B Correctional Facility in South Africa, where religious counselling is provided, in many cases by volunteers (Democratic Alliance, nd). There seems to be no variety within the programmes. Religious workers also play an important role in the spiritual development of offenders and also provide ongoing guidance and support (Dissel, 2007). The United Nations SMR (1977) Rules 41 and 42 states that prisoners shall have access to religious practitioners of their choice, they should be able to attend services of that person and that they should be able to satisfy the needs of the religious life. In some instances, spiritual practices such as yoga and meditation have been found to be beneficial in spiritual and moral development of prisoners in countries such as Mauritius and Senegal (Dissel, 2007). Judging from the respondents' statements, as presented above, it would seem that the Chikurubi Farm Prison is following the United Nations SMR guidelines for prisoner treatment in regards to religion.

- ***Psychosocial therapeutic programmes***

Few respondents cited programmes related to psychosocial needs such as *support groups* and *individual counselling*.

Support group

Being incarcerated is a difficult process because a person's life changes at the time of detention and inmates have to adjust living under lock and key. Some respondents, albeit a few, stated that

there is a support group that is run in the prison for those who have difficulties coping with being in prison, as reflected below:

"I'm in a support group for those who are finding it hard to cope in prison. The Rehabilitation Officer is the one who facilitates it and we talk about the various issues we are facing due to the change we have gone through and it helps..." (R4).

The prison seems to be providing a good service to the respondents in running a support group for those who are finding it hard to cope in prison.

The respondents reported that they do not attend this group because of fear of being labelled 'weak' by the other respondents, as mentioned by this respondent:

" ...zvemagroup sevarume muchichema nhamo dzenyu zvoitwa nevakadzi, varume vanofanhirwa kushinga (...male groups talking about your problems is meant for women because as a man you are supposed to be strong and not whine about your problems..)..." (R12)

It would therefore seem that the inmates are reluctant to attend the support group because of misconceptions that they have. Generally, in the author's opinion, there is a misconception in the minds of black Zimbabwean men that 'real men' do not discuss their feelings like women and they are supposed to endure whatever changes may occur in their lives without showing signs of weakness. Due to the fact that support groups focus on feelings and thoughts, they are efficient in rehabilitating the offender. According to McGuire (2000) rehabilitation programmes that focus on the interrelationship between thought, feeling and behaviour are more effective. These are programmes that target the psychological factors that are responsive to change through various treatments and have a functional relationship with the criminogenic needs (Howell and Day, 1999).

Individual counselling

Some of the respondents mentioned that they were involved in some form of counselling:

"When I found out that I was sick, I was so devastated...so I started going for counselling and it has been helping me..." (R20).

".. have been receiving pre-release counselling and it has been helping prepare to go back into society. I'm prepared that some people are not going to receive me and I

might find my family would have changed towards me because I have been in prison but counselling is helping me prepare for that." (R6).

"...and also because soon I will be leaving prison, the rehabilitation officer arranged that I meet with the family of the person I killed...I wanted to apologise for what I did, I feel really bad and I'm hoping apologising and paying them a cow will help. The rehabilitation officer is setting up meetings with them so we can sort this out..." (R13).

It would seem that in this prison, psychosocial programmes like counselling are very limited and it is important to note that very few of the respondents mentioned being involved in psychosocial programmes. In the author's opinion, this raises the question whether or not the respondents are fully rehabilitated when they leave. Howell and Day (1999) have asserted that rehabilitation programmes that are designed in a way to target psychological factors and have a functional relationship with the criminogenic needs are likely to result in better outcomes than those which are not. The Plan of Action accompanying the Ouagadougou Declaration (2002) emphasises the need to provide psychological support to prisoners.

It seems that this lack of emphasis and investment in providing psychosocial programmes to prisoners is not confined to Chikurubi Farm Prison but is prevalent across Africa. Dissel (2007) asserts that most African countries tend to focus on vocational, educational and spiritual development when it comes to offender rehabilitation in prisons and neglect the psychosocial and behavioural development of the offenders. In countries like Cameroon and Uganda, they also provide counselling services amongst other things to inmates who are on a journey to be released (Tapscott, 2008). This prepares them psychologically for their lives back in society.

On a positive note, it would seem that Zimbabwe's Chikurubi Farm Prison, as well as Goodwood Prison in South Africa, have focused their efforts on reorienting the attitudes of offenders as another starting point for rehabilitation in the form of restorative justice (Tapscott, 2008). This involves interaction between the victim and offender and their respective families. This helps the offenders to take responsibility for their actions and to acknowledge the consequences of their actions on others (Tapscott, 2008).

The next section discusses the differing impressions held by inmates on the social services and rehabilitation programmes that they have undergone at the prison.

4.4.2 Respondents' perceptions of the social services and rehabilitation programmes

Another objective of this study was to determine the respondents' perceptions and experiences of the social services and rehabilitation programmes that they have received and/or undergone in the prison. These perceptions will be discussed under three sub-sections. The first will examine the overall perceptions that the respondents had about the social services. The second will discuss the respondents; overall perceptions of the rehabilitation programmes. The last section will discuss the factors that may have influenced the respondents' perceptions of both the social services and rehabilitation programmes.

4.4.2.1 Overall perceptions of social services

The respondents were asked about their experience with the social services in prison and they specified their general insight into them. Most of the respondents felt that the social services were by and large *average and needed some improvement*. A small number of the respondents perceived that the social services were *generally good* and a few others stated that they were *having a good impact* on them.

- ***Needed some improvements***

Most of the respondents felt that social services were of average quality and quantity and therefore needed some improvements:

"...I guess ... I feel more services are needed to help the inmates." (R17).

"... there is some more improvement needed to be done in order for them to be at good standards." (R4).

More needs to be done to improve the existing social services and, if possible, add additional ones.

- ***Generally good***

The respondents who perceived the social services to be generally good stated:

" I think the quality of the services is good and so are the services. When we are sick we get our medication on time.." (R3).

"The services are good and above board. They are being well adjusted and improved as now we can get to have radio greetings as well." (R2).

It would seem that with not many social services having been offered to the respondents, the few that they have received are good enough for them. In the author's opinion, the basic services that they are receiving seem to be enough to satisfy the respondents' basic need for contact with others outside prison.

- ***Having a good impact***

Very few respondents felt that the services were having a good impact on them:

"The services have been good especially the monthly visits. It helps for some of us who have families outside the prison to keep and maintain our relationships. I get to see my wife and children so they are good." (R8).

"It's good that we get to have visitors every month because it helps to reduce the stress that some of us have. Having visitors gives us hope in some way." (R15).

"...they have been very helpful and for me especially the telephone calls. I have been able to communicate with my relatives about what I need from home and also about my release dates and just find out how everyone is doing at home as well." (R18).

The research data shows that the social services seem to give the respondents some form of hope that they will be alright and will be released some day. Seemingly, they also do not have to worry about not knowing if their families are doing well, and so forth. The author believes that this positive impact affects the attitude and behaviour of the respondents towards rehabilitation and encourages them to work towards getting rehabilitated and eventually returning to their families.

4.4.2.2 Overall perceptions of rehabilitation programmes

Most of the respondents felt that the rehabilitation programmes were *good and helpful* to them. A relative few felt that the rehabilitation programmes helped to *prepare them for their release*. The respondents also stated that the programmes *provided them with knowledge and new skills* that

they did not have before. A few of the respondents expressed their *dissatisfaction* with the rehabilitation programmes.

- ***Good and helpful***

Most of the respondents reported that the rehabilitation programmes are good and helpful to them:

"The rehabilitation programmes are very good and they help us out a lot. They help when I'm stressed and programmes like counselling helped me out when I was grief stricken, I was able to talk about my feelings, the pain I was feeling." (R1).

"...they are very helpful for example the dance groups and choir help improve our spiritual growth and they are entertaining." (R20).

The research data in this study indicates that the rehabilitation programmes seem to be helpful to the inmates of Chikurubi Farm prison, especially when they are stressed and need some recreation. It would also seem that programmes involving counselling are serving their purpose, which is to help inmates deal with their emotions and feelings. Thinane (2010) states that recreation relieves tension brought about by being in prison. Furthermore, some of the programmes are also achieving their purpose of encouraging growth in the respondents, for example, the spiritual programmes. In the author's opinion, religion comes with spiritual growth and good morals and values. Therefore, the acceptance of good morals and values can empower offenders to make sound judgements regarding what is right and what is wrong after their release thus reducing recidivism (Thinane, 2010).

- ***Preparation for release***

Most respondents felt that the rehabilitation programmes were helping them prepare for their release from prison:

"They are helpful and if they want to help the inmates better themselves when they go outside the prison...rehabilitation will help us better ourselves...programmes that allow us to apologise to our families and victims of our families help us for when we are released its easier." (R9).

"The quality of programmes here is good and they are very helpful...once I leave here, I will be able to start my own greenhouse because of the farming projects that I have been doing in here.. able to get some income when I am back in society thanks to the dog breeding programme that I took part in here." (R13).

"... I'm involved with the programme that deals with radio and TV repairs...programmes are very good and helpful in that they help people do what they know and they learn new things therefore equipping them for when they leave the prison." (R15).

The research data indicates that the programmes are mainly preparing the inmates for life outside prison after they have been released. It would seem to the author that the programmes are improving the skills of those who had skills prior to their incarceration. This means that upon release, the respondents have a better chance of starting a better life for themselves as reintegration into their homes is made easier. Furthermore, Tapscott (2008) states that interaction with families of the respondents and victims, is important because it represents a critical component in the offender's reintegration into society.

- ***Providing knowledge and new skills***

Most of the respondents observed that the rehabilitation programmes have provided an opportunity to learn new skills and have given them knowledge. According to some respondents:

"...the programmes are helpful especially the education one. Some of us are now able to do things we could never do before outside the prison especially learning in school. Now I'm able to do my secondary education and write my national exams." (R12).

"... there is always something new to learn so you gain knowledge. This helps because when you leave, you have learnt a skill or something so it helps you start a new life so that you can try and take care of yourself and avoiding coming back to prison." (R16).

"...we learn new things in the vocational programmes and also the recreational programmes like soccer, chess and volleyball keep us occupied so that we don't think a lot" (R18).

In the author's opinion, providing knowledge and skills to the inmates is important because it results in the respondents being kept busy and reduces idleness. Upon release they can use the skills and knowledge that they have gained to their advantage, thus potentially reducing the chances of the respondents having to depend on other people. Furthermore, since they have learnt a new trade, this may keep the respondents busy when they are released, thus reducing the chances of idleness which may lead them to re-offend. They have managed to learn a new trade and others have been given a chance to get education. According to Dissel (2007), imprisonment could afford the offender the opportunity to gain new skills, including practical skills, which they can use upon release.

- **Dissatisfaction**

A few of the respondents reported that they were not satisfied with the rehabilitation programmes being offered to them:

"...they are okay but I feel a lot needs to be improved because some of them seem more like labour and not rehabilitation." (R4).

"Well I'm sure most people would say that they are helpful but that is very subjective because I think there is a lot more that could be done in regards to these programmes because the sports are too few and not everyone can do the same sports. I'm not really satisfied and pleased with the programmes. But I might be wrong." (R7).

The research data indicates that respondents feel that the programmes can be improved upon especially the agricultural programmes, which tend to be more about labour than rehabilitation. It would also seem that some of the programmes are viewed as more of a punishment and hard labour and do not serve their purpose of rehabilitating some respondents. In a study at another prison in Zimbabwe, Mutare Prison, the inmates felt farming was used as a form of punishment and not rehabilitation, due to a lack of farming equipment (Parliament of Zimbabwe Report, 2011).

Various factors affect the respondents' perceptions about the social services and rehabilitation programmes offered at the prison. Most of the respondents' perceptions were influenced by factors that included *time served in prison, occupation, age and level of education*.

- **Time served in prison**

Time served in prison refers to the length of time the respondents had been incarcerated at this prison during the period of the study. The respondents who were incarcerated for a short period had this to say:

"I feel the programmes are of short term benefit. Maybe I'm wrong since I have been here for only a very short time. I will need more time to see if they have achieved a lot and also I also still need to understand them." (R3).

"...the programmes don't really help us in the long run when we are released...and I guess it just depends on the person..." (R11).

As highlighted earlier in the profile of respondents in **Table 1**, 55% of the respondents have been incarcerated for more than two years and 45% have been in prison for less than two years. The respondents who have been incarcerated for a short period felt that the programmes and services offered to them seem to only work for a short time. They also described them as average in terms of quality, and this could be because they have not experienced much with them. All the respondents, regardless of the time they have served, said that the social services that they have received are good but need some improvement.

The respondents who had been incarcerated for a longer time had this to say:

"I have been in prison for eight years now and I can say that I have seen that they work well. These programmes are very good in helping us deal with being in prison and also help us to prepare for when we leave. I have been able to be involved with many of the programmes and it seems they have been working well for me. The longer you are in here, the more you can see." (R19).

"...all the time I have been here I must say I have been helped a lot...it takes time for to see the help some of these programmes are providing...people don't change just like that but take time so yes I can see that the programmes are of good help..." (R15).

The respondents who have been incarcerated longer, that is, for more than two years (refer to **Table 1**), gave a more positive account of the programmes offered at the prison. It would seem that the amount of time served in prison directly influences the perceptions that the respondents have about the programmes both, positively and negatively. In the author's opinion, the amount of time served does not mean that the respondent will have a positive perception of the social services and rehabilitation programmes. Indeed, the opposite might be the case in that the respondents, who have been incarcerated longer, have had enough time to see the shortfalls in the programmes.

- **Occupation**

Occupation refers to the type of employment the respondents had prior to incarceration. It would seem the occupation of the respondents may also have influenced the perceptions of some respondents:

“For people like me who had jobs before we came to prison, the programmes that they have here are very helpful...I’m a motor mechanic and I take part in programmes that are related to mechanics. This way handikanganwe kugadzira mota (I will not forget how to fix cars) and we also get to learn new stuff about motor mechanics and other new trades.” (R14).

“..the programmes are very good and helpful...I’m a businessman and I’m always looking for new businesses and projects to venture into. I’m involved in farming projects in here and I have just learnt how to farm tobacco here. I’m so excited now because you know tobacco is a cash crop in Zimbabwe and my new acquired skill will help me set up a tobacco farming business...” (R2).

The research data shows that the occupation of the respondents prior to being incarcerated influenced their positive perceptions of the programmes. Prior to incarceration, most of the respondents had blue collar jobs or were self-employed. As shown in **Table 1**, only three of the respondents said that they were unemployed prior to their arrest. Most of the respondents are involved in vocational programmes like motor mechanics and electrical repairs, and these programmes are also similar to what the respondents were doing before incarceration. The respondents will therefore see some benefit in taking part in these programmes as they are learning skills that will be valuable in their occupations.

- **Age**

Age seemed to have had an influence on how some respondents perceived the rehabilitation programmes:

“These programmes will go a long way in helping us when we are released because at least we can do some form of jobs to take care of ourselves because we are still young and we should be working, taking care of our families. It’s not good to be unemployed and idle because that is when you end up committing crime.” (R5).

“...we work to take care of our families because that is what is expected of us at our age so if we are exposed to programmes that make us earn a living then that is great...” (R13).

The research data indicates that most of the respondents are of working age, so they would evaluate the programmes positively because they relate to their working skills. This applies particularly to those programmes that will give them a chance of making a living when they are released. Furthermore, the older the respondent, the better understanding he has of how the programmes function and how they are supposed to help rehabilitate him. Due to high

unemployment rates in Zimbabwe, this group of respondents is mostly involved in informal and blue collar jobs. Most of the programmes in the prison are oriented towards vocational training and these will equip the respondents for when they leave as their chances of gaining some form of employment in the informal sector will be enhanced.

- ***Level of education***

Another factor which seems to have influenced the respondents' perceptions is their level of education. Two respondents out of the twenty respondents had gone to school up to primary level, while had never gone to school at all. Following are some of their observations:

"I think the programmes are helpful especially the education one... I'm able to do my secondary education and write my national exams." (R12).

"I am involved in schooling from primary to secondary schools lessons...this is all because of the educational programmes offered here and to think I had never gone to school." (R1).

The research data shows that the level of education influences perceptions because those who are involved in the educational programmes are benefiting and gaining knowledge that they did not have outside prison. Although most of the respondents (85%), had reached secondary school education or higher, a few had just had only reached primary school while some had not gone to school at all. Therefore, in the author's opinion, they will have positive perceptions of the programmes. If the respondents felt that they gained or are still gaining from a particular programme, then their responses were more positive towards the programmes. Even though few inmates felt that the programmes needed some improvement, overall they were happy with the programmes.

The following section discusses the understanding of the professional background of the staff who facilitate the social services and rehabilitation programmes at this prison.

4.4.3 Understanding of the professional background of staff

Different rehabilitation programmes and social services have different providers and facilitators to cater for the needs of the recipients. This section of the chapter discusses the various providers and facilitators of social services and rehabilitation programmes cited by the respondents. The providers of social services and rehabilitation programmes will be discussed first, followed by the facilitators.

4.4.3.1 Social services professionals

The respondents were asked who provides them with social services in the prison. They cited three categories of professionals namely; the *rehabilitation officer*, *correctional officer* and *social worker*. A rehabilitation officer is one who has an educational background in psychology and has had training related to working with offenders and methods in offender rehabilitation. A social worker is a person who has a university educational background in social work and is qualified to provide and facilitate social services and psychosocial programmes. According to the New Zealand Department of Corrections, a correctional officer (also known as corrections officer or prison officer) is a professional who is responsible for the safe, secure and humane containment of prisoners and for managing them in a way that contributes to reducing re-offending (Department of Corrections, nd). In Chikurubi Farm Prison these three professional terms tend to be used interchangeably to refer to the same person.

- ***Rehabilitation Officer***

Just over half of the respondents (55%) said that the rehabilitation officer provides most of the social services to them in prison:

"From my experience it is the rehabilitation officer who provides the services" (R8).

"It's obvious that it's the rehabilitation officer.." (R7).

"You see we all know that if we need services like calling our family we go to the Rehabilitation Officers..." (R20).

The research data shows that the rehabilitation officer is the main professional in this prison as stated by the respondents and this may be due to the fact that whenever the respondents need a service or other form of help they go to the rehabilitation offices where the rehabilitation officers

are situated. In Botswana, the rehabilitation officer is the professional who heads the rehabilitation division, which includes social work and adult literacy (Dissel, 2007). This social work department, which falls within the rehabilitation division, deals with the emotional, social and psychological well-being of inmates (Frompong, 2001 cited in Dissel, 2007). This is in contrast with what is happening at Chikurubi Farm Prison where the rehabilitation officer deals with every programme offered.

- ***Correctional Officer***

Very few of the respondents stated that the correctional officer provides social services to them:

"I know that it's the Correctional Officer who provides us with the social services...yes, the Correctional Officer is that one who helps us with everything." (R10).

"It's the Correctional Officer who provides social services..." (R14).

The research data indicates that there is confusion amongst these respondents as to the role of the correctional officer. These respondents view the correctional officer as the one who provides the social services, but instead their role is to ensure the safety and containment of the inmates.

- ***Social Worker***

Only two respondents said that the social worker was the one who provided the social services. In this prison, the social worker's role involves communication with families of the respondents when they are sick, are being transferred or need something from home.

"So it's like this, for social services we get from the Social Worker..." (R4).

"I know the social worker is the one who provides services because that is their job around here..." (R3).

The research data suggests that the prison has provided a good service in having a social worker provide social services to the respondents. A social worker has an important role to play especially in providing social services like maintaining family and community contact.

4.4.3.2 Facilitators of rehabilitation programmes

The respondents were asked about who facilitates the rehabilitation programmes in this prison. They stated that the people who provide rehabilitation programmes are that ones who facilitate them. They cited the *rehabilitation officers* as the main facilitators of most of the rehabilitation programmes with a few rehabilitation programmes being facilitated by the *church*.

- ***Rehabilitation officer***

The respondents stated that the rehabilitation officer is the main provider of social services in the prison and this also applies to the rehabilitation programmes:

"It's the Rehabilitation Officer who provides the programmes. The officer is also in charge of running the programmes but sometimes you get someone who is not a Rehabilitation Officer to help. Like the for the soccer team, a prisoner is made a coach to run the programme of soccer." (R14).

"You see we all know that if we need services like calling our family we go to the Rehabilitation Officers. Then, it is the same Rehabilitation Officers who run the different programmes like agriculture, sewing and contemporary dance."(R20).

"The Rehabilitation Officer also helps with things like if you want to say sorry to the person or people you committed the crime to, the Rehabilitation Officer will help you with that." (R17).

The research data indicates that rehabilitation officers, regardless of their professional skills training, provide the various rehabilitation programmes. The author believes that certain skills are required for different programmes, especially psychosocial programmes. In the author's view, having one professional facilitating all the different programmes hampers proper rehabilitation of the respondents because it is most likely that the rehabilitation officer does not have proper training or skills in all the types of programmes concerned. For instance, if the rehabilitation officer only has a professional background in counselling, that does not necessarily mean they have skills in behaviour modification or running vocational skills training. This state of affairs pertains in other countries in Africa as well as stated by Dissel (2007), who asserts that prisons are understaffed and have few personnel who have received training that helps them understand their role in terms of facilitating. The challenge that South Africa faces in this regard is a shortage of psychologists and social workers in prisons. Kalideen (2006) asserts that there was just one psychologist for every 4 000 prisoners and 500 social workers employed by

the Department of Correctional Services in South African prisons. In the author's opinion, this lack of enough staff hampers proper rehabilitation of the inmates.

- **Church**

Through pastors and priests, the church through also facilitates rehabilitation programmes in the prison:

"... Church meaning the Pastor are the ones that provide the programmes especially the spiritual ones and then they facilitate and run the programmes like the choir and bible study." (R4).

"I know that there are different providers of services and programmes. For example, the church provides for programmes like choirs, church service..." (R17).

The research data suggests that religious bodies such as churches play a role in providing rehabilitation programmes to the respondents. In some countries, like South Africa, Canada and Ireland to name a few, religious organisations also provide materials and support in prisons in the form of education, training and work opportunities (Dissel, 2007). According to Dissel (2007), the acceptance of religious ministries and bodies by African prison authorities suggests greater faith in rehabilitation through religious conversion rather than dealing with other risks associated with offending. In the author's opinion, there has been a mass exodus of professionals from Zimbabwe to other countries because of the economic crisis. The exodus of professionals such as social workers, psychologists and even psychiatrists has had an effect on rehabilitation programmes in prisons. The exodus of qualified professionals results in a shortage of qualified and trained staff to run rehabilitation programmes that focus on the psychosocial, cognitive and behavioural aspects of the offenders (Dissel, 2007).

The following section will highlight the various recommendations offered by the respondents on the social services and rehabilitation programmes they had undergone at the prison.

4.4.4 Respondents' recommendations on social services and rehabilitation programmes

Another objective of the study was to ascertain the respondents' recommendations on the social services and rehabilitation programmes they had undergone at Chikurubi Farm Prison. All the respondents proposed their recommendations. The first section will discuss the recommendations proposed regarding the social services. The second section will present the recommendations proposed for the rehabilitation programmes.

4.4.4.1 Recommendations on social services

Social services play a very integral part in the lives of offenders in prison. The respondents put forth several recommendations for social services, namely; *installation of a telephone at the rehabilitation offices, increasing the frequency of visits; getting assistance upon release until they are able to stand on their own; opening up a tuck shop, assistance with obtaining identity documents and provision by the prison of protective clothing.*

- ***Telephone installation***

One recommendation that frequently came up from most of the respondents was that concerning a telephone being installed at the rehabilitation offices or at least allow prisoners to make more telephone calls:

"...mafoni ngaawedzerwe please (they should add more telephones) because this will help with effectiveness of calling home. There more phones that we have, then the easier it is for more inmates to get their messages to their families in time." (R1).

"If they could add more telephones in the rehabilitation offices, we need more phones to avoid late feedback." (R3).

"I think the social services that are available here are okay but maybe they should add another phone for us." (R17).

The research data shows that most of the respondents feel there is need for a telephone to be installed at the rehabilitation offices so that communication can be made easier.

- ***Assistance upon release from prison***

Since the inmates are incarcerated, they are most likely to lose their jobs, while some could also lose their families. Due to this, they need different forms of assistance when they are released until they are able to stand on their own feet:

"They should help us to start up when we are released because kunze uko kwakaoma kana uchangobva mujeri (it's hard out there if you are just coming from prison)." (R8).

Some respondents felt this assistance could be in the form of money, clothes, food or in securing employment:

"I think they should help us by giving us some money to start our own thing when we are released or maybe just to help us survive until we can get something." (R12).

"...mmm maybe they should assist with money to start off with when we are released. Even clothes and other basic stuff because some of us will be rejected by our families so we don't have food and decent clothes." (R15).

The research data indicates that the respondents feel assistance, either in a monetary or non-monetary form, will be of help to them. In the author's view, when inmates are released without enough financial assistance to support them until they are able to stand on their own feet, they will most likely engage in criminal activity again. According to a study on the re-integration of prisoners, by Solomon (2001), 4.55% of the respondents admitted to returning to stealing in order to supplement their income. Solomon (2001) also found that 63.64% of the respondents felt that stable employment would prevent offenders from re-offending. It should be noted that having financial support and/or employment upon release does not necessarily guarantee that the offender will not commit a crime again, and that the extent and success of their rehabilitation will play a significant role in this regard (Solomon, 2001).

- ***Increasing frequency of visiting days and time***

Most of the respondents also cited the increasing frequency of visiting days and times as something that they welcomed:

"There are a couple of few changes I would want to see. First they need to add more visiting days to at least two times every month. Also, when there is a death in the family, it would be nice if they allowed us to attend the funeral. I lost my mother recently and I couldn't go bury her..." (R11).

"I think they should adjust the visiting days to during the week because some of us don't get visitors because our families can only come during the week..." (R14).

"It would be better if they increased the number of times we can get visitors during the month because once every month is not enough, maybe after every two weeks is better." (R18).

The research data shows that maintaining contact with families is an important part of offender rehabilitation and it is important that respondents are allowed visitors monthly. The issue of visiting times is a sore point in most prisons in Africa as most visiting times are said to be too short (Dissel, 2007). In order to facilitate visitors who could not visit often because they stayed too far, the Namibian authorities relaxed the regulations for longer visits (Dissel, 2007). ZPS could also adopt longer visits, rather than increase their frequency.

- ***Opening a tuck-shop***

Some of the respondents suggested that there should be a tuck-shop at the prison:

"If they could provide us with a tuck-shop where we can buy the things we need like soap or cigarettes..." (R2).

The research data shows that even if the inmates have their own money, they do not have a tuck-shop to buy the things they need. The respondents therefore recommended that prison authorities open a tuck-shop, so that there will be a place where they can buy their essentials. This is especially important for those who do not get visitors every month who bring them the stuff they need.

- ***Assistance with obtaining identity documents***

A recommendation was also made that prisoners should receive in obtaining identity documents:

"They should help us obtain identity documents for some of us who don't have them yet. The Registrar General could assign someone who can do it for us in prison." (R5).

The research data shows a recommendation on assistance with more personal services being rendered to the inmates, that is, providing assistance in obtaining national identity documents for those that do not have.

- ***Sorting of letters***

Another suggestion was made that the authorities sort out letters quicker than is the case at present:

"...and the letters we write are taking long to reach home. They should at least increase the times they sort out our letters so that they can give them back to us in time." (R13).

The research data shows that it is taking long for the inmates' letters to reach their destination because the prison is taking long in sorting the letters out. The respondents recommended that the prison not take long in sorting their letters so that they can get to the recipients faster.

- ***Provision of protective clothing***

A few of the respondents recommended that provision needs to be made for proper protective clothing:

"We need more proper clothing to reduce trauma of being in prison especially when you get in and also we need blankets because sometimes it gets really cold." (R16).

"...and they should also provide us with warm clothes and blankets to protect us against the cold cells..." (R9).

The research data indicates that the respondents felt that there is a need to provide new inmates with enough blankets because the cold in prison can add to the trauma and stress of being incarcerated. In the author's view, the need for basic necessities like clothes, blankets, soap and toothpaste is also a nationwide issue in the country's prisons. In a study done in 2011 across prisons in Zimbabwe, the inmates also recommended that government provide them with basic necessities such as clothing and blankets, among other things (Parliament of Zimbabwe Report, 2011). In some other African countries the need for proper bedding and clothing is rampant. The Ugandan Human Rights Commission visited prisons around the country in 1997 and they found that proper bedding was not available and that prisoners had to sleep on the bare floor (Dissel, 2001).

4.4.4.2 Recommendations on rehabilitation programmes

Respondents also put forward recommendations on the rehabilitation programmes based on how they had experienced them in the prison. These recommendations pertain to the *agricultural, educational, psychosocial, recreational and vocational and life skills programmes*.

- ***Agricultural programmes***

Various agriculturally oriented programmes are offered in this prison. These include rabbit rearing, farming of crops like maize and growing of vegetables. The respondents were also involved in dairy farming. Recommendations were made that the farming projects be increased and a bigger irrigation pump installed:

"I think they should add more projects such as chicken rearing. There are a lot of prisoners and few projects that all of us can do." (R1).

"They should get a bigger engine for the irrigation pump so as to maximise out farming and also we need to eat healthy so they should get seeds for nutritional plants such apples and oranges." (R17).

The research data shows that the respondents recommended that the prison add more projects to the already existing ones, such as chicken rearing, and that they also provide seeds for fruit plants like apples and oranges. The author is of the opinion that the above mentioned recommendations become questionable if they are working towards rehabilitation, considering the type of offences they have committed.

- ***Educational programmes***

Most of the respondents put forth recommendations for educational programmes, recommending that more books and stationery be made available and that volunteer tutors and scholars help the inmates with their studies:

"They need to add more stationery for learning subjects like accounts. They also need to do more teaching for literacy. The inmates that are involved in educational stuff shouldn't have to do a lot of the farming stuff because they need more time to read..." (R20).

"The programmes should increase knowledge through theory so I think they should give us more textbooks..." (R16).

"Maybe if the prison could get volunteer scholars and tutors to come help us with our studies that would be great." (R5).

The research data shows that the respondents recommended that more books and stationery be made available to those involved in the educational programmes. Educational programmes involve learning of the mainstream syllabus, from primary to high school. The respondents will then write national examinations upon completion. Long distance correspondence learning for tertiary level subjects is also available. Once again, upon completion, the respondents will write examinations in prison. It is of the author's opinion that this momentum of learning be maintained outside of prison in cases where inmates are released before they have finished their studies.

The respondents also recommended that volunteer tutors and scholars help them with their studies. It would seem that the prison is doing well in trying to provide the respondents with the chance to get an education that would not have been available to them before they were incarcerated. According to SMR (1977) Rule 77, there should be provision for further education of prisoners, including education for those who are illiterate. Rule 77 calls for the education of these prisoners to be integrated with the country's educational system so that after their release, they may be able to continue with their education without difficulty. However, these efforts to empower prisoners educationally are being hampered by a shortage of reading material and stationery (Parliament of Zimbabwe Report, 2011).

- ***Psychosocial therapeutic programmes***

The respondents also made recommendations for psychosocial therapeutic programmes. They suggested that the psychosocial therapeutic programmes be increased to include behaviour modification, follow-up of inmates after release and allowing home visits:

"...and I also recommend that they add more medical programmes like those ones like behaviour modification or something like that..." (R4).

"They also need to have programmes that include following-up on inmates after they have been released to see how they are coping and this will also help the inmates not commit crimes again." (R11).

"They need to take us for home visits before we are released so that we can reconnect with our families before we go back home..." (R14).

One respondent seemed to understand the term "behaviour modification". According to the respondents, there is basic counselling at the prison and very few cases of victim-offender-mediation and family reunification. It would seem that the prison offers very basic psychosocial therapeutic programmes. In the author's opinion the recommendations that the respondents put forth are of great importance as psychosocial therapeutic programmes should target these.

- ***Vocational programmes***

Some of the respondents proposed that more machinery and safety wear be made available to them:

"...and I also suggest the prison provides us with more machinery for welding and construction." (R20).

"...and I had almost forgotten, the prison should be strict on safety for the prisoners so I think they should provide us with more tools and safety wear. Some programmes we do are dangerous such as welding." (R14).

The research data indicates that recommendations were made for more machinery to be bought for vocational training like welding and construction. Furthermore, because the machinery they work with is very dangerous, they also recommended that more protective wear be made available to them. The issue of protective wear and more machinery for vocational programmes is a problem in prisons around the country. In the Manicaland Region in Zimbabwe, the lack of tools for those working in carpentry was said to be a hindrance in capacity building of inmates (Parliament of Zimbabwe Report, 2011). There seems to be a nationwide shortage of tools in prisons in Zimbabwe.

- ***Recreational programmes***

Some respondents, albeit a few, proposed recreational programmes:

"It would be nice if they could also introduce things sports like tennis, snooker, darts, boxing and even a swimming pool to help keep us busy and fit." (R6).

"They should just add more diverse programmes so that everyone has something to take part in..." (R8).

The research data shows that the respondents suggested the introduction of other sports besides football, such as tennis and board games. It is important that the respondents be engaged in recreational activities that they like because according to SMR (1977) Rule 78, recreational and cultural activities shall be provided in all institutions for the benefit of the physical and mental health of prisoners.

4.5 CONCLUSION

This chapter presented and discussed the research data of the study in line with the framework of analysis. The respondents' profile showed the demographic information of the respondents, in relation to, age, type of offence committed, how long they have been in prison, occupation and level of education. The themes that emerged from the study were discussed and the findings were presented in a framework of analysis. At the end of the chapter, the recommendations of the respondents were also discussed.

In the next Chapter, the conclusions and recommendations will be presented.

CHAPTER 5

CONCLUSIONS AND RECOMMENDATIONS

5.1 INTRODUCTION

The overall aim of the study was to investigate the types of rehabilitation programmes and social services offered to adult male offenders who have been sentenced at Chikurubi Farm Prison from the perspectives and experiences of the inmates who are incarcerated at this correctional facility. It is hoped that the findings of this study will help identify the nature of social services and rehabilitation programmes rendered to the inmates and how these could be improved.

The specific objectives of the study were to survey twenty sentenced adult male offenders at Chikurubi Farm Prison in order to determine the following:

- The nature of social services that they have received thus far at the prison;
- The nature of rehabilitation programmes that they have undergone thus far at the prison;
- Their perceptions, if any, of the social services and rehabilitation programmes that they have received and/or undergone in the prison;
- Their understanding of the professional background of the staff who are rendering social services and rehabilitation programmes at the prison and;
- Their recommendations on the nature of social services and rehabilitation programmes that they feel should be offered at the prison.

This chapter presents the conclusions in relation to the overall aim and specific objectives of the study, followed by the recommendations.

5.2 Respondents' perceptions on the nature of social services that they had received at the prison

It was important to establish whether the inmates were receiving any social services, and if so what type of social services these were receiving and to assess whether the social services received are in line with international or regional declarations and guidelines that inform offender rehabilitation.

The study found that the respondents had received some social services. The respondents received medical treatment, monthly visitors, and when necessary, can also be assisted with personal requests like getting assistance to acquire birth certificates for their children. On admission at the prison the respondents are given a blanket each and when they leave the prison, they are given money for travel back home.

The findings indicate that there is no telephone that can be used by the respondents at Chikurubi Farm Prison and that they therefore use the two telephones that are designated for prisoners at the neighbouring Chikurubi Maximum Prison. This means that whenever the inmates at Chikurubi Farm Prison need to communicate with family back home, they have to write the message and contact number for the person they wish to communicate with in the telephone book. The rehabilitation officer would then - on appointed dates - go to the neighbouring prison to make the call for the inmates. This means that communication is delayed.

On the other hand, it would seem the prison has a long way to go to ensure that the services that they render are of international standards. According to the SMR (1977), it is the prison's responsibility to provide toilet articles that are necessary for the health and cleanliness of the prisoners and every prisoner who is not allowed to wear his own clothing shall be provided with clothing suitable for the climate and adequate to keep him in good health. This is proving to be a challenge in Zimbabwean prisons due to a lack of resources brought about by the economic crisis in the country.

Recommendations

Based on the findings discussed above, the respondents recommended that:

- the number of visiting days, as well as the duration of the visits be increased, although this would require prison staff to monitor them. Currently, the ZPS is facing a shortage of qualified staff so proposing more visiting days may not be feasible;
- ZPS arranges that those inmates who are about to be released be allowed home visits once a month to help them ease into re-integration with their families and communities. Even though home visits go a long way towards reunification of the offender and family, the study found that in this prison it is not done due to staff shortages and fuel shortages;
- a telephone needs to be installed in the rehabilitation office and inmates should be given more blankets and;
- upon release, the inmates should be given some assistance financially and materially until they are able to stand on their own feet. With the current economic crisis in Zimbabwe, it is not feasible to assist the inmates financially as the prisons are already cash-strapped.

The author supports the above recommendations and further recommends that ZPS needs to:

- allow visitation days during the week strictly for those who cannot get visitors during the weekend and;
- install a telephone in the rehabilitation offices so that the respondents will not have to share the available telephones with the other prison.

5.3 Respondents' perceptions on the nature of rehabilitation programmes that they had undergone at the prison

The author was interested in researching rehabilitation of prisoners in Chikurubi Farm Prison in Zimbabwe, so as to assess the different types of programmes offered to offenders. It is hoped that the findings will help Zimbabwe Prison Service to see how these could be improved.

The study found that the respondents underwent rehabilitation programmes that are agricultural in nature. These include mainly farming maize, vegetables and rabbit rearing. Vocational programmes mostly involve motor mechanics, carpentry, building and welding. Due to the fact that most of the respondents had experience with these occupations before incarceration, it would seem that a large number of the respondents were involved in vocational programmes. The study also found that life skills form part of the vocational programmes focusing on HIV/AIDS awareness programmes through peer education.

The findings indicate that there were few inmates involved in educational programmes and it would seem that this is due to the fact that most of the respondents had been to school before. The study found that educational programmes start from Grade one and are carried through to correspondence studies for those interested in tertiary education.

The study found that recreational programmes available include sports, that is, soccer, volleyball and netball. Other recreational activities available are chess, painting, poetry and dancing - traditional and contemporary. The findings illustrate that sporting activities are very limited but the respondents took part in tournaments with other teams from outside the prison. The respondents also participated in the choir - Tehila Worshippers - as part of rehabilitation in the form of spiritual programmes. The pastors offer bible studies, spiritual counselling and also conduct the church services. The study found that there are very few psychosocial therapeutic programmes and only a handful of the respondents took part in counselling. The study also found

that the inmates had been involved in mediation with their families to mend bridges as well as mediation with the families of victims.

Recommendations

Based on the above findings, respondents recommended that ZPS needs to do the following:

- add more psychosocial therapeutic programmes;
- provide protective wear for vocational programmes like welding and carpentry;
- add more sports like tennis, swimming and basketball. In the author's opinion, as much as it will be a positive development for the prison to provide for other sporting games such as tennis and swimming, this is not feasible in terms of resources and coaching staff and;
- also provides more reading material and volunteers such as tutors for the educational programmes.

The author is in agreement with all the above recommendations and further recommends that:

- the prison needs to provide rehabilitation programmes that are related to the respondents' skills. This would hopefully help the respondents build knowledge and skills on what they already know and will also cut down on the costs of having to teach and train inmates in new skills;
- the prison needs to introduce board and table games like draughts and scrabble which do not require coaching staff and the prison could always ask for donations from sporting clubs and/or companies that manufacture board games;
- the Zimbabwe Prison Service's social worker needs to provide more diverse psychosocial programmes besides counselling. These could include cognitive-behavioural therapy (CBT), behavioural modification therapy, anger management sessions, family counselling, and group sessions. Such programmes could help the inmates deal with issues around anger management and help transform their behaviour to that which is not criminal in nature. They could also help allow those inmates estranged from their families

to work things out and in group sessions inmates can share their experiences of being incarcerated so they can cope better with being in prison;

- the prison could adopt South African approach to offering rehabilitation in prisons where psychologists and social workers provide a range of programmes including programmes for alcohol and drug dependence, trauma, sexual problems, life skills and aggression management as pointed out by Dissel (2007) to help the inmates;
- various individuals and companies from the business sector need to be involved in vocational training of the offenders so that they may invest in the inmates by providing them with entrepreneurial skills and thus creating an opportunity for the inmates to find some form of work upon release;
- social workers, psychologists, religious groups, the community, inmates and all other interested parties should be involved in designing rehabilitation programmes and encouraged by the government and the public sector. This will help the prison to offer relevant programmes, relevant to the crime committed. For instance, an inmate serving time for rape cannot be properly rehabilitated through agricultural programmes;
- ZPS needs to engage volunteers from the public or education sector to tutor those inmates taking part in educational programmes;
- ZPS needs to ask for donations of old books and reading materials from students who have finished with their studies and;
- ZPS could approach companies that manufacture protective clothing to donate some of this to the inmates.

5.4 Respondents' understanding of the professional background of the staff rendering the social services and rehabilitation programmes at the prison

The author explored the respondents' understanding of the professional background of the staff who were tasked with rendering social services and rehabilitation programmes to assess if they were suitably qualified to perform such roles. The author believes that the professional

background of the staff determines the type of programmes that they can run, the services that they can provide and whether or not they are offering rehabilitation programmes of good standard.

The study found that the respondents had some understanding of the professional background of the staff rendering services and programmes to them. It was found that social services are provided by the rehabilitation officers, correctional officers and social workers. The rehabilitation programmes are offered by the rehabilitation officers and the church.

Recommendations

Based on the above findings, the author therefore recommends that:

- the ZPS needs to assign different professionals for different programmes. For example, a psychologist and a social worker could run the psychosocial programmes. Due to the economic crisis in Zimbabwe, this is not being done because the government is struggling to pay wages; therefore no positions are being created. This has resulted in a mass exodus of professionals seeking better job opportunities in other African countries and abroad;
- in order to address the above challenge of a shortage of skilled professionals, the ZPS should engage with tertiary institutions so as to enable student social workers and psychologists to do their field placements at the prison. This could allow the students to gain working experience whilst also providing the prison with suitable staff to work with prisoners on the various rehabilitation programmes offered.

5.5 OVERALL CONCLUSION AND RECOMMENDATIONS OF THE STUDY

The overall aim of the study was to investigate the types of social services and rehabilitation programmes offered at Chikurubi Farm Prison from the inmates' perspectives and experiences. The findings illustrate that the prison offers programmes that are agricultural, vocational, educational, recreational, spiritual and life skills in nature. The findings also illustrate that the rehabilitation programmes are general and are not tailored to specific offences. The social

services that they received mainly related to their basic needs such as receiving medical attention when necessary, communication with people outside the prison, receiving clothes and money and getting assistance in obtaining identity documents. By and large, the respondents seem to be content with the social services and rehabilitation programmes offered although some indicated that something could still be done to improve the services and programmes offered to inmates.

It is therefore recommended that:

- there is a need for further research in the area of the social services and rehabilitation programmes offered in other prisons in Zimbabwe so that a larger picture of the type of services and programmes offered to the inmates can emerge;
- there is need for specific programmes to be aligned to specific offences for example, provide psychosocial therapeutic programmes like cognitive- behavioural therapy for those who have committed sexual offences. If this is not done, this may lead to re-offending. The author believes that such an approach to rehabilitation programmes could lessen recidivism amongst offenders in Zimbabwe.

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APPENDICES

APPENDIX (A): LIST OF REHABILITATION PROGRAMMES

Agricultural Programmes: These programmes include maize production, poultry farming, dairy farming, vegetable farming and cattle ranching, which are all done on the prison farm. Every offender is involved in some agricultural programme as this is a farm prison and agricultural programmes are the main source of rehabilitation programmes. Agricultural programmes are facilitated by the rehabilitation officer.

Educational Programmes: These programmes include literacy/numeracy, primary and secondary school learning, writing of National examinations and correspondence tertiary learning. These programmes are facilitated by the rehabilitation officer.

Spiritual Programmes: These programmes include bible study, church service, choir practice and spiritual guidance. These programmes are mainly facilitated by the church and rehabilitation officers.

Recreational Programmes: These programmes include sports such as soccer and volleyball; other extra mural activities such poetry, traditional dance, painting, drama and chess. The rehabilitation officer is the facilitator for the recreational programmes.

Vocational and Life skills Programmes: These programmes include peer educating, carpentry, sewing, knitting, motor mechanics, upholstery, welding, plumbing, building, television and radio repairs. The vocational programmes are facilitated by the rehabilitation officer and the life skills programmes are facilitated by the church.

Psychosocial Therapeutic Programmes: These programmes include counselling, group therapy, victim-offender-mediation and behaviour modification. These programmes are facilitated by the rehabilitation officer as well.

APPENDIX (B): INTERVIEW SCHEDULE

- Introduce self and thank interviewee for willingness to participate in interview.
- Explain purpose of study and their role.
- Discuss issues of confidentiality and anonymity.
- Explain the process and the structure of the interview.

Profile of the respondents

Respondent: _____

Age (years): _____

Level of education: Primary Secondary Tertiary Never went to school

Occupation: _____

Category of Offence: _____

Time served in prison to date (years): _____

Nature of social services and rehabilitation programmes

1) What kind of social services are offered in the prison? Why?

2) What kind of rehabilitation programmes are offered in the prison? Why?

Professionals of social services and facilitation rehabilitation programmes

3) Who provides social services at this prison? Why?

Social Worker Psychologist Correctional Officer Church Other

(Specify other) _____

4) Who facilitates rehabilitation programmes at this prison? Why?

Social Worker Psychologist Correctional Officer Church Other

(Specify other) _____

Perceptions of respondents

5) Have you ever received social services in this prison? Y/N

(If NO why?) _____

6) What kind of social services are they? Why?

7) What can you say about the quality of social services? Why?

8) What are your perceptions of the social services? Why?

9) Have you ever received an rehabilitation programmes?

(If NO why?) _____

10) What kind of rehabilitation programmes are you involved and for how long? Why?

11) What can you say about the quality of the rehabilitation programmes? Why?

12) What are your perceptions of the rehabilitation programmes? Why?

Recommendations

13) What kind of social services do you feel should be offered? Why?

14) What kind of rehabilitation programmes do you feel should be offered? Why?

We have come to the end of the interview, is there anything you want to add that has not been mentioned? Why?

We have now come to the end of the interview, thank you very much for your time and input

APPENDIX (C): LETTER OF REQUEST TO ZIMBABWE PRISON SERVICE

Mr Davison Garauzive

Research and Development Department

Zimbabwe Prison Services

Harare

02 September 2013

RE: Request to do a research at Chikurubi Farm Prison for educational purposes

I am currently a student at the University of Cape Town in South Africa. I am studying towards a Masters Degree in Probation and Correctional Practice. I am a Social Worker by profession. As per requirement, I am required to do a mini-dissertation in the field of my study. My passion is research into offenders, young and old, in the prison setting.

I am asking for permission to conduct a study at your prison at a time most suitable to you. My study seeks to explore the perceptions of sentenced adult male offenders on the social services and rehabilitation programmes offered at Chikurubi Farm Prison.

Your consideration will be greatly appreciated.

Thank you,

Jayna Rudo Kusada

(Masters Student and Researcher)

Dr. Thulane Gxubane

(Supervisor)