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THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**USING PRINT MEDIA IN REHABILITATION OF WOMEN
PRISONERS IN LANG'ATA PRISON**

Moderator
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Long Essay Submitted in Partial Fulfillment of the Requirements for the
Diploma in Social Communication

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DEDICATION

In loving memory of a father and model, Ariel Njobvu, who in spite of great trials and criticisms has conquered life with courage and optimism. You have motivated me to be what I am today.

My beloved brother and friend, David Njobvu, I miss your jovial loving character, your joyful company. I treasure you in my heart and may you rest in peace.

My beloved congregation of the Salesian Sisters who have acknowledged my potential as a social communicator. Thank you for your love, trust and support.



DECLARATION

I the undersigned, declare that this long essay is my original work achieved through my personal reading, scientific research method and critical reflection. It is submitted in partial fulfillment of the requirements for the Diploma in Social Communication. It has never been submitted to any other college or university for academic credit. All sources have been cited in full and acknowledged.

Signed..... Stella Chitipula.....
Name of Student..... Stella Chitipula.....
Date:..... 10th April 2007.....

This long essay has been submitted for examination with my approval as the college supervisor.

Signed..... Esther Kamweru.....
Name of Supervisor..... Esther Kamweru.....
Date:..... 10 April 2007.....

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ABBREVIATIONS

| | |
|------|---|
| KCPE | Kenya Certificate of Primary Education |
| KHRC | Kenya Human Rights Commission |
| LWP | Lang'ata Women Prison |
| MP | Member of Parliament |
| NARC | National Alliance Rainbow Coalition |
| NTV | National Television |
| ODP | Open Door Policy |
| PM | Print Media |
| RP | Remote Parenting |
| SPSS | Statistical Program for Social Scientists |

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GENERAL INTRODUCTION

Background of the Study

The prison has always been perceived as a place of punishment for wrongdoers. Worldwide, prisons vary from country to country, though they all have one principle; “Correcting Offenders”. The correction of prisoners also differs in that some prisons, like Lang’ata Women, include the inflicting of pain on an inmate who is already in pain of being in confinement, while others offer psychological therapy. Hard labour in the prisons is prevalent, but the question is, to change one’s behavior and attitudes is pain infliction necessary? Among many forms of rehabilitation activities, print media can be used to assist prisoners change attitudes for life. The media is a powerful tool in facilitating change in people’s attitudes, ways of perception, and behavior. As different forms of media have been embraced in most of the Kenyan prisons, these methods could be used as tools for rehabilitation especially print media which could offer a chance for education. Though the study is limited to the literate, the researcher believes that print media is effective in the reformation process of the inmates as it offers an opportunity to reflect on the material that the prisoners read. The illiterate also could be taught reading skill to help in the reformation process.

This study focuses on the inmates of Lang'ata Women Prison which was established in 1954, in colonial time, with a special concern for the rehabilitation of women from within Nairobi as well as other places in Kenya. It is the only maximum security prison for women serious offenders and capital convicts in Kenya. After independence in 1963, the Prison Ordinance was established which contained rules on how to help offenders reform. The structures to categorize inmates, earnings schemes, compulsory supervision, extramural penal employment, and correction youth training centre, as well as pilot schemes, were enacted in different parts of Kenya. Apart from training, prisoners are supposed to receive counseling in order to get rehabilitated so as to return back integrated into society, ensuring safe custody.

Lang'ata Women Prison has two wings in the same area:

1. For convicts, who are three hundred and sixty, and the number continues to grow each day.
2. For remand (those awaiting trial) and they are 350 in total, though they still come in on a daily basis.¹

The prison is headed by an Assistant Commissioner, and different sections are run by officers with various ranks. There are various departments assisting in the process of rehabilitation of prisoners which include: social welfare, health industry, the duty office, The Catholic chaplaincy, a classroom, computer section, library and courts, administration, all of which work as one to facilitate reformation of inmates. The administration block and the remand wing are situated outside the main prison.

¹ G. WAMBUI, *Interview*, 16th February, 2007, Lang'ata Women Prison.

There is a high wall surrounding the prison for maximum security with barbed wire to prevent inmates from escaping. Among the other activities for rehabilitation are industry work which involves, dress making, embroidery, needle work, weaving, dying and designing, pottery, basketry, and knitting. There is also education training that includes curriculum studies and computer skills. Agriculture is part of the training including livestock-rearing, that is: goats, cattle, bees; and it also practices horticulture and floriculture as well as crop farming.²

LWP mission statement is: “to contain offenders in humane safe conditions in order to facilitate responsive administration of justice, rehabilitation, social re-integration and community protection”, while their motto is “Kurekebisha Na Haki,” which means “Rehabilitation in Justice”.

Statement of the Problem

There is a billboard in Lusaka, Zambia that reads: “A society without a woman is like a pot standing on one stone”. It therefore confirms that women are generally the pillars of a nation. They are models for their families as well as of the entire society. Women nurture life; support, protect, and even suffer for it. They are indeed the first agents of socialization, and often the first word a child learns is “mamma”. They are the nucleus of the family, which forms society through the formation given to their children. It is worrying that the crime rate among women is increasing.

As the world continues to unfold itself progressively, leading to a spirit of consumerism through globalization, some consequences have been that the crime rate

² W.K. MARY, *Research Paper: Counseling*, 2003, Lang'ata Women Prison.

has increased due to the many who cannot meet their basic needs. People crave to be richer and obtain status in society. The media has contributed greatly in influencing people's desire to base their lives on material things; the more they have the better. The women prisoners lack enough support to assist them in their transformation and to get integrated back into society as responsible citizens. The media has a prominent role in addressing the issue of anti-social attitudes towards prisoners through the radio, television, newspapers and magazines. Prisoners themselves have low self-esteem as they feel bad about themselves and look at themselves as unworthy citizens.

The motto of Kenyan prisons says; "Kurekebisha Na Haki" which means, to "Rehabilitate with Justice." Prisons should ensure that this is their focus. The present investigations assume that print media is effective for rehabilitating prisoners. Since the prisoners have no more freedom and are stripped naked, their freedom tends to be in God. Through Bible reading and the magazines like "The Seed", they slowly change from hostile attitudes and behaviour to a more acceptable behaviour.

Objectives of the Study

This essay tries:-

1. To identify the reasons as to why women commit crimes.
2. To find out prisoners' education background and family status.
3. To search for ways on how these women can insert themselves into society, without committing other crimes which would lead them back to prison.
4. To investigate the use of print media in the rehabilitation of women prisoners.

5. To propose measures that print media needs to take in sensitizing, forming and educating society on how they can welcome and assist prisoners to re-settle.

Motivation for the Area of Study

The inspiration in using print media as a tool in reintegration of prisoners is actually from the founder of the Salesian Sisters, Don Bosco, who believed in the holistic formation of young people through the use of print media. He believed that rehabilitation is possible because every person has goodness in them. Don Bosco used a system called “The Preventive System” where he educated young people as whole persons that is physically, spiritually, psychologically, morally and culturally aware, not academically alone.³ Don Bosco, through print media, helped the young people form their attitudes and behavior in order to appreciate their own dignity, that of others, and the society as a whole.

The choice of this topic is because of what the researcher has seen concerning the circumstances surrounding the women who commit crimes and are imprisoned. Prisoners, especially women, are neglected in society and usually are taken as ‘gone cases’ both by their families and society.

The researcher encountered cases of ex-prisoners who are still bitter and frustrated about their experiences in prison. A 35-year-old, Margaret Wagai, ex-prisoner woman expresses her bitterness about her bad experience in prison. She narrates, “I’m worse now than when I went in. I’m hostile, hungry, depressed and I curse those prison officers for their harsh treatment”.⁴

³ P.P AVALLONE, *Keys to the Hearts of Youth*. 109.

⁴ Note: Names are pseudo to protect identity.

Methodology of Research

The researcher will use library resources, the internet and other unpublished materials. Quantitative research will be carried out through administering questionnaires and qualitative research will consist of participant observation, in-depth and focus group interviews.

Social Relevance

Communication as a tool for human integral development, needs to be used at a basic level through sharing ideas: one on one, in a group, in a family, through mass communication which includes radio, television and newspapers. These are used for the same purpose of exchanging ideas and disseminating information.

The family as a socializing agent forms the personality of an individual and serves as an instrument of behavior formation.⁵ It is the first socializing agent, as it is in the family that a child is taught how to belong to the society. It is the family that becomes the first example to children, a domestic church where one learns to love or hurt. Religion helps to guide their inner life, expressing their spirituality and faith. It forms the society's morality, and defines what is good and bad.

The school prepares young people to take roles in the society through its transmission of knowledge, values, norms, and ideologies. It also becomes a place where children first learn to interact with others.

The media is the window through which the social world is seen and observed.⁶

⁵ P., MOGGI, "*Media and Society*". *Class Notes*, Tangaza College, 2006.

⁶ A., NZANGI, "*Psychology of Communication*". *Class Notes*, Tangaza College, 2006.

Through the over representations of a standard life of consumerism, depicted through films, advertisements, magazines, newspapers, internet, and radio, the audience's perception and values are shaped. In the same vein, communication is of use in rehabilitating deviant members of society who adopted deviant behavior due to poverty, unemployment, the desire to get richer, or and other activities that lead to crime.

Description of the Study Locale

Lang'ata Women Prison is situated in Nairobi south about 10km from Nairobi's City Centre. It is located in Otiende Estate near St. Mary's Hospital and Kibera, which is the largest slum in Africa. Lang'ata is surrounded by average income people. It shares its boundaries with Kibera slum which is just next to Otiende shopping centre, about 1km from St. Mary's and Kibera. About a half km away is St. Mary's Hospital, which came into existence 20 years ago. Between Otiende shopping centre and St. Mary's hospital is Lang'ata Women Prison. Lang'ata has a population of about 15,800 people.

Hypotheses

The researcher wants to verify the following hypotheses:-

1. Not all prisoners have access to print media.
2. The print media can be used to facilitate change of attitudes and behavior.
3. The mainstream media does not give much coverage to prisoners who have acquired professional training while in prison; for example primary and secondary school, computer training, farming, tailoring, embroidery etc.
4. There is no magazine that highlights the life of prisoners and ex-prisoners.

5. Prisoners are denied assistance for the reformation of the whole human person; physically, socially and spiritually.

Research Scope

The focus of the researcher's study is limited to the use of print media as a way of rehabilitation and empowering women in reading skills and in pursuing a career whilst in prison. Though the essence of the discussion is limited to Lang'ata prison, it will extract examples from male prisons as well. Other examples will be cited from ex-prisoners both male and female.

Structure of the Essay

This work will be divided into three chapters. The first chapter consists of a detailed discussion on the rehabilitation of prisoners looking at their physical, cultural, psychological, sociological and spiritual rehabilitation. It will also explain the definitions of terms used in the paper and contain a literature review.

Chapter two presents the field research. It highlights the sampling criteria, data collection and data analysis leading to the research findings. It also examines media (print) accessibility, considering its effectiveness in changing behavior by comparing the users and the non users.

The third chapter will link the research findings with relevant theories of communication. Finally, the general conclusion gives a summary of the whole work, stating the findings of the field research (in relation to the objectives and the conclusions), and prescribes the way forward.

Chapter 1

LITERATURE REVIEW

1.0 Introduction

Prisons have been perceived as places where wrongdoers are confined. It is widely held that nothing good can come out of the people who live in these institutions, mostly because they have been stereotyped, prejudiced, stigmatized and marginalized.

This chapter seeks to investigate the conditions and use of printed materials in the reformation of prisoners in Lang'ata Women Prison. It will highlight issues pertaining to the process of rehabilitation. It will demonstrate where and how a human person who has a culture is socialized into the society through family, religion, school and the media. This human person has needs that have to be met in order to grow holistically. Attention will also be given to the psychological side of the person and to understanding the economic wellbeing that caters for everyday needs that is, sociological (the need to interact and socialize with others), physical health (the need for medical attention) and the spiritual needs.

1.1 Lang'ata Women Prison

Lang'ata Women Prison is an institution that aims at correcting female offenders so that they in turn become responsible and active participants in the society.

The vision of Lang'ata Women Prison is "A correctional service of excellence in Africa and beyond".⁷ So from the stated mission statement which promotes safe conditions for rehabilitation and the motto being "Rehabilitation with Justice", the prison fosters the following functions;

1. To give excellent service to the community as they contain and care for those entrusted to them.⁸
2. To rehabilitate those people in their care so as to contribute to the community's protection, stability, and development.
3. To rebuild inmates' morale and discipline and encourage them to self-respect and responsibility.
4. To ensure their institution is under good care and security for safe custody of the inmates.
5. To ensure good care of inmates for the purpose of rehabilitation.
6. To help inmates communicate with the outer world, including their families and relatives, for the progress of their families through the welfare officers.
7. To offer inmates technical skills for the purpose of "after care" so that they fit back into the society after completion of their sentences.
8. To ensure good lines of communication between inmates and prison officers as well as the community for the safety of all.

The prison has a library, an indication that there is a sense of value for the print media. But how adequately equipped it is, is questionable.⁹ The researcher met and

⁷ KHRC. *Improving Prison Conditions in Kenya*, 2002.

⁸ Research Book - LWP, *Counselling Research*, Social Warfare Department 2003.

talked to prisoners who are already professionals such as Teachers, Nurses, and Lecturers who offer their services to their fellow inmates. However, what is questionable is that, when these people have served their sentences, do they render their services to society? There is little follow up from both the media and prison officers to show the society how capable and productive these people are. They are denied a chance to speak to the public about their experience in prisons, their reform and readiness to return to the society, their desires and hopes. If the society were informed on matters concerning prisoners, they would stop stereotyping the prisoners and stigmatization would not be an issue. If good stories are told of prisoners continuously through media, such as how the HIV/AIDS awareness campaign has been effective, the society would be more positive towards prisoners. They would know that a prison is not a place of punishment, but of accompaniment towards a more autonomous growth.

1.2 Women Prisoners at Lang'ata

Prisoners are involved in activities that prepare them to re-integrate themselves into society as transformed human beings. They have the opportunity to receive spiritual guidance, counseling, life skills, and vocational training in view of correcting and empowering them. “The prison reforms that have taken place with the coming of the National Alliance Rainbow Coalition Government are among the following;

1. “There are fewer beatings and harassment.
2. Inmates are allowed to see their children four times a month.
3. They are able to have time for themselves to reflect on who they really are.

⁹ LWP, *Participant Observation Interview*, 2007.

4. Adult education, computer programs, and other practical skills.
5. Open door policy which has highlighted their plight to the general public.
6. The prison reforms by NARC government has advocated for change of attitudes towards prisoners".¹⁰

Progress has been observed in the recent past on the welfare of prisoners. On the other hand, prisoners express their opinions that prison life has to change. The following are some of the dislikes pointed out: the prisoners do not want probation to be carried out punitively. The punishment they encounter leads to stress and depression. Stripping them naked, young and old, is so traumatizing. The staying away from family and friends is not healthy, as human beings grow in relation to others, especially those they love.

In spite of the effort on the part of the government to improve prison conditions, the already existing activities to help in the reformation of prisoners need to be consolidated. Spiritual and psychological accompaniment should be the cornerstone on which the rest of rehabilitation processes are built. What they have achieved while in prison should be awarded with a certificate to assist them get some job. They need recommendation letters on change of behaviours in order to eliminate lack of trust from the community. If these things are lacking, then the ex-prisoners find themselves struggling to settle themselves back into community, not knowing where to start.

They find the same misery and poverty at home, no employment. They experience social discrimination, peer pressure, and illiteracy; and so they commit another crime or the same crime and they land back into prison again. Margaret

Wanjiru, a 35-years- old ex-prisoner, opts to commit another crime so that she can get back to prison where she identifies herself with others. She confirms that some prisoners suffer depression and commit suicide after concluding their sentences.

In Lang'ata Women Prison, Remote Parenting is taking shape. R.P is a program that was initiated by Superintendent Warimi Keriri after a visit to China. The program intends to let children meet their parents without any physical boundary. It aims at reducing child delinquency. On 3rd January, 2007, children of the convicts were allowed in to see their parents without any physical barrier. Yet in another episode, one prisoner commented that this is healing and Margaret Chege, a prison officer, said that “now prisoners are more willing to take lessons than before the initiation of the program.”

1.2.1 Crimes Committed by Women

Female crime wears many faces. The common crimes women commit are: drug trafficking, obtaining money through fraud, prostitution, murder, working hand in hand with dangerous male criminals, and loitering. Crime may be committed by the professional who cheats on a tax return, the businessperson who steals using a computer, the mugger who robs people with violence, commercial sex workers, the person who uses or sells drugs.

1.2.2 Root Causes of Crime

Social problems that press people down lead them to commit crime, though arguments are open that poverty is not the root cause of crime, but that crime is a human

¹⁰ KHRC, *Improving Prison Conditions in Kenya*, 2002.

tendency. The instability in certain neighborhoods leads to an atmosphere of tolerance or encouragement of criminal activities.¹¹ It has been observed that crime has increased because of the “revolving door of justice,” which explains that courts are soft on criminals. It can also be said that crime is learnt from socializing oneself with others involved in crime. Sara, an inmate in LWP narrates; “I became a prostitute through peer pressure. I’m now used to it as I earn my living through being a commercial sex worker”.¹² Parents are not strict enough to teach their children how to observe and respect the law and other people’s rights. Crime is also caused by emotional and family problems. Since the family is an important social group that shapes one to behave in the society, family problems and unhappy childhood can lead to crime. Some of the negative experiences girls have in families, like absence of warmth of love, lead to low self-esteem, instability and loneliness. Thus in seeking love and acceptance from outside their families, and finally such girls find themselves in trouble. The poor moral standards of some families, lack of proper child discipline, conflict disturbed family relations and bad relationships between parents and children lead to delinquency. From the age of 13 to 23, depending on the culture one came from, young people undergo the transition from child to adulthood. This transition brings with it physical, emotional, social, spiritual, and psychological change, such that without balance, young people get confused in the maze of life, and they are thrown off track.¹³ According to Freeland, “Youth as a transitional process, involves attempts to answer a range of

¹¹ S.J. LARRY, *Juvenile Delinquency*, 109.

¹² Interviews, 5th January 2007, LWP.

¹³ G. PETER, “*Exercises in Media Education*”, 187.

questions relating to personal morality, sexuality, politics, and economics, all of which contribute to one's personal identity".¹⁴

Youth is a stage and period of questioning, doubting, curiosity, adventure and exploration. It is at this stage that there is a deep longing for acceptance, and parental guidance is sometimes rejected bringing about conflict. In their searching for identity and meaning in life, the youth look for models to imitate in lifestyle, and chase dreams. Then, the media comes in as the best friend of the youth. It is during this crisis that the youth identify themselves with bad company that introduces them to crime. They desire a world of their own making and disown their allegiance to a world created by adults. They become rebellious and crave for an environment where they can exercise freedom for experimentation without accountability. Their minds are fertile grounds for ideologies and experimentation. Biologically, as their bodies change, they face frustrations and confusion in the area of sex. Love and sex are commodities that can be put on and off like the clothes that they wear. They identify themselves with what they watch on television, video tapes, films and what they read from the magazines and Newspapers, and it is during this period that many lose track.¹⁵ Dawn H. *et al* noted that another aspect that leads women to crime is the low self-esteem they experience, which causes destructive and aggressive behaviors among girls. As they enter puberty they require compliance and acceptance of a passive gender role; if these are not met, aggressivity takes over.¹⁶ The transition from girlhood to adulthood is a crisis.

¹⁴ T. FREELAND, *Journal of Youth Studies*, 26.

¹⁵ C.H. DAWN, K.M. DEIRDRE, P. SHAUNA, *Journal of Youth Studies*, 419.

¹⁶ C.H. DAWN, K.M. DEIRDRE, P. SHAUNA, *Journal of Youth Studies*, 419.

People living in poorly organized networks, crowded in houses which are close to each other, experience high crime rate. People living in these places, like Kibera, Dagoretti, and Korogocho are deprived of a decent lifestyle and hence theirs is to steal from the rich man's table or even among themselves. They go to poor schools and have no proper models in their environment and they lack good health. Many families are fatherless and husbandless.

In an urban setting like Nairobi, there is a gap between the rich and the poor created by social status. These classes are the under class, which is sometimes called lower, and high classes are those who have status in society.

The high classes have social, economical and political advantages and live in communities protected by security guards. The under class live in shanties that are exposed to dangers and violence.

(a) Drug Abuse

Drug abuse seems to have a big influence on crime. Studies have proved that drug and its relation to crime includes not only drugs like heroine and cocaine but also alcohol consumption. Drugs influence one to violence and committing crime, which leads to getting money quickly.

(b) Unemployment

“Youth, women, homeless youth, long-term unemployed young people, young people in isolated communities, young offenders and disabled young people are construed as

identifiable, distinct populations of youth at risk”.¹⁷ This is a vulnerable state that makes many people commit crime. The lack of employment causes families to lack basic needs like education, proper housing, food, water, and clothing. Parents’ ability to influence their children is reduced because of their lack of capacity to support children in their daily needs. As a result of this, children become aggressive in order to survive. Living in multiple family dwellings has a negative impact on them.

(c) Poverty

It is not surprising to find that the most economically disadvantaged neighborhoods also have the highest rates of serious crimes, such as homicide. According to Mac Donald, women from the lower social classes become a threat to the society as they are anti-social, unemployed, morally irresponsible and deviant.¹⁸ The situation of single mothers, unemployment and violent crimes are all matters of choice by affected groups. They steal and even commit murder in order to avoid dying of hunger. Poverty motivates and increases the likelihood to be involved in violent crimes. Though not all commit petty crimes, the Kenyan Minister for Home Affairs, Moody Awori was amazed that many inmates “are being charged and held for very petty offences”.¹⁹ In Zimbabwe, the economic crisis presses the young people to be involved in crime due to failure to pay school fees which results in being expelled or withdrawn from school’.²⁰ Poverty brings in marginalization and inequality, and women are the victims as they experience single motherhood or unhappy marriages while others are

¹⁷ G. FRANCIS, *Journal of Youth Studies*, 26.

¹⁸ A. Y. KAMEGE, *Journal of Youth Studies*, 5.

¹⁹ HUMAN RIGHTS REPORT, 37.

divorced and have to look after their children, as single and jobless in most cases. 40% of families in Kenya live below the poverty line (live on less than a dollar a day).

A young woman, Olivia, a 20-year old student at the University of Nairobi who was struggling to make ends meet, decided to look for money through drug trafficking. She risked involving herself in trafficking illegal drugs like heroine and cocaine which later led her to imprisonment. She wanted to be involved in the competition to succeed. She was sentenced to life imprisonment in China over charges of drug trafficking. Her friends said that she was an honest, trustworthy and genuine person who struggled to pull herself up to finish her studies.²¹

There are many other honest, trustworthy and genuine women who, because of material and financial inability, involve themselves in crime like Olivia did because they are looking for a way to survive and succeed.

1.2.3 Punishment

An inmate in LWP who has served for six years narrates her plight with a poem:

“Should I suffer more till my spirit decays? What joyless daylight when every time I have to be punished- to work under the table Sick and expectant mothers alike- punishment for all. I kneel on the ballast with a basinful of water, never to let out even a drop. I lie in the hot sun with heavy objects up in my arms. The very sunlight I took for granted, is now a thing to treasure. I stay locked in the lice infected cell. Washing my blankets is a big priority. For a prisoner has no voice and can never be right. The madams’ words will always reign”²²

“Generally, prison conditions in Kenya are harsh and harmful to the physical and mental wellbeing of prisoners. There is hardly an ex-prisoner who does not have a

²⁰ A.Y. KAMETE, *Journal of Youth Studies*, 5.

²¹ S. SAMUEL., *For Lack of Money*. Saturday Nation, 3

²² J. AKINYI, *An Inmate in LWP*, Unpublished material, 2007.

harrowing story to tell about his or her experience”.²³ The fact that someone is taken away from her family is in itself a punishment.

According to the Kards Team, prisoners are stripped naked in front of the others and this causes trauma, stress and depression. The rigorous experience they have leads to prisoners being hard cores. This indicates that their rehabilitation is done punitively instead of constructively. Pope John Paul II stated that the methods used in prisons to bring about rehabilitation focus on repression while the real goal is correctional. Prisons should lead to authentic reformation of inmates rather than punishment, build character rather than punish. The prison presently focuses more on corporal and mental punishment; this instead causes bitterness and resentment in most prisoners, as Josephine Wangui, an ex-prisoner from Lang’ata Women, stated.

Therefore, according to Margaret, an inmate in LWP, there are different forms of punishments which include: being beaten physically, insulted by being called names, giving excessive physical work, denying one food, total confinement, restriction of freedom, and the death penalty to some, just to mention a few. She said that it was sad seeing people with broken ribs and swollen bodies, because they are defenseless prisoners. Being taken to hospital after such beatings is unheard of. The victims are left to heal on their own. She has seen many times how the young madams never had a second thought in beating women old enough to be their mothers or even grandmothers. This is dehumanizing; prison should be designed to heal inmates from psychological traumas and change attitudes, but instead, they become hardened to prison life and refuse to be rehabilitated.

²³ J. AKINYI, *AN INMATE IN LWP*, 25.

Imprisonment should be a time of renewal and a turning point from bad acts to more constructive acts. Punishment should not violate human rights, but re-establish the peace that was disturbed not only in the community, but much more in the individual. The time spent in prison should be a time for reflection on one's actions, attitudes and behavior. Ethically, punishment should aim at educating and preparing a person for the future. The death penalty is not a means to eliminate crime but more a type of revenge.

The Kenyan Minister for Home Affairs said that the Prisons Department should change its name to Correctional Services, to indicate that prisons are a mechanism of rehabilitation and not a place of punishment.²⁴

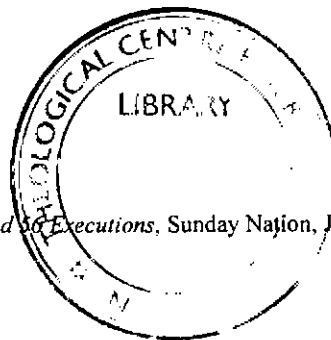
The Sunday Nation newspaper stated that a 19 year old man was accused falsely. The young man had borrowed a stolen jacket of a man who was killed in a robbery attack. The wife of the victim screamed at the sight of the boy being accused, arrested, and put in prison. He tried to defend himself, but all was in vain. He died by being hanged.²⁵ Prisoners are to be converted into good citizens after custody and not to be hanged. They instead should be given various sorts of courses during their time of incarceration rather than building hatred of themselves and society in their harsh treatment.

Ms Njoki Ndung'u talked about lesser prison punishment for women prisoners as she addressed the inmates on the same day.²⁶ This is an indication that society

²⁴Quarterly Human Rights Report., January-March, 2006.

²⁵N. MILDRED., *He Was on the Death Row for 31yrs and Witnessed 36 Executions*, Sunday Nation, January 7, 2007, 8-9.

²⁶NTV Tonight, 17th March 2007.



believes that the prison is a place of punishment. The Bill on this is ready to be tabled in Parliament on 20th March, 2007

1.2.4 Consequences of Prison Life

After serving their long sentences, the ex-prisoners find it difficult to adapt to the standards of the society. They suffer stigmatization, as others refuse to socialize with them. They suffer financially and physically, as they find their husbands married to other women. Those who were employed lose their jobs and are not given their benefits. They lose their husband's attention and love, and their children miss their mother's love and attention. They feel depressed to find their homes and families dispersed, their children kept in children's homes, and their husbands re-married. The women themselves feel troubled socially, psychologically, physically and economically. Their children experience trauma as they wait for the return of their mother. The separation between the mother and her children is a serious torture for both, as a mother is a significant figure in the life of a child. Children in school face stigmatization from their fellows students and sometimes even from teachers themselves.

Prisoners themselves live in denial; they find it hard to accept that they have been in prison. Mr. Hussein Mulayi confirms that what he experienced in prison has become part of him²⁷. Though he is now free, he finds it hard to let go of the prison experience. While in prison, they never exercised freedom to eat what they want, to dress as they wanted. Their movements are restricted, as they are followed all the time. And for the highfliers it means no going to other countries. There is no freedom to

²⁷ N. MILDRED, *He Was on the Death Row for 31yrs and Witnessed 56 Executions*, Sunday Nation, January 7, 2007. 8-9.

refuse work even when one is tired. They became used to living in a room with no privacy and to see visitors through a wire meshed window. Some prisoners come back home sick, like it was televised. Saturday Nation, 2nd Dec, 2006 states “Granted, there is rampant rape and spread of HIV/AIDS within prisons, it cannot be addressed in a roundabout way by freeing those who are infected”.

1.2.5 The Print Media and Rehabilitation

McCullagh argues that media affects the way people perceive the world. He describes print as the hidden yet logical imperative that affects the psyche and society’s way of life. In this way media shapes our senses.²⁸

The mass media should contribute positively to the education of the public in prevention of crime and its consequences. The media is a socializing agent for the public.²⁹ The media should do more than publishing news that awakens the curiosity of the reader; it should also give news of reformation more often. Ugandan National News said, on the publication of scandals and crime by media, “For us scribes, bad news is good news”. This statement confirms that media has been commercialized and the education of the public and their conscience has become a minor issue. The purpose of the press is to educate, inform, and entertain and so the scribes/journalists should write what will have a positive influence on the audience. Bad images can be published to warn the public on the evils in the society, as well as provoking the government to act. So society is built up when positive elements are emphasized and promoted. As the Senior Assistant Commissioner of Prisons, Mr. David Macharia, stated, “The physical

²⁸ A.A BERGER, *Essentials of Communication Theory*, 57.

rehabilitation is good but now we need to concentrate more on the mind and heart of a person". The prisoners should be helped to discover their potential hidden within themselves, assist them to acquire attitudes and behaviour that will help them become better persons.

The use of print media in the rehabilitation process of prisoners is effective, especially if the prison officials with the help of the media make a follow-up of ex-prisoners who have been studying whilst in prison and see its outcome. Prisoners who had never been to school before profit a lot from their studies in prison, but those who have the reading skill lack continuation after serving their sentences, confirms Jane Wanja. Muslim women were shown on NTV visiting Lang'ata Women Prison and sharing some food stuffs with the prisoners.³⁰ This is a sign to the public that people need to care for the prisoners and to create relationships with them. The gesture done by the Muslim women a day before their Ramadan can help shape public perception towards convicts.

Among the 666,434 candidates to sit for the Kenya Certificate of Primary Education were five deathrow convicts. There are twelve other prisoners taking the examination in Lang'ata Women Prison in Nairobi.³¹

It was reported that there have been educative programs within prisons where prisoners are taught life skills. There have been prisoners who have graduated in different fields while in prisons; for example, some prisoners from Kodiaga prison in

²⁹ T. AGOSTONI, *May The State Kill?*, 60.

³⁰ NTV Tonight, 23rd September, 2006.

³¹ N. MICHAEL, *Five Death Row Inmates among KCPE Candidates*, Daily Nation, 4.

Kisumu have graduated with Diplomas in Theology.³² Through the print media, the public learns the prisons are like. Therefore, it is the responsibility of the media to educate, inform, entertain, and disseminate information on the achievements of prisoners. “It is widely reported particularly through print media that the congestion in shared accommodation for police and in prison conditions compromise the basic tenets of decency and self esteem”. If rehabilitation has to take root, open door policy must be promoted.³³

1.3 Definitions of Terms

1.3.1 Media

The term refers to various forms of communication that reach a vast number of people at the same time, such as the television, radio, and newspapers. The responsibility of media is to inform, educate, entertain and to disseminate information to the audience. According to A.A. Berger, media refers to mass communication transmitting some kind of text.³⁴ These include books, newspapers, magazines, films, television, radio and the internet.

1.3.2 Print

The Oxford Dictionary for Advanced Learning defines print as “to publish something in a newspaper or magazine, to write by hand by using individual letters that are joined together”.³⁵ Print can also mean to create a mark on a surface by pressing something on it, to produce photography on a paper; the printed word is anything that

³² M. MOSOTA, *The Men of God Who Were Made in Kodiaga Prison.*, The Standard, 7.

³³ *Improving Prison Conditions in Kenya*, 12.

³⁴ A.A BERGER, *Essentials of Communication Theory*, 54.

you read in a book, magazine, the printed words and pictures on the internet, mobile phone short message services (sms). According to Wikipedia, print is a process of production of texts and images typically with ink on a paper using a printing press. It is often carried out as a large scale industrial process, and is an essential part of publishing the transaction printing. Though this is the definition of print, in this research print will mean any published materials.

1.3.3 Prisoner

According to the Laws of Kenya, a prisoner is defined as any person, whether convicted or not, under detention in any prison. A prisoner is confined in an institution in order to process rehabilitation after committing a crime. He/she is taken away from society to prevent innocent people from being harmed. He/she is deprived of freedom because his/her life is controlled by somebody else.³⁶ In this study, “prisoner” shall refer to such a one who is confined in an institution in order to process reformation so that she may be reintegrated into society as a responsible and active citizen.

1.3.4 Youth

According to the Wikipedia Online Dictionary, “youth” refers to a person who is neither an adult nor a child, but somewhere in between. The age in which a person is considered a youth varies around the world depending on the specific social-cultural, economic, and political situation. According to Freeland, Youth is defined as “a process

³⁵ Macmillan English Dictionary for Advanced Learners, 919.

³⁶ LAWS OF KENYA, *Prisons Act*, 62.

of simultaneous ‘unbecoming identity’ a child and becoming an adult’.³⁷ Therefore the term in this essay will refer to any young person aged from 18 to 35 years.

1.3.5 Rehabilitation

Rehabilitation means to restore to useful life, as through therapy and education, or to restore to good condition, operation, or capacity. The assumption of rehabilitation is that people are not natively criminal and that it is possible to restore a criminal to a useful life, to a life in which they contribute to themselves and to society. Rather than punishing the harm out of a criminal, rehabilitation would seek, by means of education or therapy, to bring a criminal into a more normal state of mind, or into an attitude which would be helpful to society.³⁸

1.4 Using Print Media in Rehabilitation of Women Prisoners

Many have written about print as an effective tool in human development and also to facilitate rehabilitation of prisoners for transformation. Critics charge that prisoners come out of prison worse than they went in. The punishment they undergo is too much to facilitate change; instead prisoners grow to be hostile, stubborn, and aggressive and repeat the same crime, and are imprisoned again. Hence rehabilitation of prisoners cannot depend on external skills like tailoring, basketry, embroidery, knitting and agriculture alone. Observers noted that rehabilitation should target the mind and heart of a person to foster change.

³⁷ FREELAND, *Journal of Youth Studies*, 7.

³⁸ www.en.wikipedia.org/wiki/rehabilitation, 07-03-2007.

This literature review considers the relationship between print and rehabilitation. It explains further that rehabilitation consists of the whole human person, that is physical, social, psychological and spiritual.

The Standard Newspaper states that rehabilitation means empowering prisoners with knowledge in order to help them reform.³⁹ The skill training is aimed at assisting them to cater for their needs when they get back into society. Prisons can change lives, but the greater challenge is for the society to trust that prisoners do change and that there are a lot of good elements coming from prison.

The Prisons Act states that the officer-in-charge should arrange for the education of prisoners and they are to be given time to study. Prisoners should be granted accessibility to the library and be able to draw books from it according to the directives.⁴⁰ In order to promote the healthy well-being of prisoners they should be provided with recreational facilities for games and physical exercises, for sound physical and psychological well being. However, rehabilitation is usually assumed to have taken place most of the time in comparison with the duration of the sentence.

Therefore, rehabilitation would be almost impossible if the physical, cultural, psychological and spiritual aspects of a person are denied.

“Women are expected to reproduce hegemonic feminine ideals if they are to be considered feminine or be accepted into a community of feminine practice. Refusal or

³⁹ M. MOSOTA, *The Men of God Who Were Made in Kodiaga Prison.*, The Standard, 7.

⁴⁰ LAWS OF KENYA, *Prisons Act*, 62

an inability to portray these hegemonic ideals leads others and possibly the women themselves to question their femininity”.⁴¹

Since human beings are social beings who interact with others in their relations with each other, they are prone to commit crime. As a Bemba (one of the ethnic groups in Zambia) proverb says; “Trees of the forest growing together never miss rubbing against each other”. In traditional communities, people would take others’ wives, steal, and even insult each other, but the authorities would settle the misunderstanding before the entire community. If the person was proved guilty, a fine was to be paid in the form of a goat, cow, chicken or even money depending on an individual case, and reconciliation would ritually take place.

In Africa, social order and peace are recognized as essential and sacred. Communion and solidarity are to be maintained, otherwise this would cause disintegration and destruction to the entire community. “If a person steals property, personal relations are at once involved because the property belongs to the corporate body, perhaps to someone who is a father, or brother or sister, or cousin to the chief. As such, it is an offence against the community, and its consequences affect not only the chief but also the whole body of his relatives”.⁴²

“Because crime comes from the community, the solution to it must also come from the community. The solution must be a human solution, creative, unique and distinct. It must address the needs of all the three parties, the victim, the offender and the immediate community... “Any approach, to be effective, must be developed by the

⁴¹C. O’ CONNER-K. KELLY, *Journal of Youth Studies*, 249.

⁴²S.J. MBITI, *African Religions and Philosophy*, 205.

community, not by professionals from the outside".⁴³ Each community had its own restrictions and punishment for various offences, both legal and moral. It was the elders who dealt with disputes and breaches arising from different moral harm or offences against customs and rituals. Traditional rulers had a duty to ensure that there is law and order in the community. They fostered bringing about compensation for the damage done, but with a strong emphasis on reconciling through the performance of the rituals to purify the offender and renew her/his good relationship with the community.

Presently, offenders are taken to a place of isolation, a place of confinement which, on the part of the offender, means to be cut-off from the community, family, friends and from his own career or any work the person was doing. This is already an element of stigmatization and discrimination. The moving away from home to a place of isolation and punishment demonstrates that the offender is not part of the society, but is treated as an outcast, stranger, and cursed, a source of shame to the family and a threat to the life of the community. They are no longer communal but are regarded as destructive to others' lives. Once a prisoner has served her/his term of sentence, the community is not ready to welcome her/him back to their families, while before the council of elders settled the misunderstanding and the victim was helped to resettle back with hope, support, and genuine trust to start life afresh.

Women are generally vulnerable members of the society. An ex-prisoner, Anne Wanjiru in Dagoretti, shared her experience of imprisonment: her son went to juvenile

⁴³ B.R HOGVEEN, *Journal of Youth Studies*, 54.

prison. She in turn was apprehended with the charge that she failed to take care of her son, who was involved in stealing activities with other gang members.

J. Akinyi, (2007) an inmate in L.W.P narrates: “It is a pity that what the colonialists left, oppressing each other with their dehumanizing rules while they themselves went back to develop their own Countries”. They kept none of what they left behind yet Africa still clings on to the archaic practices.

The physical condition of the Kenyan prison itself is inhuman and pathetic. It is overcrowded, has poor sanitation, thus leading to contraction of diseases. There is poor food, clothing, and no adequate medical attention. As Ali Korane stated: “Our prisons are in very poor condition. These hard conditions end up hardening criminals rather than rehabilitating them”.⁴⁴ In a condition like a prison, infectious sicknesses such as HIV/AIDS, typhoid, cholera and tuberculosis can be contracted easily. Mr. Abraham Kamakil, the former Commissioner of Prisons, tried to open the doors of the prisons to let the society see and know what goes on there. This initiative brought to light many issues faced in prisons, such as the conditions of prisons, mothers in prisons, those undergoing correctional sentences, the sick, and many others.

The NARC government has opened the doors of the prisons so that people can witness the horrendous experiences inmates go through on a daily basis, the half naked condition of women prisoners with only a finished blanket to hide their bosoms, desperate faces, and malnourished babies.⁴⁵

⁴⁴ KARDS TEAM, *Prisons Catholic Chaplaincy Research*, 38.

⁴⁵ Quarterly Human Rights Report, 35.

Every person has a right to food, shelter, clothing and water. The economic crisis has led some women to be imprisoned because they were involved in crime. Being detached from their families and children is a dramatic experience, and a traumatic change in their lives. For a woman who undergoes custodial sentence, being a prisoner mother proves to be a very difficult experience and even more difficult when separated from her child. These prisoners are physically, mentally, socially, emotionally and spiritually traumatized and tormented. Worse still, they find themselves in a very conflicting situation where they are asked for sexual favors, even lesbianism, and those who refuse are beaten by fellow inmates and are treated badly until they give in.

Some are HIV/AIDS positive patients and are mixed together with those who are not, hence they abuse each other sexually and those who refuse are beaten badly and give in. This gives way to contract sexually transmitted diseases. Worse still, some contract HIV/AIDS. Professor Onesmus Mutungi presented a speech on behalf of Mr. Moody Awori that some women prisoners had been raped and impregnated by prison officers in LWP, Embu and Kakamenga.⁴⁶

The death sentence is yet another painful and inhuman form of punishment which is justified by law. This means carrying out punishment and life termination of an offender who has committed a grave crime according to the societal norms.

B. P. Allen observes that, for a person to be psychologically balanced, her basic needs have to be met. According to Maslow, food, water, shelter, education, security and love are vital for the healthy growth of the individual. These needs are fulfilled in different ways, like in socializing with the significant others in the family, with peers

and teachers in school, in the Church, and through media. All people have needs and these needs are energies to which an answer has to be given. Basic needs are things that someone cannot do without. If they are denied, the energy is directed toward gratification through other means like stealing, selling drugs, killing husbands. Maslow's hierarchy of needs states that every human being has a right to basic needs.⁴⁷

“Prisoners are human beings who need to be rehabilitated. They are not bereft of any claim to the human right to love and desire for acceptance”.⁴⁸ As social beings who every day interact with other beings, displacing them from their families, friends and relatives, brings more harm than good. The pain of not being with their children and husbands causes psychological problems. Since LWP has initiated the program called, “Parenting Day”, Jane Wangui who is serving life imprisonment expresses her joy at meeting her son. She says; “Before this program, I was lonely and sick. I had cramps and aches all over. But now with the visits and sharing with my son, I feel much better”.⁴⁹ Socially, interaction is not only good for the convicts alone, but is as well a healing for the children and husbands of the inmates. They can share their joys, pains, the struggles of life, and through this reunion, they encourage and support each other, thus preparing the convicts psychologically to re-enter society. As the minds of the prisoners are functioning at the level of their struggles, print media would help them keep the mind active.

⁴⁶ Quarterly Human Rights Commission Report, 35.

⁴⁷ B.P. ALLEN, *Personality Theories. Development, Growth and Diversity*, 252.

⁴⁸ Quarterly Human Rights Commission Report, 36.

⁴⁹ M. KWAMCHETSI, *It is Heart Warming to See Prisoners Meet their Children*, Saturday Nation, 9.

The formation of every human being lies in the family, school, media and religion. In order to have a complete human formation, spiritual formation is inseparable, Education is a matter of the heart.

If prisoners have to be rehabilitated, they need to be in touch with the Transcendent being. This relationship has to be nourished to complement the physical, social and psychological formation, for spiritual life is like cement in building up one's conscience rightly. Spiritual nourishment can help prisoners come to terms with themselves, family and society, not so much in blaming themselves, but with the hope of starting life afresh. The feelings of guilt, anger, frustration and depression, among others, are toxic emotions that can harm the individual if not dealt with. The need to let healing take place in the deepest core of one's being is vital if rehabilitation has to take place. Spirituality tells us what to think, how to behave, how to make judgments, and what to choose. It brings one back into the present moment and heals the wounds of one's self-image. Margaret an inmate narrates, "The priests and spiritual teachers helped me a lot to understand that I was a normal human being who had fallen once, and I stopped wasting time feeling sorry for myself and moved on, says J.Wambui in the participant observation interview. A new wave of peace overwhelmed me and my heavy burden is now light".⁵⁰

Conclusion

A prison should not be a place of punishment but a restoration centre for the offender. For this reason, the inmates should be given the opportunity to reflect on their

⁵⁰ J. AKINYI, Unpublished material.

lives through the use of print media. This can only be achieved if wardresses themselves change their mentality of viewing a prisoner as an individual with no rights.

Research has been carried out in an American correctional centre and showed that decent infrastructures, the offer of alternatives of activities for reformation really helps the inmates to get back to society transformed. However, such research has not been a reality yet in Africa, and particularly in Kenya; there is more need to train wardresses so that they can give quality services to the prisoners.⁵¹

⁵¹ J. AKINYI. Unpublished material.

Chapter II

Research Design, Methodology and Data Analysis

2.0 Introduction

This chapter will present the investigations on the use of print media in the rehabilitation of women prisoners at Lang'ata Women Prison, hereafter referred to as LWP. It will describe the field research at LWP in Nairobi. The findings are restricted to LWP alone. The sampling criteria will explain the methodology used in the carrying out of the research. The data results will show data collection, data analysis and the outcome of the findings.

2.1 Background of Lang'ata Women Prison

LWP is located in the southern part of Nairobi. The word "Lang'ata" is a Maasai word meaning "The place where the cattle drink. There is no escape; here you know what everybody does".⁵² This probably confirms the nature of LWP, where there is no sense of privacy and no escape.

The prison is divided into two sections;

1. The convicts, these are prisoners serving their sentences.
2. The remanded, those awaiting trial.

There are about 750 inmates from both sections altogether, but this varies as more inmates are being funneled in daily by courts.

⁵² <http://www.google.com/search?hl=en&q=langat+means>

2.1.1 The Social Economic Situation

The majority of the people surrounding LWP live in Kibera, while others are in St. Mary's and Otiende. People are attracted to Lang'ata because of St. Mary's Hospital that caters for poor people. Rich people who have a secure a job cover 10 km to go for work everyday. Poor people sell vegetables and fruit at the market and still others get up early in the morning and sit at Stella's Beauty Parlour advertising themselves for work to those in need of workers for a day, and they earn their living that way.

Lang'ata Prison has civil servants working as prison officials. These officials are accommodated within the premises of the prison. The people living in Kibera earn their living through small business and the area has a high rate of crime.

2.2 Research Methodology

The research uses both the quantitative and qualitative methods. The method used in carrying out the research involves a survey of a selected sample of the inmates in Lang'ata Women Prison. The researcher used self administered questionnaires. These questionnaires provided the respondents with a variety of multiple choice answers to select from. They were administered in Lang'ata Women Prison only. The findings were complemented by qualitative research and survey in order to explore on the situation and offer explanations.

The researcher also carried out in-depth interviews with fourteen people for more detailed information as proof of the survey outcome.

2.3 Sampling Criteria

The purposive method was used as it targeted a group reliable for study. The research focused on women in the age bracket of 18 to 35. The convicts department was chosen as the area of sampling in order to have the same social background, though with different perspectives in regard to their occupations. The group was composed of people who prior to being in prison had been employed, unemployed or self employed. Questionnaires were distributed to 100 respondents; 92 were returned as valid and analyzed.

2.4 Data Collection

During the month of January 2007, 100 self-administered questionnaires were distributed among Lang'ata Women Prison inmates and five different questions were posed to the prison officials. Different questions were prepared for the prison Officers in order to investigate their working experience with the inmates in their rehabilitation process as well as to find out how equipped they are for this kind of job. Out of the 100 distributed questionnaires to the inmates, 92 were valid, while out of the 5 questionnaires for the staff, 1 was invalid and 4 were valid.

2.5 Data Analysis

SPSS is an acronym that stands for Statistical Program for Social Scientists. The program is used to analyze data statistically by social scientists through survey and quantitative research. It is a program used in research of data analysis. It arranges data into various categories for easy understanding and into meaningful analysis categories and converts numerical data into numerical terms.

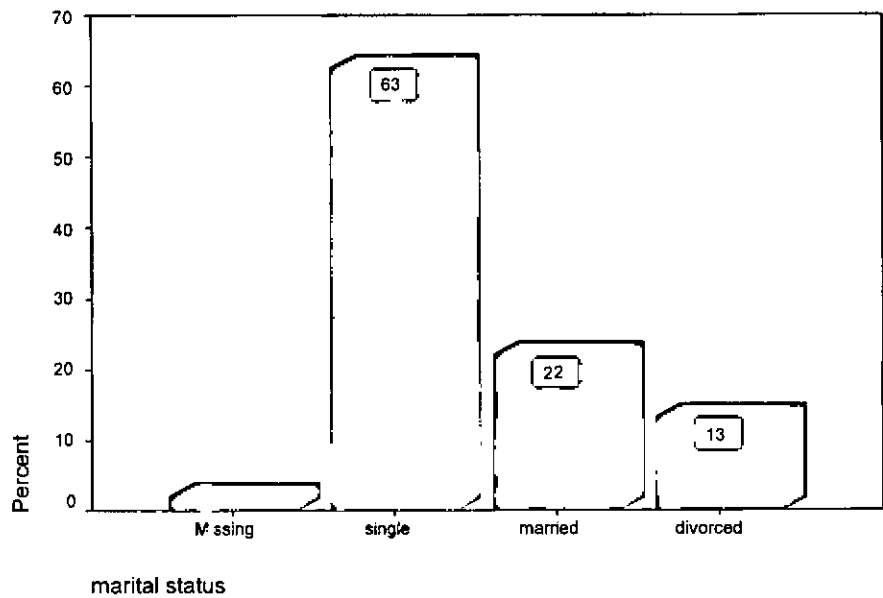
2.5.1 Education Level and Crime

education level * contributing factors for women crime Crosstabulation

| Count | | contributing factors for women crime | | | Total |
|-----------------|-------------|--------------------------------------|---------|--------------|-------|
| | | family problems | poverty | unemployment | |
| education level | primary | 17 | 21 | 11 | |
| | high school | 7 | 9 | 7 | |
| | college | 1 | 7 | 1 | |
| | university | | | 1 | |
| | none | 1 | | 1 | |
| Total | | 26 | 37 | 21 | |

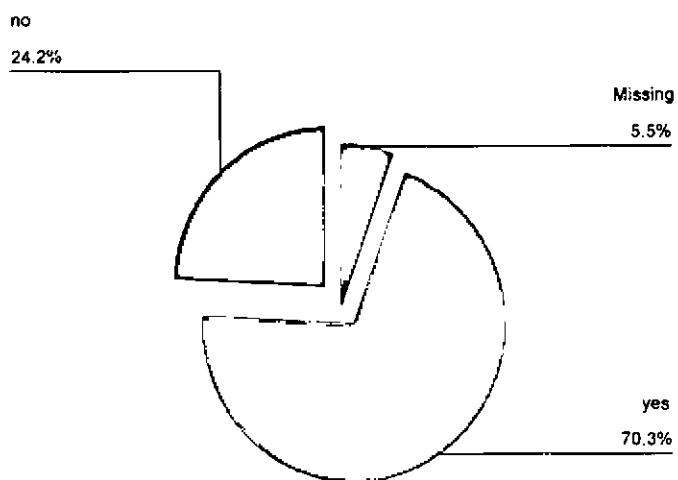
From the cross tabulation above, prisoners who have reached primary education aver that the contributing factor to crime is poverty, followed by family problems and unemployment. For those who reached high school, poverty was the greatest initiator, while family problems and unemployment were on a tie. The university graduate indicated unemployment as her initiator to crime. Therefore, we can conclude that those who are not educated are more prone to committing crime as they show the bigger number than those who are educated.

2.5.2 Marital Status



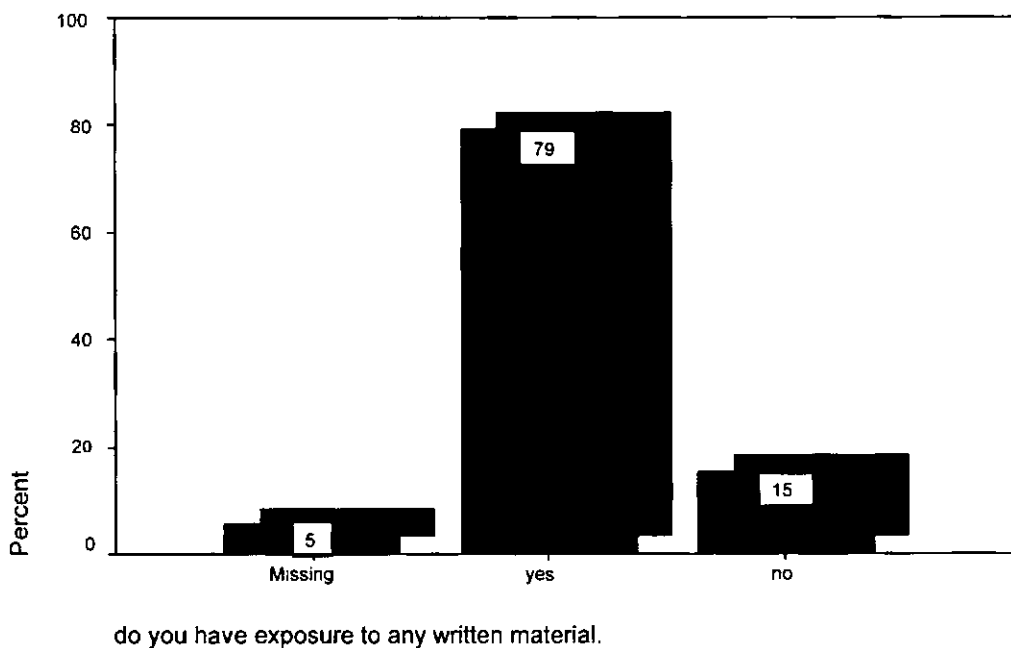
The graph above shows that marital status of prisoners contributed to involvement in crime. Those who are single show the highest figure in crime at 63% compared to 22% for those married.

2.5.3 Media Access



From the findings of the research, 70% of the respondents have access to the media while 24% have no access to media at all. This shows that the majority of the respondents watch television, listens to the radio or read the newspapers. Having seen that these people have access to the media, the researcher investigates further to find out how many have access to print media.

2.5.4 Exposure to Written Material



From the research out come, 79% have exposure to written materials while 15% have no exposure to written materials. This means that, providing adequate and relevant reading materials could help in the reformation of prisoners. As the people interviewed largely use print media, there is also a possibility that this can influence change of attitudes and behavior depending on what they read.

2.5.5 Access to Newspapers

access to newspaper

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|--------|-----------|---------|---------------|--------------------|
| Valid | yes | 41 | 45.1 | 100.0 | 100.0 |
| Missing | System | 50 | 54.9 | | |
| Total | | 91 | 100.0 | | |

The table indicates that 45% of the respondents have access to newspapers. It means that newspapers are available in Lang’ata women Prison.

2.5.6 Access to Magazines

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|--------|-----------|---------|---------------|--------------------|
| Valid | yes | 36 | 45 | 100.0 | 100.0 |
| Missing | System | 55 | 55 | | |
| Total | | 91 | 100.0 | | |

The findings reveal that 45% of the respondents have access to magazines and 55% do not. This suggests that it is perhaps only those who read the newspapers that also read the magazines.

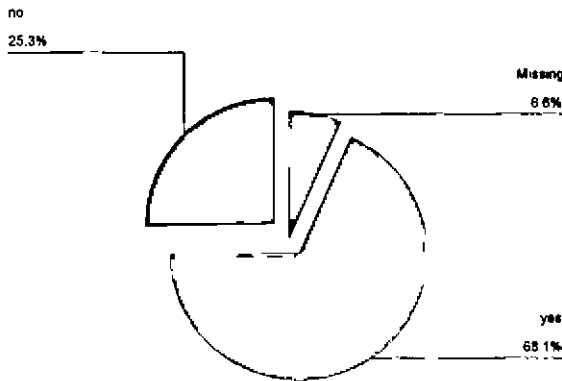
2.5.7 Reformation

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|--------|-----------|---------|---------------|--------------------|
| Valid | yes | 80 | 87.9 | 93.0 | 93.0 |
| | no | 6 | 6.6 | 7.0 | 100.0 |
| | Total | 86 | 94.5 | 100.0 | |
| Missing | System | 5 | 5.5 | | |
| Total | | 91 | 100.0 | | |

The findings have established that 93% of the respondents that use print media find it helpful for transformation while 7% do not. This shows that there is correlation

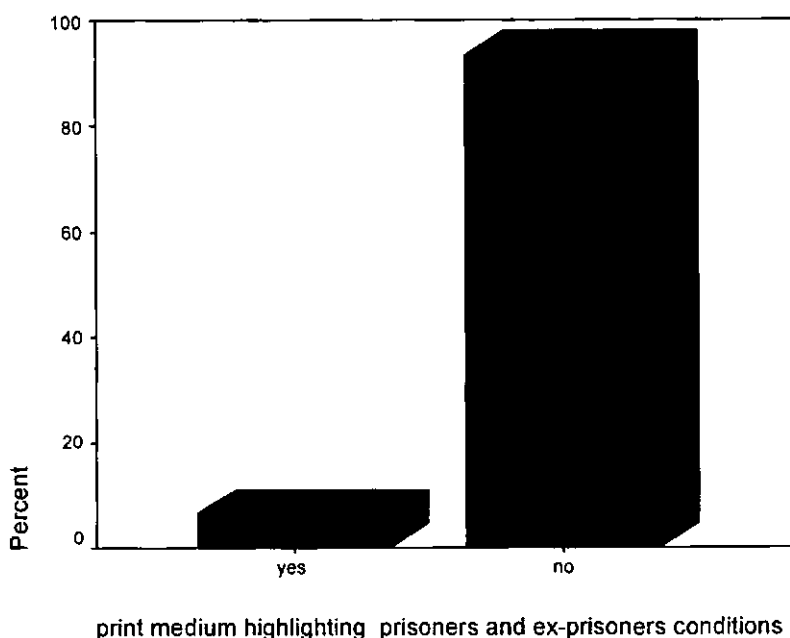
between print media and reformation, so this affirms that print media is useful for rehabilitation.

2.5.8 Effectiveness of Print Media in Reformation



Sixty eight % of the respondents affirms that print media has been effective in their rehabilitation while 25% disagree. The 68% respondents are derived from the 93% who find print media to be effective. This group of people who have been transformed are drawn from the 93% who said that print media is helpful in rehabilitation of prisoners. This means that the print media can rehabilitate attitudes and behavior compared to the compulsory skills which do not change them for better, because not everybody likes practical activities. Perhaps print media has greater influence because it makes them think and reflect.

2.5.9 Print Media Highlighting Prisoners' and Ex-prisoners' Conditions



The outcome of the research demonstrates that 93% of the respondents say that there are no written materials highlighting prisoners and ex-prisoners' experiences and 7% say that there is. This suggests that the prisoners are in need of a publication through which they can share their experiences with society. Society in its turn must come to know that there is possibility that the prisoners get transformed.

2.6 Qualitative Research

The focus group interview was conducted with twelve members as the researcher needed detailed information on the topic as well as to give opportunity for each member to talk and also for practical group management. The officer on duty sat by the door which interfered with the interview and group members shared in soft voices afraid to be heard. All of them agreed that they have undergone physical torture which the researcher herself confirmed as she witnessed it one day. Five of the

respondents had scars on their hands and legs. The most striking and pitiful/heart-rending case was that of Gladys, a young lady of 21. Gladys was carried by her friends as she could not walk by herself. She had been beaten badly when she failed to work as expected, due to her sickness. Her body was swollen and besides, she was unable to speak clearly. They said that they are all physically overworked: even sickness is not an excuse.

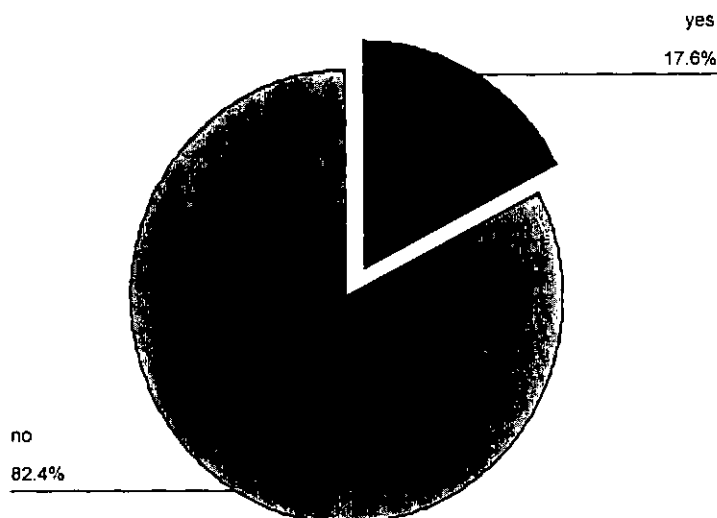
Their social life is not one of the best. They are very much isolated from other people and this leads them to feel inferior and have low self-esteem. They also feel neglected and worthless.

Out of the twelve members, two are married. The married women said that the prison condition has changed since the NARC government introduced the ‘Open Door Policy’ (ODP). All twelve miss their loved ones and they bitterly expressed the need for the prison to set aside some days when they could meet their loved ones more often.

The social aspect of life among them is not good for they are jealous of each other, especially of those that are chosen as leaders among them. Their time of interaction is when they are doing manual work or when there is a head count. They need more of sports, entertainment and drama for physical and mental well-being.

The prisoners feel that they are despised, stressed and frustrated. They feel that the people whom they can talk to are the ones mistreating, abusing and calling them all sorts of names, for example, *mufungwa* which means “prisoner”. There is need for professional psychologists to handle their traumas and help them find solutions to their challenges.

2.6.1 Mainstream media covers prisoners who have acquired professional training while in prison



The mainstream media does not cover prisoners who have acquired professional training while in prison. From the findings, 82% of the respondents said that the mainstream media does not cover prisoners who have acquired professional training in prison while 18% said the mainstream media does cover.

Not only does the worst happen to the prisoners. Some have gone through (KCPE) Kenya Certificate of Primary School Education. Annie, a 34- year- old woman is doing a Social Development, Diploma course at Premise College. The mainstream media should be highlighting such issues in order to give society a picture of prison life and its achievements.

Conclusion

Research verifies that the survey established that prisoners have access to media. The statistics indicate that 70% have access to the media.

The survey has shown that the print media is helpful in the reformation of prisoners. It indicated that the print media has been effective in the reformation process in that 68% agreed. This suggests that print media can be used to change the attitudes and behavior of the prisoners.

Though the prison is perceived as a place of punishment, prisoners are given professional training to equip them for life. Their training includes: primary and secondary education, computer, tailoring, knitting, basketry, embroidery and farming, among others. The mainstream media unfortunately does not cover this: 82% of the respondents affirmed that the mainstream media does not cover the training gained during time spent in prison and what they have managed to produce. The skills acquired are despised by society so they do not get jobs when they come out of prison. If the mainstream media would cover prisons activities such as these, prisoners would be more appreciated and society's perception would gradually change.

The prisoners have no magazine or newspaper that highlights issues affecting them. 93% of the respondents said that there are absolutely no magazines or newspapers that highlight the prisoner and ex-prisoners' living conditions. This means that there is a need for publications that would help answer this need.

The findings also showed that there is a correlation between the prisoners' education level and their marital status in committing crime. Those who reached primary education are 49%, secondary 23%, college 9% and university 1%. The respondents who are single are 63%, 22% are married and 13% are divorced. This affirms that the prisoners who have a low education level and those who are single are more prone to crime as they also have no employment.

Rehabilitation offered to prisoners does not cater for the whole person since it largely neglects the intellectual and spiritual dimensions. The twelve respondents from the focus group confirmed that they have been physically manhandled, socially confined, psychologically deprived and their spiritual needs were ignored and blocked by life's traumas.

Chapter III

Analysis of the Findings and Media Theories

3.0 Introduction

This chapter introduces the survey findings in correlation to media theories which are relevant and important to this research. The chapter will conclude with the research outcome.

3.1 Interpretation of the Findings

The survey reveals that print media is accessible in the prisons. Since the Minister for Home Affairs initiated the use of print media as a channel of rehabilitation in prison among other activities for reformation, 68% respondents confirmed that print media is effective. Mrs. Wanja, a teacher in LWP, said that in the past two years, they had only lower classes but this year they have Form One students and they will increase a class each year. This initiative will contribute to the wellbeing of the prisoners and to the society to which they are accountable. The statistics show that 93% of respondents use print media. The findings show the popularity of the use of the medium as follows:

- (a) LWP receives old newspapers for free.
- (b) Those with reading skills have access to them.
- (c) Magazines are also offered to them for free.

The respondents said that newspapers, magazines, and the Bible help them reform their lives as they can use them even in their dormitory. In the afternoons, respondents are allowed to use the library or classroom to study or reflect.

Although they receive outdated material, newspapers and magazine accessibility is high compared to television and radio accessibility which is available only occasionally. The respondents appreciate newspapers and magazines even though they arrive late. They said the information for them is still news, though it was stale. It has been observed that reading is a tool facilitating their relationship with their inner selves, an instrument to relate well with others and the Transcendent.

The survey has established that newspapers and magazines give prisoners information about the society that includes: political, social and economical, just to mention a few. Print media educates, entertains and gives them spiritual nourishment. From the statistics, 45% of the respondents use newspapers; 45% use magazines, unlike radio and television which they use occasionally as they confirmed this in a focus group interview.

3.2 Social Effects of the Print Media

The survey findings show that 93% of the respondents affirmed that print media has helped them in their reformation. There is correlation between the rehabilitation and the use of print media according to the outcome of the findings. This shows that there are other means that help the process of rehabilitation. The in-depth interviews carried out indicated that there are also other factors that influence rehabilitation such as counseling, personal commitment to rehabilitation, spiritual accompaniment by the Catholic Priest, Sister, Catechists and Brothers who render them this service on a personal basis, and from the Protestant Church Pastors.

Ninety three percent of the respondents said the media does not highlight issues concerning prisoners and their reformation while 7% said that it does.

3.3 Communication Theories

3.3.1 Cultivation Theory

This theory states that exposure to media for a long period of time finally shapes the mind and behavior of the audience. The mind keeps what is seen, heard, read and felt from the media and it is stored in one's mind. It is to this stored information that people turn to build up their beliefs, form attitudes and behaviour, and when resonance occurs, cultivation effects become even stronger. What the newspaper presents in both the printed word and pictures has an impact even without the reader's recognition. If print media is presented constantly in prisons, it can make a difference in their reformation process, especially for those serving long sentences as they would have long time to assimilate what they read.

In the research findings, it is observed that those who read the Bible, books, magazines and newspapers are more open to reform, are motivated to live life positively, to accept their situation with serenity, and are more spiritual. Those who have acquired reading skills while in prison are eager to continue studying even after their sentences have expired.

3.3.2 Social Learning Theory

According to this theory, people learn by observing others. According to Jeane Ellis Ormrod, (2003) learning is an inner process that can change an individual.

Reinforcement and punishment have effects on the person's behavior and attitudes.⁵³ In the same way, focusing on punishment in prison distorts the human development of a person, and this does not promote transformation. Although LWP has students at different educational levels, all tend to look at their teachers as models in everyday life in prison. The teachers themselves are responsible and have a commitment to impart to these young prisoners not only knowledge and reading skills, but also the ability to build high self-esteem by appreciating and encouraging their accomplishments.

The media and education are both socializing agents. People learn to socialize with others in society through parents, peers, school, religion and the media. They learn to observe rules and avoid punishment. Media, being a powerful agent of socialization in our modern society, has great influence in socializing with others, and what people believe themselves to be and with whom to associate. Though the more influential model of socialization is television, people also turn to newspapers and magazines as socializing agents. Especially after a tiring day, most of those who can read and understand enjoy reading, while others interest themselves with the pictures. The influence of media is not necessarily positive. Print media, which is both the printed word and pictures, affect the reader even unconsciously. Print media is effective for the entire growth of a nation. Within the prison, those who can have access to and use media acquire status in the eyes of their fellow prisoners. The social learning theory states: The audience takes various roles in behavior, attitudes, beliefs and conduct, which according to Asa are linked to social-economic groups of people. The media

⁵³ A.A. BERGER, *Essentials of Communication Theory*, 63.

gives ideas on how to behave, what to buy, whom to associate with, what to think about and what to become.

The findings show that the respondents are exposed to and use print media for their transformation. Therefore, the findings conclude that there is interconnectedness between the print medium and its effects in rehabilitating prisoners.

3.3.3 The Free Press Theory

The free press theory emphasizes uncovering the truth at all costs. As the functions of the media are to provide credible information, education and entertainment, it is a right for every person to have access to the press. This principle states that the publication and distribution must be made available to everybody without license or discrimination. Truth, welfare and freedom must go together⁵⁴.

3.3.4 Agenda Setting

Media power lies in its ability to focus or not to focus on an issue. According to McCombs and Shaw's investigations on Agenda setting, there are two important elements: awareness and information. They concluded that what the audience considered to be important issues were what the media had been focusing on. The media selects filters and shapes the public's perception. The issues selected by the media lead the public to take them as important. Timing and scaling are important in the agenda setting: that is the place, situation, and time, weight of the information, the group and culture of people. The use of print media in the reformation of prisoners is vital as the

⁵⁴ <http://www.tcw.utwente.nl/theoricienoverzicht/Theory%20clusters/mass%20media/Agenda-settingTheory.doc/>

prisoners are always eager to know what is going on in society⁵⁵. This provides a way to assimilate what they read. Through the magazines and newspapers they have access to, they are able to get the media agenda. Since the agenda setting fosters what it wants its public to know, and be informed of, written materials could help in the transformation of prisoners, as the writer sets what can assist prisoners to change. Through focusing on an issue, the prisoners would be helped to perceive an issue as important and since print media changes the way someone thinks, this would help prisoners reflect on what they read and change their attitudes and behavior. The findings of the research showed that prisoners lack material to read, but they believe that print media is effective for transformation.

3.3.5 Uses and Gratification

This focuses on the social psychological aspects of the individual in the use of media and its influence in attitude and behaviour formation and transformation. In this theory, the users get satisfaction of their desires from the media products. The audience is not passive but active, as they select what to gratify themselves with.⁵⁶ In print media, Uses and Gratification can be used for amusement. The inmates in prison satisfy their curiosity and get information through print media among other forms of media. They also find models that they imitate, learn from, and be who they admire to be. The reason for the media is not mindless, but it has an aim to penetrate the conscience of the user and to influence attitudes and behavior.

⁵⁵ ID.

⁵⁶ A.A. BERGER, *Essentials of Communication Theory*, 99.

3.4 Summary of the Findings

- (a) The survey revealed that print media is improving the lives of prisoners, though the reading materials are insufficient.
- (b) Respondents who use print media seem to be more able to accept their situation and have high hopes for the future.
- (c) Print is the most powerful tool in rehabilitation, according to the sample.
- (d) There is a link between print and rehabilitation.

GENERAL CONCLUSION

Social Impact of Communication

The research was set to investigate the role of print media in rehabilitating prisoners. It has been observed that rehabilitation in LWP can be more effective if print media is promoted and given priority among the other activities for reformation. The media is a powerful tool for disseminating information and educating; it shapes people's attitudes, behavior, opinions and perceptions. Through the focus group interview, the respondents established that print media is important and vital if only they are encouraged through accessing updated reading materials.

The essay also investigated the state of the library and classroom facilities and how they are being used. The findings indicated that, in spite of having inadequate reading materials, the students are eager to learn. There is correlation between the print media and its impact on the user. The outcome of the findings also states that print media users are more open to change than the non-users. The media users are more open minded in sharing, have high self esteem, look at themselves in a more positive manner rather than blaming and grieving for themselves. The media non-users are bitter, frustrated, aggressive and have sad faces. Rehabilitation therefore does not consist of only industrial skills like knitting, embroidery, farming, tailoring alone. Rehabilitation needs to target the mind and heart of an individual through reading. It has been observed that a person can learn a skill and not get rehabilitated. These skills are not made use of when their term of sentence is over.

The focus group interview reveals that media users show greater signs of maturity in their human development than those who have been taught skills alone.

Critical Remarks

According to McQuaill, "In times of change and uncertainty, it is also highly probable that people are more dependent on media as a source of information and guidance".⁵⁷ So this confirms that, in times of crisis, media becomes an influencing tool and can control the mind. Print media in prison has an enormous impact. The prisoners rely on it for information and education in order to be in tune with the happenings of society. Print media becomes prominent in prison, as everyone longs to know what is happening politically, socially and economically. Print media also promotes the status of the users: they identify themselves with a certain group. In LWP, there are prisoners who have been given responsibilities to teach others because they are educated. A participant observation interview showed five among the prisoners who were teaching others.

Recommendations

Media power lies in its ability to focus or not to focus on something. It is this selectivity that makes the media powerful. So the focusing and selectivity of the media gives the press power. The media tells us what to think about, through the newspapers, television and radio. Therefore, the media has the responsibility of putting out what is true and credible. Media credibility is very important: failure to comply with this will make media lose its credibility and it would be hard for people to regain the trust.

⁵⁷ D. MC QUAILL, *Mass Communication Theory*, 463.

Research on the use of print media for rehabilitation of prisoners should be continuous as well as evaluated from time to time to assess its progress. The findings gathered in this research might not be the same next year, as new prisoners continue flooding the prison. What was there last year might have improved this year, for instance: the curriculum program was up to Standard Eight, while this year it has gone up to Form One. On 7th March, the International School of Kenya donated curriculum facilities through the Ministry of Home Affairs. This confirms the government's responsibility and commitment in the rehabilitation process of the prisoners for the good of the prisoners themselves and of society as a whole.

Since the research was done only once, more research should be made to see the progress of the LWP. There is also need for the prison to re-evaluate itself and see in which ways it has been helpful in the reformation of its clients.

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WEBSITES

APPENDIX 1

Questionnaire 1

SURVEY QUESTIONNAIRE

TANGAZA COLLEGE
CATHOLIC UNIVERSITY OF EASTERN AFRICA

Dear Friend,

I'm a student at the Catholic University of East Africa (Tangaza College) carrying out an academic exercise to investigate the influence of media in Langata Women Prison. In this research, questions have been set basically on the use of media in prison and its impact on the inmates. I thank you in anticipation for participating in this exercise. Be free in answering as your information is totally confidential, and there are no wrong or right answers. You do not need to write your name, what is important is your opinion. Your views will assist in carrying out this research successfully. Thank you once more for taking part in this exercise.

SECTION A (Please tick only once if applicable to you)

1. What is your age?

- (a) 16-22 (b) 23-29 (c) 30-35

2. (a) Where were you staying before coming here? (a) City (b) Town (c) Village

(Please specify).....

(b) With whom were you staying? (Tick one) (a) Family (b) Children (c) Husband

(d) Wife (e) Mother (f) Father (g) Both Parents

(Specify).....

3. What is your Education level?

Primary

High school

College

University

None

4. What is your status?

Single Married Divorced

Other (Specify).....

5. How were you earning a living?

Employed

Self employed

Other (Specify).....

SECTION B

6. Do you have any access to media in prison?

Yes

No

7. What forms of media do you have access to?

Television Radio Magazines Newspaper Internet DVD

Mobile phone

Other (Specify).....

8. Do you have exposure to any written materials?

Yes No

9. What kind of written materials do you have access to?

Newspapers Books Magazines Circulars Newsletters

Other (Specify).....

10. What kinds of articles do you like reading? (Write numbers in order of relevance in the boxes below).

Entertainment Educational spiritual Information

Politics Life stories Love stories Fashion Sports

Other (Specify).....

11. For what purpose do you read the articles that you do?

(Specify).....

12. How often do you read these materials? **(Please tick only once in the space provided below each choice)**

| Daily | Weekly | Monthly | Annually |
|-------|--------|---------|----------|
| | | | |

13. Would you like to participate in bringing out your experiences through print media in order to help others in the society? Yes No

14. Do you have access to the prison library?

Yes No

15. Do you read mostly... **(Tick one)** (a) Alone (b) with a friend (c) In a group

Other (Specify).....

16. According to you, what are the contributing factors in Women that lead to committing crime? **(Tick one)** (a) Family problems (b) Poverty (c) unemployment

Other (Specify)

17. Do you think that print media provided in prison is ...

(a) Adequate (b) Inadequate (c) Relevant (d) Irrelevant

18. (a) Have print media been effective in your transformation as an individual?

Yes No

(b)How? **(Please Specify)**

.....

.....

.....

19. Would setting a magazine production in prison be helpful in the reformation of prisoners?

Yes No

20. In what language would you prefer it be? **(Specify only one language)**

.....

21. If you agree with question 19, what is your suggestion on what kind of articles it should consist of? **Specify**.....

.....

APPENDIX 2

**OFFICE OF THE VICE PRESIDENT AND MINISTRY OF HOME
AFFAIRS**

Telegrams: "COMPRISONS" Nairobi;
Telephone: +254 02 2722900-6
E-mail: Comprisons@yahoo.com
When replying please quote



PRISONS HEADQUARTERS
P.O. BOX 30175
NAIROBI

Ref. No. **36/1/VOL.XI/3**

Date..... **3rd January, 2007**

Stella Chilupula,
Catholic University of East Africa,
Tangaza College, Institute of
Social Communication,
P.O. Box 15055-00509,
NAIROBI.

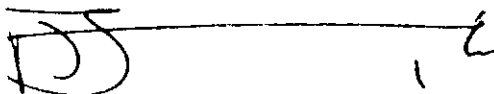
RE: PERMISSION TO CARRY OUT PRACTICUM.

This has reference to your letter dated 3rd January 2007 on the above subject.

Your request to carry out Practicum research in Langata Women Prison on Influence of Media Communication & Library Services on Education of Women has been approved with effect from 4th January 2007 to end of February 2007.

Upon completion of your study you will be required to submit a copy of your report to this office.

By copy of this letter the Officer in Charge Langata Women is requested to assist you.



**D.M. KING'OO, MBS (SACP/A)
FOR: COMMISSIONER OF PRISONS**

C.C.

APPENDIX 3

LANG'ATA WOMEN PRISON LOWER CLASS TIME TABLE 2007

| DAY/TIME | 08:30 AM TO 9:30AM | 09:30 AM TO 10:30 AM | | 11:00 TO 12:00PM | | 2:30 PM TO 4:30 |
|-------------------------|--|---|----------|--|----------|--------------------------------|
| <u>MONDAY</u> | Maths Class 4 / 5 By Faith | | B | C.R.E Class 8 By Priscillar Kiswahili 4/5 By Lucy C.R.E. 2/3 By Mr. Wafula Maths 6/7 By Faith | L | |
| <u>TUESDAY</u> | English 2/3 Mr. Wafula | | R | English 4/5 Lucy Maths 6/7 Faith | U | |
| <u>WEDNESDAY</u> | English Mr. Wafula Maths- 6/7 Faith Science 4/5 Lucy | | E | Science 2/3 Mr. Wafula Kiswahili 6/7 Priscillar | N | WORSHIP |
| <u>THURSDAY</u> | Maths 2/3 Mr. Wafula Science 4/5 Lucy | | A | Maths 6/7 Faith | C | |
| <u>FRIDAY</u> | Science 6/7 By Lucy Maths 4/5 Faith | | K | Maths 6/7 Faith English 4/5 Lucy | H | |

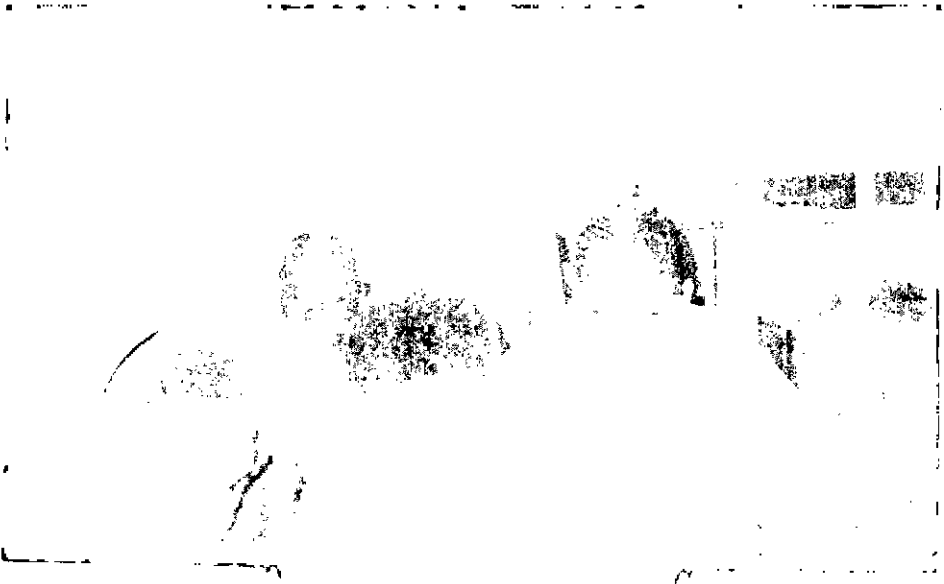
APPENDIX 4

LANG'ATA WOMEN PRISON UPPER CLASS TIME TABLE 2007.
FORM ONE

| DAY/TIME | 08:30 AM TO 9:30AM | 09:30 AM TO 10:30 AM | | 11:00 TO 12:00PM | | 2:30 PM TO 4:30 |
|-------------------------|-----------------------------------|---|----------|---------------------------------|----------|--------------------------------|
| <u>MONDAY</u> | Maths By Ann | Biology By Eunice | B | C.R.E By Eunice | L | |
| <u>TUESDAY</u> | Business By Nzano | English Judy | R | Maths By Ann | U | Agriculture By Ann |
| <u>WEDNESDAY</u> | Chemistry By Norah | Maths By Ann | E | | N | |
| <u>THURSDAY</u> | Kiswahili By Nzomo | History By Eunice | A | Maths By Ann | C | Chemistry By Norah |
| <u>FRIDAY</u> | Maths By Ann | Biology By Eunice | K | English By Judy | H | |

APPENDIX 5

LANG'ATA WOMEN PRISON CLASSROOM

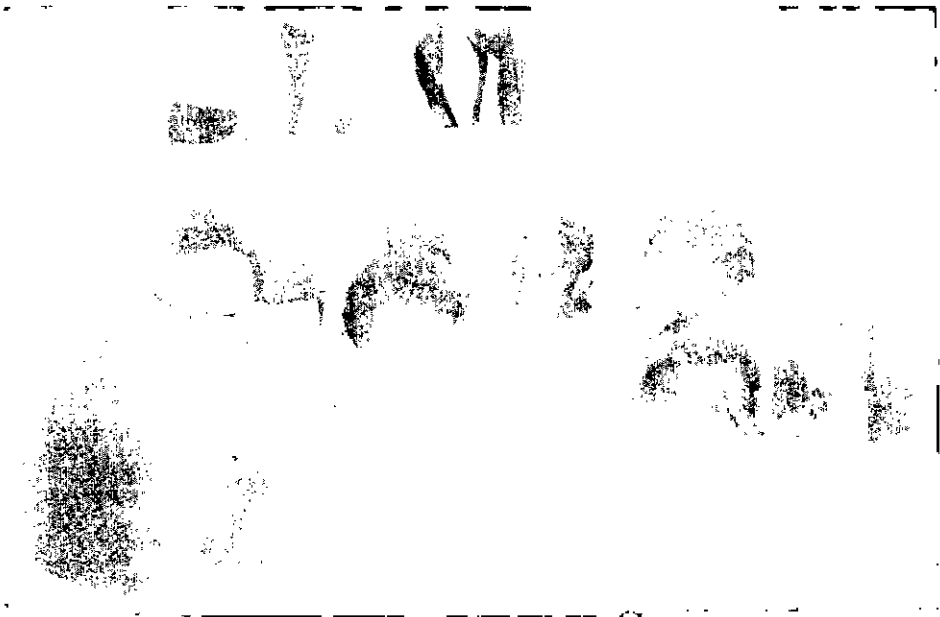


Sr. Stella Chilupula at LWP doing Participant Observation interview,
17th January, 2007.

These convicts are serving their sentences while taking the opportunity to study.

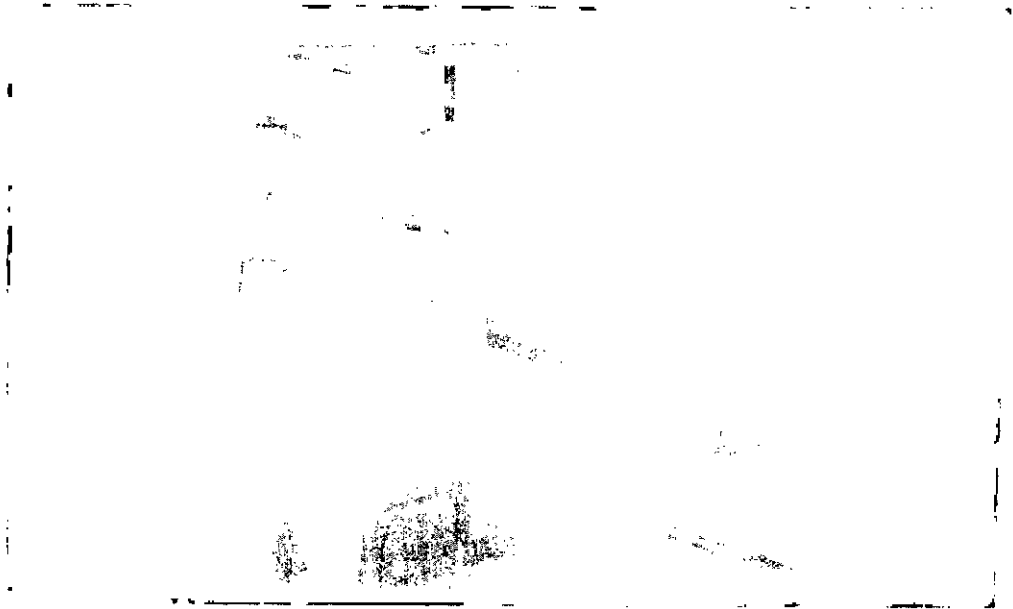
They are eager to continue studying even when they are out of prison.

They appreciate the time given to them as it helps them learn and form their lives for better.

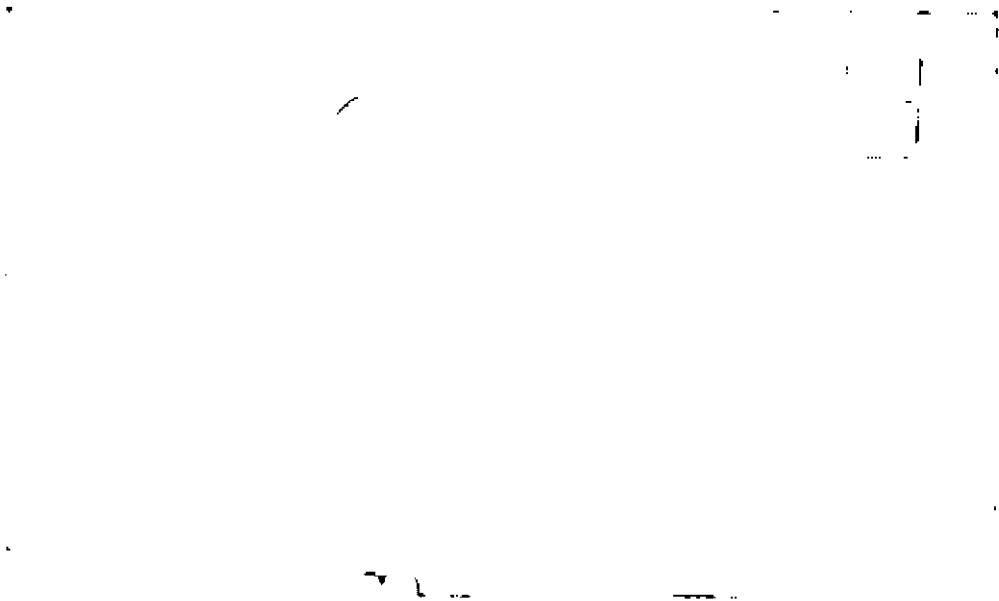


APPENDIX 6

LANG'ATA WOMEN PRISON LIBRARY



Sr. Stella with an inmate having in-depth interviews on the 17th -18th February, 2007.
She says print media is vital for her life as it has assisted her to accept her situation through bible reading and magazines.
She is one of the teachers to the other inmates.



APPENDIX 7

MRS RACHAEL -SOCIAL WELFARE DEPARTMENT, LANG'ATA WOMEN PRISON



Sr. Stella reviewing her two months experience in LWP and next to her is Rachael, who is working in the Welfare Department to cater for the social needs of the prisoners.