



The Effectiveness of Inmates Incarceration on Behavior Change in Monrovia Central Prison, Liberia

Dairus Weah Geegbe^a, Dr. Aloysius Tumukunde^b

^a Masters, Social Work and Social Administration, College of Humanities and Social Sciences, Kampala International University, Uganda

^b Lecturer, Department of Applied Psychology, College of Humanities and Social Sciences, Kampala International University, Uganda

ABSTRACT

This research thesis aimed at investigating effectiveness of inmate incarceration on behavior change in Monrovia central prison, Liberia. Key informant interview guide was designed and administered to key informants to capture qualitative information. Data from questionnaire were edited and coded then entered in a computer and Statistical Package for Social Scientists (SPSS) program was used to analyze quantitative data. The percentage number of respondents according to variables such as; sex, age, objectives and so on were computed and presented using tables. Findings revealed that the effectiveness of inmates' incarceration on behavior change in Monrovia Central Prison Liberia has the overall mean or had a value of 2.582 and standard deviation of 66.3%. This implies that inmates are likely to change their behaviors after all they have been jailed and released later on. The researcher concluded that there is a need to explore the Effectiveness of inmates' incarceration on behavior change in Monrovia Central Prison. The researcher recommended that the government of Liberia should protect prisoners' physical and mental health. The time prisoners spend out of their cells may be increased, with maximum possible time spent in open air.

Keywords: Effectiveness, Inmates, Incarceration, Behavior, Change, Monrovia, Central, Prison, Liberia.

1. Introduction

prisons are places where offenders are held so as to undergo reformation and become law abiding citizens. The conditions of overcrowding, cruelty and captivity derails the prisons core function of rehabilitation. Humane living conditions are a prerequisite for the successful rehabilitation. The rehabilitation of prison inmates should begin from the very day they are admitted into the prison to the day they are discharged. Prison reforms aim at bringing best practices in the treatment of offenders and management of prison in general. Penal reforms being undertaken are in line with global trend to shift prison from a punitive and retributive penal system to a reformatory and rehabilitative system. In Liberia, prisons reforms have embraced a Rights Based Approach in rehabilitation programs and the government has been involved in supporting training for prison officers, improved medical care and dietary changes, clothing and beddings, improved transportation, remote parenting.

In Monrovia, prison system was introduced by the British West Africa Protectorate with enactment of West Africa Prisons Regulations No.12/1908 of April; 1871. Political dissidents were kept in prison as a way of deterrence. The authoritarian governments sought to gain control over them.

2. Literature review

This section presents related literature reviewed from journals, dissertations and books.

Behavior Change Theory

Van Der Linden, (2013) as cited by Thinane (2010) and the Fogg Behavior Model approach profound by Fogg (2009) developed by Swartz and Townsend in (2011). Empirical studies in criminology support behavioral change theories. At the same time, the general theories of behavioral change suggest possible explanations to criminal behavior and methods of correcting deviant behavior. Since deviant behavior correction entails behavioral change, understanding of behavioral change can facilitate the adoption of effective correctional methods in policy-making. For example, the understanding that deviant behavior like stealing may be learned behavior resulting from reinforces like hunger satisfaction that are unrelated to criminal behavior can aid the development of social controls that address this underlying issue rather than merely the resultant behavior. Specific theories that have been applied to criminology include the social learning and differential association theories. Social learning theory's element of interaction between an individual and their environment explains the development of deviant behavior as a function of an individual's exposure to a certain behavior and their acquaintances, who can reinforce either socially acceptable or socially unacceptable behavior. Differential association theory, originally formulated by Edwin Sutherland, is a popular, related theoretical explanation of criminal behavior that applies learning theory concepts and asserts that deviant behavior is learned behavior (Shove, et. al, 2012). This theory is suitable to underpin this study because it carefully examines the way inmates and would-be inmates conduct themselves. The theory further makes clear or describes in more detail or reveals relevant facts of correcting deviant or criminal behavior.

Rehabilitation Theory

This is the most valuable ideological justification for punishment. It promotes the humanizing belief in the notion that offenders can be saved and not simply punished. It recognizes the reality of social inequity. To say that some offenders need help to be rehabilitated is to accept the idea that circumstances can constrain, if not compel and lead to criminality; it admits that we can help persons who have been overcome by their circumstances. It rejects the idea that individuals, regardless of their position in the social order, exercise equal freedom in deciding whether to commit crime, and should be punished equally according to their offence irrespective of their social background (Tan, 2008). Furthermore, this theory is relevant to the study as it tries to establish the justification or rationale behind the treatment of the convict by changing the attitude and behaviour of criminals so that they will be able to choose lawful means, in satisfying their needs (Dinitz & Dine, 1989). This theory emphasizes the need to retrain the convict so that he can live a lawful and independent life which upon release. It advocates that vocational training be designed to transform convicts' life styles through the vigorous application of discipline, education, work and other relevant programmes.

Rehabilitation can also be affected by external factors which bring in the intervening variables like government actions to intervene and reinforce training policy, discipline and participation of inmates.

Effectiveness of Inmates Incarceration on Behaviour Change in Prison

In the most recent literature on motivation to change, the concept of 'readiness to change' has been described (Miller & Rollnick, 2002). Readiness to change is a wide concept covering both internal and external issues. External issues include, for example, the context in which a person lives, social reinforcement for the undesired behaviour, and the means by which the person was referred for treatment. Internal issues include, for example, the person's traits, desires, and beliefs. In relation to readiness to change, motivation to change refers to the internal aspects within the wider concept of readiness to change (Howells & Day, 2003). However, it is not clear which concept is more useful, motivation to change or readiness to change, particularly if motivation to change is viewed as an interaction between the person and the environment

It is expected that prisoners' behavior would change after undergoing intervention process. Literature has shown that prisoners are incapable of reforming under harsh conditions (Mushanga, 1985). It is based on this understanding that changing prisons conditions is seen as an important aspect in the rehabilitation of prisoners. Prisoners contact to outside world is regarded as a right under the United Nations Minimum rules for the treatment of offenders (Institute for Education in Democracy, 2004). Studies have shown that active family support can also help to ameliorate the 'pains of imprisonment', thereby potentially reducing the risk of suicide/self-harm. Following rights abuses in prisons by the prison system and subsequent prison crisis, there were vast changes in legal rights of inmates particularly when the federal courts abandoned their earlier hands off doctrine towards prisons (Sykes, 1958). It was noted that, even though prisoners' rights may be diminished by the needs and exigencies of the institutional environment, prisoners are not wholly stripped of constitutional protections when imprisoned for crime.

Bohm & Haley, (1999), states that in America, the reforms to prisons have been as a result of court interventions. Through the eighth amendment act, inmates enjoy right to access the courts. They raise claims which are addressed by the courts, they use jail-house lawyers, make habeas corpus applications on such matters like where prison officers have demonstrated deliberate indifference to serious medical problems, extreme staff brutality to inmates and some combinations of prison practices and conditions as crowding, lack of services and labour exploitation which make the prison unconstitutional. The crowding issue is however a challenge as alternatives to imprisonment such as community corrections, halfway houses, parole, pre-release programs and crime prevention suffers from inadequate government thus making the crowding even worse.

As a consequence, some but certainly not all, of the constitutional rights of the inmates were granted. In general, inmates were granted the right to practice their religion, to visit with family and friends, to visit with their attorneys and to address the courts, to have a limited due process hearing in discipline cases and to be free of unreasonable searches and seizures. They were provided reasonable medical care, given sufficient amount of nutritious food, and fed and housed in sanitary conditions. They were not abused physically by correctional officers or other prison officials, no arbitrary transfers were made other than when it was justified for reasons of institutional security. There was also a prohibition against cruel and unusual punishment against inmates including corporal punishment such as whippings, slaps and beating. Often such observations are made alongside the total circumstances in the prison conditions (Reud, 1994). As a consequence of prisoner's rights movements and those from the stakeholders, the failure of the punitive methods, the prison guards changed tact in the methods of controlling inmates as their efficiency and evaluation of performance was based on their successful control of inmates. The developments were in the use of no coercive methods, which meant using the few persuasions or rewards that were available as well as make deals with inmates to meet their objectives (Sykes, 1958). Among others things, social and psychological programs and resources must be made available in the immediate, short, and long term. This means that series of structural measures are needed to address the issues of incarceration of inmates in prisons.

Conjugal visits were provided but limited to inmates and their spouses as well as friends and family members of the inmates. More contacts between family and outside were allowed and inmates transferred near their homes to facilitate visitation. Other states facilitated relatives and families by providing transport or even accommodation for families to stay overnight so that they could have ample time with the inmates or do not suffer the extreme fatigue after a long travel (Lillis, 1993b). This entailed the provision of regimes which allow prisoners to live as normal lives as possible and as may be consistent with the requirements of security and order, access to prisoners families, an improved quality of life, preparation for release, providing family visits for those prisoners that will not qualify for home leave and a policy for every prisoner to have his own room. Though rights movement were used by prisoners to demand their rights, their use contributed to abuse of rights of other people especially the loss of lives for correctional officers and members of the public during strikes, hence, not sufficient enough way to facilitate prison reforms.

The need for prison-based substance abuse treatment is profound. Lo and Stephens (2000) examined treatment needs of Ohio offenders entering the State prison system. More than half were dependent on at least one substance, and 10 percent were dependent on at least two. Treatment for cocaine and marijuana dependence was most urgently needed. Young minority males were most likely to be dependent on marijuana; females were more likely to be dependent on cocaine and opioids than males. Nearly 60 percent of respondents said that treatment would be of use to them.

Despite this need, in 1997 only 1 in 8 State prisoners and 1 in 10 Federal prisoners reported that they have participated in drug treatment programs since entering prison (Mumola 1999). In 1996, a CASA survey of prison facilities indicated that three quarters of State inmates needed substance abuse treatment, though less than a quarter of State inmates received it (CASA 1998).

In the Monrovia Central Prison in Liberia, the national government is still struggling to rebuild the country after many years of internal armed conflict, and has started its determination to improve the prison facilities. However, conditions at the Monrovia Central Prison are unfavourable as they grown in the face of massive incarceration of inmates who are always in daily crimes. Most of the inmates at the Monrovia Central Prison have not been convicted of any crime. The vast majority are people living in poverty, without access to lawyers and few financial resources.

It is true that some of these resources problems are also experienced by the general population in Liberia. However, prisoners at the Monrovia Central Prison are under direct state control and completely dependent on the state to meet their most basic needs. Irrespective of resource constraints, the government must put in place a system that ensures the basic human rights of those in its custody (Amnesty International, 2011).

However, individual counselling is an important part of substance abuse treatment. Counsellors' may operate from many different philosophical and theoretical orientations and employ a variety of therapeutic approaches in individual therapy. The common feature of such sessions is that inmates in a private consultation are free to explore more sensitive issues, which they might not be ready to discuss in a group. Individual sessions also provide a place where a counsellor can coach inmates on relapse prevention techniques such as how to recognize specific high-risk situations, personal cues, and other warning signs of relapse.

3. Methodology

Research design

A researcher Robert K. Yin (1984) defines the case study research design as an empirical inquiry that investigates a contemporary phenomenon within its real-life context; when the boundaries between phenomenon and context are not clearly evident; and in which multiple sources of evidence are used.

Therefore, this study adopted case study research design. A case study research excels at bringing us to an understanding of a complex issue or object and can extend experience or add strength to what is already known through previous research. Case studies emphasize detailed contextual analysis of a limited number of events or conditions and their relationships. Researchers have used the case study research design for many years across a variety of disciplines. Social scientists, in particular, have made wide use of this qualitative research design to examine contemporary real-life situations and provide the basis for the application of ideas and extension of methods.

Sampling techniques

Sample Size

A sample size of 279 respondents were selected from the population of 1032 people using Krejcie and Morgan (1970) sampling determination table shown (see Appendix TV). To determine the sample from the population of 1032 people, the sample size according to the pre-calculated table by Krejcie and Morgan (1970) was 279 respondents. Hence, the researcher dealt with 279 respondents to collect data and interviews.

Table 1: Shows distribution of sample size

| Grade Ranking | Target Population Population | Sample Size Size | Sampling Techniques Techniques |
|---|---|-----------------------------|---|
| Officials of Liberia's Bureau of Corrections and Rehabilitation(LBCR) | 10 | 4 | Purposive sampling |
| Authority of the Monrovia Central Prison | 12 | 5 | Purposive sampling |
| Correction officers at Monrovia Central Prison. | 40 | 10 | Purposive sampling |
| Inmates | 970 | 260 | Simple random sampling |
| Total | 1032 | 279 | Sampling |

Source: Independent National Commission on Human Rights (INCHR) of Liberia, 2012

Sampling Techniques

The researcher employed purposive sampling for the sample size selection. A purposive sampling is a form of sampling in which decisions concerning the individuals to be included in the sample are taken by the researcher, based upon a variety of criteria which may include specialists' knowledge of the research issue, or capacity and willingness to participate in the research (Oliver, 2013). The sample size specified in table was selected purposively since it gave limited time scope and busy schedules of the researcher and provides a selection of a given category of participants presumed to have vast knowledge about the study variables.

Simple random technique:

According to Adam Hayes (2019), simple random sample is a subset of a statistical population in which each member of the subset has an equal probability of being chosen. A simple random sample was meant to be an unbiased representation of a group. This technique was chosen to select the targeting population. This was due to the large population in the selected area of study and because of time constraints and other factors, the researcher opted and employed this technique to enable him give equal opportunity to all eligible respondents participating in the study since it is impossible to serve all of them, and it was in this way that any form of biasness was avoided. The advantage of this technique is the ease of use and its accurate representation of the larger population.

Data Collection Tools

A number of tools will be used during collection of data and these included:

Self-administered questionnaire

A self-administered questionnaire was the major instrument that was used in data collection. Questionnaires were used to help to gather quantitative information regarding the study variables. The questionnaires comprised both closed and open-ended questions formulated by the researcher. The advantage of using this tool is that it is a cost-efficient way to quickly collect massive amounts of information from a large number of people in a relatively short period of time.

Interview guide

According to Kajornboon (2017) interviews are an organized way of talking face-to-face and listening to individuals and also through chatting one could collect information required from people. Therefore, key informant interview guide was designed and administered to key informants to capture qualitative information. This was purposely intended to get more information about the effectiveness of inmates' incarceration on behavior change in Monrovia central prison, Liberia. Furthermore, using interview provides advantage for the researcher to investigate issues in an in-depth way and that ambiguities can be clarified and incomplete answers followed up.

Documentary review

The main sources of secondary data included the following: reports, Internet surfing, reviewing of magazines, newspapers, reports and publications, public records and statistics. Documentary Review was used because the researcher was able to gain permission to access information that would not normally be available due to not being found or subjects refusing to be interviewed. In addition, using documentary review takes out the personal aspect of the effect a researcher might have on an individual during an interview.

Validity and Reliability

Validity

Validity is the extent to which the instruments was used during the study measure the issues they are intended to measure (Amin, 2005). To ensure validity of instruments, the instruments were developed under close guidance of the supervisor. Convergent validity was assessed by examining the Average Variance Extracted (AVE) of each construct, as suggested by Fornell & Larcker (1981). To achieve adequate convergent validity, the AVE of each construct should be 50 or more. Following Chin (1998), all the AVE values (see Table 3.2) exhibited high loadings (above 0.50) on their respective constructs, indicating adequate convergent validity.

Table 2: Shows average variance extracted for testing convergent validity of the study instrument

| Constructs | Average Variance Extracted (AVE) |
|--|----------------------------------|
| Overcrowded and unhygienic prison conditions | 0.66 |
| Non-family visits, letters and communication | 0.64 |
| Dirty cells | 0.63 |

Source: Bagozzi .(2005).

Reliability

To ensure reliability of the instrument, the researcher used Cranach's alpha. The composite reliability took into account that indicators have different loadings and can be interpreted in the same way as Cornbrash's α (that is, no matter which particular reliability coefficient is used, an internal consistency reliability value above .70 is regarded as satisfactory, whereas a value below 60 indicates a lack of reliability). Nevertheless, the interpretation of internal consistency reliability using composite reliability coefficient was based on the rule of thumb provided by Bagozzi & Yi (2005) as well as Hair et al. (2011), who suggest that the composite reliability coefficient should be at least 70 or more. The following table shows the composite reliability coefficients of the study constructs.

Table 3: Shows results of the composite reliability test

| Constructs | Composite reliability |
|--|-----------------------|
| Overcrowded and unhygienic prison conditions | 0.89 |
| Non-family visits, letters and communication | 0.84 |
| Dirty cells | 0.87 |

Source: Bagozzi & Yi. (2005).

As shown in Table 3 above, the composite reliability coefficient of all constructs ranged from 0.79 to 0.96, with each exceeding the minimum acceptable level of 70, suggesting adequate internal consistency reliability of the instrument used in this study (Bagozzi & Yi, 2005).

Sources of Data

Data were collected from both primary and secondary sources.

Primary source

Primary data were collected from respondents through issue of administered questionnaires. Some of the respondents who were unable to interpret and follow the questions in the questionnaires were guided by the researcher and delivered the required information.

Secondary source

Secondary form of data is that information that has ever been published in previous articles, journals, newspapers or electronic channels. The reason for this was to make comparison of secondary data with primary data in order to come up with meaningful interpretations to strengthen the findings that were got from the primary data.

Data from questionnaire were edited and coded then entered in a computer and Statistical

Data analysis

Package for Social Scientists (SPSS) program was used to analyze it. The percentage number of respondents according to variables such as; sex, age, objectives and so on were computed and presented using tables. Prison overcrowding and its effects on the rehabilitation of inmates was established using Pearson Linear Correlations Coefficient Statistical Method. Whereas, qualitative data were organized according to themes that are going to be identified from research questions and analyzed using content analysis.

Ethical issues

At the onset of data collection, the researcher sought permission from the head of the department to obtain an introductory letter which was used to seek permission in the study area. In addition, each questionnaire contained an opening introductory letter requesting for the respondents' cooperation in providing the required information for the study. The respondents were further assured of confidentiality of the information provided and that the study findings were used for academic purposes only. Respondents were further assured of their personal protection and that they had the authority to refuse or accept to be interviewed.

Limitations of the study

The problems are both methodological and theoretical. First and foremost, research is known to a number of research fellows as a costly venture, in terms of time, human resources, financial and other logistics. This study also was susceptible to such problems.

Secondly, the study was conducted only in Monrovia Central Prison, Monrovia-Liberia. This implies that the study has geographical limitations. However, time and other logical issues may not be abundantly available to the researcher.

Nonetheless, the researcher used the resources available effectively and efficiently with in the period scheduled to conduct the study. As in any research, the best response to the inevitable stumble or obstacle is not to give up but to reflect on what you can do better, make adjustments, and persist. Hence, the researcher was focused and determined to bring these facts for the public to use.

4. Results and Discussion of Findings

The results are presented and discussed according to the objectives stated as shown below;

The objective of this study was; to investigate the effectiveness of inmate incarceration on behavior change in Monrovia central prison, Liberia.

Demographic characteristics of the respondents

The background information presented in this section is about gender, education levels and their length of employment. Table 4 presents gender distributions of respondents.

Table 4: Showing the demography of the respondents

| Respondents | Frequency | Percentage |
|------------------------|------------------|-------------------|
| Gender | | |
| Male | 219 | 78.5 |
| Female | 60 | 21.5 |
| Total | 279 | 100.0 |
| Age bracket | | |
| 18-30 Years | 79 | 28.3 |
| 31-40 Years | 100 | 35.8 |
| 41-45 years | 75 | 26.9 |
| 46-50 years | 15 | 5.4 |
| 51 and above | 10 | 3.6 |
| Total | 279 | 100.0 |
| Education Level | | |
| Illiteracy | 100 | 38.8 |
| Certificate | 89 | 31.8 |
| Diploma | 80 | 28.6 |
| Degree | 10 | 3.5 |
| Masters | - | - |

| | | |
|-----------------------|------------|--------------|
| PhD | - | - |
| Total | 279 | 100.0 |
| Marital Status | | |
| Single | 60 | 21.5 |
| Married | 125 | 44.8 |
| Divorced | 69 | 24.7 |
| Widowed | 25 | 9.0 |
| Total | 279 | 100.0 |
| Experience | | |
| Less than one years | 100 | 35.8 |
| 1-3 years | 98 | 35.1 |
| 4-6 years | 50 | 17.9 |
| 7-9 years | 6 | 2.2 |
| 10 and above years | 25 | 9.0 |
| Total | 279 | 100.0 |

Source: Field research (2021).

According to the **table 4** above, 219 (78.5%) of the respondents were males. This indicates that there are more male prisoners than there were female prisoners. One possible explanation for high number of males is that males traditionally commit more crimes than females.

Prison inmates range from young people to the middle aged, this is the most active age and the time young adults begin to shoulder various responsibilities in their lives some of which may force them to engage in illegal activities in order to support themselves. The study found out that 100 (35.8%) of the prison inmates belong to age bracket of 31–40 years. The findings that most offenders and hence prisoners were middle aged can be explained by the fact that they were able bodied people seeking conventional means of livelihood but who in the process may have been frustrated by lack of the same due to prevailing economic hardships.

The prison inmates interviewed came from different marital backgrounds. Majority of the respondents at 125 (44.8%) were married and only 60 (21.5%) were single or had never married, another group at 94 (33.7%) was either divorced/separated or widows.

The respondents had attained different levels of education and quite a few, were still illiterate as they had not joined school. The study established that 31.8% of the prison inmates had attained up to primary school education. This is probably because there is a high dropout rate of primary school pupils and the low transition to secondary school in Monrovia (UNICEF Annual Report, 2020).

Profession is a specialized trade which a person engages based on his/her academic qualifications in order to earn a living or self-sustenance. Over thirty eight percent (38.8%) of the prison inmates have no professional qualification and only 28.6% had low value professional skills which could not guarantee them employment once released, probably this explains why they had engaged in crime in the first instance as this could have been the only avenue to earn a living for self-sustenance.

Table 5: Shows effectiveness of inmates' incarceration on behavior change in Monrovia Central, Liberia.

Prison Descriptive Statistics.

| | Mean | Std. | Interpretation | Rank |
|---|--------------|-------------|----------------|------|
| Most of the Prisoners have decided not involve themselves into criminal activities once being released | 3.23 | 0.79 | High | 1. |
| The majority of inmates are for now attending prison fellowship every weekend | 2.78 | 0.91 | High | 2. |
| There are some inmates who are willing to change their behavior once encountering the services of social workers | 2.76 | 0.94 | High | 3. |
| Inmates no longer intermediate each other and newcomers are being welcomed accordingly | 2.53 | 0.97 | High | 4. |
| Most of the inmates victims that are facing | 2.48 | 0.98 | Low | 5. |
| This time inmates are following the instructions of the prisons' supervisors | 2.44 | 1.01 | Low | 6. |
| Some of the inmates confess to work hard and apply the vocational skills in the community once being released | 2.43 | 1.03 | Low | 7. |
| This time, the majority of inmates want to practice several skills to meet their goals after being released incarceration are not willing to revenge after being released | 2.41 | 1.05 | Low | 8. |
| Turning into a good person is the only facts since I wasted my time instead I would have been doing something else! | 2.39 | 1.08 | Low | 9. |
| Overall means | 2.582 | .663 | High | |

Source: Survey Research (2021).

The findings from the above table, indicated that respondents when asked whether most of the Prisoners have decided not involve themselves into criminal activities once being released had the first mean value of 3.23 and corresponding standard deviation of 0.79..

The results further showed that the majority of inmates are for now attending prison fellowship every weekend, the average value of was 2.78 and its corresponding standard deviation was 0.91. It can also be observed from the table above that this particular question was ranked the 2nd meaning that most respondents were high and satisfactory with this statement.

The average response on the there are some inmates who are willing to change their behavior once encountering the services of social workers and this was rated with a mean of 2.76 and with standard deviation of 0.94 and with a rank of being the 3rd.

Additionally, The results further showed that inmates no longer intermediate each other and newcomers are being welcomed accordingly, this statement was rated with a mean of 2.48 and had a stand deviation of 0.98 with a 4h rank.

Considering the statement whether most of the inmates victims that are facing incarceration are not willing to revenge after being released, this statement was rated with a mean of 2.48 with a standard deviation of 0.98 and ranked 6th.

As well, based on the statement that as stated: "This time inmates are following the instructions of the prisons' supervisors". This statement was rated with a mean of 2.44 and its standard deviation 1.01, ranked 7th.

Some of the inmates confess to work hard and apply the vocational skills in the community once being released; this statement was rated with a mean of 2.43 and a standard deviation of 1.03, ranked 7th. Well, respondents well asked whether, this time, the majority of inmates want to practice several skills to meet their goals after being released and this was summarized with a mean of 2.42, a standard deviation of 1.05, 9th ranked. Moreover, turning into a good person is the only facts since I wasted my time instead I would have been doing something else, this had a mean of 2.39, a standard deviation of 1.08 ranked 9th.

Finally, by observing the overall means, the above analysis reveals that the effectiveness of inmates' incarceration on behavior change in Monrovia Central Prison has the overall mean that had a value of 2.582 and standard deviation of 66.3%. This implies that inmates are likely to change their behaviors after all they have been jailed and released later on.

Effectiveness of inmates' incarceration on behavior change in prison

Findings revealed that the effectiveness of inmates incarceration on behavior change in Monrovia Central Prison has the overall mean value of 2.582 and standard deviation of 66.3%. This implies that inmates are likely to change their behaviors after all they have been jailed and released later on. This is in line with Katz (2001) who stated that behaviors can serve "instrumental, adjustive or utilitarian," "ego-defensive," "value-expressive," or "knowledge" functions (Katz D, 2001). The functional view of behaviors suggests that in order for behaviors to change (e.g., via persuasion), appeals must be made to the function(s) that a particular behavior serves for the individual. As an example, the "ego-defensive" function might be used to influence the racially prejudicial behaviors of an individual who sees themselves as open-minded and tolerant. By appealing to that individual's image of themselves as tolerant and open-minded, it may be possible to change their prejudicial behaviors to be more consistent with their self-concept. Similarly, a persuasive message that threatens self-image is much more likely to be rejected (Lapinski Darrel, Maria Knight, and Franklin Boster, 2001).

One of the key respondent from the interviews when asked about the effectiveness of inmate's incarceration on behavior change, he revealed that;

"Due to its widespread use, research reveals that jail has a little effect as a deterrent to crime, and has been declining for several years. Indeed, higher incarceration rates have not been shown to reduce violent crime and, in some cases, may increase it".

"He further adds that some of the inmates change their behaviours after being jailed for long and that others don't change at all and that's why when they are sometimes released, they go back to the community and commit crimes again, and are brought back to jail. In fact some of them wish themselves to remain in jail for good because they think that if released they will again hurt those who put them in jail. The respondent from the interviews adds".

Lastly, the collection officer when interviewed he gave the effectiveness of inmates' incarceration on behavior change in Monrovia Central Prison, Liberia. He said that;

"Prisons do not reduce recidivism for the vast majority of offenders. There is no scientific justification for expanding the use of incarceration as a deterrent to criminal behavior.

Criminal behavior has been reduced more effectively by offender treatment programs than by raising the penalties for criminal conduct. For convicts, this type of imprisonment has considerable psychological risks; many of them have already experienced it".

5. Conclusion

By the time of release, inmates still do not possess the skills required and also the knowledge to assist themselves get employed or start their own enterprises for their self-sustenance. It can therefore be deduced that not all the inmates' attitude and behaviors will have changed at the time of release as most of the people would expect, though to some their attitude and behaviors towards committing certain cases will have changed positively.

Furthermore, the researcher concluded that there is a need to explore the Effectiveness of inmates' incarceration on behavior change in Monrovia Central Prison. The researcher recommended that the government of Liberia should protect prisoners' physical and mental health. The time prisoners spend out of their cells may be increased, with maximum possible time spent in open air.

6. Recommendations

Recommendations on Effectiveness of Inmates Incarceration on Behavior Change in Monrovia Central, Liberia were as follows;

The government of Liberia should protect prisoners' physical and mental health by creating a better environment for inmates to live in. Furthermore, the government should put emphasis on employing more social workers as number one priority to provide counselling services to the inmates as they also try to sensitize them the importance of behavior change while in prison and after prison. The time prisoners spend out of their cells may be increased but within the boundaries of the prison so they do not so much lose hope for themselves and end up thinking otherwise against good behaviors.

After being released, the community members should receive them well, comfort them and try to let them fit in the community without looking at them as criminals. Prison officers should always liaise with local health providers and NGO's in order to increase on the provision of health care services to the inmates.

Prisoners' contact with families may be increased, where possible, to protect their mental well-being. As a general rule, and taking into account any security precautions that may need to be employed, prison authorities are encouraged not to prevent families from providing food to prisoners to enhance the diet which is likely to have been compromised due to overcrowding. However, such food should be tested and confirm that it is very ok before given to the inmate.

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