

To Assess Influence of Counselling Intervention in the Rehabilitation of Offenders Serving Non-Custodial Sentences in Selected Probation Stations in Nairobi County

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Abstract

Rehabilitation promotes social reintegration by providing offenders with a chance to receive education and skill training that prepares them for employment prospects. This research aims to investigate the influence of counselling in the rehabilitation of offenders serving non-custodial sentences. Non-custodial sentences, such as probation, aim to rehabilitate offenders and reintegrate them into society, emphasizing a therapeutic approach. Understanding how counselling affects the rehabilitation of offenders serving non-custodial sentences is crucial for improving rehabilitation outcomes. The objective of this study was to examine influence of counselling in the rehabilitation of offenders serving non-custodial sentences. In this study, mixed research methodology was used where both quantitative and qualitative methods were utilized. The study had a target population of 37 probation officers who were counsellors; ten males, twenty seven females and 444 probationers in selected probation stations within Nairobi County. Census sampling was used to select all the 37 probation officers. While Yame formula was used to arrive at a sample size of 82 probationers. Data was collected through the use of questionnaire and interview. Social Skills Improvement System (SSIS) Tool was used to measure psychological Adjustment of Probationers. A questionnaire was administered to non-custodial offenders serving on probation service orders and probation officers who were counsellors. The county director and regional coordinator of probation service in Nairobi County were interviewed. Data was gathered, reviewed, and confirmed for accuracy and clarity. The numerical data acquired via surveys was coded, entered, and analyzed using the computer software Statistical Package for Social Scientists (SPSS) version 25. Judiciary shall benefit from this work, the police who enforce law and order, the department of Probation and Aftercare service whose officers rehabilitate non-custodial offenders and the Ministry and Public Service Commission (PSC) that hires public servants in Kenya.

Key words: *Counselling Services, Offenders Serving Non-Custodial Sentences, Probation Stations*

1. Introduction

To achieve successful rehabilitation of criminals, it is necessary to use a diverse range of evidence-based therapies. Group counselling services are believed to benefit offenders in enhancing their self-direction, autonomy, and responsibility towards themselves and others, while also facilitating the transformation of their erroneous ideas and behaviors (Humphreys et al., 2018). Group counseling services are thought to facilitate the development of suitable social skills among offenders (Wilson, 2016). Individual counselling services should include cognitive behavior techniques since they are crucial in helping offenders evaluate their own cognitions and understand how they influence their current situations. This compels individuals to assume accountability for their behaviors and go towards altering their conduct. Khodayarifard et al. (2020) did a research to examine the impact of one-on-one counseling sessions on male convicts in Iran. The study included a sample of 180 male participants. The results indicated that individual treatment led to a 15% improvement in the psychological well-being of convicts. This research is limited in its scope since it only examined the behavior of adult men, neglecting to include adolescents and female offenders.

In Canada, Bonta (2016) states that several correctional organizations are now transitioning towards the use of risk assessment, identification of individual criminogenic requirements, and the creation and execution of suitable individual treatment programs. A research conducted in the United Kingdom revealed that the recidivism rate is 50%, which is lower than the 60% rate seen in the United States of America. This difference may be attributed to the United Kingdom's focus on correctional rehabilitation. Regarding the latter, the research found that the high rate of repeat offenses in America was due to the focus on punishment, deterrence, and isolating offenders from society (Langan & Levin, 2018).

Owen et al. (2017) conducted a study in Australia to evaluate the effects of the Victorian Sex Offenders Program. This program emphasizes individual counseling services and uses actuarial risk assessment measures to understand the behavior of offenders. It also involves developing and implementing management plans based on the specific needs of each individual. The research revealed a 4% decrease in sexual recidivism among sexual offenders who successfully finished the program, in contrast to a 20% rate among those who discontinued the program. The limitation of this research lies in its exclusive emphasis on offenders convicted of sexual offenses, neglecting individuals who have committed other crimes such as homicide, serious injury, theft, and drug trafficking. Furthermore, the research only included jailed criminals, while those serving community-based sentences were excluded.

The probation service, a government body engaged in the administration of criminal justice, is responsible for providing supervised non-custodial correctional services to the community. The primary duties of the Kenya Prisons Service are the confinement and secure detention of offenders, their rehabilitation and transformation, the facilitation of the legal system, and the development of opportunities for convicts to reintegrate into society. Courts use alternative sanctions like as probation and community service as a means to diminish the incarcerated population. The primary reason of jail congestion is the rising prison population. Owing to the substantial volume of offenders, individualized rehabilitation is unfeasible, hence fostering

recidivism. The government has implemented new strategies to mitigate the overcrowding in prisons, since this problem continues to escalate in contemporary society.

Counselling is an essential intervention intended to be used in the rehabilitation of criminals who are serving non-custodial sentences. This service is mostly given by probation officers, and if necessary, by other counselors working in the volunteer sector. Nevertheless, there is a dearth of study undertaken on the obstacles that impact the use of counseling in non-custodial sentencing. The efficacy of Kenya's criminal justice system should be evaluated based on the outcomes of the sentencing process. In order to maintain public confidence in the system and uphold the objectives of criminal law, it is essential that the non-custodial sentence result achieves its intended aims rather than diminishing them.

2. Literature Review

2.1. Influence of Counselling in the Rehabilitation of Offenders Serving Non-Custodial Sentences

Counselling services are therapeutic interventions designed to facilitate the acceptance of responsibility by criminals, via the modification of their thoughts, attitudes, and behaviors, with the goal of enabling a crime-free existence. There has been a lack of study undertaken to assess the efficacy of counseling services provided by the department in rehabilitating former criminals. Given the increasing number of fugitives, it is imperative to evaluate the effectiveness of their rehabilitation programs to identify necessary modifications and enhance the efficacy of offender rehabilitation (Bonta, 2017).

In order to facilitate effective rehabilitation, it is essential for counseling services to have a comprehensive understanding of the historical background and characteristics of each individual offender. The severity of the situation should determine the level of action required. Bonta (2017) states that effective counseling services possess two fundamental attributes, namely the Risk and Need principles. The risk principle states that the level of treatment should be directly related to the offender's likelihood of engaging in future criminal behavior. Lower risk situations need less intensive therapy, whereas higher risk situations necessitate more thorough treatment. The Wants principle categorizes the requirements connected with offenders into two groups: criminogenic needs and non-criminogenic wants.

Individual counselling services should include cognitive behavior techniques since they are crucial in helping offenders assess their own cognitions and understand how they contribute to their present situation. This is due to the crucial role that cognitive behavior methods play in providing personalized counseling services. They are compelled to assume accountability for their actions and strive to modify their behavior as a consequence. Khodayarifard et al. (2010) conducted a study in Iran, including 180 male detainees, to examine the effects of individual counseling sessions on incarcerated individuals. Based on the statistics, the inmates had a 15% enhancement in their psychological well-being after their engagement in individualized therapy. This study is flawed since it only concentrates on adult male offenders, hence excluding child criminals and female offenders. The objective of this study is to determine if probationers, regardless of their gender, can recognize and correct their false beliefs through individual counseling, thereby taking accountability for their actions.

Group therapy programs provide a non-confrontational platform for offenders to express suppressed ideas and impulses, which promotes personal growth and fulfillment. Khodayarifard et al. (2010) conducted a study in Asia to examine the efficacy of group counseling services using cognitive behavioral therapy for male convicts. The research had a sample size of 180 male inmates. The study results indicate that the prisoners began the process of examining and evaluating their own problems after they started engaging in group therapy sessions and were exposed to the experiences and contributions of other group members, which influenced the overall group dynamics. This study provides compelling evidence of a significant impact on recidivism and the reoccurrence of crimes, as it investigates the impacts of group therapy on prisoners in Iran. The research revealed a negative correlation between convicts who engaged in counseling and their likelihood of reoffending. Subsequent investigation found that none of the people who had participated in group therapy while incarcerated were re-incarcerated until almost a year following their release. However, unlike previous studies, this inquiry did not examine female offenders and instead focused on incarcerated males. Furthermore, both investigations did not include individuals with mental offenses who have since achieved complete rehabilitation and are now engaged in collective therapeutic sessions.

According to Martinson's research in 2009, counselling and mentorship had a crucial role in the rehabilitation of offenders and in preventing them from reoffending. Rothman (2013) and Losel and Bleisner (2012) argued that engaging in criminal activities was driven by a compulsive inclination. The alteration of this conduct would only occur if there was a change in the prisoner's attitude towards it. Nevertheless, if the convicts' views about their conduct remain unchanged, the prison's rehabilitation programs would have considerable difficulty in achieving success in reforming the offender. According to Martinson (2009), offering guidance and counseling services to inmates is a strategy for rehabilitating offenders. It is necessary to tailor the counseling and guidance programs to align with the offenders' criminal backgrounds. Using this approach, prisoners were classified into three distinct groups: those who had committed their first offense, repeat offenders, and high-risk criminals who had engaged in serious and dangerous crimes.

Kenyan probation officers use an evaluation technique to evaluate the risks and requirements of clients put under their supervision, as outlined in the SOP handbook of 2014. This helps in classifying the degree of involvement and the necessary measures that will support transformation. Cullen and Gendreau (2010) categorized guidance and counseling activities based on the kind of crime committed by the offenders. This perspective argued that different forms of guidance and counseling services were suitable for addressing different types of criminal activities and delinquent behaviors. Losel and Bleisner (2012) found that prisoners convicted of sexual crimes faced distinct challenges compared to those convicted of murder, robbery, or drug-related offenses. Rothman's 2003 argument stipulates that individuals convicted of sexual crimes are required to participate in programs that provide instruction on impulse control and sexual therapy. Nevertheless, in contrast to individuals who had engaged in various categories of offenses, those who had been convicted of murder and other high-risk crimes were deemed psychopathic and needed treatment using distinct approaches (Wiredu, 2013). The prisoner underwent coaching and therapy to address issues including as violence, sexual impulses, and drug abuse. The workshops also provided support to convicts in areas like as impulse control, anger management, and enhancing their self-esteem and self-image (Australian Institute of Criminology, 2007).

According to Howells et al.'s (2012) investigation, prisoner mentorship and counseling activities were found to influence the offender's attitude towards crime. Based on their study, a significant proportion of individuals incarcerated for the first time had a high level of openness towards the guidance and counseling initiatives. They also reported notable transformations in their behavior and attitude as a direct consequence of the programs they engaged in.

The fundamental goal of prisons is to engage in convict rehabilitation, ensuring that upon their release, they are equipped with the necessary skills to reintegrate into society successfully and refrain from further criminal activities. Correctional administrators in countries including as Australia, Britain, and the United States have allocated significant resources to develop and execute programs specifically designed to rehabilitate offenders who pose a high danger. Andrews (2006) conducted a research which found that New Zealand employs rehabilitation programs for offenders with the aim of facilitating their transformation and reducing the probability of recidivism. The ongoing scrutiny and evaluation of these programs by domestic and global assessors is vital for the advancement and enhancement of correctional protocols. Some countries use a Christian ideology to rehabilitate prisoners, focusing on prayer and spiritual development (Devon, 2012).

Imprisonment, a period of isolation, must be entirely served by the offender, until granted parole, based on the nature of the offense committed. The festivities are planned to continue for the whole period throughout this time (Kachuk, 2011). Rehabilitation activities at Louisiana State Penitentiary (LPS), also referred to as Angola, include engaging inmates in demanding labor. Angola is recognized as one of the biggest maximum security prisons in the United States of America. This kind of treatment hinders the reformation process. The prison is well-known for detaining prisoners until they have shown sufficient assurance that they will not relapse into criminal activity and pose no further threat to others (Rock, 2013). African rehabilitation institutions posit that prisons may serve as a conducive environment for transformative growth, allowing offenders to nurture optimism while they fulfill their sentences.

Igoki (2013) provides a definition of guidance and counselling services in educational settings as a structured assortment of specialized services offered by an organization that has a prominent position in the community where a school is situated. Similarly, providing counselling services to non-custodial offenders is advantageous for the local community. It is designed to promote their psychological well-being, growth, and successful attainment of their full potential in line with their abilities and skills. Mungai (2010) provides a definition of guiding and counseling as a method aimed at assisting individuals in recognizing and optimizing their intellectual, vocational, and emotional capabilities, with the ultimate goal of attaining the utmost personal satisfaction and society contribution. Offenders serving non-custodial periods might be seen to derive comparable advantages when subjected to counselling programs.

The societal and familial shifts, as well as the erosion of traditions and disconnection within contemporary communities, are the underlying causes of psychological and social issues seen in secondary schools and educational institutions (Wambu & Fisher, 2015, as quoted in Boitt, 2016). The rehabilitation of young offenders necessitates a substantial investment in the implementation of effective counseling treatments. This is crucial for rectifying maladaptive behavior and providing society with a promising future generation of leaders.

2.2. Theoretical Framework

The research was grounded on the Person Centred theory. Carl Rogers is the advocate of the person-centred philosophy and one of the founders of humanistic psychology. The main proposition of his theory posits that individuals possess extensive reservoirs of self-awareness and the ability to modify their self-perceptions, fundamental attitudes, and self-directed actions. These resources can be accessed if a clearly defined environment of supportive psychological attitudes is established (Rogers, 1980, p.115). Personnel dealing with offenders must possess appropriate attitudes, abilities, and strategies in order to effectively provide high-quality assistance to individuals they serve. Furthermore, an essential aspect of this theory is the underlying idea that every individual endeavors to maintain and improve it. With appropriate coaching and counseling services, offenders may develop a willingness to modify maladaptive and dysfunctional behaviors, replacing them with functional and socially acceptable ones. The intrinsic drive to develop and maximize one's own abilities is referred to as the actualizing tendency (Lux, Motschnig-Pitrik, & Cornelius-White, 2013).

This serves as evidence that human potential is not limited by past experiences or criminal actions. Through appropriate and timely interventions, transformation may be achieved. The theory posits that, under ideal circumstances, the actualizing tendency directs an individual towards the positive growth and realization of their innate capabilities. Every individual, even non-custodial offenders, have the potential to succeed and is not inherently destined for failure from birth. It is the responsibility of the supervising officers to guarantee that offenders are exposed to situations that will foster the development of their supervisees. Rogers (1957) postulated that six elements are essential for initiating constructive personality development and that these conditions alone are enough to begin that process.

According to Rogers' (1957) approach, genuine therapeutic change requires psychological contact between at least two individuals. Furthermore, the therapist maintains a steady and integrated presence throughout the session, whereas the client experiences a condition of incongruence, characterized by vulnerability or worry. Subsequently, the therapist exhibits steadfast affection and admiration for the patient. In addition, the therapist demonstrates empathy by understanding the client's internal perspective and strives to communicate this understanding to the client. The client should also see the therapist's unwavering appreciation and empathetic understanding (Rogers, 1957). Probation officers should get training in these specific areas in order to effectively assist offenders in their process of behavioral transformation.

The person-centred theory serves as the predominant theoretical framework that directs early clinical training experiences, such as counselling internships and practicums (Campbell, 2018). Probation officers are inclined to use the person-centred approach in their work due to its humanistic essence. The rehabilitation of non-custodial offenders enables counselors, who also serve as officers, to maintain a non-judgmental approach while interacting with those labeled as "criminals," so fostering a positive working environment.

The person-centered paradigm facilitates and encourages the client's engagement in the therapeutic process by enabling the practitioner to adopt a non-directive and empathetic approach. The therapy is based on Rogers' belief that every individual has a desire and ability to achieve their full

potential. Person-centered treatment, sometimes referred to as Rogerian therapy, has had a profound impact on psychotherapy and several other disciplines.

3. Materials and Methods

3.1. Research Design

The research design used in this study was descriptive. The researchers chose this research method because it accurately portrays the current situation and effectively addresses the relevant concerns in this study (Mugenda & Mugenda, 1999). According to Kombo and Tromp (2006), descriptive investigations not only include gathering facts, but they also often lead to the development of fundamental concepts and solutions for serious issues. Furthermore, this study used a mixed research technique, including both quantitative and qualitative methods of analysis.

3.2. Target Population

The study focused on a sample of 37 probation officers who work as counselors at probation stations located in Makadara, Milimani High Court, Milimani Chief Magistrate Court, Kibera, JKIA, Ngong, Regional Coordinator Nairobi office, and County Director's office in Nairobi. The research will exclude probation officers stationed at Mathare National and Teaching Referral Hospital, as well as the criminals they rehabilitate. This is because they belong to a distinct group of offenders with mental diseases who are being treated in a hospital environment. Furthermore, this research will specifically focus on 444 probationers who are currently receiving non-custodial rehabilitation in Nairobi County. The central registry was used to ascertain the identities of the probation interviewees and choose a representative sample for the research. The probation stations at Makadara, Milimani High Court, Milimani Chief Magistrate Court, Kibera, JKIA, Ngong, Regional Coordinator Nairobi office, and County Director's office in Nairobi will serve as the units of analysis.

Station	Male officers	Female officers	Total
Makadara	1	6	7
Milimani High Court	1	5	6
Milimani Chief Magistrate Court	2	4	6
Kibera	3	6	9
JKIA	1	2	3
Ngong	1	2	3
Regional Coordinator Nairobi office	0	1	1
County Director Nairobi office	1	1	2
Total	10	27	37

Table 1: Target Population of Probation Officers Who Are Counsellors Source: Technical Administration Section of PACS (2022)

Station	Probation orders				Total
	Men	Boys	Women	Girls	
Makadara	222	6	22	2	252
Milimani High Court	15	0	0	0	15
Milimani Chief Magistrate Court	0	0	0	0	0
Kibera	59	15	20	5	99
JKIA	2	0	0	0	2
Ngong	51	13	9	3	76
Total	349	34	51	10	444

Table 2: Target Population of Probationers Source: Research, Statistics and Development Section of PACS (2022)

3.3. Sample and Sampling Techniques

The systematic sampling approach was used by enumerating all probation offenders with numerical designations and thereafter selecting people at consistent intervals. A census-sampling approach was used to choose probation officers who provide counseling services. Consequently, all 37 officers stationed at the designated locations participated in the research. The researcher selected probation officers instead of individuals serving under a community service order due to the absence of unpaid community work for probation offenders. This distinction allows for a clear differentiation between offenders serving under a community service order and those on probation.

The research focused on a specific group consisting of 37 probation officers who also serve as counselors, as well as 444 probationers located in Nairobi County. The research used the census-sampling approach to ascertain the sample size of probation officers. Consequently, all 37 probation officers who served as counselors constituted the sample size. The Yamane (1967) formula was utilized to calculate the sample size of probationers, as shown below:

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

Where n is the sample size N is population size and e is level of precision = 0.1

$$n = \frac{444}{1 + 444(0.1)^2}$$

$$= 81.6$$

Availing a sample size of 82 probationers

3.4. Instruments of Data Collection

In this study, data were gathered by field research and the use of primary data gathering techniques. The Psychological Assessment Adjustment Tool was used to assess the psychological adaptation of the noncustodial offenders.

- **Questionnaire:** A well-organized questionnaire was given to both the probationers and the probation officers, who also serve as counselors. An extensive interview was conducted with top management of the probation department, namely the county director and regional coordinator of the probation service. The questionnaire served as the primary tool for gathering primary data. A systematic questionnaire with a combination of open and closed-ended questions, as well as a Likert scale with various answer options, was used. According to Mugenda & Mugenda (1999), open-ended inquiries have the ability to prompt individuals to articulate their thoughts on what they deem to be of utmost significance. To facilitate comprehension and collect a diverse array of information
- **Interview Guide:** A comprehensive interview guide was produced beforehand to direct the process of interviewing the County Director and Regional Coordinator of the Probation Service. Data on the experts' perspective about counseling as an intervention method for noncustodial offenders at selected Probation stations in Nairobi County was collected using a key informant interview guide.

4. Results and Discussion

4.1 Probation Officers Opinions on Role of counselling in the rehabilitation of offenders serving non-custodial sentences

Probation Officers were asked to indicate their opinions on role of counselling in the rehabilitation of offenders serving non-custodial sentences. Their responses were rated on a 5-point Likert scale, where:

SA -strongly agree (5),

A - Agree (4),

N - Neutral (3),

D - Disagree (2),

SD - Strongly Disagree (1),

The result findings are shown in table 3.

	Mean	Std. Deviation
Counseling and guidance are essential to probationers' rehabilitation and ability to avoid reoffending.	4.833	0.543
Provision of advice and counseling services to probationers is one strategy for promoting their reformation.	4.742	0.59
Guidance and counselling services can help the probationer to deal with their behaviours such as stealing, being abusive & violent , and drug abuse	4.742	0.59

Activities related to guidance and counseling during probation have an effect on the probationer's perspective on crime.	4.636	0.648
After participating in group or individual guidance and counseling sessions, probationers' attitudes about crime have changed, and the majority of them now show unfavorable attitudes toward bad behaviors.	4.152	0.62

Table 3: Probation Officers Opinions on Role of counselling in the rehabilitation of offenders serving non-custodial sentences

Source: Author (2022)

According to the study's findings, the majority of respondents (mean=4.833) firmly believed that counseling and guidance are essential to probationers' rehabilitation and ability to avoid reoffending. One way to help probationers rehabilitate is to provide them with guidance and counseling (mean=4.742). These services can also assist the probationer in addressing behaviors such as drug abuse, theft, and abusive and violent behavior (mean=4.742). Finally, the provision of guidance and counseling during probation has an effect on the probationer's attitude toward crime and abuse (mean=4.636). Furthermore, participants concurred that probationers who have participated in group or individual guidance and counseling sessions had developed a new perspective towards crime, with the majority expressing disapproval of bad behaviors such as abuse (mean=4.152). These data suggest that counseling and guidance are essential to the rehabilitation of probationers and their ability to avoid reoffending; providing counseling and guidance to probationers is one way to help them change; counseling and guidance can assist the probationer in addressing behaviors like stealing, acting violently and abusively, and abusing drugs; and counseling and guidance activities during probation have an effect on the probationer's perspective on crime and abuse. Similar to the study findings, Bonta, (2017) opined that counselling services are therapeutic treatments that are intended to help offenders accept responsibility for their acts by altering their ideas, attitudes, and behaviours in order to live a life free from criminal activity. Since the department began offering counselling services, very little research has been conducted to determine how beneficial these programs are in rehabilitating former offenders. In light of the rising number of fugitives, there is an urgent need to analyse... the success of their rehabilitation programs in order to implement any required changes and improve the efficiency with which offenders are rehabilitated.

4.2 Non-custodial Offenders Opinions on Role of counselling in the rehabilitation of offenders serving non-custodial sentences

Non-custodial Offenders were asked to indicate their opinions on role of counselling in the rehabilitation of offenders serving non-custodial sentences. Their responses were rated on a 5-point Likert scale, where:

- SA -strongly agree (5),
- A - Agree (4),
- N - Neutral (3),
- D - Disagree (2),

SD - Strongly Disagree (1),
 The result findings are shown in table 3.

	Mean	Std. Deviation
Counseling and guidance are essential to probationers' rehabilitation and ability to avoid reoffending.	4.333	0.554
Provision of advice and counseling services to probationers is one strategy for promoting their reformation.	4.442	0.478
Guidance and counselling services can help the probationer to deal with their behaviours such as stealing, being abusive & violent , and drug abuse	4.142	0.549
Activities related to guidance and counseling during probation have an effect on the probationer's perspective on crime.	4.636	0.679
After participating in group or individual guidance and counseling sessions, probationers' attitudes about crime have changed, and the majority of them now show unfavorable attitudes toward bad behaviors.	4.552	0.223

Table 4: Non-custodial Offenders Opinions on Role of counselling in the rehabilitation of offenders serving non-custodial sentences

Source: Author (2022)

According to the study's findings, the majority of respondents strongly agreed that activities related to guidance and counseling during probation have an impact on the probationer's attitude toward crime (mean=4.636). Probationers who have participated in group or individual guidance and counseling sessions have changed their attitude toward crime, with the majority expressing a negative attitude toward negative behaviors (mean= 4.552). Providing guidance and counseling services to probationers is one way that probationers could be reformed (mean=4.442). Probationers who have received guidance and counseling services have experienced a change in their attitude toward crime (mean=4.333). Furthermore, participants concurred that guidance and counseling services can assist the probationer in managing their negative behaviors, including drug misuse, aggressive and abusive behavior, and theft (mean=4.142). It is implied by this that guidance and counseling activities during probation have an effect on the probationer's attitude toward crime. Probationers who have participated in group or individual guidance and counseling sessions have changed their attitude toward crime, and the majority of them have expressed a negative attitude toward negative behaviors. Providing guidance and counseling services to probationers is one way to help them become reformed, and it is essential to their rehabilitation and ability to avoid reoffending. It is vital to understand the history and nature of the issue of each particular offender in order for counselling services to promote successful rehabilitation. The more chronic the problem, the more direct the intervention should be. According to Bonta (2017),

efficient counselling services have two essential qualities, and these are the Risk and the Need principles. According to the risk principle, the intensity of therapy should be proportional to the offender's potential for future criminal behaviour. When the risk is smaller, less intense levels of therapy are provided, and vice versa, when the risk is greater, more extensive levels of treatment are provided. According to the Wants principle, there are two categories of needs that are associated with offenders: criminogenic needs and non-criminogenic needs.

4.3 Extent to which counselling helps in the rehabilitation of offenders serving non-custodial sentences

The degree to which counseling aids in the rehabilitation of criminals serving non-custodial terms was a question posed to respondents. Table 5 presents the results of the investigation.

	Probation officers		Non-Custodial offenders	
	Frequency	Percent	Frequency	Percent
Very large extent	14	42.4	53	80.3
Large extent	18	54.5	7	10.6
Little extent	1	3	6	9.1
Total	33	100	66	100

Table 5: Extent to which counselling helps in the rehabilitation of offenders serving non-custodial sentences

Source: Author (2022)

Based on the study findings, majority of the probation officers (54.4%) indicated to a large extent that counselling helps in the rehabilitation of offenders serving non-custodial sentences, 42.4% indicated to a very large extent while 3% indicated to a little extent. On the other hand majority of the non-custodial offenders (80.3%) indicated to a very large extent that counselling help in the rehabilitation of offenders serving non-custodial sentences, 10.6% indicated to a large extent while 9.1% indicated to a little extent. This implies that counselling helps in the rehabilitation of offenders serving non-custodial sentences to a very great extent.

5. Recommendations

The presence of a cooperative wrongdoer is essential for a favorable reintegration outcome, and the offender's receptiveness to the program is as vital. If they choose not to be reintegrated, the project will fail. The offender's motivation to improve becomes an essential factor. This evidence demonstrates that a delinquent may be effectively reintegrated into many aspects of society, such as the economy, after the completion of social reintegration. The offender benefits from receiving assistance, encouragement, and positive reinforcement via this reintegration process, which in turn has a good impact on other areas of their life.

It is proposed that probation officers and probationers interact on a regular basis at least once per week in order to ensure proper monitoring of the progress of offenders in reintegrating

into society via the use of counselling services. In order to address the financial burden faced by probationers while attending meetings with their supervising officers, it is suggested that more attendance centers be established at the sub-location level. Furthermore, it is recommended to develop mobile offices for low-risk probationers, with support from the Special Support Fund. This is intended to address the substantial financial burden that probationers have while attending meetings with their supervisory officers.

It is recommended to increase the number of probation officers in accordance with Tokyo regulations on non-custodial punishment, including rules 10.1 and 10.3, with the aim of decreasing the workload to fifty cases or less. Implementing this will facilitate the effective administration of the oversight element, which is vital for the achievement of the rehabilitation programs' objectives.

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