

## Evaluation of the Impact of Prisons Reforms on the Welfare of Inmates in Mubi Zone

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DOI: [10.56201/jpslr.v10.no1.2024.pg170.197](https://doi.org/10.56201/jpslr.v10.no1.2024.pg170.197)

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### **Abstract**

*In recent years, the Federal Government of Nigeria and the Nigeria's policymakers deemed it necessary to reform and transform the Nigerian Prison Service to Correctional Services owing to myriads of conspicuous challenges bedeviling the Prison service over the last few decades. This reform carried numerous essential goals among which was the improvement of the welfare of inmates. It is against this background that this study was undertaken to evaluate the impact of the prison reform on the welfare of inmates in Mubi Zone. Data was collected on 160 respondents (inmates) who were selected using a simple random sampling method. The study employed descriptive and regression methods of data analysis to achieve its objective. The descriptive method provides insights into the socioeconomic characteristics of the inmates. The descriptive results show that the largest proportion of inmates falls within the age range of 18-28 years, constituting 46.25% of the total respondents and 50% of surveyed inmates were found to be married with over 50% of them having no formal education and no employment. While majority of the inmates, comprising 49.38% of the total, are classified as short-term convicts, a significant proportion of the inmates, representing 34.38% of the total, are classified as awaiting trial. The regression results provide valuable insights into several key factors influencing the welfare of inmates after the reform. These include the availability of drugs, food, bed quality, room conditions, skills acquisition etc. The study recommends among others, that, implementing regular health assessments and preventive care measures is essential to mitigate health disparities among the incarcerated population and contribute to overall well-being. Also, improving living conditions within correctional services are paramount. Hence, enhancing the quality of infrastructure, including beds, cells, and common areas, is crucial to create a safe, sanitary, and dignified environment for inmates. This entails regular maintenance, repairs, and upgrades to address overcrowding, ventilation, sanitation, and safety concerns. Furthermore, ensuring access to basic amenities such as clean water, adequate nutrition, and sanitation facilities is fundamental to meeting the basic needs of inmates and fostering a rehabilitative environment.*

**Keywords:** Prison Service reform, correctional service, inmates, welfare, evaluation, Mubi zone

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## Introduction

Reforms are rolled out due to unsatisfied outcomes or results from the existing set goals of organizations, institutions or establishments being it public or private. If the main purpose of establishing an organization is defective, then reform is inevitable and becomes necessary. Prison reforms became eminent owing, to the fact that. The foundation of Prisons in Nigeria was built on punishment which intention was to serve as deterrence to others who are yet to commit crimes or offences, considering the fact that it was modelled after the British system of imprisonment which lay more emphasis on punishment rather than correction. Oroloye (2018) observed that prison reform is not restricted to Nigerian Prisons Service. Prison reform is a global phenomenon. The reform has been introduced in the Prison Services of most countries of the world for the purpose of improving the level of efficiency, performance, and effectiveness.

The general perception of what the prison is and what it is doing is still not understood by the public. Thus, the need to have a foundation for Nigerian inmates is not only necessary but also paramount. Inmates with minor crimes or who cannot pay their fines and later mingle with major criminals end up being more hardened criminals, which contradict the essence of imprisonment or Correctional Service as the name implies. Therefore, inmates on awaiting trials who spends more years awaiting judgement and were later jail for lesser years or were discharged and acquitted finds it difficult to begin life afresh. The call for prison reforms in Nigeria has become a perennial thing as successive government failed to do anything tangible in this direction (Onike 2010)

The prison system in Nigeria was originally established on the British model, it has undergone significant transformation over the years. Initially designed as places of confinement for individuals convicted of crimes or deemed undesirable by government, Nigerian prisons have evolved into institutions with a dual purpose: punishment and rehabilitation. This evolution stems from a fundamental shift in perspective, recognizing the need to reform and reorient inmates to prepare them for successful reintegration into society upon release (Omu, 2015).

Historically, Nigeria's prison system traces its roots back to the British colonial era, between 1861 and 1900. During this period, British authorities established the first prisons in Nigeria, primarily focusing on punishment and deterrence rather than rehabilitation. The prison system was shaped by three legislative frameworks: the Penal Code, the Criminal Procedure Code, and the Sharia Penal Legislation. These frameworks laid the foundation for a system that emphasized punitive measures over correctional ones, reflecting the prevailing colonial approach to criminal justice (Omu, 2015).

However, contemporary Nigeria recognizes the imperative of rehabilitation and reformation within its prison system. The Nigerian Prison Service plays a pivotal role within the criminal justice system, responsible for the custody, rehabilitation, and eventual reintegration of individuals legally convicted of crimes. This transformation is underscored by the Nigerian Correctional Service Act of 2019, which outlines a comprehensive approach to inmate rehabilitation and societal reintegration (Nigerian Correctional Service Act, 2019).

The historical journey of Nigeria's prisons began with the establishment of the first prison in 1876, with an initial capacity of less than 300 inmates. As Nigeria's population grew, so did

crime rates, leading to rapid overcrowding. By the turn of the century, the inmate population had swelled to three times the original capacity, with an estimated 900 inmates in the same prison. The Nigerian prison system is categorized into minimum, medium, and maximum custodies, and these facilities are perpetually stretched beyond their limits due to this unprecedented rise in inmate numbers (Omu, 2015).

The consequences of overcrowding on the welfare of inmates are profound. Inhumane living conditions, extended periods of pre-trial detention, and limited access to necessities have become the norm for many incarcerated individuals (Muneer, 2019). The challenges faced by Nigerian prisons are further compounded by insufficient funding, inefficiencies in the criminal justice system, and unethical practices within the Nigerian Police Force.

Inmates are often subjected to unhygienic environments, lack of access to healthcare, water, education, and inadequate nutrition, which do not only endanger their physical well-being but also their mental health. Diseases run rampant, and cells are often unclean, providing little ventilation and resulting in unsanitary and dangerous conditions (Muneer, 2019).

One critical issue exacerbating these conditions is the extended detention of individuals who are awaiting trial, a situation that affects three-quarters of inmates. Data from the National Bureau of Statistics (NBS, 2019) suggest that a significant portion of these pre-trial detainees may be innocent of the crimes for which they are incarcerated. These systemic deficiencies can be attributed to a lack of resources, poor administration of the criminal justice system, and unethical practices within the Nigerian Police Force (Muneer, 2019). Which formed a tripeptide relation between the Correctional Service, Judiciary, and the Nigerian Police Force.

### **Statement of the Problem**

Nigerian judges are too quick in reminding suspect as awaiting trial inmates on trivial matters, and the Nigerian policies are too slow in investigating matters that should be investigated within the shortest time possible. This has multiplied the number of inmates in most Nigerian Correctional Facilities thereby skyrocketing the number of inmates who overcrowd the facilities that do not exist in some senses. Most of this awaiting trial inmates who formed 65-70 % according to the NBS report of 2019 which indicates that the total number of inmates that are convicted have spent more time than necessary in these facilities as their time is wasted with no justification when convicted at the end.

Crime is contagious, and there is no time compensation, no proper reformation and rehabilitation rather, what they experience is family frustration and society stigmatization, sickness and even death at last. The opinion of the federal government on imprisonment and prison service has faced implementation setback in recent times. which made it necessary for government to embark on a reform policy that was kick-started in 2010. the essence of any business is defects if the expected profit is not achieved and if the capital for the business has been affected. The introduction of prison reform program could be traced back to President Obasanjo's regime in June 2001, when a proposition was made to review the prison laws, rehabilitate inmates, train prison personnel and revive prison system (Aduba 2012)

Government spends more on inmates of which if the cost of crime committed by an offender or a criminal is (₦100,000) One hundred thousand and he is jailed for two years and the cost of his feeding and upkeep is ₦500,000 five hundred thousand. This is retrogression to development compared to other prisons or correctional service elsewhere in the world. The Prison break by Boko Haram sect in 2014 led to the closure of the Michika and Madagali prison as well as Mubi and Maiha this has left the Madagali and Michika correctional facilities under key and lock till date.

The Mubi prison hopped to house inmates from the senatorial zone. It is obvious that overcrowding is experienced. This will surely affect feeding, bedding medicals, water supply, skill acquisition centres as well as the guidance and counselling unit in the facility. Regrettably the staff who are expected to have access to in service ,workshops and seminar have not been experiencing that not to talk of international conferences so as to keep track of world class standard when it comes to correction, reformation and rehabilitation .the change in name seems to be in principle and not in practice as both the welfare of the staff and inmates is only met on the white paper .The need for government to implement all its plan in the 2019 Correctional Act is paramount if the needed outcome of the paradigm shift from punishment to correction is to be achieved .This is seen in inmates who came out more hardened criminals than what they were before they were jailed.

Understanding the factors contributing to an individual's incarceration is of paramount importance in comprehending the circumstances leading to their imprisonment. The socio-economic status and personal characteristics of inmates play a significant role in their journey into the prison system. The availability or lack of financial resources in their workplace or daily lives often determines whether they find themselves behind bars. Poverty can compel individuals to resort to illegal means for survival, potentially leading to their incarceration.

In Nigeria, there is a prevailing misperception that all inmates are hardened criminals, obscuring the original purpose of prisons and neglecting the opportunity for rehabilitation. Globally, best practices in prison systems emphasize providing inmates with the opportunity to lead a semblance of a normal life, even within confinement. In some countries, prisons offer conducive environments that allow inmates to discover and develop their latent potential, recognizing that correctional facilities should provide a platform for self-discovery and reformation.

This study aimed at Evaluating the Impact of these Reform initiatives on the Inmates, with a specific focus on Mubi Zone Correctional Facilities of Adamawa State Command. By comprehensively analysing the outcomes of these reforms, it seeks to shed light on their effectiveness in improving staff/inmates' welfare and the prospects for their successful reintegration into society.

### **Theatrical framework (Rehabilitation Theory)**

This theory suggest that treatment is better than punishment. however, the treatment is forced which makes kit a form of punishment. often treatment is prescribed for a condition which no longer exist and as there is no element or deterrence in the treatment,

## Literature Review

Prison as an institution either formal or informal is complex in nature. However, in understanding the dynamics of prisons, it is essential to begin with a conceptual review of the core elements that constitute the prison system. Prisons, as defined by Omagbemi and Odunewu (2008), are established institutions designed for the secure confinement of individual's legally detained or awaiting trial. The primary objective of prisons, apart from those facing their death penalty, is to transform, rehabilitate and reform inmates, ultimately preparing them for reintegration into society upon completion of their sentences.

Prisons, thus, serve a multifaceted role. Okwor (2010) characterizes them as correctional institutions where both convicts and those awaiting trial are housed and provided with training during confinement to facilitate their eventual reintegration into society. Opafunso and Adepoju (2016) similarly perceive prisons as public institutions established by the government to rehabilitate and reform individuals who have violated the law.

From a structural standpoint, prisons exist as physical facilities with specific geographical locations, distinct from the broader societal environment in which individuals typically live according to unique conditions (McCool and Korn, 1954). Globally, prisons are established as rehabilitation and reformatory institutions with the ultimate goal of reorienting and reforming inmates, enabling them to reenter society as productive citizens (Okeke, 2010). This institution operates within the criminal justice system, initially serving as confinement for individuals pending final conviction decisions and subsequent incarceration for those found guilty (Okeke, 2010).

Historically, the concept of prisons traces its origins to the English workhouse during the Tudor period in the 1550s, followed by the conversion of the royal palace known as Bridewell into workhouse prisons in 1570. However, these early prisons were marred by poor maintenance and neglectful wardens, resulting in inmate deaths due to various factors, including typhus and malnutrition. By 1777, English prisons faced criticism for their disorganization, unhygienic conditions, and focus on punishment rather than rehabilitation. This critique laid the groundwork for prison reform movements worldwide (Nickle, 1987).

The challenges faced by Nigerian prisons extend to the provision of food. Inmates are often required to provide their own sustenance, which means that only those with financial means or regular food deliveries from family members receive adequate nutrition. Petty corruption among correctional service officials further hinders the distribution of food to inmates, leaving those from impoverished backgrounds reliant on hand-outs from others for survival. This dire situation has contributed to the unfortunate deaths of inmates in detention (Muneer, 2019).

In, light of these dire conditions, modern penal management philosophies emphasize the importance of inmate reform and rehabilitation over mere punishment. The prevailing perspective within penal circles views imprisonment as an opportunity to provide assistance and support to individuals who have transgressed societal norms and laws. These individuals need guidance and reformation, a philosophy encapsulated by the term "correction" applied to prisons (Ostreicher, 2003).

Despite this progressive philosophy, the reality within Nigerian prisons is far from ideal. The infrastructure is out-dated and in disrepair. Inmates lack access to decent meals, adequate healthcare, and are often isolated from their families and friends. Educational and vocational training programs are either absent or inadequately resourced, limiting the number of inmates who can benefit from skill acquisition. Moreover, inmates' access to religious and recreational activities is often restricted, further inhibiting their rehabilitation process. Consequently, the high rates of recidivism persist, as many inmates leave prisons without the necessary tools for a successful reintegration into society (Salaudeen, 2004).

Recognizing the urgent need for reform, the Federal Government of Nigeria initiated comprehensive prison reforms in 2010. These reforms aimed to enhance the efficiency and effectiveness of the country's prison system. They encompassed improvements in facilities, structural reforms, skills development programs, staff training, and a renewed focus on the welfare of inmates (Salaudeen, 2004).

### **The Nigerian Prison System**

The Nigerian prison system was established under the influence of British colonialism and was characterized by an emphasis on punishment and deterrence (Ibrahim, 2012). It operates under three legislative frameworks that coexist: the Penal Code and the accompanying Criminal Procedure Code (CPC), the Criminal Code and the accompanying Criminal Procedure Act (CPA), and Sharia penal legislation in 12 Northern States of Nigeria, applicable exclusively to Muslims.

All prisons in Nigeria fall under the jurisdiction of the Nigerian Prisons Service (NPS), a parastatal under the Ministry of Interior. The NPS is responsible for taking lawful custody of individuals certified by courts of competent jurisdiction, producing suspects in courts as required, identifying the causes of anti-social behavior, and providing mechanisms for treating prisoners and training inmates for eventual reintegration into society as law-abiding citizens. Additionally, it administers prison farms and industries to generate revenue for the government (Ibrahim, 2012).

However, the Nigerian prison system has faced numerous criticisms and challenges. Amnesty International (2012) reported that over three in every five prison inmates in Nigeria had not been convicted of any offense, languishing in appalling conditions while awaiting trial. A significant issue contributing to this problem is the prevalence of awaiting trial persons (ATPs), estimated at 30,000 individuals, representing over 65 percent of the prisoner population (Amnesty International, 2008). This high number of ATPs not only congests prisons but also poses risks as they are mixed with convicted inmates, potentially influencing them negatively.

### **Challenges Faced by the Nigerian Prison Service**

The Nigerian prison system grapples with several complex challenges that impact its ability to fulfil its intended objectives effectively (Njoku, 2012). These challenges encompass various dimensions, ranging from physical infrastructure and resource constraints to operational issues and the welfare of inmates. This section offers a comprehensive exploration of these challenges in greater depth and with a heightened level of academic and professional analysis.

**Prison Congestion Problems** One of the most persistent and pressing challenges confronting the Nigerian prison system is prison congestion. This issue is rooted in several intertwined factors, each contributing to the overwhelming burden faced by the system. A key contributing factor is the high crime rate prevalent in the country, driven by a variety of socioeconomic and systemic factors (Njoku, 2012). The surge in criminal activity has led to a significant increase in the number of individuals entering the prison system, far exceeding the capacity of existing facilities.

Compounding this issue is the limited expansion of prison facilities over the years. Many Nigerian prisons remain housed within outdated, colonial-era structures that were designed to accommodate a fraction of the current inmate population. These antiquated facilities are ill-equipped to handle the surge in inmate numbers, resulting in severe overcrowding and dire living conditions (Njoku, 2012).

Furthermore, the Nigerian court system faces substantial delays in the dispensation of justice. Lengthy trial processes mean that individuals, including those accused of minor offenses, may spend extended periods in pre-trial detention. This exacerbates the problem of prison congestion, as individuals who may eventually be found innocent or given lighter sentences are detained for extended periods (Njoku, 2012).

In a related concern, the Nigerian prison system often resorts to the incarceration of individuals for relatively minor offenses that could be more effectively addressed through non-custodial measures. This practice not only contributes to overcrowding but also diverts resources away from more pressing rehabilitation and reform efforts (Njoku, 2012).

**Feeding of Inmates,** The provision of adequate and nutritious food to inmates is another critical issue facing the Nigerian prison system. Inadequate and poor-quality food provision is a systemic problem within many Nigerian prisons, posing significant risks to inmate health and well-being. Inmates often receive unbalanced meals that lack the necessary nutritional value and variety required to maintain good health (Fatayo, 2006).

This substandard dietary intake has far-reaching implications. Inmates are at risk of malnutrition and related health problems due to the poor quality of food they receive. In addition to the direct health risks, inadequate nutrition can lead to weakened immune systems, making inmates more susceptible to diseases that can spread rapidly in the overcrowded prison environment (Fatayo, 2006).

The issue of food quality extends beyond nutrition to encompass concerns about the variety and appropriateness of meals provided. In many instances, inmates are subjected to repetitive and bland food options, diminishing their quality of life during incarceration (Fatayo, 2006).

**Poor Hygiene Status** Sanitation and hygiene conditions within Nigerian prisons fall far short of acceptable standards, particularly within severely overcrowded facilities. The issue of congestion contributes significantly to the dire state of prison hygiene. Overcrowding leads to a lack of adequate ventilation and air circulation, resulting in an environment conducive to the proliferation of harmful microorganisms. This heightened microbial activity increases the risk of disease transmission among inmates (Onyekechi, 2016).

Furthermore, the living conditions within these prisons are often deplorable. Many inmates are compelled to sleep on damaged cemented floors due to a lack of proper bedding. This not only compromises their comfort but also poses hygiene issues. The absence of basic hygiene amenities such as detergents, soaps, disinfectants, and toilet paper further compound the problem, subjecting both inmates and staff to unhealthy conditions (Onyekechi, 2016).

The issue of hygiene within Nigerian prisons goes beyond the immediate health risks. It also infringes upon the dignity and basic rights of inmates, as they are exposed to unhygienic conditions that fall below acceptable human standards (Onyekechi, 2016).

**Low Financial Support** A long-standing challenge faced by the Nigerian prison system is the issue of inadequate financial support. This chronic underfunding has significant ramifications for the overall operation and effectiveness of the system. It hampers the modernization and upgrading of prison facilities to align with contemporary standards and accommodate the growing inmate population (Ja'faru, 2018).

The scarcity of financial resources also affects staff motivation and morale. Lower-ranking prison staff often witness allocated funds being misappropriated by higher-ranking officials, leading to a demoralizing work environment. The lack of financial incentives and professional development opportunities further exacerbates the issue, contributing to low staff morale (Ja'faru, 2018).

Adequate funding is essential to support critical aspects of the prison system, including staff training, infrastructure maintenance, and the provision of basic amenities to inmates. The persistent lack of financial support hinders progress and undermines the system's ability to achieve its intended objectives (Ja'faru, 2018).

**Poor Prison Facilities** Many Nigerian prisons continue to operate within outdated, colonial-era structures that are ill-suited to meet the demands of the modern criminal justice system. These facilities were originally designed for a significantly smaller inmate population and fail to conform to contemporary standards (Nwosuji, 2015).

The limited investment in the construction of modern prison facilities exacerbates the issue of prison congestion. As the inmate population continues to grow, the existing infrastructure becomes increasingly overwhelmed, compromising the well-being and rehabilitation prospects of inmates (Nwosuji, 2015).

Inadequate prison facilities also impact the overall security of these institutions. Outdated structures often lack the necessary security features to prevent escapes and maintain order, further complicating the management of the prison population (Nwosuji, 2015).

Overall, the Nigerian prison system faces a myriad of complex challenges, including prison congestion, inadequate feeding of inmates, poor hygiene conditions, low financial support, and outdated prison facilities (Njoku, 2012; Fatayo, 2006; Onyekechi, 2016; Ja'faru, 2018; Nwosuji, 2015).



## **Reform**

Reform, in the context of administrative or public sector reform, denotes a systematic, goal-oriented, and vision-driven approach to improving the working conditions, operations, and structures of an administrative machinery. The primary aim of such reform is to enhance efficiency, productivity, and overall societal development (Onwubiko, 2011). Reform signifies the recognition that the current state of affairs is unsatisfactory and necessitates change. It encompasses various aspects, including policy changes, amendments, and the removal or correction of faults and problems.

## **Welfare of Inmates**

Inmates' welfare is a multifaceted concept that pertains to the improvement and fulfilment of the essential needs of inmates within correctional facilities on the other hand, inmates' welfare is the sum total of the activities both physically and mentally as well a socially that makes the inmate to feel at home while in prison. This responsibility falls on both the government and non-governmental organizations and encompasses physical, mental, and social aspects, such as providing adequate food, bedding, clothing, sanitation, skills acquisition, and recreational activities. In essence, it seeks to create an environment that allows inmates to maintain their dignity and prepares them for reintegration into society upon release (Ndukwe, 2014).

The current state of inmate welfare in Nigerian prisons has been far from satisfactory, with numerous facilities failing to meet minimum standards for prisoner treatment (Agozino, 2001). This inadequacy has led to a host of issues, including poor nutrition, overcrowding, unhygienic conditions, and inadequate funding, among others (Chukumerije, 2012).

Staff welfare could also be seen as the implementation of all welfare benefits that motivates and encouraged the staff to do more for the organisation these may include remuneration, insurances, workshops, and seminars both locally and internationally, health insurance, housing scheme etc. (Authors contribution 2024)

## **A Comparative Analysis of Prison Reforms in Nigeria and Global Perspectives**

When examining prison reforms in Nigeria in comparison to other countries globally, several key observations emerge. Firstly, the challenge of managing growing prison populations is a common concern. For instance, South Africa has experienced a significant surge in its prison population, resulting in severe overcrowding and resource shortages (Criftard, 2006). Nigeria shares similar issues of congestion and inadequate resources within its prisons, which underscores the need for comprehensive reform efforts that go beyond merely addressing overcrowding. South Africa's experience highlights the importance of prioritizing the conditions and treatment of prisoners to achieve meaningful prison reform.

Secondly, the emphasis on rehabilitation versus punishment varies significantly across different regions. European countries such as Germany and the Netherlands prioritize rehabilitation over punishment, in stark contrast to the punitive approach taken by the United States. Nigeria, in its transition from a "prison service" to a "correctional service," has indicated a

commitment to emphasizing correction and rehabilitation (Vera, 2015). Learning from these European models, Nigeria can further promote socialization and rehabilitation within its correctional facilities, aiming to reduce recidivism rates and better prepare inmates for successful reintegration into society.

Additionally, the issue of human rights violations within prisons is a global concern. Thailand's failure to enact comprehensive prison reforms has resulted in widespread human rights violations, overcrowding, and harsh conditions (FIDH, UCL, 2017). This case serves as a stark reminder of the need for accountability within correctional services and the imperative to protect inmates' human rights, particularly in areas such as overcrowding, access to medical care, and humane treatment. Nigeria should take heed of these international experiences to ensure that its correctional facilities adhere to global human rights standards.

Lastly, the debate surrounding prisoners' voting rights is a matter of international discourse. While Nigeria does not explicitly exclude prisoners from voting, they have often been marginalized in electoral processes. Other countries, such as Canada, have implemented more inclusive policies that allow certain prisoners to vote (Canadian law). Nigeria could benefit from examining these international approaches to uphold prisoners' fundamental rights and civic responsibilities in accordance with the principles of the African Charter on Human and Peoples' Rights.

In synopsis, Nigeria can gain valuable insights from the global landscape of prison reforms (Pretoria News, retrieved August 3, 2022). The nation should address overcrowding comprehensively, focus on rehabilitation (Nigerian Human Rights Commission, 2012), ensure the protection of human rights (Christophoulos, 2017), and consider prisoners' voting rights in alignment with international best practices. Effective collaboration among relevant agencies remains essential for successful prison reform efforts in Nigeria.

### **Advancing Prison Reforms in Nigeria: A Comprehensive Overview**

The objective of prison reforms in Nigeria is to transform convicted prisoners into responsible citizens upon their release. However, the prevailing perception of prison reform in Nigeria often leans toward punitive measures rather than rehabilitation (Kalu, 2002). The Annual Prison Report of 2004 defines prisoner reformation as a process encompassing the provision of post-release employment opportunities, emphasis on education, personal influence by prison staff, and fostering personal responsibility development.

This approach recognizes that many individuals who commit crimes lack job opportunities and need access to education for both skill development and personal growth. To achieve these objectives, it is essential for Nigerian prisons to enhance their vocational training programs, including carpentry, shoemaking, tailoring, draughtsmanship, joinery, printing, electrical work, and metalwork, among others (Ayuk, 2003). Equipping inmates with these skills would enable them to earn a living upon their release, reducing the likelihood of returning to a life of crime.

Furthermore, the skills acquisition programs should be complemented by regular psycho-remedial sessions. These sessions can play a crucial role in helping inmates understand the realities

of their actions and make meaningful changes in their lives. This progressive orientation acknowledges that the loss of freedom itself is a form of punishment, and punitive measures alone can have a detrimental impact on the mental well-being and outlook of incarcerated individuals.

The Prison Service of Nigeria derives its authority from Cap. 366 Laws of the Federation of Nigeria (1990) and is entrusted with several functions, including the custody, training, and reformation of individuals legally sentenced. The overarching goal is to prepare them for reintegration into society as law-abiding citizens. This approach seeks to ensure that reformed prisoners no longer pose a threat to national peace, a crucial factor for socio-economic and political development.

Despite initiatives like the 2008 Bill for an Act aimed at comprehensive prison system reform, which is currently pending in the Senate, tangible action has been lacking. Amnesty International's 2008 report on Prison Rights in Nigeria noted the establishment of various working groups and committees on prison reforms since 2000, including the National Working Group on Prison Reform and Decongestion. The recent statistics indicate that Nigeria's prison population has grown to 48,000, with 36,000 awaiting trial (Davidson & Chiemele, 2021). Consequently, there is a pressing need for a more proactive approach to address the issues of overcrowding and a backlog of cases.

The establishment of bodies such as the Inter-Ministerial Summit on the State of Remand Inmates in Nigeria's Prisons and the Presidential Committee on Prison Reform and Rehabilitation demonstrated an awareness of the challenges. These bodies made recommendations to address issues like the large number of inmates awaiting trial and the shortage of defence counsel. Additionally, they emphasized the importance of improving prison conditions and highlighted the overuse of imprisonment for non-violent offenders (Eze, 2010). Embracing global trends in penal reform, Nigeria must prioritize inmates' welfare, including respecting their rights and ensuring access to medical care, health education, and education. The incorporation of specialists like psychologists, social workers, and medical doctors into prison staff would be a significant step in addressing these holistic needs (Eze, 2010; Odekunle, 2007).

### **Empirical Insights into Inmate Welfare and Nigerian Prison Reforms**

Various studies have explored the impact of prison reforms on the welfare of inmates in Nigeria, and these investigations reveal compelling findings. Official records from the Federal Ministry of Interior underscore the problem of prison overcrowding, which is a prevailing concern in Nigeria.

Research focused on the effects of prison reform in states such as Adoekiti, Olukuta Ekiti, and Ondo demonstrates that reform indeed has a substantial positive influence on inmate welfare. A demographic analysis of the inmate population shows that the majority are male (96%), with a significant percentage falling between the ages of 30 and 50 (75%). Furthermore, a significant portion (77%) of inmates fall into the category of Awaiting Trial Persons (ATP), while 16% have long-term sentences, and 10% have life sentences (Opafunsa and Adepoju, 2016). These findings align with the broader situation of Nigeria's prisons, highlighting the urgent need for reforms to fulfill the objectives of imprisonment. The study also suggests that reform is a crucial aspect of

correction, rehabilitation, and attitudinal change among inmates. It emphasizes that reform is indispensable for the development of individuals during and after their incarceration, enabling them to reintegrate into society as productive citizens (Opafunsa and Adepoju, 2016).

Amnesty International's 2008 report paints a grim picture of the dire living conditions resulting from prison overcrowding in Nigeria. These conditions have a detrimental impact on inmates' physical and mental health, often leading to untimely deaths. The research shows that prison reforms are tailored to mitigate these issues. 63% of respondents believe that establishing more prisons would help decongest the existing facilities, while 91% believe that state governments granting amnesty would enhance inmate welfare (Opafunsa and Adepoju, 2016).

Another study conducted by Ayuk Achiu, Owan, and Ekok (2013) explores the relationship between reformatory facilities' availability and inmates' acquisition of skills essential for a dignified life after release. It reveals a strong connection between these factors, indicating that the absence of skill training contributes to high recidivism rates among ex-convicts.

Accordingg to Salaudeen (2004) establishes a significant link between inmate deaths, inadequate medical facilities, and overcrowding. The study exposes the grim health situation in Nigeria's prisons, where necessities like medical care are lacking, leading to diseases, including skin rashes, tuberculosis, and kwashiorkor, and ultimately, inmate deaths. Additionally, the research reveals severe overcrowding, with populations far exceeding original capacity, contributing to unhealthy sanitary conditions.

Lastly, Oroleye (2018) investigates the implementation of rehabilitation programs and the welfare of inmates in selected Southwest Nigerian prisons. The study identifies significant shortcomings in the effective administration of rehabilitation programs and concerns about inmate welfare. These findings underscore the need to improve the administration of rehabilitation programs and welfare services within the Nigerian Correctional Service to fulfill its intended objectives (Oroleye, 2018).

summarly, these empirical studies collectively shed light on the pressing issues facing the Nigerian prison system, highlighting the need for comprehensive prison reforms to improve inmate welfare, access to medical care, and the overall conditions of incarceration. The findings emphasize that effective rehabilitation, skill acquisition, and enhanced living conditions are essential elements of successful inmate reintegration into society.

## **Research Gap**

While existing literature on prison reforms in Nigeria touches on the impact of the reform on inmate welfare, there is a significant research gap when it comes to conducting a comprehensive analysis of how these reforms affect the welfare of staff/inmate's post-implementation. Current studies mainly focus on the immediate outcomes of reforms within prison walls, such as improved living conditions and skill acquisition programs. However, there is limited research that explores the broader implications for the welfare of staff/inmates after the reform processes.

### 3.1 Methodology

In this section, we outline the research methodology employed for this study, including the research design, data sources, population, sampling technique, sample size, data collection instruments, model specification, data analysis methods, and a variable definition and measurement table for clarity.

### 3.2 Research Design

This study utilizes a survey research design to investigate the impact of prison reforms on the welfare of staff/inmates within Mubi Zone of Adamawa State Command. The survey design is chosen because it allows for a comprehensive understanding of respondents' perceptions. It aims to gather opinions from respondents regarding prison reforms and their impact on staff/inmate welfare. The research questionnaire was structured to enable the collection of data that can be statistically analysed based on the sampled population. Ethical considerations were strictly adhered to, ensuring the confidentiality and security of both staff and inmate identities.

### 3.3 Sources of Data Collection

Primary method of data collection was employed in this study. Data was gathered Mubi North Prison (Northern zone). The primary data source facilitates the collection of first-hand information to examine the impact of prison reforms on staff/inmate welfare within Adamawa State Command. Secondary sources, such as books, journals, magazines, internet materials related to prison reforms and inmate welfare, official documents from the Nigerian Correctional Service and other relevant agencies like the police and judiciary, were also used to support the research.

### 3.4 Population of the Study

The total population under consideration for this research is 3,346 individuals, comprising 801 staff members of the Nigerian Prison Service and 2,545 inmates (both convicted and awaiting trial) as of July 6th, 2021. The determination of the sample size will be based on this total population of 3,346.

### 3.5 Sampling Technique and Sample Size

Simple random sampling method was used to select the respondents included in the study. This method gave every respondent an equal chance of being selected. A sample size of 160 was selected to represent the population of inmates in Mubi Zone of Adamawa State Command. This sample size is considered representative and provides the needed size for the analysis.

### Model Specification

Two models have been specified for the estimation of the impact of prison services reform on the welfare of inmates and staff.

In order to examine the impact of prison reforms on the welfare of inmates in Adamawa state command, the following linear regression model has been specified.

$$WFI_i = \beta_0 + \beta_1 STI_i + \beta_2 SDV_i + \beta_3 EWI_i + u_i \text{ --- (1)}$$

Where.

PWFI= welfare of inmates (dependent variable)

STI= Structural improvement

SDV=Staff Development

EWI=Expenditure on welfare of inmates

U = Error term

i = representing the number of observations from i =1,2,3,4,-----N.

### A Priori Expectation

$$\beta_1, \beta_2, \beta_3 > 0$$

This means that structural improvement (STI), staff development (SDV) expenditure on the welfare of inmates (EWI) are expected to exert a positive and statistically significant impact on the welfare of inmates in Adamawa State Command.

### 3.8 Method of Data Analysis

The data collected was tabulated and analyzed using the simple percentage and frequency as descriptive technique. Furthermore, the study employs Ordinary Least Square (OLS) and Logit regression method to estimate the impact of prison reform on the welfare of inmates.

## 4. RESULTS AND DISCUSSION

This section provides the results of the data analysis and the discussion simultaneously to understand the effect of the prison reforms on the welfare of inmates. The results are provided in frequency and percentage for analysing the socioeconomic characteristics of the respondents and regression for the analysis of the effects of prison reforms.

**Table 4:1 Gender Distribution of the Respondents**

Gender	Freq.	Percent
Female	3	1.88
Male	157	98.13
Total	160	100.00

Source: Field Survey, 2023

Table 4:1 presents the gender distribution among inmates in Mubi Zone, Adamawa State, indicating a stark gender disparity with 98.13% being male and only 1.88% being female. This gender imbalance within the inmate population reflects broader societal trends in criminal justice involvement and gender dynamics, suggesting potential areas for further exploration and intervention. The overwhelming majority of male inmates compared to their female counterparts

could reflect differential experiences and vulnerabilities within the criminal justice system. It may indicate systemic issues such as disparities in access to legal representation, differential treatment by law enforcement, or underlying societal factors contributing to higher rates of male incarceration. The presence of a small percentage of female inmates underscores the importance of considering gender-specific factors in prison reform efforts. Women in the criminal justice system often face distinct challenges related to issues such as caregiving responsibilities, histories of trauma or abuse, and limited access to gender-responsive programming. Therefore, policy initiatives should incorporate gender-sensitive approaches to address the unique needs of female inmates, including provisions for specialized healthcare, trauma-informed services, and support for family reunification.

**Table 4.2: Age Distribution of the Respondents**

Age	Frequency	Percent
18-28	74	46.25
29-38	64	40.00
39-48	18	11.25
49 and Above	4	2.50
Total	160	100.00

Source: Field Survey, 2023

Table 4.2 presents the age distribution among inmates in Mubi Zone, Adamawa State, highlighting various age groups and their respective proportions within the inmate population.

The largest proportion of inmates falls within the age range of 18-28 years, constituting 46.25% of the total. This suggests a significant representation of young adults in the criminal justice system, potentially reflecting underlying issues such as unemployment, lack of educational opportunities, and involvement in criminal activities at a younger age. Addressing the needs of this demographic group is critical for effective prison reform efforts, as it presents an opportunity to intervene early and prevent further involvement in criminal behavior.

The next substantial group comprises individuals aged 29-38 years, accounting for 40.00% of the total. This age range represents individuals in the prime of their adulthood, and their presence in the inmate population underscores the importance of addressing factors such as socioeconomic marginalization, substance abuse, and lack of access to social support systems. Effective rehabilitation programs tailored to the needs of this demographic can facilitate their successful reintegration into society upon release, reducing the likelihood of recidivism.

A smaller proportion of inmates fall within the age ranges of 39-48 years and 49 and above, constituting 11.25% and 2.50% of the total, respectively. While these age groups represent a minority within the inmate population, they still require attention in terms of addressing their specific needs, which may include health concerns associated with aging, access to appropriate medical care, and support for transitioning back into the community after a prolonged period of incarceration.

**Table 4.3: Marital Status of the Respondents**

Marital Status	Freq.	Percent
Divorce	3	1.88
Married	80	50.00
Separated	1	0.63
Single	76	47.50
Total	160	100.00

Table 4.3 presents the marital status distribution among inmates in Mubi Zone, Adamawa State, providing insights into the relational dynamics within the incarcerated population.

The majority of inmates are categorized as married, constituting 50.00% of the total. This suggests that a significant portion of the inmate population has familial ties and responsibilities outside of the correctional facility. The presence of married individuals within the inmate population highlights the broader impact of incarceration on families and communities, highlighting the need for support services aimed at mitigating the social and economic consequences of separation due to imprisonment. Programs facilitating communication with family members, promoting family reunification, and addressing the specific needs of incarcerated parents can contribute to maintaining familial bonds and reducing the negative effects of incarceration on spouses and children.

A substantial proportion of inmates are classified as single, representing 47.50% of the total. The prevalence of single individuals within the inmate population may reflect diverse life circumstances and experiences, including social isolation, lack of stable relationships, and limited support networks. Addressing the needs of single inmates requires tailored interventions aimed at promoting social connections, building life skills, and facilitating successful reintegration into the community post-release. Programs focusing on building supportive relationships, developing pro-social networks, and enhancing self-efficacy can empower single inmates to make positive changes in their lives and reduce their likelihood of reoffending.

A smaller percentage of inmates are categorized as divorced or separated, comprising 1.88% and 0.63% of the total, respectively. While these groups represent a minority within the inmate population, they may face unique challenges related to relationship breakdown, emotional distress, and financial instability. Providing targeted support services, such as counselling, legal assistance, and financial planning, can help individuals navigate the complexities of divorce or separation while incarcerated and facilitate their transition to post-release life.

**Table 4.4: Education Qualification of the Respondents**

Education Qualification	Frequency	Percent
Degree	1	0.63
FSLC	6	3.75
ND/NCE	10	6.25
No Formal Education	85	53.13
Post Graduate	1	0.63
SSCE	57	35.63
Total	160	100.00



Table 4.4 provides an overview of the educational qualifications among inmates in Mubi Zone, Adamawa State, shedding light on the educational background and potential barriers to access to education within the incarcerated population. The largest proportion of inmates, constituting 53.13% of the total, have had no formal education. This highlights a significant educational deficit within the inmate population, suggesting a lack of access to educational opportunities or systemic barriers hindering educational attainment prior to incarceration. Addressing the educational needs of this group is crucial for promoting rehabilitation and reducing recidivism, as education has been shown to be a key factor in facilitating successful reintegration into society post-release. Implementing literacy programs, vocational training, and educational support services within correctional facilities can empower individuals with limited educational backgrounds to acquire essential skills and knowledge, enhancing their prospects for employment and social integration upon release.

A considerable proportion of inmates possess secondary school certificates (SSCE), representing 35.63% of the total. While this group has achieved a basic level of education, they may still face challenges related to academic underachievement, limited skill development, and lack of access to higher education or employment opportunities. Providing opportunities for continued education, skill-building, and career development within the prison setting can help individuals with secondary education credentials to enhance their employability and prepare for successful re-entry into the workforce upon release.

A smaller percentage of inmates hold lower educational qualifications such as First School Leaving Certificate (FSLC) or National Diploma/National Certificate in Education (ND/NCE), representing 3.75% and 6.25% of the total, respectively. Additionally, there are very few inmates with higher educational qualifications such as degrees or post-graduate credentials, each accounting for only 0.63% of the total. While these groups represent a minority within the inmate population, they may still face challenges related to educational underachievement, limited access to educational resources, and barriers to pursuing higher education or professional development while incarcerated. Providing access to educational enrichment programs, distance learning opportunities, and academic support services can help individuals with diverse educational backgrounds to continue their learning journey and achieve their academic and career goals despite the constraints of imprisonment.

**Table 4.5: Employment Status of the Respondents**

Employment Status	Freq.	Percent
Employed	33	20.63
Not Employed	127	79.38
Total	160	100.00

Table 4.5 provides insights into the employment status among inmates in Mubi Zone, Adamawa State, highlighting the occupational circumstances and potential economic challenges within the incarcerated population. The majority of inmates, comprising 79.38% of the total, are classified as not employed. This indicates a significant prevalence of unemployment or underemployment among individuals within the criminal justice system, reflecting broader socioeconomic disparities

and structural barriers to accessing stable and gainful employment opportunities. Addressing the root causes of unemployment, such as lack of education, skills training, and job market access, is essential for promoting economic stability and reducing the likelihood of recidivism among individuals upon release from incarceration. Implementing vocational training programs, job readiness workshops, and transitional employment support services within correctional facilities can equip inmates with the skills, resources, and support networks needed to secure sustainable employment and reintegrate into the workforce post-release.

A smaller proportion of inmates, representing 20.63% of the total, are classified as employed. While this group has managed to secure employment despite their involvement with the criminal justice system, they may still face challenges related to job retention, career advancement, and stigma associated with their criminal records. Providing support services such as job coaching, mentorship programs, and employer engagement initiatives can help employed inmates to overcome these barriers and maintain successful employment trajectories both during and after incarceration. Additionally, fostering partnerships with local businesses, industries, and community organizations can create pathways to employment for individuals with criminal backgrounds, promoting inclusive hiring practices and economic opportunities for all.

**Table 4.6: Distribution of the Respondents by Occupation**

Occupation	Freq.	Percent
Business	82	51.25
Civil Servant	4	2.50
Farmer	35	21.88
Herder	14	8.75
Others	25	15.63
Total	160	100.00

Table 4.6 presents the occupational distribution among inmates in Mubi Zone, Adamawa State, offering insights into the diverse employment backgrounds and economic activities within the incarcerated population. The majority of inmates, comprising 51.25% of the total, are classified as having been engaged in business occupations. This suggests a significant representation of individuals involved in entrepreneurial activities or self-employment prior to incarceration. Addressing the needs of business-oriented inmates may involve providing support for small business development, financial literacy training, and entrepreneurship education to help them rebuild their livelihoods and contribute positively to the local economy upon release. Additionally, fostering partnerships with local business associations, microfinance institutions, and community development organizations can create opportunities for business-minded inmates to access resources, mentorship, and market networks to support their entrepreneurial endeavours.

A substantial proportion of inmates, representing 21.88% of the total, are categorized as farmers. This highlights the significance of agricultural occupations within the inmate population, reflecting the rural context of Mubi Zone and the prevalence of subsistence farming as a livelihood strategy. Providing agricultural training, sustainable farming practices, and access to land and resources can help inmate farmers to develop their agricultural skills, improve food security within correctional facilities, and prepare for productive engagement in the agricultural sector post-release.

Additionally, integrating agricultural activities into rehabilitation programs can promote therapeutic benefits, skill development, and environmental stewardship among inmates with farming backgrounds.

A smaller percentage of inmates are classified as herders, civil servants, or engaged in other miscellaneous occupations, each representing 8.75%, 2.50%, and 15.63% of the total, respectively. While these groups represent a minority within the inmate population, they may still possess valuable skills, experiences, and expertise relevant to their respective occupations. Providing vocational training, job placement assistance, and re-entry support services tailored to the unique needs of these occupational groups can help them to leverage their existing skills and experiences for successful reintegration into the workforce and society at large post-release.

**Table 4.7: Distribution of Respondents by Family Status**

Family Status	Frequency	Percent
Head	73	45.63
Member	87	54.37
Total	160	100.00

Table 4.7 presents the family status distribution among inmates in Mubi Zone, Adamawa State, shedding light on their roles within their families and potential support systems outside of the correctional facility. The majority of inmates, comprising 45.63% of the total, are classified as heads of their families. This indicates that a significant portion of the incarcerated population in Mubi Zone held primary responsibilities within their families prior to their imprisonment. The incarceration of family heads can have profound impacts on the well-being and stability of their households, potentially leading to economic hardships, emotional distress, and disruptions in familial relationships. Addressing the needs of family heads within the criminal justice system may involve providing support services such as financial assistance, parenting education, and family counselling to mitigate the negative consequences of separation and facilitate family reunification and stability post-release.

A substantial proportion of inmates, representing 54.37% of the total, are categorized as members of their families. This includes individuals who may have played supportive roles within their households or relied on the leadership and guidance of family heads prior to their incarceration. Supporting family members of incarcerated individuals is crucial for promoting resilience, maintaining social connections, and preventing intergenerational cycles of involvement in the criminal justice system.

**Table 4.8: Distribution of Respondents by Religion**

Religion	Freq.	Percent
Christian	41	25.62
Muslim	119	74.38
Total	160	100.00

Table 4.8 provides an overview of the religious affiliation among inmates in Mubi Zone, Adamawa State, indicating the religious diversity within the incarcerated population.

The majority of inmates, comprising 74.38% of the total, identify as Muslim. This reflects the predominant religious demographics of the region. Understanding the religious backgrounds of inmates is essential for ensuring that correctional facilities accommodate their religious practices and beliefs, promoting respect for religious freedom and cultural diversity within the prison environment. Providing access to religious services, prayer spaces, dietary accommodations, and culturally sensitive programming can help Muslim inmates to maintain their religious identity and spiritual well-being during their incarceration.

A smaller proportion of inmates, representing 25.62% of the total, identify as Christian. While Christians constitute a minority within the inmate population in Mubi Zone, their religious needs and preferences are equally important in the context of prisoner rehabilitation and reintegration. Providing access to chaplaincy services, Bible study groups, worship gatherings, and sacramental rites can support the spiritual development and moral formation of Christian inmates, fostering a sense of hope, redemption, and community within the prison setting.

**Table 4.9: Distribution of the Respondents by Physical Status**

Physical Status	Frequency	Percent
Able	140	87.50
Disable	20	12.50
Total	160	100.00

Table 4.9 provides insights into the physical status distribution among inmates in Mubi Zone, Adamawa State, indicating the prevalence of disabilities within the incarcerated population.

The majority of inmates, comprising 87.50% of the total, are classified as able-bodied. This suggests that the majority of individuals within the criminal justice system in Mubi Zone do not have significant physical disabilities impacting their mobility or daily functioning.

A smaller proportion of inmates, representing 12.50% of the total, are classified as disabled. This includes individuals who may have physical impairments or disabilities that affect their mobility, sensory functions, or ability to perform daily activities independently. Addressing the needs of disabled inmates requires ensuring accessibility within correctional facilities, providing accommodations for mobility aids, assistive devices, and adaptive technologies, and delivering specialized healthcare services tailored to their unique needs. Additionally, implementing disability-inclusive programming, vocational training, and rehabilitation services can empower disabled inmates to maximize their potential, participate fully in prison life, and prepare for successful reintegration into society post-release.

**Table 4.10: Distribution of the Respondents by Annual income**

Annual income	Frequency	Percent
0- 200000	103	64.78
200000-400000	38	23.90
500000-700000	11	6.92

800000-1,000,000	4	2.52
1,000,000-5,000,000	1	0.63
5,000,000-10,000,000	2	1.26
Total	159	100.00

Table 4.10 presents the distribution of annual income among inmates in Mubi Zone, Adamawa State, indicating the range and prevalence of income levels within the incarcerated population. The majority of inmates, comprising 64.78% of the total, report an annual income ranging from 0 to 200,000 naira. This suggests a significant proportion of individuals within the criminal justice system in Mubi Zone have limited financial resources, potentially reflecting socio-economic marginalization, unemployment, or informal economic activities prior to their incarceration. Addressing the economic needs of low-income inmates is crucial for promoting their well-being and successful reintegration into society post-release. Providing access to financial literacy training, microenterprise development opportunities, and vocational skills training can empower inmates to build sustainable livelihoods and reduce their reliance on criminal activities for income generation.

A smaller proportion of inmates report annual incomes ranging from 200,000 to 400,000 naira, representing 23.90% of the total. While this group may have slightly higher income levels compared to their counterparts, they may still face financial challenges and economic instability. Supporting inmates with moderate incomes may involve providing access to income-generating activities, employment opportunities, and savings and credit services to help them achieve financial stability and independence upon release.

A minority of inmates report annual incomes in higher income brackets, ranging from 500,000 to 10,000,000 naira. While these individuals represent a small percentage of the total inmate population, they may still face challenges related to managing their finances, maintaining their standard of living, and planning for their future post-release. Providing financial management education, asset-building opportunities, and access to supportive services can help higher-income inmates to make informed decisions about their finances and achieve their long-term goals.

**Table 4.11: Distribution of the Respondents by Degree of Trial**

Category of inmate	Freq.	Percent
Awaiting Trial	55	34.38
Condemned convict	6	3.75
Lifer	8	5.00
Short term convict	79	49.38
long term convict	12	7.50
Total	160	100.00

Table 4.11 provides insights into the categorization of inmates in Mubi Zone, Adamawa State, based on their legal status and sentencing. The majority of inmates, comprising 49.38% of the

total, are classified as short-term convicts. This category likely includes individuals who have been sentenced to a relatively brief period of incarceration for non-violent offenses or misdemeanours. Addressing the needs of short-term convicts may involve providing access to rehabilitation programs, educational opportunities, and re-entry support services to help them reintegrate into society successfully upon their release. Additionally, implementing diversion programs and alternatives to incarceration for low-risk offenders can help to reduce prison overcrowding and alleviate the burden on the criminal justice system.

A significant proportion of inmates, representing 34.38% of the total, are classified as awaiting trial. These individuals are in pre-trial detention, awaiting the resolution of their legal cases. Addressing the needs of pre-trial detainees is crucial for upholding their rights to a fair and speedy trial, reducing the risk of prolonged detention without due process, and preventing unnecessary incarceration of individuals who have not been convicted of a crime. Implementing bail reform, providing access to legal aid services, and promoting restorative justice practices can help to address systemic issues contributing to pre-trial detention and ensure that individuals are held in custody only when necessary and proportionate to the charges against them.

A smaller percentage of inmates are classified as long-term convicts, lifers, or condemned convicts, representing 7.50%, 5.00%, and 3.75% of the total, respectively. These categories include individuals who have been sentenced to extended periods of incarceration, life imprisonment, or death row. Addressing the needs of long-term and life-sentenced inmates requires adopting a rehabilitative approach to imprisonment that focuses on promoting personal growth, behavior change, and opportunities for redemption. Providing access to educational, vocational, and therapeutic programs can help long-term inmates to maintain their dignity, cultivate pro-social skills, and prepare for eventual reintegration into society, whether through release or parole.

**Table 4.12: Impact of Prison Reforms on the Welfare of Inmates in Mubi Zone, Adamawa State, Nigeria**

Welfare of Inmates (Measured by the quality of life after Prison Reform in terms of income, meals provided and basic amenities within the prison)	Coefficient	Standard Error	t-value	p-value	Sig
Drugs availability	0.471	0.152	3.090	0.002	***
Functionality of health facility	-0.173	0.172	-1.010	0.316	
Availability of health facility	-0.234	0.207	-1.130	0.261	
Quality of Bed in the cell	0.691	0.185	3.730	0.000	***
Standard number of inmates in the cell	0.001	0.001	1.800	0.074	*
Actual Number of inmates in the cell	0.002	0.002	1.340	0.183	

Level of satisfaction with bed condition	-0.299	0.175	-1.710	0.089	*
Room condition	-0.268	0.102	-2.630	0.009	***
Level of the environmental condition	0.141	0.215	0.660	0.512	
Allowed to worship or pray as expected	-0.494	0.333	-1.490	0.139	
Allowed to relate freely with other inmates	0.106	0.300	0.350	0.724	
Allowed to move freely within the prison	0.259	0.179	1.450	0.150	
Allowed to have savings	0.286	0.152	1.880	0.062	*
Constant	12.383	0.411	30.120	0.000	***
Number of obs					158
R-squared					0.252
F-test					3.726
Prob > F					0.000

\*\*\*  $p < .01$ , \*\*  $p < .05$ , \*  $p < .1$

The regression analysis conducted on the impact of prison reforms on inmate welfare in Mubi Zone, Adamawa State, Nigeria, provides valuable insights into several key factors influencing the well-being of incarcerated individuals.

**Drugs Availability:** The coefficient of 0.471 with a t-value of 3.090 and a significant p-value of 0.002 indicates a positive impact of drugs availability on inmate welfare. This suggests that improved access to drugs or medication within the prison positively affects inmate welfare. Ensuring adequate access to medication is crucial for addressing inmates' healthcare needs, alleviating pain and discomfort, and promoting overall well-being.

**Functionality of Health Facility and Availability of Health Facility:** Both variables have coefficients with negative values, but they are not statistically significant (p-values > 0.05). This suggests that the functionality and availability of health facilities within the prison may not have a significant impact on inmate welfare according to the regression analysis. However, it's important to note that access to healthcare services is a fundamental aspect of inmate welfare, and further investigation may be needed to understand the potential implications of these factors.

**Quality of Bed in the Cell:** The coefficient of 0.691 with a t-value of 3.730 and a highly significant p-value of 0.000 indicates a strong positive impact of bed quality on inmate welfare. Improved quality of beds in the cells is associated with higher welfare among inmates. Comfortable sleeping arrangements contribute to better rest and overall satisfaction with living conditions, thus positively affecting inmate well-being.

**Standard Number of Inmates in the Cell:** While the coefficient is positive, the p-value is 0.074, which is close to the conventional significance level of 0.05. This suggests a potential positive impact of adhering to the standard inmate capacity in cells on inmate welfare, but it falls just short of statistical significance. Maintaining an appropriate inmate-to-cell ratio may contribute to a more comfortable and conducive living environment for inmates, although further research may be needed to confirm this relationship.

**Room Condition:** The coefficient of -0.268 with a t-value of -2.630 and a significant p-value of 0.009 indicates a negative impact of room condition on inmate welfare. Poor room conditions are associated with lower welfare among inmates. This highlights the importance of maintaining clean, safe, and adequately equipped living spaces within correctional facilities to promote inmate well-being and dignity.

**Level of Satisfaction with Bed Condition, Allowed to Worship or Pray as Expected:** While these variables have coefficients with negative values, they are not statistically significant (p-values > 0.05). This suggests that satisfaction with bed condition, religious freedom, and the ability to save money may not significantly impact inmate welfare, according to the regression analysis.

**Allowed to Relate Freely with Other Inmates and Allowed to Move Freely Within the Prison:** These variables have coefficients close to zero and p-values greater than 0.05, indicating that they may not have a significant impact on inmate welfare. While social interaction and movement within the prison environment are important aspects of inmate well-being, the regression analysis suggests that they may not significantly influence overall welfare according to the measured variables.

The coefficient associated with "Allowed to have savings" is 0.286, with a standard error of 0.152. The t-value is 1.880, and the corresponding p-value is 0.062. The asterisk (\*) next to the p-value indicates that the variable is marginally significant at the 0.1 level ( $p < 0.1$ ), but it does not reach conventional levels of significance ( $p < 0.05$ ).

Interpreting this result, we see that there is a positive coefficient for the variable "Allowed to have savings," suggesting that allowing inmates to save money within the prison is associated with a higher level of inmate welfare. However, the marginal significance level indicates that this relationship is not statistically robust, meaning it may not be reliable enough to draw definitive conclusions.

The R-squared value of 0.252 indicates that approximately 25.2% of the variation in the dependent variable (inmate welfare) is explained by the independent variables included in the regression model. This means that the model accounts for a moderate proportion of the variability in inmate welfare, suggesting that there are other factors not accounted for by the model that also influence inmate welfare.

The F-test measures the overall significance of the regression model. With an F-statistic of 3.726 and a p-value of 0.000, the F-test indicates that the regression model is statistically significant as a whole. In other words, at least one of the independent variables in the model has a non-zero



coefficient, meaning that the model as a whole provides a better explanation of inmate welfare than a model with no independent variables.

Overall, the R-squared value suggests that the regression model explains a moderate amount of the variation in inmate welfare, while the significant F-test indicates that the model as a whole is statistically significant. However, it's important to note that the R-squared value of 0.252 also implies that there are other factors beyond those included in the model that influence inmate welfare.

In summary, the regression analysis provides valuable insights into the impact of various prison conditions on inmate welfare in Mubi Zone, Adamawa State. It highlights the importance of factors such as drugs availability, bed quality, and room condition in promoting positive well-being among incarcerated individuals. These findings can inform policy and practice aimed at improving living conditions and overall welfare within correctional facilities.

### **Conclusion**

In this comprehensive study examining the impact of prison reforms on inmate welfare in Mubi Zone, Adamawa State, Nigeria, a holistic approach was adopted, encompassing both socioeconomic characteristics of the incarcerated population and regression analysis to unveil the intricate dynamics at play. Analysis of socioeconomic factors revealed critical insights into the demographic composition of inmates, including gender distribution, age demographics, marital status, education qualifications, employment status, occupation, family status, religion, and physical status. Building upon this foundational understanding, regression analysis was employed to scrutinize the impact of prison reforms on inmate welfare, particularly focusing on variables such as drugs availability, quality of bed in the cell, room condition, and allowance to save money.

The regression analysis unearthed compelling associations between certain variables and inmate welfare, shedding light on essential facets of the prison environment that significantly influence well-being. Notably, improved access to drugs or medication within correctional facilities was found to positively impact inmate welfare, underscoring the critical importance of comprehensive healthcare provision for incarcerated individuals. Moreover, findings highlighted the significant role of living conditions, with higher-quality beds in cells correlating with increased inmate welfare. These insights emphasize the imperative of prioritizing humane and rehabilitative approaches within the criminal justice system, aiming to foster environments that support rehabilitation, reduce recidivism, and uphold the dignity and rights of incarcerated individuals. However, while certain variables exhibited marginal significance, such as the standard number of inmates in cells and the allowance to save money, further exploration is warranted to elucidate their potential contributions to enhancing inmate welfare comprehensively. This study represents a crucial step forward in advancing evidence-based prison reforms, necessitating ongoing research and collaborative efforts to enact meaningful changes that promote the well-being and rehabilitation of inmates in Mubi Zone and beyond.

## **Recommendation**

Based on the comprehensive findings of this study, several policy recommendations can be proposed to enhance the welfare and rehabilitation outcomes of inmates within Mubi Zone, Adamawa State, Nigeria. Firstly, there is an urgent need for targeted interventions aimed at improving healthcare provisions within correctional facilities. This includes ensuring consistent availability of essential medications, enhancing the functionality of health facilities, and providing comprehensive healthcare services to address inmates' medical needs. Implementing regular health assessments and preventive care measures can mitigate health disparities among the incarcerated population and contribute to overall well-being. Additionally, investments in mental health services and substance abuse treatment programs are essential to address the complex needs of inmates and promote holistic rehabilitation.

Secondly, reforms focused on improving living conditions within prisons are paramount. Enhancing the quality of infrastructure, including beds, cells, and common areas, is crucial to create a safe, sanitary, and dignified environment for inmates. This entails regular maintenance, repairs, and upgrades to address overcrowding, ventilation, sanitation, and safety concerns. Furthermore, ensuring access to basic amenities such as clean water, adequate nutrition, and sanitation facilities is fundamental to meeting the basic needs of inmates and fostering a rehabilitative environment. Comprehensive assessments of facility conditions, coupled with strategic resource allocation, can drive targeted improvements to enhance living standards and promote inmate welfare.

Thirdly, policy initiatives should prioritize educational and vocational programs to empower inmates with skills and opportunities for personal development and reintegration into society. Access to formal education, vocational training, and job placement services can equip inmates with the tools they need to secure employment, reduce recidivism, and lead productive lives post-release. Collaborations with educational institutions, vocational training centers, and community organizations can expand access to educational and skill-building opportunities within correctional facilities, facilitating smoother transitions to the workforce upon release.

Lastly, fostering a supportive and inclusive prison environment that promotes social integration, personal growth, and accountability is essential for rehabilitation and successful reintegration. Encouraging positive social interactions, peer support networks, and opportunities for meaningful engagement can enhance inmates' sense of belonging and community within the prison. Furthermore, promoting transparency, accountability, and respect for human rights within correctional institutions is crucial to upholding the dignity and rights of all individuals in custody. Implementing restorative justice practices, conflict resolution programs, and rehabilitative initiatives can cultivate a culture of responsibility, empathy, and rehabilitation, laying the groundwork for positive behavioural change and long-term reintegration success.

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### **Acknowledgement**

We wish to acknowledge and appreciate the financial support provided by the Tertiary Education Trust Fund (TetFund) under the Institution Based Research (IBR) scheme with the grant award number TEFT/DR&D/UNI/MUBI/RG/2023/Vol.1/. We also wish to appreciate the support of Adamawa State University and the Research and Innovation Directorate.