



THE EFFECTS OF  
REHABILITATION  
ACTIVITIES  
ON THE PSYCHOLOGICAL  
WELL-BEING  
OF FEMALE PRISON  
INMATES



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**INDIA VISION FOUNDATION**



## India Vision Foundation

India Vision Foundation is a voluntary non-profit, non-government organization registered as a Trust in India on August 1, 1994. The foundation was born out of the Ramon Magsaysay award (Equivalent to Asia's Nobel Peace Prize) conferred to Dr. Kiran Bedi, the first lady IPS (Indian Police Services) of India, for forging 'positive relationships between people and police through creative leadership during her tenure as Inspector General of Tihar Prison, Asia's largest prison. The Foundation seeks to carry forward its service in all those areas which were the basis of the award; namely Police and Prison Reforms; Women Empowerment.

## BACKGROUND OF THE STUDY

The modern world is dealing with psychological issues at a speed never known. The plight of prison inmates, surrounded by four walls, following a routine given to them, with no freedom, no family, no control, and no resources is unimaginable. A feeling of despair and depression becomes comfortable and the way of life. When stuck in such a loop of darkness, there can be no growth or improvement in a person as a whole. The need to overcome mental health issues is a necessity for the well-being of inmates. Rehabilitation programs are the key to overcoming the mental distress. The mere act of participating in activities and being a part of a community dedicated to learning and empowerment is the aim of the rehabilitation programs introduced. Along with the necessary counselling, the programs encourage the inmates to have a more positive attitude and a better sense of well-being.

India Vision Foundation puts in all efforts to provide inmates with the right rehabilitation programs and to encourage them to live a life of peace and harmony. To continue doing this work with more precision and certainty, it is important to be aware of our own standing. This impact study aims to understand the effects of rehabilitation programs on the psychological well-being of female inmates. Programs need to be continuously improved as per the needs of the inmates and hence it is crucial to be aware of how valid a rehabilitation program is for the inmates.

The findings of this study will answer whether there is any improvement in the mental health of the female inmates in Dasna Jail. The results will encourage to continue doing what is helping the inmates and to focus on the problem areas.

*For any Foundation to be able to do their best, timely impact studies are crucial. To have a brighter future, we need to be aware of our present.*

# HYPOTHESIS

H1: Rehabilitation activities have no impact on the Autonomy of female inmates

H2: Rehabilitation activities have no impact on the Environmental Mastery of female inmates female inmates  
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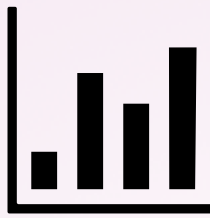
H3: Rehabilitation activities have no impact on the Personal Growth of female inmates

H4: Rehabilitation activities have no impact on the Positive relation with other in female inmates

H5: Rehabilitation activities have no impact on the Purpose of Life of female inmates

H6: Rehabilitation activities have no impact on the Self-Acceptance of female inmates

H7: Rehabilitation Activities have no significant impact on the Psychological well-being of inmates



# METHODOLOGY

<b>METHODOLOGY</b>	Quantitative study
<b>TOOLS</b>	Carol D. Ryff's- Psychological Well-Being Test- 54 items
<b>SUBSCALE</b>	<ol style="list-style-type: none"><li>1. Autonomy</li><li>2. Environmental Mastery</li><li>3. Personal Growth</li><li>4. Positive Relation with Others</li><li>5. Purpose in Life</li><li>6. Self-acceptance</li><li>7. Psychological well-being</li></ol>
<b>SUBJECTS</b>	100 Female inmates
<b>EXPERIMENTAL GROUP</b>	50 female inmates- completed at least one rehabilitation program organised by India Vision Foundation
<b>CONTROL GROUP</b>	50 Female inmates- have not participated in any rehabilitation program organised by India Vision Foundation





# RESULTS AND FINDINGS

Table 1.1

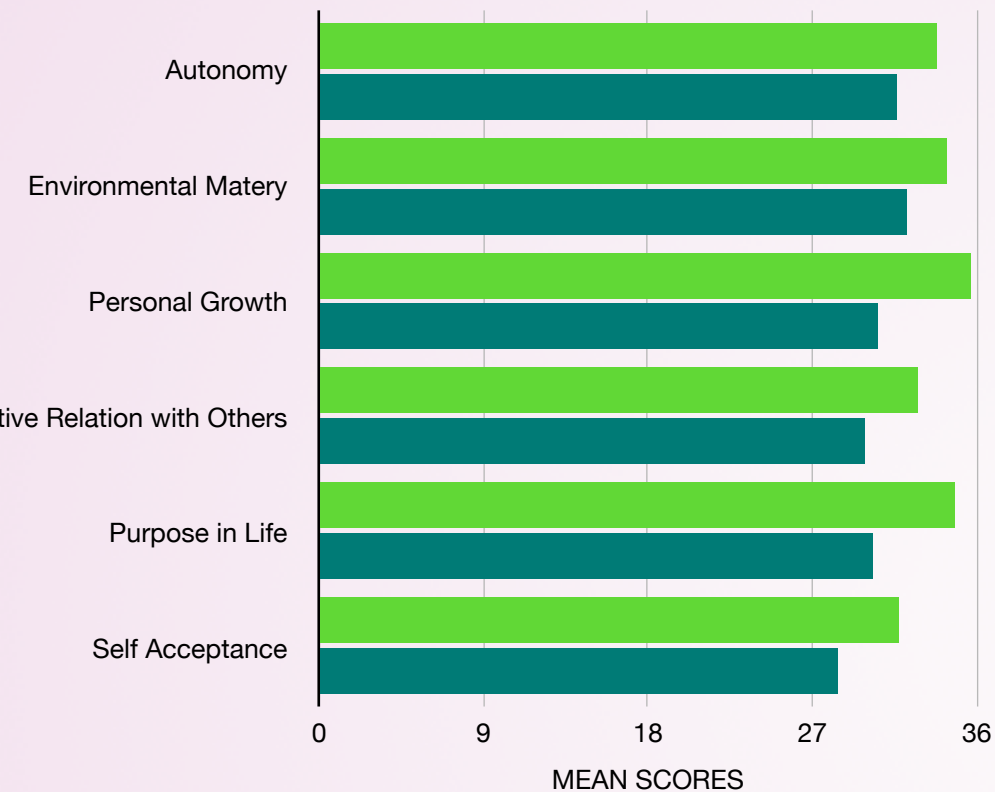
	MEAN		S.D		VARIANCE
	P	N.P	P	N.P	
Autonomy	33.72	31.54	5.303	5.285	0.042
Environmental Mastery	34.36	32.18	5.469	5.805	0.056
Personal growth	35.74	30.50	5.398	5.661	0.001
Positive relation with others	32.68	29.90	5.769	6.348	0.024
Purpose in life	34.74	30.32	5.921	6.215	0.001
Self acceptance	31.70	28.32	6.525	5.716	0.007
Psychological well being	202.94	182.76	22.133	24.632	0.001

*Table 1.1- It indicates the Mean, Standard Deviation and Variance of Participating and Non-Participating female inmates in the sub-scales of Autonomy, Environmental Mastery, Personal Growth, Positive relation with Others, Purpose in life, Self-acceptance and Psychological well-being.*

**AUTONOMY:** The Mean score of **33.72** for participating inmates is **higher** than the Mean score for non-participating inmates of **31.54**. Since the variance score is **lower** than **0.05**, **H1 was supported. Rehabilitation activities have a positive impact on the Autonomy of female inmates.**

The female inmates who have participated in rehabilitation activities administered by India Vision Foundation are more independent, able to regulate their behaviour from within and evaluate themselves through their own personal standards.

■ Participating      ■ Non-Participating



### ENVIRONMENTAL MASTERY:

The Mean score of **34.36** for participating inmates is **higher** than the Mean score for non-participating inmates of **32.18**. The variance score is **higher than 0.05** and hence, **H2 is not supported. Rehabilitation activities do not have any significant impact on the Environmental Mastery of female inmates.**

The participating female inmates do not show any major improvement on the grounds of environmental mastery compared to non-participating inmates. The inmates are not able to manage adequately their daily affairs, unaware of their surrounding opportunities and lack the sense of control.

### PERSONAL GROWTH:

The Mean score of **35.74** for participating inmates is **higher** than the Mean score for non-participating inmates of **30.50**. Since the variance score is **lower than 0.05**, **H3 is supported. Rehabilitation activities have a positive impact on the Personal Growth of female inmates.**

The female inmates who have participated in the rehabilitation programs administered by India Vision Foundation have a higher sense of continued development, they are more open to new experiences, have a direction and purpose in life and a belief system.

### **POSITIVE RELATION WITH OTHERS:**

The Mean score of **32.68** for participating inmates is **higher** than the Mean score for non-participating inmates of **29.90**. Since the variance score is **lower** than **0.05**, **H4 is supported. Rehabilitation activities have a positive impact on the Positive relation of female inmates with others.**

The female inmates who have participated in the rehabilitation programs administered by India Vision Foundation have warmer and more satisfying relations with their close ones, are more trusting of others, are able to open up and show their vulnerabilities, and have strong empathy and affection towards others.

### **PURPOSE IN LIFE:**

The Mean score of **32.68** for participating inmates is **higher** than the Mean score for non-participating inmates of **30.32**. Since the variance score is **lower** than **0.05**, **H5 is supported. Rehabilitation activities have a positive impact on the Purpose of Life of female inmates.**

The female inmates who have participated in the rehabilitation programs administered by India Vision Foundation have goals set for their life, have a sense of direction and purpose in life, find meaning in past and present experiences and move ahead and have aims in life

### **SELF-ACCEPTANCE:**

The Mean score of **31.70** for participating inmates is **higher** than the Mean score for non-participating inmates of **28.32**. Since the variance score is **lower** than **0.05**, **H6 is supported. Rehabilitation activities have a positive impact on the Self-acceptance of female inmates.**

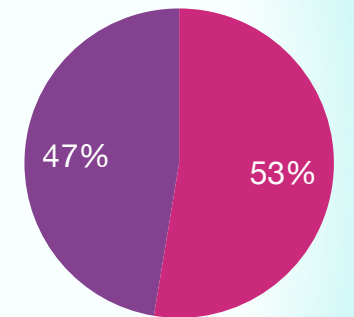
The female inmates who have participated in the rehabilitation programs administered by India Vision Foundation possess a positive attitude toward themselves, accepting of their own self and their own qualities, and put in efforts to change negative behaviour.

## PSYCHOLOGICAL WELL BEING

The Mean score of **202.94** for participating inmates is **higher** than the Mean score for non-participating inmates of **182.76**. Since the variance score is **lower** than **0.05**, **H7 is supported. Rehabilitation activities have a positive impact on the Psychological well-being of female Inmates.**

The female inmates who have participated in the rehabilitation programs administered by India Vision Foundation are having a better state of mind when compared to the non-participating inmates. They have a more positive attitude for themselves, are more confident about their life outside jail, have more trusting relationships with others, and are hopeful to have a better life ahead.

● Participating  
● Non-Participating



Mean  
Psychological Well-Being



## Recommendations



- The female inmates who have participated in rehabilitation activities have a higher psychological well-being. Female inmates need to be encouraged to participate in various activities and have a routine.
- It is seen that inmates have difficulty adjusting to their environment. With consistent classes and positive push from the peer leaders and adequate counselling can help these women deal with their daily chores in a positive way.
- More rehabilitation activities can be introduced for the female inmates to engage them with the community and to increase their skill sets such as painting, dancing and music.
- Activities which are feasible for the older population should also be encouraged to help the older inmates become self reliant.

