

**SELECTED PSYCHOSOCIAL PREDICTORS OF CRIMINAL BEHAVIOUR
AMONG INMATES IN KIRINYAGA COUNTY, KENYA**

LINDA WAKABU MWAI

**A Thesis Submitted to the Graduate School in Partial Fulfillment of the
Requirements for the Award of the Degree of Master in Counselling Psychology
of Chuka University**

CHUKA UNIVERSITY

OCTOBER 2024

DECLARATION AND RECOMMENDATIONS

Declaration

This thesis is my original work and has not been presented for an award of diploma or conferment of degree in this or any other University

Signature  Date 23/10/24
Linda Wakabu Mwai
AM23/39981/19

Recommendations

This thesis has been examined, passed and submitted with our approval as University supervisors.

Signature  Date 22/10/24
Dr. Benjamin Kanga
Chuka University

Signature  Date 22/10/24
Dr. Monicah Oundo
Chuka University



COPYRIGHT

©2024

All rights reserved. No part of this thesis may be reproduced, stored in a retrieval system or transmitted in any form or by any means of mechanical, electronic, photocopying, recording or otherwise, without the prior permission in writing from the copy right owner or Chuka University.

DEDICATION

I dedicate this study to my family and with so much appreciation for their support throughout my academic journey.

ACKNOWLEDGMENT

My sincere gratitude to God for His unending grace throughout my study and thesis, my special appreciation to my supervisors Dr Benjamin Kanga and Dr Monicah Oundo for your patience, motivation, moral support and guidance throughout my study, I will forever be indebted to you and may God always bless you.

To my parents and siblings, I'll forever be grateful for your moral and financial support throughout my study. I will forever be humbled.

ABSTRACT

Criminal behaviour is not only a national concern but also a global concern due to its devastating effects not only to the inmates but also to the family members of the inmates. Criminal behaviour is the product of a systematic process that involves complex interactions between personal behaviour, interactions with the physical environment, other people, groups and institutions. Therefore, there is a highly significant association between criminal behaviour and psychological and social predictors. This has been due to underlying issues behind criminal behaviour including psychosocial predictors such as Emotional instability, self-esteem, stress, social disorganization and drugs and substance abuse which were also on increase in the society. This study therefore examined the psychosocial predictors of criminal behaviour among inmates in Kirinyaga county, Kenya. The study adopted the Cognitive behavioural therapy by Aaron Beck and modeling theory by Albert Bandura to explain the predictors of criminal behaviour. The study adopted a descriptive research design. Kirinyaga county has two prisons namely Kerugoya GK prison and Gathigiriri prison with a population of 500. Systematic sampling as well as simple random sampling procedure helped in selecting a total of 277 respondents comprising 267 inmates and 10 prison wardens. Questionnaires assisted in collection of data from prisoners while interview schedules were presented to the prison wardens. The findings from questionnaires presented quantitative data while findings from the interview schedules presented qualitative data. The research study was piloted in Embu GK prison, this was to ensure reliability where test-retest method was used and questionnaires were administered twice to test the reliability of the instruments. Pearson Product-Moment Correlation formula was incorporated during the calculation of correlation coefficient. A correlation coefficient of 0.85 was achieved from the questionnaires. Data was analyzed using statistical package for social sciences version 22 and presented the findings using frequency distribution tables. The study found out that Emotional instability, self-esteem, stress, social disorganization and drugs and substance abuse predicted criminal behaviour among inmates in Kirinyaga county Kenya. It was concluded that frustration and failure to be appreciated by parents resulted to low self-esteem which in return leads to criminal behaviour as a way of seeking attention and proving ones worth, idleness and boredom were key causes of Emotional instability and crime like aggression, violence and assault. Most regular offenders were stressed and felt that they needed to be assisted from stress rather than being convicted as criminals. Community disorganization was a major cause of crime and therefore needs to be addressed and improved to reduce crime rates. Availability of drugs and substance abuse resulted in many people using them regularly leading to irrational and violent behaviour. The study recommends that the national and county government creates jobs to occupy majority of the young in the society, teachers and parents need to handle children in a way that helps them develop self-esteem, the government needs to facilitate basic guidance and counseling training to law enforcement officers in order to help them address criminality psychologically rather than through imprisonment, the church needs to tailor their activities to address disorganization in the community and the county government in liaison with National Council Against Drug Abuse needs to limit licensing of bars as well as sensitizing the community on drug abuse.

TABLE OF CONTENTS

DECLARATION AND RECOMMENDATIONS	ii
COPYRIGHT	iii
DEDICATION	iv
ACKNOWLEDGMENT	v
ABSTRACT	vi
TABLE OF CONTENTS	vii
LIST OF TABLES	x
LIST OF FIGURES	xi
ABBREVIATIONS	xii
CHAPTER ONE: INTRODUCTION	1
1.1 Background of the Study	1
1.2 Statement of the Problem.....	5
1.3 Purpose of the Study	5
1.4 Research Objective	5
1.5 Research Questions	6
1.6 Significance of the Study	6
1.7 Scope of the Study	7
1.8 Limitations of the Study.....	7
1.9 Assumptions of the Study	7
1.10 Operational Definition of Terms.....	8
CHAPTER TWO: LITERATURE REVIEW	9
2.1 Concepts of Criminal behaviour	9
2.2 Emotional instability as a Predictor of Criminal behaviour.....	13
2.3 Self-Esteem as a Predictor of Criminal behaviour.....	16
2.4 Stress as a Predictor of Criminal behaviour.....	18
2.5 Social Disorganization as a Predictor of Criminal behaviour.....	20
2.6 Drug Abuse as a Predictor of Criminal behaviour.....	23
2.7 Theoretical Framework.....	25
2.7.1 Cognitive behavioural therapy	25
2.7.2 Modeling theory.....	27

2.8 Conceptual Framework	29
CHAPTER THREE: RESEARCH METHODS	31
3.1 Location of the Study	31
3.2 Research Design.....	31
3.3 Population of the Study.....	31
3.4 Determination of Sampling size and Sampling Procedure	31
3.4.1 Determination of Sample Size	31
3.4.2 Sampling Procedure	32
3.5 Research Instruments	32
3.5.1 Questionnaires.....	32
3.5.2 Interview Schedules	33
3.6 Piloting	33
3.6.1 Validity to test Research Instruments	33
3.6.2 Reliability to test Research Instruments	34
3.7 Data Collection Procedures.....	34
3.8 Data Analysis Procedure.....	34
3.9 Ethical Considerations	35
CHAPTER FOUR: FINDINGS AND DISCUSSIONS	36
4.1 Demographic data	36
4.1.1 Questionnaire Rate of Return.....	36
4.1.2 Age of the Respondents	36
4.1.3 Gender of the Respondents	37
4.1.4 Place of Birth of Inmates	37
4.1.5 Marital Status of Inmates	38
4.1.6 Religion of the Inmates	38
4.1.7 Educational Background of the inmates	39
4.1.8 Nature of Offence that you have been Accused of	40
4.1.9 Frequency of Imprisonment.....	41
4.1.10 Term of Imprisonment	41
4.2 Emotional instability as a Predictor of Criminal Behaviour	42
4.3 Self-Esteem as a Predictor of Criminal Behaviour	44

4.4 Stress as a Predictor of Criminal Behaviour	48
4.5 Social Disorganization as a Predictor of Criminal Behaviour	50
4.6 Drugs and Substance Abuse as a Predictor of Criminal Behaviour.....	54
CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS.....	58
5.1 Summary	58
5.2 Conclusion	60
5.3 Recommendations of the Study	61
5.4 Suggestions for Further Research	62
REFERENCES.....	63
APPENDICES	66
Appendix I: Kothari Table Sample Size Determination Criteria	66
Appendix II: Survey Questionnaire.....	67
Appendix III: Interview Schedule for the Prison Wardens.....	70
Appendix IV: Institutional Introductory Letter.....	71
Appendix V: Ethics Review Letter	72
Appendix VI: National Commission for Science, Technology and Innovation (NACOSTI) License	73

LIST OF TABLES

Table 1: Sample Size frame.....	32
Table 2: Data Analysis Matrix.....	35
Table 3: Response Rate	36
Table 4: Age of the Respondents.....	36
Table 5: Place of Birth.....	37
Table 6: Marital status of the Respondents	38
Table 7: Religion of Inmates	39
Table 8: Educational Background	39
Table 9: Nature of Offence that you have been Accused of.....	40
Table 10: Frequency of Imprisonment	41
Table 11: Term of Imprisonment.....	41
Table 12: Emotional instability as a Predictor of Criminal behaviour	42
Table 13: Self-Esteem as A Predictor of Criminal behaviour	44
Table 14: Stress as a Predictor of Criminal behaviour	48
Table 15: Social Disorganization as a Predictor of Criminal behaviour	51
Table 16: Drugs and Substance Abuse as a Predictor of Criminal behaviour.....	54

LIST OF FIGURES

Figure 1: Relationship among Study Variables	29
--	----

ABBREVIATIONS

CSO	:	Community Service Order
GoK	:	Government of Kenya
IQ	:	Intelligence Quotient

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Since the existence of mankind, crime has always been there. In fact, crime arises because of the deceptive nature of human beings which is full of inconsistency (Bjelajac 2023). As a result of these unchanging aspects of human nature there was need to regulate human behaviour this saw the emergence of prisons (Manfred, 1985). The first national penitentiary was completed at Millbank in London in 1816 It held 860 prisoners kept in separate cells although association with other prisoners was allowed during the day. In 1877 prisons were brought under the control of the prison commission. At this time prison was seen primarily as a means to deter offending.

The purpose of prisons and correctional services is ideally to rehabilitate criminals by moving them from the society they have offended and using various methods including incarceration to help them be remorseful. Prisoners are also offered formal education to help them view life in a different perspective, offer counseling and spiritual nourishment through established chaplaincy and vocational training to enable them get occupied once they leave prison. This study seeks to find various ways to help prisoners not to go back to prison again by enhancing various psychosocial support systems within and outside the prisons mainly the petty offenders.

The prison service in Kenya introduced a "open door policy" in 2001 to allow observation of what was happening in the prisons with the goal to push for reforms that would enhance conditions such as decluttering prisons, better eating habits, clothing, medical care, outdoor activities, water and sanitation (Ambrose, 2009). The Kenya prison service has ratified both the 1948 Universal Declaration of Human Rights in the world and the UN set Standard Minimum Rules for the Treatment of detainees in order to fulfill this obligation. Additionally, Kenya has ratified a number of regional and continental agreements including the Ouagadougou protocol on the treatment of offenders from 2004 and the Kampala Declaration from 1992. All of this has been accomplished without addressing the primary reason why jail population is on the rise despite so much effort that has been put to deter crime.

According to studies, criminality appears to have a strong genetic component, just like other psychological traits. According to this school of thought, biological factors like variances in autonomic arousal, neuroendocrine and neurobiology may increase the likelihood of committing crime. According to simple measures and estimates of the stable traits' components, based on the mean heritability of mental qualities is similarly estimated to be 50% (Frazer & Rix, 2005). These estimations apply to characteristics that hold up after a number of tests. The heritability of an extremely stable and dependable trait like intelligence quotient (IQ) rises to 85% when measurement instability is taken into account. Intelligence may also be related to criminality, given that adjudicated offenders and convicts are believed to have a mean IQ that is a bit lower than that of the general population. It's possible that some of the most cunning offenders have evaded capture and are not included in these numbers. In the general population, it is projected that between 50 and 70 percent of the stable variance for traits related to personality, temperament, and interests that are particularly important to criminality is genetically fixed. Less than this, or between 30 and 40% of individuals are currently highly exposed to unlawful conduct and delinquency (Frazer & Rix, 2005).

Gross (2013) examined that anger above other negative emotions such as depression, shame and anxiety is most likely to lead to externalized behaviour. Emotions play a crucial role in the relationship between anger and deviant behaviour. Deficits pertaining to emotional regulation have been linked as a mediator between anger or negative effect and aggressive behaviour. Angrier individuals exhibit poorer emotional regulation and therefore more likely to take part in violent behaviour (Choi, 2018). Silver (2006) stated that Emotional instability can influence criminal behaviour such as impulsivity, disorders like bipolar disorders may lead to impulsive actions increasing the likelihood of criminal behaviour, interpersonal issues which are conditions such as antisocial personality disorder can result in difficulty forming unhealthy relationships leading to manipulative or aggressive behaviour

Natalie (2014) claims that people's sentiments and thoughts control how they behave. Cognitive disorders can thus lead to unlawful conduct. Due to their comparative lack of empathy, people with personality disorders are more likely to turn to crime (Natalie

2014). Anxiety and depression, disorders associated with eating, phobia, attention deficit disorder, and substance abuse are only a few of the instances of the medical issues that low self-esteem may be connected with. All of these psychosocial conditions encourage those who have them to engage in crimes that can send them in jail right away (Health direct, 2022). Any act that violates the social norms and expectations of a specific organization or culture is considered antisocial behaviour. Government security is seriously threatened by antisocial behaviour since many criminals use it as a cover for violent crimes, which creates unrest. According to Muandu et al. (2015), when illegal activity conflicts with societal standards, it is viewed as usual or socially detrimental in Kenya.

According to DSM there are two forms of disorders with childhood and adolescence onset, in the childhood onset, physical violence and difficulty in peer relationship predominate with attention deficit hyperactive disorder and oppositional defiant disorder accompanying the clinical picture. In the adolescence onset type, the findings related to the disorder are absent before the age of 10 and the disorder in violent behaviour and peer relationship is relatively mild. The dimension of this disorder which is characterized by physical violence and disorder in peer relationship is closely related to criminal behaviour especially in terms of violent behaviour. Spriggs (1952) found that criminal behaviour usually emerged in human personality is due to social environment. Stressful social environment is found to be a harbinger to the rise of abnormal traits in personality such as anxiety, tension and depression, these trends once emerged in personality and are not rounded up well on time could lead to occurrence of crime.

In America 1920 Watson and Chicago based researchers developed the behaviourist approach where they concluded that criminal behaviour was a result of social causes as well as psychological determinants (Logue, 1994). They observed that there was a higher likelihood of delinquency for residents of places with lower social conditions and a disorganized sense of community. This meant that more young people would be pulled into this subculture by associating with the delinquent group once a delinquent culture had been developed in a certain neighborhood. To comprehend a person's criminal behaviour, according to Edwin Sutherland in 1883, we must comprehend their

history of unique educational experiences. He argued that learning took place by associating with other people and that learning might be about certain criminal techniques and about attitudes towards perpetrating crimes. Psychosocial relates to the interrelation between individuals thought and behaviour and social factors. Offenders usually have a problem with psychosocial functioning or dysfunctionality involving cognitive, emotional and physical. They need psychosocial support to adapt by offering psychological and social resources with the intention of benefiting the persons to cope with various issues. Behavior is an indication of the environment in which a person lives in (Cless & Lukas, 2017). It was discovered that societal influences, an individual's psychological make-up, and personality all have an important role in criminal behaviour. Because of this, criminal activity is an example of psychosocial behaviour. According to Bolu Steve and Eseve (2017), engaging school counselors is one strategy for managing deviant behaviour in teenagers who are enrolled in school in Nigeria (Bolu-steve & Esere, 2017). According to the study, ineffective parental guidance leads to criminal activity, thus school counselors should keep giving young people the necessary information. (Mok, 2018).

On substance abuse related disorders DSM V defined them as a brain disease characterized by the desire to take substances continuously or periodically in order to feel the pleasurable effects of the substance. Drug use can alter the thoughts of someone and behaviour, which could cause them to do something risky or foolish that will probably land them in jail. (The Bureau of Justice Statistics forecasts, 2021). Drug abuse leads individuals to commit crime hence becoming a victim of crime by causing a change in the situation and behaviour of individuals, apart from violence, aggression and theft committed under the influence of drugs, crimes such as traffic accidents, media courier and sexual assault can be committed. In addition, due to wrong decisions when people are under the influence of substance abuse, behavioural disorders, provocations, aggression and fraud drug addicts can be involved in crimes such as armed and unarmed attacks, blackmail and threats in order to obtain the substance they use.

It was shown that psychosocial issues had a considerable impact on antisocial conduct. Furthermore, according to Omboto et al (2013), crimes have become a serious problem

in the majority of countries around the world (Omboto et al., 2013), in large part because the majority of prisoners are young people who should be contributing members of society. The government also spends a lot of money on maintaining prisons, particularly on providing food, clothing, and other social amenities. Therefore, there is need to determine the role played by psychosocial factors on criminal behavior. This study will therefore focus on **Selected** psychosocial predictors of criminal behaviour among inmates in Kirinyaga county, Kenya.

1.2 Statement of the Problem

There has been a steady increase in criminal behaviour both globally and nationally. There is also a high increase in psychosocial predictors especially in Emotional instability, self-esteem, stress, alcohol and drug abuse and social disorganization in our communities. This has raised concerns from stakeholders' prison management, law enforcement agencies, the government and parents as to whether there is a relationship between criminal behaviour and psychosocial wellbeing of the inmates. There is need to address this quest and establish if psychosocial challenges are in any way linked to criminal behaviour of inmates. This study therefore, sought to determine the psychosocial predictors of criminal behaviour among inmates in Kirinyaga county, Kenya.

1.3 Purpose of the Study

The study sought to determine selected psychosocial predictors of criminal behaviour among inmates in Kirinyaga county, Kenya.

1.4 Research Objective

These objectives directed the study:

- i. To determine how emotional instability, predict criminal behaviour among inmates in Kirinyaga County, Kenya.
- ii. To determine how self-esteem, predict criminal behaviour among inmates in Kirinyaga County, Kenya.
- iii. To determine how stress predict criminal behaviour among inmates in Kirinyaga County, Kenya.
- iv. To determine how social disorganization, predict criminal behaviour among inmates in Kirinyaga county, Kenya.

- v. To determine how drugs and substance abuse predict criminal behaviour among inmates in Kirinyaga county, Kenya.

1.5 Research Questions

- i. How does emotional instability predict criminal behaviour among inmates in Kirinyaga County, Kenya?
- ii. How does self-esteem predict criminal behaviour among inmates in Kirinyaga County, Kenya?
- iii. How does stress predict criminal behaviour among inmates in Kirinyaga County, Kenya?
- iv. How does social disorganization predict criminal behaviour among inmates in Kirinyaga County, Kenya?
- v. How does drugs and substance abuse predict criminal behaviour among inmates in Kirinyaga County, Kenya?

1.6 Significance of the Study

The study findings will help the warden psychologist through the correction department understand in depth how emotional instability, self esteem and stress predicted criminal behaviour. This will help introduce and emphasis on counseling services and therapy to inmates who presented with those symptoms, correction would be effective since the underlying predictors of criminal behaviour were addressed. The government enforced laws governing drugs and substance used to reduce criminal behaviour as a result of drug related causes. The findings will bring greater insight in a wholistic correction approach as opposed to denial of freedom approach as punishment for offense, this was because offenders would be corrected according to individual needs through this relapse will be reduced once released. The families of inmates will also be counseled to foster acceptance of their imprisoned family member and also once they are due to be released after serving their term so as to reintegrate them back to the family and society. The study would also help the police officers where they will recommend for counseling of the offenders as the first option instead of remanding them first. Through this study the government will improve on policy making to foster alternative mechanisms of correction of inmates such as counseling rehabilitation and mental interventions to the inmates.

1.7 Scope of the Study

The study was carried out in Kerugoya and Gathigiriri prisons which are in Kirinyaga County where the inmates and prison wardens were the main respondents. The study aimed at determining how emotional instability, self-esteem, stress, social disorganization and drugs and substance abuse predicted criminal behaviour among inmates in Kirinyaga county, Kenya

1.8 Limitations of the Study

Due to the short duration of the study, the researcher was not able to build adequate rapport with the respondents which made them abit uneasy during the study, however the researcher assured them that the study findings would be used for research purposes only. To overcome this limitation, the researcher requested the prison wardens to have lengthy discussions with her through the interview schedules so as to have the real facts on the study.

1.9 Assumptions of the Study

The study assumed that Emotional instability, low self-esteem, stress, drugs and substance abuse and social disorganization were the likely predictors of criminal behaviour among inmates in Kirinyaga county, Kenya.

1.10 Operational Definition of Terms

This section contains the definition of terms as used in the study.

- Drug abuse:** This is the use of any substance that changes overall normal body functioning.
- Emotional instability:** These are interference that impair feelings.
- Emotions:** This study conceptualizes emotions as subjective feelings that may cause discomfort to a person.
- Hallucinations:** A false sensory perception or perceiving something through any of the five senses as present without it being actually there.
- Modeling:** coping what others are doing either peers or people we look up to.
- Petty Offenders:** This study conceptualizes petty offenders as individuals who have been imprisonment for a period less or 3 years.
- Psychological Disorders:** A range of mental disturbances marked by mild to severe distortions in information processing.
- Self Esteem:** This is the perception and view of on self either with high regard or low regard.
- Social Disorganization:** State where society systems are broken.
- Socialization:** This study defines socialization as a person manner of interaction in social network such as family members.
- Stress:** These are feelings of discomfort and anxiety.
- Psychosocial predictors:** This refers to as the interaction between psychological processes and social factors related to individual's relationships.
- Criminal behaviour:** refers to conduct of an offender that leads to the commission of an unlawful act.

CHAPTER TWO

LITERATURE REVIEW

2.1 Concepts of Criminal behaviour

Criminal behaviour means antisocial acts that place the actor at risk of becoming the focus of attention of criminal and juvenile professionals (Andrew & Banta, 1998). Crime can be defined as an act or omission punishable by law (McLaughlin & Munice, 2001), what qualifies as a crime depends on the place and time of committing the act and prevalent societal norms of that particular place (Newsburn, 2013). Our ideas about the criminal world are formed through multiple sources, media, the government and personal experience, in most cases violent crimes such as homicide and rape are overly reported in the news (Howilt, 2006).

Criminality can lead to arrests, convictions or incarceration for adults while delinquency (Howilt, 2006). is related to juveniles committing unlawful acts (Rhee 2002). & Waldman, For the purpose of rehabilitating vagrants and minor offenders throughout the course of the 16th century, several correctional establishments were set up in Europe; these facilities placed a strong emphasis on rigid discipline and onerous chores. In the end, people realized that incarceration was a suitable punishment for illegal behaviour. Jeremy Bentham, an English lawyer and scholar, among others, advocated for the idea of the jail as a penitentiary, which means it acts as a place of instilling discipline and personal reform, during this time (Coyle, 2022). Up until the late 18th century, the main winding motives of prisons were to restrict unsecured criminal suspects waiting for a hearing, as well as convicted criminals awaiting the enforcement of their penalties which were sometimes death or expulsion were creditors. Prison sentences were rarely used, and when they were, it was usually for extremely small infractions. As the usage of the death penalty started to wane in the late 18th century, judges started applying the jail more frequently as a site for punishment. Soon, the jail replaced the death penalty as the primary method of punishing worthy offenders. After that, incarceration increased globally, sometimes as a result of colonial empires bringing the practice to nations wherein there was no native system of jails

According to Coyle (2022), for example jail is a place where individual receive housing who were found guilty of a crime and the freedom they enjoyed was taken away or who

have been placed back in custody by the legal system. Prisons were generally employed up until the late 18th century to house insolvent debtors, criminal suspects awaiting trial, and criminals waiting to receive their repercussions, which were typically banishment or death. Serving time sentence was only ever given very infrequently, and only for minor infractions. As the death penalty's use started to go down in the last decades of the nineteenth century, courts began to use jails as the site for punishment more and more often. Eventually, jail term supplanted the execution hook as the main tool for punishing major offenders.

Following that, the institution of being imprisoned raised more rapidly, frequently as a result of colonial rulers that brought the practice to regions where it hadn't previously been established that prisons existed. By the early 21st century, the death penalty had been largely abolished (both in theory and in fact), making imprisonment the severe penalty that judges could impose. The number of people incarcerated worldwide has climbed by 25-30% during the past 15 years. According to Rob (2015), there are currently 144 prisoners for every 100,000 people worldwide. Since 2004, there have been almost 10% more people incarcerated worldwide (Rob, 2015). The United States, China, and the Russian Federation collectively house almost half of the world's prisoners (James et al., 2015).

In several North African nations like Algeria and Morocco, there have been significant percentage rises in Africa. The number of people imprisoned in South Africa reached a peak in 2004 and began to decline in 2014 (Rob, 2015). Regarding sex, adult men make up the majority of the prison population and are typically the poorest members of society (James et al., 2015). But since most research has focused on male gender populations, it's not transparent whether the results also hold in females. Furthermore, longitudinal research (Klinterberg et al., 2011) has not uncovered anything regarding the particular components that could potentially mediate these correlations. Many African communities practiced restorative justice. According to Doolin (2007) restorative justice aims at reintegrating of offenders into the society with the active participation of the community, it's a form of resolution that seeks to mend broken relationship as a result of crime, it aims at preserving communal relationship within the community (Ladan, 2013). This was interrupted upon the arrival of colonialists with their

retributive justice mechanisms where individuals were incarcerated only hence breaking the psychosocial fabric. It should be noted that after independence, Kenya maintained the western system which was retributive and negated most indigenous legal systems which were considered restorative (Joireman, 2006).

The use of jail replaced corporal punishment in the 18th century. The merger of two colonial institutions, namely jails and workshops, led to the development of modern prisons (Coyle, 2022). The first of prisons' four main goals is rehabilitation, which refers to corrective treatment that modifies offenders' attitudes and behaviours so they can have a beneficial impact on society (Cullen & Johnson, 2011). Incapacitation is the term for removing criminals from society and locking them up to stop them from committing new crimes. It includes the death penalty, incarcerating offenders or even limiting their freedom from society in order to deter them from committing other crimes (David & Nick, 2014). Deterrence theory states that people don't commit crimes because they are afraid of getting caught instead of being motivated by some deep moral sense. According to National Institute of Justice (2016), sending an individual convicted of crime in prison is not a very effective way to deter crime.

In accordance with this belief, people seek pleasure while averting sorrow. Therefore, making a decision painful enough would sway people to abstain from criminal behaviour. In general, people won't engage in criminal activity if they see how prior criminal acts have turned out. Redi, William, and Daniel (2016). In the end, reform requires changing the perpetrator. By attempting to reeducate, instruct, train, or inculcate new morality, reformatory punishment attempts to transform the individual (David & Nick, 2014). Kenya has seen an increase in incarceration due to various reasons. According to Shepherd et al. (2009), family psychosocial traits like criminality, alcoholism, and mental health issues are predictors of future criminal activity as well as early demise. It's not apparent whether these results also apply to girls because the majority of investigations have focused on male gender populations. Furthermore, longitudinal investigations haven't uncovered anything about the particular elements that might be effective at mediating these correlations (Klinterberg et al., 2011). A lawbreaker's activities, even those taken before to an unlawful action, are considered to

be their unlawful conduct. Crimes are committed whenever there is a motive, a means, and a chance.

The National Institution of Corrections & Services uses the phrases "risk indicators" or "criminogenic necessities" to refer to criminal behaviour that prompts offenders to reactivate. One method for attempting to comprehend criminal behaviour is to educate oneself on and comprehend criminogenic demands. Criminal behaviour and thought are associated with these traits. Dynamically describing it has also been done so using the phrase "the act triggering factors that are closely linked with risk" (Latessa & Lowenkamp, 2005). Criminal behaviour has a known starting that begins with biology and genetics, and risk factors for criminality are associated to those who exhibit criminogenic features (Exampleger, 2015). According to Shepherd et al. (2009), biopsychosocial traits including crime, alcoholism, and mental health issues are predictors of future criminal activity as well as early demise (Dotterer & Hyde, 2019).

Depending on the specific behaviour under investigation, the hereditary of antisocial or criminal behaviour varies (Bart 2009). Dotterer and Hyde (2019) claim that inheritance is primarily to blame for criminal behaviour. Genes may interact with other genes, in addition to reacting to the environment to cause antisocial or criminal behaviours. Dopamine genes DRD2 and DRD4 have been discovered shown to interact, increasing the likelihood of committing crimes (Beaver et al., 2014). However, demographic variations may temper the influence for genetic communications on behavioural and aggressive consequences (Dick et al., 2016). Salvatore and Dick from 2014's Ficks & Waldman (2018) and these variations demand further investigation. However, there is probably a positive cycle of feedback whereby decreased autonomous functioning might lead to an uptick in illegal and disruptive behaviour, which could then reinforce disturbed physiological activity. For instance, researchers discovered that boys and girls with high proactive aggression rates in early adolescence a predatory form of brutality developed to attain a desired outcome or reward had worse conductance of skin induced by fear in later teenage years (Gao et al., 2015). According to Chief Registrar of Judiciary, Kenya has a total of 58,887 persons committed to serve custodial sentences including remandees in its correctional facilities with male prisoners accounting for the highest number of about 85%. Kenyan hold three times the number of inmates they are

designed to hold necessitating decongestion through Community Service Order and remission for petty offenders who account for the highest population in the prisons.

2.2 Emotional instability as a Predictor of Criminal behaviour

Emotional instability is a psychological disorder that can impair a person's ability to cope and appropriately react to situations or emotions. They are mental disorders like mood disorders and includes depressive disorders, bipolar, postpartum disorders. Apart from biological factors like hormones, genetics and brain functions, Emotional instability may result from traumatic experiences and use of drugs and substance. Studies conducted to schizophrenic patients, delusions, hallucinations and confusion may make the patient be violent. Mental disorders according to psychiatrists, can lead to crime like arson, battery, homicides and sexual related offences (Agnew, 2006).

Mindsite News (2020) reported that a large majority arrested between 2017 and 2019, 1% were grappling with mental health disorders in the United States. The research also indicated that 60% of the prisoners with these disorders also were using drugs and substance. According to Allen and Anderson 2017 aggression and violence include many forms of different criminal behaviour ranging from minor to serious behaviour. These may include name calling, many forms of assault, hitting, stabbing and even killing. An Oxford University study revealed that those with depression are somewhere a threefold more likely than the general population to commit violent crimes like bank robbery sexually assaulting others, and assault, according to psychiatric trained professionals. According to study, 3.7% of males and 0.5% of women who were diagnosed as clinically depressed went on to commit a violent crime. Violence and depression have been linked, according to research. According to the research, depressed individuals are three times more likely to conduct violent crimes.

Theories about psychology of crime claim that a person's unique thought patterns are what give rise to criminal behaviour. Psychologists claim that a person's thoughts and feelings determine their actions, Agnew (2006). Consequently, cognitive impairment may lead to criminal behaviour (Natalie, 2014). There are four basic ideas in psychological justifications of unlawful conduct. These broad generalizations claim that psychological failures, where some people have issues because they never reached

maturity or develop in the same way as others, are the fundamental cause of crime. The second supposition relates to trained violent and aggressive actions. For instance, if someone is exposed to violence and hostility all the time, they are more likely to learn that those behaviours are acceptable and to engage in them as well. The third supposition examines the innate personality characteristics. Certain psychologists maintain that particular personality features increase the chance of unlawful conduct in those who display particular features that are common among convicts.

Gross (2013) examined that anger above other negative emotions such as depression, shame and anxiety is most likely to lead to externalized behaviour. Emotions play a crucial role in the relationship between anger and deviant behaviour. Deficits pertaining to emotional regulation have been linked as a mediator between anger or negative effect and aggressive behaviour. Angrier individuals exhibit poorer emotional regulation and therefore more likely to take part in violent behaviour (Choi, 2018).

Criminal behaviour is sometimes the result of psychological illnesses. While not all those who suffer from mental illness behave in this way, a disproportionately high number of criminals do. Additionally, a person with a personality disorder will likely have less empathy than average, which increases their risk of becoming criminal (Natalie, 2014). According to psychopathology, the study of mental disorders and medical conditions, criminals have three to four times as many mental health conditions as members of everyone in the community. Although it cannot be figured out that any offenses executed by mentally ill prisoners were caused by their psychological condition or that they had mental disorders prior to being imprisoned, the disproportionately high number of these cases when compared to the general population does make mental illness an important factor in criminal behaviour. The link between criminal behaviour and mental illness is convoluted. Hallucinations, which include hearing voices that are not based on objective reality, along with fallacious ideas, such as the delusion that "people are out to kill me," have been shown to be symptoms of psychosis, a serious mental illness. Research has linked the psychosis schizophrenic to a higher risk of committing violent crimes, mostly against close family members as opposed to the random strangers portrayed in popular culture. Although it is conceivable that a person who is out of touch with reality could cause harm to someone

as a result, such as by thinking he has a holy mission to purge the streets of vermin, the majority of psychotic people don't commit crimes or have other delusions such as killing the homeless (Raine, 1993).

According to studies on hallucinations in schizophrenics, their misleading impressions are the result of brain malfunction. By way of example, the areas of the brain that usually process sound are associated with hearing delusion by the silent flickering of neurons. We may now focus on why neurons in specific brain regions misfire in the absence of external inputs rather than the more broad question of "why does a schizophrenic hear voices?" As a result, when a schizophrenic person fights because he hears voices telling him the other person is trying to hurt him, it appears that the source of the attack is aberrant brain activity of one of the mental diseases that are currently recognized by clinicians and researchers, the majority of which are not classified as psychosis. These are rather personality flaws, difficulty with self-control, and the like. A specific type of personality disorder known as a variety of abnormal interpersonal, emotional, and social behaviours are used to describe psychopathy. Psychopaths are estimated to account for 25% of those incarcerated, although making up just approximately 1% of the total population. They are particularly well suited for criminal activity because of the nature of their condition, which prevents them from feeling regret for their antisocial behaviour or emotional empathy for individuals whose rights they violate. Recidivism rates are often far higher for psychopaths than for non-psychopathic offenders, despite the fact that most psychopaths are not criminals despite acting in ways that disregard concern for others (Hare, 1993).

Silver (2006) stated that Emotional instability can influence criminal behaviour such as impulsivity, disorders like bipolar disorders may lead to impulsive actions increasing the likelihood of criminal behaviour, interpersonal issues which are conditions such as antisocial personality disorder can result in difficulty forming unhealthy relationships leading to manipulative or aggressive behaviour.

According to Ankara (2013), disorders related to trauma and triggering factors, it is a posttraumatic mental disorder that causes fear, helplessness or horror reactions in the person, trauma victims exhibit excessively angry behaviour and tend to use alcohol and

drug abuse in order to cope with the hype arousal they feel because they cannot prevent the traumatic event from happening again, this extreme anger behaviour will increase the tendency to exhibit criminal behaviour by committing violence among other people.

2.3 Self-Esteem as a Predictor of Criminal behaviour

The definition of self-esteem is how we perceive ourselves and the worth we accord to ourselves (Healthdirect, 2022). Everybody experiences occasional confidence issues, but those who have low self-esteem are frequently unhappy or dissatisfied with themselves. Early experiences may be the cause of a low feeling of self-worth. If a person struggled to fit in at school, couldn't measure up to their parents' expectations, or was neglected or abused, for example, they may have developed unfavorable basic beliefs about themselves. These are deeply rooted notions that an individual has of themselves. People with low self-esteem may struggle in relationships and run into issues at work or school. When one is rejected or receives criticism, they could become extremely annoyed and cut themselves off from other people and activities. The act of acting in any circumstance where one might be compared to or judged by others should also be avoided. The condition of anxiety, disorders of eating, disorders of depression, social anxiousness, attention deficit hyperactivity disorder, and drug usage are only a few of the health issues that are linked to low self-esteem (Health Direct, 2022).

The relationship between self-esteem and crime has been studied over the years. The vulnerability model assumes that people with low self-esteem are more susceptible to crime (Koter & Buffered, 2011). This is to protect themselves from shame by externalizing blame for their problems and failures which lead to aggression and violence towards others. Walker and Bright (2009) concluded that majority of previous studies suggest that low self-esteem was associated with criminal behaviour rather than high self-esteem, such people tend to build up their confidence by unconsciously committing deviant behaviour for attention. Adequate self-esteem brings psychological well being to an individual. It produces self worth and respect occasioning those who have high self esteem to be achievers while those with low self esteem are likely to develop depression, affect interpersonal relationship.

Self esteem is acquired through the environment by appraisals from significant others and approval, praise and congratulations. Provision of family support is an indicator of a child developing a healthy self esteem. Offering the appropriate appraisal based on the gender of a person-male appreciate positive comments on achievements on their jobs, abilities and character traits whilst women appreciate demonstration of affection and comments on their looks and general etiquette. Low self esteem therefore is likely to make a person engage in crime because they are already dysfunctional. Victims may feel that they are not appreciated and always condemned hence searching for ways to cope through interaction with other dysfunctional persons where they may feel appreciated. Researchers have linked crime with low self esteem by insinuating that it causes abnormal behaviour. Offenders considers themselves undesirable, have no value and feel inferior. Reckless (1957) et al states that regardless of socio economic status or environment, positive self-image may divert a child from delinquent behaviour. Reasoner (2015) stated that domestic violence is deeply rooted in power dynamics. Abusers often feel a compulsive need to assert control over their partners compensating for their feelings of inadequacies is a desperate attempt to regain a sense of power, self-worth, albeit and destructive one. The reason it's a cyclical pattern is that indulging in violent behaviour only serves to lower self-esteem further.

It is a vicious cycle, violence leads to more guilt, remorse and further feelings of worthless which in turn can trigger more aggressive behaviour. Unfortunately, if self-esteem is not addressed as a root cause of violence, it is more likely to perpetuate again and again (Davis, 2007). Many abuse victims suffer from low self-esteem whether from the abuse itself or prior issues. A research by Los Angeles Criminal Defense Attorney December 14, 2023 showed that abusers commonly suffer from low self-esteem in fact this may actually drive their abusive behaviour. Low self-esteem often stems from feelings of inadequacy and worthlessness. When individuals feel inadequate, they may use violence as a means of asserting control and power, masking their deep seated fears and Sheriff Block of Los Angeles 1994 stated that human needs associated with self esteem are so strong that when ones personal needs for self worth are not met individuals will engage in drug abuse, crime or violence to satisfy their Messerschmitt (1993) argues that for some men in certain groups, men do masculinity through the engagement and commission of crime.

Horney and Adier (1937) stated that aggressive behaviour is motivated by feelings of inferiority rooted in early childhood experiences of rejection and humiliation. The self-esteem model by William James (1890) stated that juveniles may become involved in delinquency behaviour as response to negative attitude. Kaplan's model suggests that the individuals who have difficulties in establishing their self worth would be more likely to commit delinquent acts in an effort to sustain their self worth which can be explained by the fact that delinquent behaviour violates values and evokes negative response from others. The ability to make decisions, remember key events, manage stress and anxiety are all elements of a good cognitive system. When an individual loses these elements they are then likely to have cognitive dissonance. Cognitive dissonance basically involves inconsistent thoughts, beliefs, attitudes which involves behavioural change and attitude change. When people experience internal inconsistency, they become psychologically uncomfortable and they tend to make changes to justify the stressful behaviour. Psychological dissonance occurs consequent to the stimulation of thoughts that interfere with a goal driven behaviour which will eventually lead to imprisonment (Harmon Jones, Levy, 2015). A stressful life experience can experience can increase the risk for committing crimes particularly in the first weeks after being exposed to stress (Beall, 2016). Sigmund Freud proposed that a person turns to crime in response to unconscious mental processes resulting from early childhood experiences. Freud came up with the "pleasure principle of crime". This means that if a child is frustrated by events that occurred in childhood they may later manifest in adulthood and may turn in criminal behaviour.

2.4 Stress as a Predictor of Criminal behaviour

Post-traumatic stress disorder (PTSD) was first included in the Diagnostic and Statistical Manual of Mental disorders in 1980 by American Psychological Association. It has been consistently been reported to affect approximately 8% of European population, it also remains the most commonly found disorder in the prison population especially among women. Even though most of the trauma happens in prisons, the National Comorbidity survey suggests that a vast majority of the traumatic events happened to convicted offenders prior to them entering prison. This suggests a possible connection between post-traumatic stress disorder and offending. People develop PTSD

after witnessing, learning about or experiencing a life-threatening event, they suffer from intrusive memories, flashbacks and avoidance of memories and reminders of the events. These differences can alter the way the person perceives the world around them and reacts to it such as exposure to violence has been associated with an elevated risk of delinquency.

Studies have shown that PTSD has led people to commit crimes especially in former service persons. When such people feel threatened or obscured from attaining a certain goal, they are very likely to commit aggressive behaviour (Averill, 1983). Many young offenders in the juvenile system suffer from anxiety disorders which affects their behavioural patterns leading to criminality. Children who suffer from social anxiety disorders are much more likely to engage in alcohol abuse and drug use (Michael, 2017). The association between PTSD and violent crime has also been studied among military veterans. Meta-analysis has shown that posttraumatic stress disorder symptoms among military veterans are significantly associated with domestic partner violence and violent crime arrests. The association might also be present in the global population as it has been associated with perpetrating interpersonal violence and increased likelihoods of incarceration in civilians.

Researchers have illustrated how higher rates of community violence can affect cognitive reasoning and lead to mental health diseases such as depression and aggression (Groman Smith, 1998). A community filled with people whose levels of stress is generally more likely to experience high levels of crime and delinquent behaviour (Copeland Liner, 2010). The more stress one is exposed to, the high likelihood of mental breakdown and in turn more risk of committing crime. According to Beall (2016), a stressful life experience can increase the risk for committing crimes, particularly in the week after being exposed to stress people are more likely to commit a violent crime. An article stress and aggression (Jan 2016), scientists found biological evidence that stress and aggression feed off each other contributing to a cycle of violence that can be tragic. People commit crime because of greed, revenge, anger, jealousy and pride. These feelings may prompt crime and can be a precursor to crime especially due to individual factors including lack of social support, debts, poor physical and mental health (October Issue of behavioural Neuroscience).

According to UNODC report May 2015, monitoring the impact of Economic Crisis on crime, financial issues represent a significant stressor that can potentially contribute to domestic violence. Financial strain can lead to feelings of inadequacy, fear and hopelessness which can sometimes manifest as aggression towards a partner which may lead to crime hence imprisonment. This study indicated that the rate of domestic violence among couples under financial strain is about 9.5% compared to only 2.7% of couples who are not feeling financial strain.

2.5 Social Disorganization as a Predictor of Criminal behaviour

Gabriel Tarde (2006), people learn criminal behaviour through close contact with criminals, imitation of their behaviour, learning the language and concepts underlying crime and establishing role models who are active in crime. Social disorganization is the inability of a community to realize the common values of its residents and maintain effective social control (Bursik, 1988). The society can be disorganized in terms of family, community, school, government and rural/urban settlements. Travis Hirschi (1969) an American social scientists proposed that people generally conform to social norms due to strong social bonds, conversely they engaged in delinquent acts when these bonds are broken and made weaker.

Over the years the social disorganization paradigm has been used to explain the relationship between criminality and social conditions prevalent in neighborhoods and also to explain why crime rates and imprisonment is high in neighborhoods that exhibit symptoms of decay and general social and family deterioration (Lyman & Potter, 2007). In the theory of social disorganization, communities that are likely to experience crime are those with high population, poverty and diverse populations. Many criminal activities are likely to be found in informal settlements like villages and slums. This environment is likely to influence people to engage especially in petty crime mainly because they may feel that it's a lifestyle. These settlements are also likely to have high poverty levels occasioned by lack of basic necessities and resources. This could determine why many people would engage in crime to help them attend to their basic Communities having poor community infrastructure, poverty and limited social capital where legitimate employment is scarce, individuals make money from engaging in illegal activities (Ford and Beveridge 2004).

According to Durkheim's Social Disorganization Theory, crime is likely to occur where communities have weak social norms and lack of social structures. Certain neighborhoods have some characteristics like residential instability, racial heterogeneity and poverty leads to social disorganization which can in turn result to crime. Neighborhoods having weak social control networks resulting from isolation among residents and high residential turnover allows criminal activity goes unmonitored (Herrenkohl et al., 2001). According to Gaines et al. (2003), *Criminal Justice in Action*, he postulates that crime is largely a product of unfavorable condition. The theory of urban ecology by Park and Burgess (1925) proposed that competition of resources in densely populated areas is likely to encourage crime since social and moral structures are likely to be disorganized. This meets the criteria for organized crimes in terms of providing fertile breeding ground for anarchy to excel which is a perfect environment for organized criminal groups to conduct their operations in full glare of community members and other institutions presumably charged with the responsibility of maintaining common values and social controls (Roman & Kane, 2009).

Unfavorable conditions in certain communities largely have an effect of crime (Gaines & Miller, 1933). There are ecological factors that lead to high rates of crimes. These conditions range from high school dropout and unemployment. These conditions push people to commit crime as a means to survival. The study of social disorganization has mainly centered around three sets of variables which are physical, economic and population status. Areas which are mostly physically deteriorated, highly populated and with poor infrastructure are likely to be staging areas and 'mothers' to a lot of criminals. People from these areas tend to have highest possibilities and chances of ending up behind bars (Shaw & McKay, 1942). People living in ghettos are more likely to end up in prison compared to people who live in estates. This is because the economic status in the slums is not favorable and the only for those people to balance the scale is through crimes.

According to Edwin Sutherland (1987), the failure of extended kin groups expanded the realm of relationships no longer controlled by the community and undermined governmental controls leading to persistent 'systematic' crime and delinquency. Such disorganizations are likely to cause and reinforce the cultural traditions and conflicts

that support criminal activity. In societies where there are no personal relationships between neighbors then personal networking is unlikely. If a society has a high rate of residents who hail from different backgrounds, then there is a likelihood to experience mistrust and lack of communication. This mistrust will likely lead people to commit crime out of envy and revenge (Bursik, 1988). Wilkstrom and Loeber (2000), concluded that juveniles living in public housing projects in western countries are likely to end up in prison. This is due to the fact that in the absence of community level disorganization, juveniles are open to effects of social disorganization.

Cleckley (1980) described sociopathy which was adopted to describe the pattern of violence found in family histories or a cycle of violence. A cycle of violence means that if a person grows up in an environment with abuse and antisocial behaviour then he/she will often follow the same pattern with their children. Neglected or abused children are more likely to commit crimes in their later life as compared to others. Sometimes being a victim of sexual abuse in childhood often lead these victims to become sexual predators as adults. Many people of death row have childhood with some type of severe abuse, the cycle of crime keeps repeating itself.

The core factors associated with the predictability in criminal tendencies was identified as broken homes, absence of close relationship amongst parents and children (Demouth & Brown, 2004). Broken families were found to be responsible for the occurrence of criminal acts, this means that lack of social control from the head of the family member due to the breakup in association like marriage is responsible for creation of deviance and antisocial attitude amongst the young members of the family. It could be due to non-provision of basic services like education and food (Derzom & Lipsey, 2004).

A highly significant association was discovered between low moral values and criminal behaviour. Social values play a major role in the process of socialization. Deviance and non-acceptance to values always lead to the social anarchy where probabilities for committing crimes are high (Dermouth & Brown 2004). Kalb & Williams (2006) stated that internalization of criminal tendencies this is due to availability of social patterns in the shape of criminals who have committed any type of crime at the family by the role models for the members to follow.

2.6 Drug Abuse as a Predictor of Criminal behaviour

Drug and substance abuse according to Dawkins (1997) has a positive relationship with violent crimes. There is a strong relationship between individuals who use drugs and substance are likely to commit crime. Drug abusers commit crimes to pay for their drugs whilst drug trafficking in itself is a crime. Petty offenders who brew illicit beers and drugs sold in the black market in itself attributes to a huge number of offenders in prison. More often than not, drugs abusers are not economically empowered and therefore the demand to replenish their stock of drugs makes them commit crimes like robbery, stealing and burglary to get money to sustain their lifestyles. Research conducted in the United States in 2010, discovered a strong relationship between alcohol use and aggressive crimes contributing to the highest percentage amongst other drugs. Among arrested persons in Australia in 2004, 82% had a history of drug abuse within 6 months prior to their arrest.

Drugs abusers often use drugs as a coping mechanism hence degrades them to social misfits. They may likely become lazy therefore result to crime like stealing, shop lifting and snatching which will require less energy to get money. People with an unstable household income, poor relationships, low self esteem, difficulties with work and mental health conditions are likely to be abusing drugs. When people cannot cope with stresses and strains, they may result to crime as a coping mechanism. Agnew (1992) states that certain strains and stress increases the likelihood of crime. These stresses may be caused by economic deprivation, discrimination and child abuse. Persons who are stressed are also likely to be using drugs which puts pressure in them to commit crime to satisfy their substance use. They are likely to commit maintenance crime such as vandalism, prostitution, loitering, public nuisance and prostitution.

Crime and criminality are dependent on social inequality and sometimes unfair distribution of resources. Many young people being victims of the vice are more likely to be stressed and some will end up in crime to bridge the vice. Family dysfunctionality may also increase stress and strains to individuals who may end up in drugs and substance abuse and as such end up in prisons for petty offences committed. Use of illegal drugs is linked to criminal activity. Substance misuse and crime rates are still correlated in today's culture. Furthermore, offenders do not get the care they require.

Treatment is effective for criminals who abuse drugs, according to research. It can be damaging for those who are in prison and have a substance use disorder (SUD) to not receive addiction treatment due to access issues or service refusal. The subject of young people engaging in risky activity is still contentious. One of the most prevalent dangerous behaviours in youth is substance addiction (Agnew & Robert, 1992).

The European Monitoring Center for Drugs and Drug addiction (EMCDDA 2007) described drug crimes in the following fourfold ways, first, Induced offenses committed under the influence of psychoactive substance usually associated with alcohol stimulants. Second, inspired offenses committed to obtain money or drugs to support drug use. Thirdly, offenses committed in violation of drug laws or other related legislation such as possession offenses. Lastly, Systemic offenses committed as part of business of drug supply and distribution. The link is primarily explained by economic necessity where there is an overriding need to generate money to buy a relatively expensive commodity, many of those using heroin don't have access to a legitimate source of income therefore they resort to income generating crime to finance their drug use. Shoplifting, burglary and vehicle crime were the most commonly committed by this group (Gossop et al., 2003). There is evidence showing that the disinhibiting effects of some drugs can lead to offending behaviour in a more direct way. The pharmacological impact can change or alter cognitive functioning which can lead to effects such as aggression and impaired judgement (Bennett and Holloway, 2009). Criminal and drug using careered are often intertwined, acquisitive crime providing people with surplus cash to develop a drug habit (Edmunds et al 1998), there is a bidirectional process, drug use and crime are mutually reinforcing.

As urban drugs problems developed, crime rates started rising and grew exponentially in the 1980s in the United States. In particular, the spread of heroin and cocaine is generally associated with exponential growth in property crime (Morgan, 2014). According to Vimal (2015), people start committing crime to support their drug habit. The drug habit impairs their potential of decision making. Both alcohol and drugs affects judgement and reduces inhibitions and give the offender greater courage to commit crime. Substance abuse triggers stranger violence, this is a crime committed by a person in which the victim has no relationship with the attacker. Alcohol is one such

substance which triggers this, it has been revealed that 30%-50% of violent crimes were committed by persons who consumed alcohol and other drugs. Influence of drugs or alcohol even makes victims more prone to such criminal attacks because of being less attentive or visiting secluded places.

Extensive criminological reports show a strong and consistent correlation between drug use and criminal offenses (Yunos et al., 2018). In comparison with the general population, drug use is more prevalent among individuals involved in criminal offenses (Liu & Visser, 2021). According to Anderberg et al. (2022), 55% of the inmates had a history of drug use, he noted that 50% of property offenders 40% of violent offenders and 50% of drug offenders reported using drugs at the time of committing the offenses. Sibley et al 2020 noted that drug use induces disinhibition causing impaired decision making, agitation and inappropriate social behaviour.

Drug usage usually change a person's thoughts and conduct, which may lead them to practicing dangerous or foolish actions that will likely result in incarceration for offenders. Three key connections between drugs and crime have been identified by the National Institute on Drug Abuse: These offenses include those that are defined by drug sales or possession, those that are directly connected to drug abuse, like stealing from individuals to pay for substances, and those that are connected to a way of life that makes it more likely for drug users to commit crimes, like hanging out with criminals (Bureau of Justice Statistics, 2021).

2.7 Theoretical Framework

This study adopted cognitive behavioural therapy by Aaron Beck and the modeling theory by Albert These theories were used interchangeably in order to offer psychosocial interventions.

2.7.1 Cognitive behavioural therapy

The cognitive behavioural therapy is a psychosocial intervention aimed at restructuring the client's thinking. It was developed by Aaron Beck in 1960, it emphasizes on helping individuals to be their own therapist by developing positive coping skills, this is by learning to change their own thinking, problematic emotions and behaviour.

It involves changing thinking patterns by helping the client recognize distortions in thinking, using problem solving skills and getting confident in the client's own ability. The therapy involves challenging the client face their own fears instead of avoiding them, relaxation and use of role-play to help in intrapersonal relationship. CBT is used to treat anxiety, depression, self-esteem and drug abuse problems. It is important because it focuses on the current problem of the client as opposed to what brought the problem. This enables the client to move forward and develop effective coping skills in life. In this study therefore the inmates would be assisted in developing positive coping skills while in prison as part of correction. According to Dr. Dean Cornish, the power of reframing thoughts has helped people with Acute Heart Disease to heal or improve. Reframing works by teaching patients to have a new way look of lives. This is one of the tools the brain uses to organize information. Mental frames make sense of complex information by giving its context a meaning.

CBT focuses on mental processes because thoughts precede behaviour. The purpose is to help clients with trivial thoughts to manage thinking processes and focus them on topics adjusted to reality. Some of the techniques involved in this psychotherapy is self talk. This technique involves encouraging oneself and giving commands to oneself in order to avoid undesirable behaviours during tense moments. Words like I can make it, aim good, I can remain calm, aim well ale and so on can help a person change their thinking patterns. It is important for the therapist to help the client identify negative and destructive thoughts. Those thoughts can be transformed into practical ideas and solutions. In cases of anticipating failure, a client can be taught to do something to avoid it. They can also be taught to visualize success instead of failure by imagining success. The therapist could also encourage clients to read motivational books or spiritual books like the bible. An example of CBT can be found in the Bile in the Letter According to Paul to the Phillipians 4:8 which encourages the readers to think about positive things like praiseworthy admirable and lovely things. He encourages the believers to think about such things.

Clients of CBT as also taught to avoid being discouraged by comments or actions from other people. People are likely to speak negativity of whatever you are doing hence discourage you. Past experiences sometimes make people feel as victims. The role of the therapist is also to encourage the client make a record of all negative things,

irrationality and incidents that precede the thoughts. According to Beck there was a great deal of perception and judgement errors. Some of them include generalizing where a client utters statements like everyone hates me, all men are the same which are likely to be fallacies. Others involve exaggerations that a particular situation like when you are sick will make you disabled or die while there are medical interventions. The client may draw illogical conclusions and assess matters in extremity for example when the client sees people talking and laughing they may conclude that they are the subject of discussion. Their view of the future then looks hopeless and they hence helpless.

Cognitive behavioural therapy helped the inmates understand how illogical thinking and distorted thinking and behavioural patterns led to engagement of criminal behaviour. Through this they were taught on how to manage their thoughts positively which would lead to appropriate behaviour and they would not be in prison.

2.7.2 Modeling theory

Albert Bandura 1973 developed the modeling theory which states that people learn behaviour from others through observation. From an early age, human beings are known to learn and act as per what they learn from others. Social modeling theory postulates that aggressive behaviour is learned through watching movies, reading books from friends (Barkan & James, 2013). This means that if a person has been observing others in movies commit crimes, they are likely to commit these crimes and may end up in prison. People find themselves in criminal activities because of the people they keep around (Sampson & Laub, 2011). If a person has been among criminals for too long, they are naturally attracted to their criminal behaviour and end up getting imprisoned. Most children who end up in juvenile prisons learn through imitation or modeling (Akers, 2011). Environmental reinforcements also influence juvenile behaviour. If a child is in constant communication to a person who makes a good fortune through crime, then they are likely to commit crime.

Some learn this behaviour as a coping and defense mechanism. For instance, if a convict learns that the best way to survive in prison is through joining gangs and dealing in drugs, the new convince is most likely to take part in drug dealings. Learning occurs in a social context and that people learn simply by observing others engaging in various

behaviour (Bandura, 1973). Therefore, in prison systems, inmates observe the behaviour of dominant prisoners and will seek to imitate them in an attempt to fit in the system. Modelling to the imprisoned is therefore essential for acceptance and survival.

Modelling also involves imitation where a person may copy what the other is doing which is also a cognitive component of learning. People are more likely to copy others and do what they are doing as when a child may imitate the behaviours of their parents either adaptive or maladaptive. A child from an abusive family is likely to exhibit aggressive behaviour as much as another from a functional family may be kind, calm generous.

According to Albert Bandura, there are three kinds of model which is live, verbal and symbolic. Some research has suggested that children watching violent television shows, movies and games are more likely to exhibit antisocial behaviours. There was a strong link between viewing violence and aggressive behaviour in children according to Anderson and Gentile *et al.* (2008). Social learning examples may include children who imitate family members, significant others or even television characters if there is a meaningful reward of the behaviour. The role models are important making us more likely to pay attention to them and copy their behaviour.

According to Bandura, for a successful modeling to occur, the performer must pay attention, he/she must remember the demonstration and retain, He/she must be mentally and physically able to perform the skill demonstrated and must be motivated to carry out the skill. The study helped the inmates gain insight in how poor modeling led them to criminal behaviour, this meant that if they could have identified a positive model, they would not have engaged in criminal behaviour hence they were emphasized in having positive models for positive behaviour change.

2.8 Conceptual Framework

This is a model that describes the relationship among study variables. The variables of the study included independent variables, intervening variables and dependent variables.

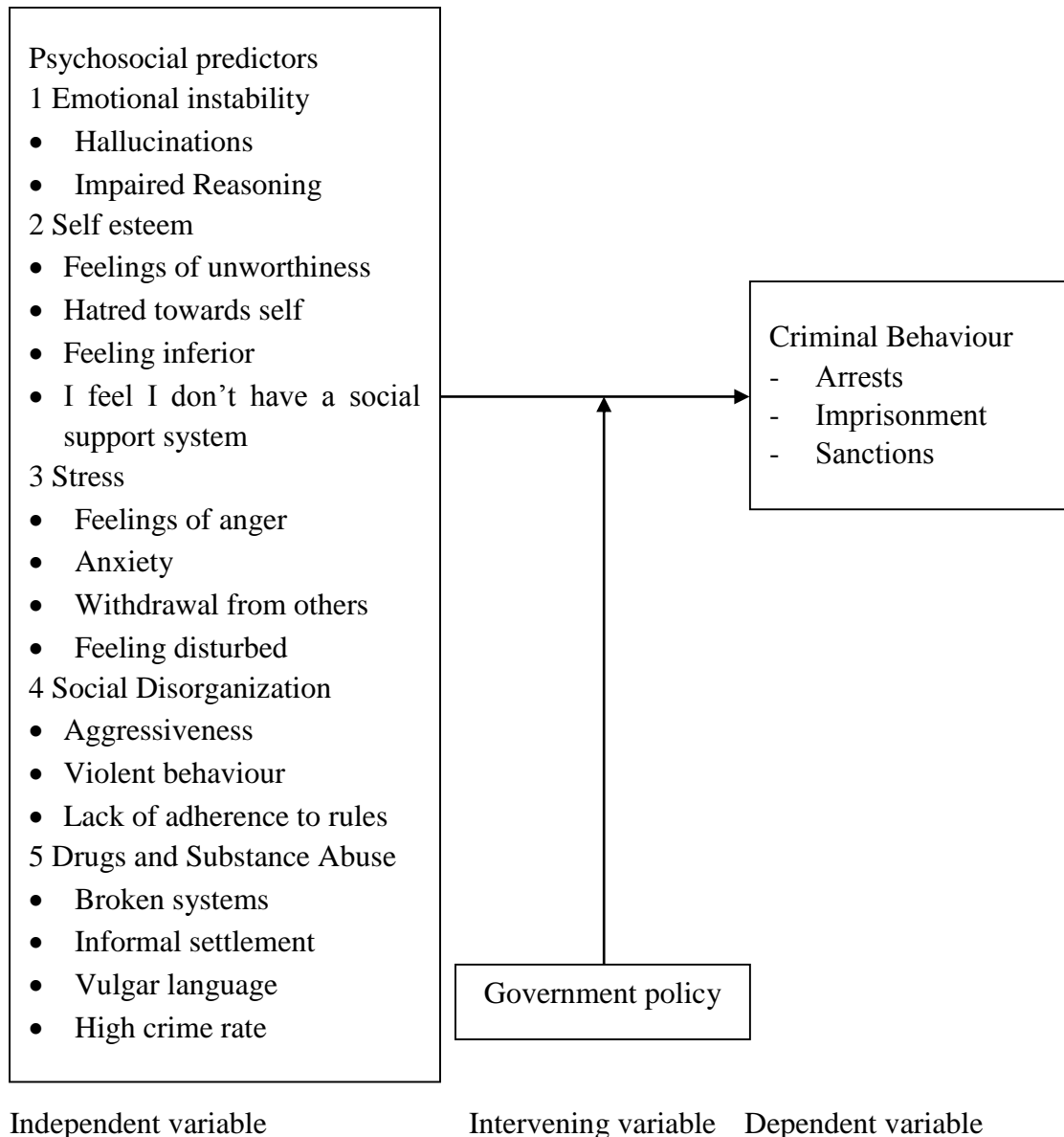


Figure 1: Relationship among study variables

Figure 1 presents the conceptual framework based on the independent, dependent and intervening variables. The independent variables in these study were the psychosocial predictors of criminal behaviour, these were: Emotional instability whereby distorted thinking patterns and mental problems predict criminal behaviour due to poor comprehension of the consequences of behaviour, self-esteem ,this explains how

feelings of inferiority among oneself leads to externalized aggressive behaviour criminal behaviour, stress whereby stressful life experiences such as job loss ,loss of a family member leads to anger and poor reasoning these feelings may lead to criminal behaviour following slight provocations, drugs and substance abuse whereby drug abuse whereby individuals under the influence of drugs most likely predict criminal behaviour. and social disorganization, this explains how an unstructured community patterns ranging from lawlessness communities, congested neighborhoods such as slums and societies with broken social fabrics are mostly the breeding zones for criminal behaviour. These variables directly predicted criminal behaviour.

Dependent variable is the outcome that the researcher is attempting to predict, in this study the dependent variable was criminal behaviour. This meant that criminal behaviour was as a result of Emotional instability, self-esteem, stress, social disorganization and drugs and substance abuse. However, there was an intervening variable that may have affected both independent and dependent variables. An intervening variable is any variable that was not systematically manipulated during the experiment and the researcher has no control over but may still affect the behaviour being observed. In this study the intervening variable was the government policy.

CHAPTER THREE

RESEARCH METHODS

3.1 Location of the Study

The study was conducted in Kerugoya prison and Gathigiriri prisons. These prisons are in Kirinyaga county, Kenya. The study was conducted in Kirinyaga county since it's the only area with predominantly male prisons as opposed to the other counties that have both male and female prisons and correction services.

3.2 Research Design

This study used a descriptive survey research design. According to Groves et al. (2004), a descriptive survey is a structured technique of gathering information from a sample in order to offer quantitative descriptors of the traits of the larger population to which the group being studied belongs. In the opinion of Kothari (2004), describing the current condition is the primary mission of descriptive research. Thus, descriptive research design assisted the researcher illustrate the information on the present existing psychosocial predictors of criminal behaviour.

3.3 Population of the Study

According to the records from the correction department, Kirinyaga county as at February 2024, Kerugoya medium prison had a population of 250 inmates and 75 wardens while Gathigiriri Medium Prison had a population of 250 inmates and 75 prison wardens. These prisons had an equal number of inmates although Kerugoya prison was not to capacity since some inmates had been moved to Gathigiriri to work on the rice farms.

3.4 Determination of Sampling size and Sampling Procedure

3.4.1 Determination of Sample Size

The prison wardens assisted in identifying prisoners who met the eligibility standards. A random drawing selected 10 prison wardens to take part in the study. 267 convicts and 10 wardens consequently made up the 277 participants in this study. This number surpasses the 260 Kathuri and Pals (1993) assessed as being sufficient for a population of 500 as indicated in appendix i

3.4.2 Sampling Procedure

Systematic sampling was used to sample respondents, it is a form of probability sampling strategy that chooses sample members from a wider population using a predetermined, recurrent interval but a random beginning point. By dividing the population size by the desired sample size, this interval—also known as the sampling interval—is computed. A representative sample was selected using both stratified and simple random sampling, a proportionate sample was drawn using simple random sampling.

Table 1: Sample Size frame

Prison	Population of inmates	Population of wardens	Sample size		Total
			Inmates	Wardens	
Kerugoya	250	75	134	5	139
Gathigiriri	250	75	133	5	138
Total	500	150	267	10	277

3.5 Research Instruments

To gather data for the study, questionnaires (Appendix II) were administered, this is because the respondents are able to express their opinions and feelings on their own. According to Mugenda (2011), surveys also have the benefit of uniformity since they ask the same questions of every responder. Data from the wardens was gathered using an interview schedule. Since they are a quick, simple, and affordable approach to gather a lot of data from a large sample, equally open and closed questionnaires was employed (Rowley, 2014). Data collection can be accomplished reasonably rapidly because the researcher is not required to be present when the questionnaires are filled out by the respondents.

3.5.1 Questionnaires

Questionnaires (Appendix II) were used in this investigation. In order to be more honest than in a personal interview, Leedy and Ormrod (2005) note that questionnaires have the advantage that participants can respond to questions knowing that their responses won't be shared with anyone else. The questionnaires had closed ended questions with them. The questionnaires were graded on a five-point Likert scale. There were four sections in the questionnaires. The purpose of Section A was to compile the respondents' demographic information. Section B gathered information on Emotional

instability, section C gathered information on self-esteem, section D gathered on stress, section E on social disorganization and section F deducted information on drugs (Appendix II).

3.5.2 Interview Schedules

According to Mugenda (2011), interviews are useful for obtaining detailed information that is impossible to obtain through questionnaires. According to Kothari (2011), the interview's body and language can be modified based on the subject's aptitude or degree of knowledge. The prison wardens were presented with a quick overview of the research questions, this helped them gain overview of the study, the prison wardens were requested to have their responses recorded so that the researcher would capture all the feedback. They were orally asked leading questions in relation to the study objectives whereby they gave their views and opinions since they were the main interactors with the inmates. Their responses were recorded on a voice recorder and also on paper for analysis. The respondents were allowed to add any information that would help the researcher gain more insight about the study. A copy of the interview schedule (Appendix III).

3.6 Piloting

A pilot study was carried out in Embu GK prison in Embu county so as to ensure the validity of the data collection tools. In order to make sure the inquiry's tools are reliable and legitimate, according to Bersani and DiPietro (2016), they must be piloted. In this study 28 respondents from the intended audience were selected and used in the pilot test. The outcome of the test run was beneficial for determining the instruments' validity and reliability as well as in revising the questionnaires as necessary.

3.6.1 Validity to test Research Instruments

The term "validity" refers, according to Mugenda and Mugenda (2003), to the soundness, relevance, and accuracy of the conclusions made from the data acquired during a study. To ensure content validity, the researcher ensured that the various variables in the questionnaire were measured. The questionnaire was designed such that the test items adequately sampled the domain of possible items and covered all the variables. The designing of the questionnaire was monitored closely by the research

supervisors to ensure that it captured the content areas. The instrument therefore was constructed within the conceptual framework.

3.6.2 Reliability to test Research Instruments

The term reliability, as per Mugenda and Mugenda (2003), is a gauge of how consistently tools of data Collection yields results when subjected to repeated administrations. The test-retest methodology was used by the researcher to evaluate reliability. To determine whether the results were consistent, the questionnaires were administered to the pilot research participants twice, separated by an interval of two weeks. The two sets of responses should produce a perfect correlation in a perfect world. Using the Pearson Product-Moment Correlation formula. According to Fraenkel and Wallen (2000), it can be said that the questionnaire produced accurate findings if a correlation coefficient of 0.7 or higher is attained. The correlation coefficient of the instruments was 0.85.

3.7 Data Collection Procedures

Participants who satisfied the qualifying requirements were found through the aid of the jail wardens. Inmates were given questionnaires to fill and were picked on the same day while prison wardens were interviewed as part of the researcher's strategy for gathering data through interview schedules.

3.8 Data Analysis Procedure

The questionnaires' closed-ended items produced quantifiable data. interviews resulted in qualitative data. Data was checked for mistakes and inconsistencies after the instruments had been collected from the respondents. The coding of cleansed data was done by imparting all responses to the questions. The data that had been coded was transferred to the Statistical Package for Social Science Research version twenty-five for inspection using the appropriate codes and variable definitions. An ordered and categorized thematic approach was used so as to analyze the collected qualitative data from interview schedules. The descriptive statistics method was used. Data was presented using tables.

Table 2: Data Analysis Matrix

Research questions	Independent variable	Dependent variable	Analysis
How did emotional instability predict criminal behaviour among inmates in Kirinyaga county, Kenya?	Emotional instability	Criminal behaviour	Descriptive, percentages
How did self-esteem predict criminal behaviour among inmates in Kirinyaga county, Kenya?	Self esteem	Criminal behaviour	Descriptive, percentages
How did stress predict criminal behaviour among inmates in Kirinyaga County, Kenya?	Stress	Criminal behaviour	Descriptive, percentages
How did social disorganization predict criminal behaviour among inmates in Kirinyaga county, Kenya?	Social disorganization	Criminal behaviour	Descriptive , percentages
How did drugs and substance abuse predict criminal behaviour among inmates in Kirinyaga county, Kenya?	Drugs and substance abuse	Criminal behaviour	Descriptive , percentages

3.9 Ethical Considerations

The researcher sought for ethical approval (Appendix V) from the Chuka University Institution Ethics Committee and thereafter a research license from National Commission for Science, Technology and Innovation (Appendix VI) to collect data. Following the receipt of the permit, the researcher travelled to the relevant prisons and requested permission from correction department the prison wardens. The respondents were contacted before the study whereby they were informed of the purpose and significance of the study. They were guaranteed of confidentiality before, during and after the study. Additionally, to uphold confidentiality no names were used in the questionnaires. Informed consent of the respondents was sought orally and in written form. Information provided by the respondents was handled with utmost confidentiality. The researcher was honest and sincere with the respondents about the aim and purpose of the study. Being open and sincere to the participants during the entire investigation process guaranteed that all important information was availed.

CHAPTER FOUR

FINDINGS AND DISCUSSIONS

4.1 Demographic data

4.1.1 Questionnaire Rate of Return

The response rate on the data collected through the questionnaire was summarized and tabulated as shown by Table 3.

Table 3: Response Rate

Response Rate	Frequency	Percentage
Returned	219	82
Unreturned	48	18
Total	267	100

Information on Table 3 showed that out of two hundred and sixty-seven 267 questionnaires given to the respondents 219 (82%) respondents completed and returned. 48 (18%) questionnaires were not returned. 82 % response rate was considered to be valid and reliable. The questionnaires were distributed to 134 inmates in Kerugoya and 133 in Gathigiriri. The response rate was sufficient to draw conclusion from the findings.

4.1.2 Age of the Respondents

The study collected data on age of the respondent under three age brackets. The responses are given in Table 4.

Table 4: Age of the Respondents

Response	Frequency	Percentage
18-35 Years	68	31
36-45 Years	99	45
46-55 Years	53	24
Total	219	100

According to Table 4 on the study found that majority 99 (45%) were aged between 36 and 45 years, which was closely followed by those aged between 18 and 35 who were 68 (31%). Those respondents aged between 46-55 years were 53 (24%) and none was above 55 years. From the above summary on table 4 on data findings, there are many

inmates in the middle age bracket who could be productive, raising a good family and working for the nation but are unproductive.

4.1.3 Gender of the Respondents

Data on gender was recorded. The study found that all inmates that were in the prison were males. This was also because the study was conducted in Kirinyaga county whose prisons Kerugoya and Gathigiriri are male prisons. The most affected people are men, and not able to control emotion, self-esteem, stress, social disorganization, drugs and substance abuse which determines their criminal behaviour among inmates in Kirinyaga County, Kenya.

4.1.4 Place of Birth of Inmates

Table 5 below indicates the place of birth of the respondents as conducted in the study.

Table 5: Place of Birth

Response	Frequency	Percentage
Kirinyaga	198	90
Outside Kirinyaga	21	10
Total	219	100

The findings of the study on table 5 indicate that majority (90%) of inmates were from Kirinyaga County. A few of them, that is 21 (10%) came from outside the county of Kirinyaga. From data above on table 5 most of inmates have committed crime within their locality. The people around us can influence commitment of crime. If a person is in a place where crime is prevalent in the neighborhood it can increase the chances of committing a crime to a great extent. Living in low income area causes an increase in commitment of crime. Having a low income makes a person to have a hard time in making the ends meet, causing intense stress and most likely resulting to crime. Many people from the neighborhood have a proper mapping of the area and therefore have knowledge of the specific items to steal so as to earn income, in this case, the Kirinyaga locality.

4.1.5 Marital Status of Inmates

The study sought to establish the marital status. Their responses are shown in Table 6

Table 6: Marital status of the Respondents

Marital Status	Frequency	Percentage
Married	113	52
Single	51	23
Divorced	43	20
Widowed	12	5
Total	219	100

From the findings on Table 6 on the marital status of the inmates, it was concluded that most of the inmates were married, that is, 113(52%) out of 219 contacted represented married men, followed by those who are single 23%, divorced 20% and widowed 5%. Conflicts in marriage have a weakening effect on health, in general, and even lead to severe cases of depression and eating disorders. It has made some men drink a lot of alcohol or drugs making them to kill their wives and sometimes their children.

The study sought to establish crimes committed by the persons who were single which may include stealing, (table the findings) possession of illicit brews; robbery; assault causing actual bodily harm; burglary and house breaking; drug trafficking; rape; robbery with violence; murder; being drunk and disorderly; and defilement. These crimes may be as a result of poverty, lack of jobs and poor family upbringing. The expression of divorce in this study and findings on Table 6 revealed that criminal activity can manifest itself through the feelings that a person has during the divorce experience. People end up in committing a crime to forget the happenings by killing their spouse or children.

4.1.6 Religion of the Inmates

The responses indicated the type of religion which one attends, in the questionnaire. The results obtained are summarized and represented in Table 7.

Table 7: Religion of Inmates

Response	Frequency	Percentage
Christianity	193	88
Not applicable	26	12
Total	219	100

The study findings on Table 7 shows that majority 193 (88%) of inmates indicate that they were Christians while 12% indicated that religion was not applicable meaning they did not belong to any religion. The study mainly focused on Christianity since it was the predominant religion in Kirinyaga.

Within the Christianity religion there are two groups of Christians, born again and vice versa. A study that examined whether participation in religious programs and the experience of being “born again” was associated with lowered crimes found no difference between religious prisoners and nonreligious prisoners in terms of backsliding (Johnson ,1987). Crimes are not committed in Islamic environment due to strict impartation and follow up of their laws. (table the data).

4.1.7 Educational Background of the inmates

The inmates were also requested to indicate their education. Their responses are shown in the Table 8.

Table 8: Educational Background

Response	Frequency	Percentage
Primary	97	44
Secondary	74	34
Tertiary	48	22
Not applicable	0	0
Total	219	100

According to the findings on Table 8 concerning the academic aspect of the respondents 97 of them attained Primary level of education, 74 had attained secondary level of education, 48 had a tertiary level and there was none who never attended school. From the above findings it can be concluded that the level of education affects the rate of crimes. Crimes decrease with the level of education.

Lack of education one in most cases increases the probability that they will become involved in crime and anti-social behaviour. Thus the opposite is considered true as well; the more education an individual has the increased probability that they will live a crime free life. The lack of educational attainment generally decreases one's future employment opportunities due to increasing hiring standards in society, thus leading to possible criminal behaviour for those individuals who cannot obtain viable employment. Research shows that divorce can lead one to commit a criminal act. Children of criminals are affected by their behaviour.

4.1.8 Nature of Offence that you have been Accused of

The respondent's nature of offence was assessed through the questionnaire. The results obtained are summarized and represented in Table 9.

Table 9: Nature of Offence that you have been Accused of

Response	Frequency	Percentage
Assault	71	32
Creating Disturbance	58	26
Drugs/Peddling	49	22
Stealing	41	20
Any other	0	0
Total	219	100

According to the findings on Table 9 on the nature of offence accused of most of the offences the inmates were accused of were assault (32%). This was followed by creating disturbance, 26%, drugs and peddling 22% and stealing 20%. No one was accused for nothing. An assault or application of physical force to the body of another person is unlawful. Such assault incidences include kicking, punching, slapping or throwing something at another person.

In some circumstances, acting in a way that causes another person to fear that you will imminently harm them can also amount to an assault. In this case, most of the cases in Kirinyaga County (32%) include assault. The offence of creating disturbance which was likely to cause a breach of the peace constitutes incitement to physical violence and the breach of the peace leading to physical violence. This followed the assault cases in the study (26%). Selling illegal drugs is an act of crime which is punishable by law. Level of crime in this case was 22%.

4.1.9 Frequency of Imprisonment

The inmates' responses towards the frequency of imprisonment was analyzed and summarized in a Table 10.

Table 10: Frequency of Imprisonment

Response	Frequency	Percentage
First offender	151	69
Repeat offender	68	31
Total	219	100

According to the findings on Table 10 on the frequency of imprisonment among the inmates it was concluded that most of crimes were committed for the first time. However, there were also cases of an offender who committed a crime even after the release, 31%. First-time offender or person being charged with a crime have no record of criminal activity. Therefore, it is the first occurrence of crime.

Most first-time offenders feel nervous and uncertain about the criminal charges because they don't know what to expect in the court proceedings. The first time offenders may not be conscious of wrong doing, as it may not be intentional. In the study they formed a higher number (69%). A repeat of the same offense tend to have a serious impact on the society. Crime convictions come with longer jail sentences and higher fines. Repeat offenders face life in prison. Inmates may feel secure in prison as they have been neglected by society. Repeat offenders formed 31% of the responses collected data.

4.1.10 Term of Imprisonment

The terms of imprisonment valid from 1 day to more than six months. Some were also under probation as indicated by Table 11.

Table 11: Term of Imprisonment

Response	Frequency	Percentage
0-6 Months	140	64
More than 6 months	79	36
Total	219	100

From the findings on Table 11 on the term of imprisonment of the inmates, most of the inmates were imprisoned for six months or less which amount to a total of 64%. 36 %

of the respondents were imprisoned for more than six months. No one was under probation in the prison.

A petty offence and minor crimes are punishable by way of paying a fine or through a short imprisonment sentence. The penalty of fine or imprisonment can apply alone or both. This include, loitering, littering, idling, being drunk and disorderly, causing a disturbance or nuisance and loitering with intent to commit prostitution, among others. This study concludes that minor offences were many and for 64% of these cases.

4.2 Emotional instability as a Predictor of Criminal Behaviour

Table 12 presents a summary of data on responses about emotional instability as a predictor of criminal behaviour.

Table 12: Emotional instability as a Predictor of Criminal behaviour

Statement	SD 1	D 2	N 3	A 4	SA 5
My inability to manage anger made me commit the crime that made me imprisoned	0	36	0	32	32
Feelings of boredom and idleness led me to the criminal behaviour that made me imprisoned	10	1	4	50	35
Aggressive, reactive and volatile behaviour made me commit crime that led me to imprisonment	5	6	3	49	38
Anxiety about my life made me lose control leading to criminal behaviour that brought me to prison	2	32	0	35	31
Sad moments make me lose control and engage in criminal behaviour	0	8	7	46	39
Fear makes me unstable and unable to control my behavior	23	20	23	17	17
Provocations destabilizes my thinking and is one reason for my criminal behaviour	29	16	23	18	15
Overall average	10	17	8	35	30

Information on Table 12 indicate that majority (65%) agreed that emotional instability was a predictor of criminal behaviour. This concurred with the discovery made by Gross (2013) who found that emotions lead to externalized behaviour easily leads to criminal behaviour. Majority (87%) of the respondents agreed that aggressive, reactive and volatile behaviour made me commit crime that led me to imprisonment. This agrees with findings by According to Allen and Anderson (2017) that aggression and violence

include many forms of different criminal behaviour that lead to imprisonment of many inmates.

According to table 12, 85% of the respondent indicated that boredom and idleness as well as sadness made them lose control and this made them engage in criminal behaviour that caused their imprisonment. Another 64% of the respondents agreed that inability to manage anger and anxiety made them commit the crime that led to their imprisonment. This is in agreement with studies by Gross (2013) who found that anger and other negative emotions such as depression, shame and anxiety are most likely to lead to externalized criminal behaviour. It further concurs with the assertion by Park Choi (2018) that angrier individuals exhibit poorer emotional regulation and are therefore more likely to take part in violent behaviour. Majority (45%) of respondents however, disagreed and 23% were neutral that Provocations were one of the reasons for their criminal behaviour. At the same time 43% disagreed and 23% were neutral that Fear made them unstable and unable to control their behaviour.

Data was also collected from prison wardens using an interview guide and the responses were as follows:

Respondent 1; *I have several cases of inmates who have Emotional instability due to mental illnesses, aggressive behaviour and inability to control anger. Others have been suffering from anxiety related complications hence waiting review by the department psychologist for intervention, there are also inmates who were imprisoned but upon mental checkup they were diagnosed with bipolar disorders even at the time of the criminal behaviour, 5 of them were involved in assault and two torched down their neighbors' homes. I also have some inmates who have been imprisoned although they are awaiting mental examination, this is because after being accused of assault whereby one of them chopped off their neighbor's hand, when they were arraigned in court they became numb and couldn't communicate with anyone, therefore magistrate requested them to be put on remand and illustrated for a medical checkup.*

Respondent 2: *There was an inmate who was arrested during night patrols for allegedly loitering around during curfew hours which after interrogation by the officer in charge on his name he didn't respond, all he did was tongue beating and speaking softly. At the moment he was put under custody where upon the counseling department requested to have him referred for psychiatric intervention since he exhibited symptoms of severe depression."*

According to the above study findings from the quantitative and qualitative data it was evident that Emotional instability predicted criminal behaviour, these concurred with the findings by Harmon Jones & Levy (2015) who stated that when psychological dissonance occurs consequent to the stimulation of thoughts that interfere with a goal driven behaviour will eventually lead to imprisonment.

4.3 Self-Esteem as a Predictor of Criminal Behaviour

Data collected from the respondents on whether self-esteem had influence on criminal behaviour is presented on Table 13.

Table 13: Self-Esteem as A Predictor of Criminal behaviour

Statement	SD 1	D 2	N 3	A 4	S.A 5
Having low self-esteem made me commit the crime that landed me into prison	28	22	20	17	14
My parent's failure to appreciate me made me commit the crime that caused my imprisonment.	27	19	20	21	14
Self-doubt is the major cause of the crime that brought me to prison	26	14	23	26	13
I committed crime to prove myself because I felt people were underrating and looking down on me.	28	20	19	20	13
I committed crime because I thought that I would gain approval and recognition from others	21	20	23	18	18
I committed crime because I thought that I would be seen as a hero	26	17	21	20	17
I committed crime because I felt that I never achieved anything I undertook to do	17	23	17	22	20
I committed crime because I felt inadequate and worthless	24	20	23	19	15
Overall average	24	19	21	20	16

According to the findings on Table 13, 43% the overall average of the respondents disagreed while 36% agreed that self-esteem is a predictor of criminal behaviour. Half, that is 50% of the respondents indicated that they disagreed while only 31% agreed and 20% remained neutral that having low self-esteem made them commit the crime that landed them into prison. on whether they committed to prove myself because the felt that people were underrating and looking down them 48% disagreed while 33 % agreed and 19% were neutral. These findings disagree with the vulnerability model assumption that people with low self-esteem are more susceptible to crime Klein Koter & Buffered (2011) And the finding by Walker and Bright (2009) that low self-esteem was associated with criminal behaviour rather than high self-esteem. This suggests that the inmates in Kirinyaga county did not suffer low self-esteem.

Table 13 further shows that majority 46% disagreed, 34% agreed while 20% were neutral that parent's failure to appreciate them made them commit the crime that caused imprisonment. The table also shows that 44% of the respondents disagreed, 44% agreed while 23% were neutral that committed crime because of feelings of inadequate and worthless. This is contrary to the findings of Horney and Adier (1937) that aggressive behaviour is motivated by feelings of inferiority rooted in early childhood experiences of rejection and humiliation and the self-esteem model by William 1890 stated that juveniles may become involved in delinquency behaviour as response to negative attitude. Kaplan's model suggests that the individuals who have difficulties in establishing their self-worth would be more likely to commit delinquent acts in an effort to sustain their self-worth. This suggest that since the studies by Horney and Adier and that of William were done long time ago and in different countries, the current society is different and the parenting styles in Kirinyaga appreciates their children which has helped majority to overcome the state of helplessness and feelings of worthlessness.

There were also findings from the prison wardens who provided quantitative analysis below.

Respondent 1: *I have a number of inmates who have a very low regard about themselves, having feelings of inadequacies, they claimed that nobody ever loved them. Others felt that nobody ever accepted them and*

appreciated them irrespective of any effort they made. This was mostly from their immediate family members. Some of them felt that their siblings were favored more than them due to their financial capabilities, they confessed to engaging in multiple fights as a way of seeking validation where they got them arrested and imprisoned.

Respondent 2: *There were a number of inmates in the institution who confessed to me that after they completed their form four exams they were unable to meet their parents expectations and were labelled as failures. Their parents didn't bother giving them a second chance in education. They were introduced to a boys club where they felt appreciated and embraced. This club engaged in smuggling drugs, one day while on their errands the local chief bumped into them and got them arrested. Another inmate confessed to his peers in prison after being arrested while vandalizing an electricity transformer that despite it being a very dangerous venture that he wanted 'special recognition from his peers who had succeeded in other fraud attempts. This was because he was the only one who had not undertaken and completed a "task". However, this didn't actualize because power interruptions occurred where he was ambushed by the administration. He regretted engaging in such an activity since it led him in prison."*

Respondent 3: *During my interactions with some inmates as they were cleaning the compound they confessed that they assaulted their partners after heated quarrels and they were told how worthless they were since they were unable to fend for their families, this was after their contract had been terminated indefinitely. These utterances made them very bitter and resulted to assault where they got arrested and imprisoned. Other inmates confessed that they engaged in extreme drunkardness after they were diagnosed with HIV/AIDS, they didn't care about leaving a worthy life anymore, they wished to die because they felt that no one really loved them and no one would feel their loss if they died. They narrated how they would visit their local bar every morning, drink until evening. One day when there were daytime patrols, they were arrested and*

charged . Since it was a nationwide patrol and bail was not allowed, they were arraigned in court and imprisoned for six months.

Respondent 4: *Other inmates who narrated that they felt that people were not appreciating them even when they had done the right things. More often than not, the significant others would verbally let them know how they were good for nothing. In one instance, a prisoner convicted of assault claimed that a woman whom they were cohabiting with hurt his ego when he told him that he was just a man because of wearing a trouser. The prisoner said that he felt hurt because his efforts as a casual labourer and the bread winner could not be felt but rather he was being abused. It is at this point that he assaulted the woman who sustained injuries and he ended up in prison. The prisoner recalls that there were other people especially his siblings who felt that he was just a nuisance and a bother and would use some unkind words on him which lowered his self esteem.*

Respondent 5: *Other inmates intimidated that they felt that they were underachievers. One prisoner narrated that his peers seemed to be doing quite well. He had dropped out of school and his age mates had proceeded to secondary school and later colleges and according to him they had excelled. The prisoner had tried farming and other menial jobs but he felt that whatever he had started was not succeeding. At one time he had saved money to buy a cow and when he had hopes of eking a living from its products the cow died. This made his self-esteem go down and he started stealing mainly scrap and sell it in a hope that he would once get at par with his village mates. That is how he was arrested after stealing sign boards along the road. Had he not felt as an underachiever, the prisoner said that he would not have gotten into a habit of stealing.*

The findings from the quantitative and qualitative data findings further concurs with Robert W (2015) who found that domestic violence is deeply rooted in power dynamics. Abusers often feel a compulsive need to assert control over their partners compensating for their feelings of inadequacies is a desperate attempt to regain a sense of power, self-

worth, albeit and destructive. The findings also concur with Steffenhagen and Burns (2006) who stated that low self-esteem either causes or contributes to neurosis, anxiety, defensiveness and ultimately delinquency. Low self-esteem is the underlying psychodynamics mechanism leading to all deviant behaviour and if it is not addressed as a root cause of violence, it is more likely to perpetuate again and again (Davis Toch 2007).

4.4 Stress as a Predictor of Criminal Behaviour

The data collected on stress as a predictor of criminal behaviour is presented on Table 14.

Table 14: Stress as a Predictor of Criminal behaviour

Statement	SD 1	D 2	N 3	A 4	S.A5
The criminal behaviour that brought me to prison was due to stress	25	20	20	19	17
Conflict at home stressed me and made me commit crime.	20	14	20	22	24
Victimization makes me stressed which leads me to criminal behaviour	24	17	17	15	26
Stress induced anxiety makes me susceptible to criminal behaviour	23	23	23	14	17
Tension in most cases makes me lose control leading to criminal behaviour	21	17	19	23	21
Bereavement stresses me to an extent of committing crime	26	21	11	23	20
When somebody abuses me I mostly find a way of fighting back leading me to criminal behaviour	20	18	23	19	20
When I get overworked mentally I easily get irritated and may end up in a criminal behaviour	18	20	23	20	19
Overall	22	20	20	19	19

According to the findings on Table 14 overall majority 42% indicated that they disagreed that stress was an indicator of criminal behaviour while 38 agreed and 20% were neutral. These findings to some extent concurs with findings by Averill (1983) that Post Traumatic Stress Disorder leads people to committing crimes especially they feel threatened or obscured from attaining a certain goal and assertion by Michael (2017) Many young offenders in the juvenile system suffer from anxiety disorders which affects their behavioural patterns leading to criminality. Table 14 however, shows that majority of the respondents agree that some aspects of stress influences

criminal behaviour. On whether stress arising from family conflict caused criminal behaviour, 46% agreed while 34% disagreed and 17% were neutral. *This concurs with findings by Copeland Liner (2010) that a community filled with people whose levels of stress is generally more likely to experience high levels of crime and delinquent behaviour. About stress from bereavement influencing committing of crimes 44% agreed while 38% disagreed and 23% were neutral. On Tension making respondents lose control leading to criminal behaviour 44% agreed, 36% disagreed and 19% remained neutral. On whether Victimization stressed respondents leading to criminal behaviour 41% agreed, another 41% and 18% were neutral. This agrees with findings by Jones and Levy, (2015) that Psychological dissonance occurs consequent to the stimulation of thoughts that interfere with a goal driven behaviour which will eventually lead to imprisonment and that of Beall (2016) that a stressful life experience can increase the risk for committing crimes, particularly in the week after being exposed to stress people are more likely to commit a violent crime.*

Stress from bereavement, abuse and overworking had equal responses from the respondents with 39% agreed, 38% disagreed and 23% were neutral. On whether Victimization made one stressed leading to criminal behaviour respondents tied at 41% agreeing and 41% disagreeing while 18% were neutral.

The qualitative findings from the prison wardens was as follows:

Respondent 1: *Some inmates confessed that after deep confrontation with their boss and threats of being sacked, they were unable to control their anger whereby while leaving job for home, they decided to stop in town for shopping whereby they used the exit route to access the town parking, the parking attendants cramped their cause which resulted in fights and beat up the attendants and destroyed the cramps. This being a criminal case, they were arrested, arraigned and imprisoned for a period of 3 months awaiting bail.*

Respondent 2. *Some inmates confessed that they resulted in fights after arguments with their friends where they were they were told that they lost their job because they were stupid. These utterances provoked them since at that time they could barely afford a meal and with so much bitterness they*

beat up their friend who lost their teeth. They were reported to the police where after several court hearings they were sentenced to imprisonment.

Respondent 3: *For the repeat offenders majority of them always face victimization once they are released out of prison, in one scenario an inmate who had served their term after being accused of stealing chicken narrated with bitterness an experience where after they were released, that night the neighbors chicken were stolen and they were approached and told, when they were in prison no chicken were disappearing , the neighbors took him to the police station where the police officers were also were convinced that they had stolen. They were rearranged in court and imprisoned again.*

Respondent 4: *I have interacted with inmates who had conflicts with their family members and got in fight which made them get arrested and imprisoned. There were inmates who committed criminal offences due to bitterness and pressure of losing a family member. According to them nobody really understood what they were undergoing through and judged them wrongly, therefore took them to prison, where they imprisoned”.*

The study findings concurred with the findings stating that these feelings may prompt crime and can be a precursor to crime especially due to individual factors including lack of social support, debts, poor physical and mental health (October Issue of behavioural Neuroscience).

4.5 Social Disorganization as a Predictor of Criminal Behaviour

The study sought information on whether social disorganization is a predictor of criminal behaviour. Data collected is presented in Table 15. According to the findings on Table 15, majority 41% of the respondents agreed that social disorganization is a predictor of criminal behaviour while 40% disagreed and 19 were neutral. This concurs with findings by Lyman & Potter (2007) socially disorganized communities are more likely to experience crime especially those with high population, poverty and diverse populations. On suggestion that Growing without parents is to be blamed for my

engagement in criminal behaviour 47% agreed while 34 disagreed and 20% remained neutral. Similarly, 47% respondents agreed, 34% disagreed and 19 were neutral that Family conflicts have contributed to their criminal behaviour. The table further shows 45% respondents agreed while 36% disagreed and 19 were neutral that Negative peer pressure influenced engagement in criminal behaviour. These findings concur with assertion by Gabriel Tarde (2006) that people learn criminal behaviour through close contact with criminals, imitation of their behaviour, learning the language and concepts underlying crime and establishing role models who are active in crime.

Table 15: Social Disorganization as a Predictor of Criminal behaviour

Statement	SD	D	N	A	S.A
	1	2	3	4	5
Negative peer pressure made me engage in criminal behaviour which led me to imprisonment	18	18	19	18	27
Poverty made me engage in criminal behaviour so as to earn a living	19	23	19	23	17
My parents never warned me of engaging in criminal behaviour and that is why I find myself in crimes	23	18	17	23	20
Growing without parents is to be blamed for my engagement in criminal behaviour.	19	15	20	26	21
Media influenced me in engaging in criminal behaviour.	20	20	18	23	19
Family conflicts have contributed to my criminal behaviour	17	17	19	26	21
Lack of social support system made me engage in criminal behaviour	21	23	21	14	21
Poor socialization in school made me engage in crime	21	17	20	23	19
Overall total	20	20	19	23	18

Table 15 also indicate that 43% of the respondents indicated they agreed that poor parental upbringing contributed to their criminal behaviour while 40% disagreed and 17 took a neutral position. On whether poor socialization in school made influenced criminal behaviour, 42% of the respondents agreed, 38% disagreed and 20% were neutral. However, majority 44% of the respondents disagreed, while 35% agreed and 21% were neutral that Lack of social support system made them engage in criminal behaviour. This agrees with findings by Lyman & Potter (2007) that there is a relationship between criminality and social conditions prevalent in neighborhoods and also to explain why crime rates and imprisonment is high in neighborhoods that exhibit symptoms of decay and general social and family deterioration. Also 42% disagreed,

40% agreed and 19% disagreed that poverty caused their engagement in criminal behaviour.

Study findings from the prison wardens reports as reported below:

Respondent 1; *I have heard other inmates argue that their peers enticed them to stealing avocado fruits and termed it as a lucrative business, this was during the avocado season where their peers introduced them to the vendors at the aggregation sheds, they would pick fruits at night from the neighborhood and deliver them in the morning. One day the owners decided to hide in the orchards where as a routine they climbed the trees where the owners ambushed them. They were beaten up, taken to the police station and arraigned in court where they were sentenced to imprisonment.*

Respondent 2; *Majority of the men who separated with their wives confessed that they committed crime so as to feed for their children, one of them confessed that, "when my wife remarried she left behind a small kid who was two years old, on that fateful day I went in our neighborhood at night in the plantains estates, after cutting one banana the farm manager who heard the dogs back came immediately. He ordered me to either pay five thousand shillings for the plantain or send me to prison, since I didn't have the money, he took me to the police station, recorded a statement and I was remanded.*

Respondent 3; *Several parents who came for visit days regretted that they wish they had interrogated and warned their children from engaging in criminal behaviour. The parents confessed that they had seen their children with electronics which they were reselling, they didn't question the whereabouts of the goods. What followed was a series of visits by detectives in their homestead. Their kins were arraigned in court and later imprisoned.*

Respondent 4; *Other inmates have been imprisoned due to conning and theft. This was as a result of impulsive betting they had been lured into by the television stations. The excitement they say the winners having when being introduced in the television after winning made them have wishful*

thinking. They imagined they would also be winners on television therefore, they engaged in betting whereby after replenishing their money, they started conning people by leasing one piece of land to multiple people and getting money from them while others fraudulently obtained mobile loans from their friends.

In regard to petty offenders who have repeatedly been in prison, a warder who was interviewed gave a case of an offender imprisoned severally. The offender came from a slum/formal in settlement in Sagana in Kirinyaga. The offender had started stealing of farm products way back from his primary school days and he eventually dropped out of school because of indiscipline related cases. The prisoner narrated that the first time he came home with stolen pawpaws, he was on his way from school when he came across his fellow boys who had dropped out of school due to lack of school fees or indiscipline. They had money and urged him to join them look for more. That is when they entered a shamba in the neighborhood and stole pawpaws which they later sold and got some more money.

The convict narrated that the habit increased and he later dropped out of school. During that time, he would be arrested and sometimes released but the habit did not cease. Although he cites that poverty was a factor that contributed greatly to his habit, the biggest contributor was social disorganization. The environment he was living in encouraged him to continually repeat offences which took him to prison many times. Asked when the urge to commit petty crime would occur, the prisoner said that he often found it unfair that there were people who were rich and living well and the others were poor and could not afford any luxury.

These study findings concurred with the findings that unfavorable conditions in certain communities largely have an effect of crime (Larry Gaines & Roger Miller, 1933). There are ecological factors that lead to high rates of crimes. In this regard the study findings from the quantitative and qualitative data confirmed that social disorganization was a predictor of criminal behaviour.

4.6 Drugs and Substance Abuse as a Predictor of Criminal Behaviour

Table 16 present data collected from inmates' respondents on how drug and substance abuse can be a predictor of criminal behaviour.

Table 16: Drugs and Substance Abuse as a Predictor of Criminal behaviour

Statement	SD 1	D 2	N 3	A 4	S.A 5
Drugs and substance use makes me irrational, violent hence engaging in criminal behaviour.	19	23	20	16	23
Lack of funds to facilitate my drug use habit led me to stealing.	20	15	18	27	20
I used drugs like alcohol, marijuana, heroin, cocaine which influenced me in criminal behaviour	20	21	22	25	13
Availability of drugs for abuse was a major cause of my criminal behaviour like peddling	20	26	22	14	19
I committed crime because my peers who used drugs challenged me to be tough like them.	20	20	23	20	17
Drug abuse was a major cause of my aggressive behaviour and related crimes	15	27	23	17	19
Drug abuse disorientated my lifestyle leading me to criminal behaviour	18	22	23	19	19
Overall average	19	22	21	19	18

According to the findings on Table 16, the study indicated that 41% of the respondents disagreed while 37% agreed and 21% were neutral that drugs and substance use influenced their criminal behaviour. This disagrees with research conducted in the United States in (2010) which found that there was a strong relationship between alcohol use and aggressive crimes. However, on that lack of funds to facilitate drug use habit led to stealing, majority (47%) while 37% agreed and 21% disagreed with the assertion. This agrees with assertion by Bureau of Justice Statistics (2021) that Three key connections between drugs and crime include those that are defined by drug sales or possession, those that are directly connected to drug abuse, like stealing from individuals to pay for substances, and those that are connected to a way of life that makes it more likely for drug users to commit crimes, like hanging out with criminals. According to Table 16, 41% of the respondents indicated they disagreed as that they committed crime because of influence by a challenge by peers who used drugs to be tough like them while 36% disagree and 23% were neutral about the statement. It also shows that 40% disagreed, 36% agreed and 23 % were neutral that drug abuse disorientated their lifestyle leading them to criminal behaviour. The percentages of the

respondents who disagreed is far below those of Anderberg et al. (2022), who found that 55% of the inmates had a history of drug use, and further noted that 50% of property offenders, 40% of violent offenders and 50% of drug offenders reported using drugs at the time of committing the offenses. The findings also disagree with Sibley et al (2020) who found that that drug use induces disinhibition causing impaired decision making, agitation and inappropriate social behaviour

Table 16 further shows that the 46% of the respondents disagreed that availability of drugs for abuse was a major cause of their involvement in criminal behaviour like peddling while 33% agreed and 22 % were neutral. The table also indicates that 42% of the respondents disagreed, 36% agreed while 23% were neutral that Drug abuse was a major cause of aggressive behaviour and related crimes. Another 62% disagreed that Drugs and substance use makes me irrational, violent hence engaging in criminal behaviour while 39% agreed and 20% disagreed with the statement this disagrees with finding from a research conducted in the United States in (2010) that there was a strong relationship between alcohol use and aggressive crimes.

The findings from interview guide done to the prison wardens are as follows:

Respondent 1: *Some inmates confessed that they committed crime since they were under influence of alcohol, bhang and other drugs. On that day under influence of drug they committed a crime of fighting with their neighbor. Some inmates could not have engaged in crime if they had not taken a drug. They regret why they drank alcohol. Other inmates confessed that they used drugs after being challenged by their peers who were drug users, they narrated how when they were having a daytime party in one of their friends' house in the estate of how he was lured into drinking alcohol not aware that it had been "spiced," meaning it had other drugs in it, they got very drunk and were disorderly, they insisted on leaving the premises despite many efforts by the other friends not to leave. They got in their car and started driving and hooting not being aware there were court proceedings in the court adjacent to the apartments, they were arrested and charged*

immediately for being drunk and disorderly, they would serve a term of 6 months."

Respondent 2: *inmates confessed that they stole their parents' goats since they didn't have money to purchase drugs, they confessed that prior to their imprisonment they were addicted to drugs such that they would have tremors, shivering and catatonic movements if they failed to use drugs. The urge for the drugs was too high therefore they couldn't resist any activity as long as it yielded money. Their parents were very angry with them when they were tipped by witnesses that they had been seen ferrying the goats, with the combined anger of them being drug addicts, a disgrace to them and stealing they swore to have them imprisoned despite their pleas to change. Other inmates confessed to have been the village distiller, this meant that they were well renowned to be the best brewers in their area for the local muratina. They had been warned severally by the local administration since alcohol addiction had become very rampant where day scholar students would go to school drunk, there was increased family separation since the women would not cope up with their drinking husbands and their missing household items which acted as a tool of trade if the men lacked money. The proceeds from alcohol were so much that they could afford to tip some members of the administration. On that fateful day the local chief visited with some visitors and he decided to tip them not knowing they were senior officers, he was handcuffed, escorted to the police station and arraigned in court where he was sentenced to imprisonment.*

Respondent 3: *Some parents of the inmates during visiting days confessed drugs and substance abuse disorientated their sons life and led them to prison. This happened when they leased their entire land where they used all the money in drinking alcohol and became totally disoriented, they were unable to pay for their children school fees and fed for their family. This led to the intervention by the children's officer where the government took full custody of the children on condition that the parent would be arraigned in court.*

Respondent 4: *Prisoners who were habitual drug users were commonly convicted for minor offences like assault, malicious destruction of property, using abusive language, stealing, disorderliness. The continuous use of drugs like alcohol and miraa would make them make irrational judgement. Such case was of a prisoner who went home after drinking and after a short exchange of words with his father cut down all crops in the farm. The prisoner narrated that had he not been under the influence of alcohol, most likely he would not have taken the action that he took.*

These findings concluded and concurred with the findings that extensive criminological reports show a strong and consistent correlation between drug use and criminal offenses (Yunos et al., 2018). In comparison with the general population, drug use is more prevalent among individuals involved in criminal offenses (Liu & Visher, 2021).

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Summary

The study sought to determine specific psychosocial predictors of criminal behaviour among inmates in Kirinyaga county, Kenya. Specifically, the study sought to find out how emotional instability predicted criminal behaviour, how self-esteem predicted criminal behaviour, how stress predicted criminal behaviour, how social disorganization predicted criminal behaviour and how drugs and substance abuse predicted criminal behavior. A descriptive cross-sectional survey research design was formulated to provide data required to answer the research questions. Data was collected from 267 inmates and 10 prison wardens within Kerugoya and Gathigiriri prisons, it was analyzed descriptively and using percentages.

Data obtained showed that frustration and failure to be appreciated by parents resulted to low self esteem which in return led to criminal behavior as a way of seeking attention and proving ones self worth. Most regular offenders were stressed and felt that they needed to be assisted from stress rather than being convicted as criminals. Findings implied that instabilities, stress, drugs and substance abuse, low self esteem and social disorganization were the main psychosocial predictors of criminal behavior in decreasing order.

Based on the first objective of the study, which was, to determine emotional instability as a predictor of criminal behaviour among inmates, inability to manage anger made inmates to commit a crime that lend them to be imprisoned. The feelings of boredom and idleness led the inmates to commit crime which made them to be imprisoned. Aggressive, reactive and volatile behaviour made inmates commit crime that led them to be imprisoned Anxiety about life made inmates to lose control which led to criminal behaviour that brought them to prison. Sad moments made the inmates lose control and engage in criminal behaviour. Fear made inmates unstable or unable to control their behaviour. Data collected and analyzed concludes that fear makes people unstable and unable to control behaviour where, the inmate said that provocations destabilized their thinking and was not able to reason for their criminal behaviour.

The second objective was to determine self-esteem as a predictor of criminal behaviour among inmates in Kirinyaga County. From the findings, having a low self-esteem made the inmates commit crime that led the inmates to prison. The parent's failure to appreciate inmates on average caused them to commit the crime that caused imprisonment. Self-doubt on average was a major cause of the crime that brought inmates to prison. The inmates did not commit crime to prove themselves that they felt people were underrating and looking down on them. The inmates committed crime because they thought that they would gain approval and recognition from others. The inmates on average did not agree that they committed crime because they thought that they would be seen as a hero. The inmates indicated that they committed crime because they felt that they never achieved anything they undertook to do. The respondents did not commit crime because they felt inadequate and worthless.

The third objective was to determine stress as a predictor of criminal behaviour among inmates in Kirinyaga County. The inmates admitted that criminal behaviour that brought them to prison was due to stress. Conflict at home stressed them to commit crime. Victimization made the respondents stressed which made them to commit crime. Stress induced anxiety that made the inmates susceptible to criminal behaviour to a greater extent. Tension in most cases made the respondents to lose control leading to criminal behaviour. Bereavement stressed the inmates to an extent of committing crime. On average the respondents retaliate to abuses and mostly find a way of fighting back leading them to criminal behaviour. The respondents did not always get irritated when overworked mentally and therefore did not end up in a criminal behaviour.

The fourth objective was to determine social disorganization as a predictor of criminal behaviour among inmates in Kirinyaga County. Negative peer pressure made the inmates engage in criminal behaviour which led them to be imprisoned. Poverty contributed to criminal behaviour so as to earn a living. On average the study found that the parents never warned the inmates and therefore they engaged in criminal behaviour and that is why they found themselves in crimes. The response on inmates growing without parents revealed that it is a cause to inmates' engagement in criminal behaviour. The inmates agreed on average that media influenced them to engage in criminal behaviour. Family conflicts also contributed to the criminal behaviour. The lack of

social support system on average made the inmates engage in criminal behaviour. Poor socialization in school made inmates to engage in crime.

The fifth objective was to determine drugs and substance abuse as a predictor of criminal behaviour among inmates in Kirinyaga County. The study found that, drugs and substance use make the respondents to become irrational and violent hence engaging in criminal behaviour. Lack of funds to facilitate the drug use habit led to stealing. The inmates used drugs like alcohol, marijuana, heroin, cocaine that influenced them to have criminal behaviour. The availability of drugs for abuse was a major cause of their criminal behaviour like peddling. The respondents committed crime because of peers who used drugs causing a challenge to become tough like them. The study also found that drug abuse was not necessarily a major cause of aggression behaviour and related crimes. Drug abuse on average disorientated the lifestyle of inmates leading them to criminal behaviour.

5.2 Conclusion

The study concludes that psychosocial predictors have an effect on criminal behaviour that reveals people's delusions, false imaginations and confusion may make them to commit crime. Emotional instability was found to be common cause of criminal behaviour among the inmates in Kirinyaga county. Idleness and boredom was a key cause of emotional instability and crimes. Aggression, violence, assault, hitting, stabbing and even killing are all forms of violence which are as a result of Emotional instability.

Most of the inmates had low self-esteem as a result of frustrations from home and school. They had dropped out of school either because they were harassed by teacher for performing poorly in academics or because parents failed to pay school levies. Others by were frustrated parent's failure to appreciate them and create a conducive environment for them. All these led to low self-esteem leading to crime as they seek for attention and prove their worth. It is therefore, clear that Self-doubt, lack of approval, recognition and appreciation of individuals influenced criminal behaviour. The feeling that individuals did not achieve anything they undertook to do affect the rate of crimes.

Stress arising from bereavement and victimization or post-traumatic stress disorder was found to be common among the inmates. Many were stressed because they held that they were wrongly convicted and give a very harsh punishment. Those who accepted they were guilty though that the crime did not warrant the many months of imprisonment. Many inmates therefore, were hardened by imprisonment and continued committing crimes rather than getting rehabilitated.

Social disorganization like Conflict at home, family conflicts, parental absenteeism, negative peer pressure, poor parental upbringing, lack of social support appears to be rampant in Kirinyaga county. Majority of the respondents were from the county and these factors were found to be key in their vulnerability to criminal behaviour. There is therefore need to address the issues causing community disorganization to improve the environment and reduce crime rates in the county.

Drugs and substance use makes the respondents to become irrational and violent. Lack of funds to facilitate the drug use habit leads to stealing and other anti-social behaviour. Drugs influence individuals to have misconduct, which is a criminal behaviour. The conclusion of this study is that drugs are easily available and drug and substance abuse is one of the key causes of criminal behaviour.

5.3 Recommendations of the Study

From the above conclusions, the study recommends, the following:

- i. It is prudent that the county and national government considers creating jobs to occupy majority of the young people in the society. This will occupy them and reduce cases of idleness and boredom and hence reduce criminal behaviour.
- ii. The ministry of education need to sensitize teachers and parents on the importance of helping the children under their care to develop high self-esteem. They should avoid words and actions that make them develop low self-esteem because this easily leads them to criminal behaviour.
- iii. The government should consider facilitating basic guidance and counseling training to chiefs, other administrators and law enforcement officers to enable them address the psychological issues especially those emanating from low stress and help those affected through guiding and counselling them rather than

taking them to court and prison. The judicial system should also consider probation sentences for petty offenders rather than custodial sentences

- iv. The church leader should enhance guidance and counseling of families in the community. Their church services, seminars and meeting should be tailored to address issues the disorganize the community like family conflicts, negative peer pressure, poverty, social support and parenting. This should be tailored to helping creating organized community as a means of reducing crimes
- v. The county government in collaboration with the National Council Against Drug Abuse should limit the licensing of bars in the county and use the law enforcement agencies deal firmly with the drug suppliers and paddlers. Reduction of the supply of drugs more effective of reducing the drug and substance abuse and this will reduce criminal behaviour.

5.4 Suggestions for Further Research

The study suggests the following areas for further research:

- i. The study suggests that future studies should utilize approaches that will involve both genders (male and female); as well as possibly involve more correctional service centers in further studies.
- ii. The same study can be conducted in other counties to find out whether crimes have similar causes.
- iii. The study suggests research on other predictors of criminal behaviour.
- iv. The effects of drugs on the psychological wellbeing of prisoners

REFERENCES

- Agnew, R. (1992). Foundation for a general strain theory of crime and delinquency. *Criminology*, 30(1), 47-88. <https://doi.org/10.1111/j.1745-9125.1992.tb01093.x>
- Agnew, R. (2006). *Pressured into crime: An overview of general strain theory*. Oxford University Press.
- Andrews, D. A., & Bonta, J. (2010). *The psychology of criminal conduct* (5th ed.). Routledge.
- Andrews, D. A., Bonta, J., & Hoge, R. D. (1990). Classification for effective rehabilitation: Rediscovering psychology. *Criminal Justice and behaviour*, 17(1), 19-52. <https://doi.org/10.1177/0093854890017001004>
- Bandura, A. (1977). *Social learning theory*. Prentice-Hall.
- Becker, G. S. (1968). Crime and punishment: An economic approach. *Journal of Political Economy*, 76(2), 169-217.
- Benson, M. L., & Moore, E. (1992). Are white-collar and common offenders the same? An empirical and theoretical critique of a recently proposed general theory of crime. *Journal of Research in Crime and Delinquency*, 29(3), 251-272. <https://doi.org/10.1177/0022427892029003004>
- Blumer, H. (1969). *Symbolic interactionism: Perspective and method*. Prentice-Hall.
- Broidy, L. (2001). A test of general strain theory. *Criminology*, 39(1), 9-36. <https://doi.org/10.1111/j.1745-9125.2001.tb00915.x>
- Burt, C. H., & Simons, R. L. (2013). Self-control, thrill-seeking, and crime: Motivation matters. *Criminal Justice and behaviour*, 40(11), 1326-1348. <https://doi.org/10.1177/0093854813488765>
- Cullen, F. T. (1994). Social support as an organizing concept for criminology: Presidential address to the Academy of Criminal Justice Sciences. *Justice Quarterly*, 11(4), 527-559. <https://doi.org/10.1080/07418829400092421>
- Eysenck, H. J. (1977). *Crime and personality* (3rd ed.). Routledge.
- Farrington, D. P. (1986). Age and crime. In M. Tonry & N. Morris (Eds.), *Crime and justice: An annual review of research* (pp. 189-250). University of Chicago Press.
- Farrington, D. P. (1995). The development of offending and antisocial behaviour from childhood: Key findings from the Cambridge study in delinquent development. *Journal of Child Psychology and Psychiatry*, 36(6), 929-964. <https://doi.org/10.1111/j.1469-7610.1995.tb01342.x>

- Farrington, D. P., & Loeber, R. (2000). Epidemiology of juvenile violence. *Child and Adolescent Psychiatric Clinics of North America*, 9(4), 733-748. [https://doi.org/10.1016/S1056-4993\(18\)30144-4](https://doi.org/10.1016/S1056-4993(18)30144-4)
- Gendreau, P., Little, T., & Goggin, C. (1996). A meta-analysis of the predictors of adult offender recidivism: What works! *Criminology*, 34(4), 575-608. <https://doi.org/10.1111/j.1745-9125.1996.tb01220.x>
- Glueck, S., & Glueck, E. (1950). *Unraveling juvenile delinquency*. Harvard University Press.
- Gottfredson, M. R., & Hirschi, T. (1990). *A general theory of crime*. Stanford University Press.
- Hagan, J., & McCarthy, B. (1997). *Mean streets: Youth crime and homelessness*. Cambridge University Press.
- Hirschi, T. (1969). *Causes of delinquency*. University of California Press.
- Hollin, C. R. (1999). *Psychology and crime: An introduction to criminological psychology*. Routledge.
- Jessor, R., Donovan, J. E., & Costa, F. M. (1991). *Beyond adolescence: Problem behaviour and young adult development*. Cambridge University Press.
- Junger, M., & Tremblay, R. E. (1999). Self-control, accidents, and crime. *Criminal Justice and behaviour*, 26(4), 485-501. <https://doi.org/10.1177/0093854899026004002>
- Kinyua, B. K., Mutugi, M., & Kihoro, J. (2016). The role of socio-economic factors in recidivism: A case study of Nyeri Maximum Prison, Kenya. *Journal of Humanities and Social Science*, 21(6), 72-82. <https://doi.org/10.9790/0837-2106067282>
- Loeber, R., & Farrington, D. P. (Eds.). (1998). *Serious and violent juvenile offenders: Risk factors and successful interventions*. Sage.
- Merton, R. K. (1938). Social structure and anomie. *American Sociological Review*, 3(5), 672-682. <https://doi.org/10.2307/2084686>
- Moffitt, T. E. (1993). Adolescence-limited and life-course-persistent antisocial behaviour: A developmental taxonomy. *Psychological Review*, 100(4), 674-701. <https://doi.org/10.1037/0033-295X.100.4.674>
- Mwakanyamale, A. A., & Magweiga, A. M. (2019). Risk factors associated with youth involvement in criminal behaviour in Kenya. *International Journal of Social Sciences*, 7(1), 132-148.
- Omboto, J. O. (2013). The challenges facing rehabilitation of prisoners in Kenya and the mitigation strategies. *International Journal of Research in Social Sciences*, 2(2), 39-43.

- Paternoster, R., & Mazerolle, P. (1994). General strain theory and delinquency: A replication and extension. *Journal of Research in Crime and Delinquency*, 31(3), 235-263. <https://doi.org/10.1177/0022427894031003001>
- Sampson, R. J., & Laub, J. H. (1993). *Crime in the making: Pathways and turning points through life*. Harvard University Press.
- Sampson, R. J., & Wilson, W. J. (1995). Toward a theory of race, crime, and urban inequality. In J. Hagan & R. D. Peterson (Eds.), *Crime and inequality* (pp. 37-56). Stanford University Press.
- Shaw, C. R., & McKay, H. D. (1942). *Juvenile delinquency and urban areas*. University of Chicago Press.
- Sutherland, E. H. (1947). *Principles of criminology* (4th ed.). J. B. Lippincott.
- Thornberry, T. P. (1987). Toward an interactional theory of delinquency. *Criminology*, 25(4), 863-891. <https://doi.org/10.1111/j.1745-9125.1987.tb00823.x>
- Tittle, C. R. (1995). *Control balance: Toward a general theory of deviance*. Westview Press.
- Tittle, C. R., Ward, D. A., & Grasmick, H. G. (2003). Gender, age, and crime/deviance: A challenge to self-control theory. *Journal of Research in Crime and Delinquency*, 40(4), 426-453. <https://doi.org/10.1177/0022427803256074>
- Tonry, M., & Farrington, D. P. (1995). *Building a safer society: Strategic approaches to crime prevention* (Vol. 19). University of Chicago Press.
- Uggen, C. (2000). Work as a turning point in the life course of criminals: A duration model of age, employment, and recidivism. *American Sociological Review*, 65(4), 529-546. <https://doi.org/10.2307/2657381>
- Warr, M. (2002). *Companions in crime: The social aspects of criminal conduct*. Cambridge University Press.
- Weisburd, D., & Eck, J. E. (2004). What can police do to reduce crime, disorder, and fear? *The Annals of the American Academy of Political and Social Science*, 593(1), 42-65. <https://doi.org/10.1177/0002716203262548>
- Wilson, J. Q., & Herrnstein, R. J. (1985). *Crime and human nature*. Simon & Schuster.
- Wright, J. P., Caspi, A., Moffitt, T. E., & Silva, P. A. (1999). Low self-control, social bonds, and crime: Social causation, social selection, or both? *Criminology*, 37(3), 479-514. <https://doi.org/10.1111/j.1745-9125.1999.tb00493.x>

APPENDICES

Appendix I: Kothari Table Sample Size Determination Criteria

<i>N</i>	<i>S</i>	<i>N</i>	<i>S</i>	<i>N</i>	<i>S</i>
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	159	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
65	56	360	186	2600	335
70	59	380	191	2800	338
75	63	400	196	3000	341
80	66	420	201	3500	346
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	92	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	254	15000	375
160	113	800	260	20000	377
170	118	850	265	30000	379
180	123	900	269	40000	380
190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	100000	384

Kathuri and Pals (1993)

Appendix II: Survey Questionnaire

The study will make the assumption that each detainee has participated in criminal The goal of the study is to ascertain the psychosocial issues that influence imprisonment in Kirinyaga County, which is located in Kenya. We respectfully ask that you answer all of the questions genuinely. All provided information will be kept in utmost confidentiality. Any help you can provide will be much valued. None of the spaces on this form have to contain your name.

Section A: Respondents Profile

- 1 Age bracket
18-35 () 36-45 () 46-55 () Above 55 ()
- 2 Gender
Male () Female ()
- 3 Place of birth
Kirinyaga () Outside kirinyaga ()
- 4 Marital status
Married () Single () Divorced () Widowed()
- 5 Religion
Christianity () Islam() Hinduism () Not applicable ()
- 6 Level of education
Primary () Secondary () Tertiary () Not applicable ()
- 7 Nature of offence that you have been accused of
Assault () Creating Disturbance () Drugs/Peddling ()
Stealing () Any other (Please specify).....
.....
- 8 Frequency of imprisonment
First offender [] Repeat offender ()
- 9 Term of imprisonment
[] 0-6 months
[] More than 6 months
[] Probation

Section B: Emotional instability as a Predictor of Criminal behaviour

Please indicate the extent of agreement or disagreement with the given assertions on the psychological predictors of criminal behaviour. Use a scale of SD-Strongly disagree ,D-Disagree, N-Neutral, A-Agree, or S.A-Strongly Agree.

Statement	SD	D	N	A	S.A
My inability to manage anger made me commit the crime that made me imprisoned					
Feelings of boredom and idleness led me to the criminal behaviour that made me imprisoned					
Aggressive, reactive and volatile behaviour made me commit crime that led me to imprisonment					
Anxiety about my life made me loose control leading to criminal behaviour that brought me to prison					

Sad moments make me loose control and engage in criminal behaviour					
Fear makes me unstable and unable to control my behaviour					
Provocations destabilizes my thinking and is one reason for my criminal behaviour					

Section C: Self Esteem as a predictor of criminal behaviour.

Please indicate the extent of agreement or disagreement with the given assertions on the self-esteem issues that predict criminal behaviour. Use a scale of SD-Strongly disagree, D-Disagree, N-Neutral, A-Agree, or SD-Strongly Agree.

Statement	SD	D	N	A	S.A
Having low self-esteem made me commit the crime that landed me into prison					
My parents failure to appreciate me made me commit the crime that caused my imprisonment.					
Self-doubt is the major cause of the crime that brought me to prison					
I committed crime to prove myself because I felt people were underrating and looking down on me.					
I committed crime because I thought that I would gain approval and recognition from others					
I committed crime because I thought that I would be seen as a hero					
I committed crime because I felt that I never achieved anything I undertook to do					
I committed crime because I felt inadequate and worthless					

Section D: Stress as a predictor of Criminal behaviour.

Please indicate the extent of agreement or disagreement with the given assertions on the stress related issues predictor of criminal behaviour. Use a scale of SD- Strongly Disagreed-Disagree, N-Neutral, A-Agree, or SD-Strongly Agree.

Statement	SD	D	N	A	S.A
The criminal behaviour that brought me to prison was due to stress					
Conflict at home stressed me and made me commit crime.					
Victimization makes me stressed which leads me to criminal behaviour					
Stress induced anxiety makes me susceptible to criminal behaviour					
Tension in most cases makes me lose control leading to criminal behaviour					
Bereavement stresses me to an extent of committing crime					
When somebody abuses me I mostly find a way of fighting back leading me to criminal behaviour					
When I get overworked mentally I easily get irritated					

and may end up in a criminal behaviour					
--	--	--	--	--	--

Section E: Social Disorganization as a predictor of criminal behaviour

Please specify how much of the following assertions on the social disorganization predictor of criminal behaviour. A scale of SD (Strongly Disagree), D (Disagree), N (Neutral), A or SA (Strongly Agree) should be used.

Statement	SD	D	N	A	S.A
Negative peer pressure made me engage in criminal behaviour which led me to imprisonment					
Poverty made me engage in criminal behaviour so as to earn a living					
My parents never warned me of engaging in criminal behaviour and that is why I find myself in crimes					
Growing without parents is to be blamed for my engagement in criminal behaviour.					
Media influenced me in engaging in criminal behaviour.					
Family conflicts have contributed to my criminal behaviour					
Lack of social support system made me engage in criminal behaviour					
Poor socialization in school made me engage in crime					

Section F: Drugs and Substance Abuse as a predictor of criminal behaviour.

Please indicate the extent of agreement or disagreement with the given assertions on the drugs and substance abuse predictor of criminal behaviour. Use a scale of SD-Strongly disagree, D-Disagree, N-Neutral, A-Agree, or SD-Strongly Agree.


Statement	SD	D	N	A	S.A
Drugs and substance use makes me irrational, violent hence engaging in criminal behaviour.					
Lack of funds to facilitate my drug use habit led me to stealing.					
I used drugs like alcohol, marijuana, heroin, cocaine which influenced me in criminal behaviour					
Availability of drugs for abuse was a major cause of my criminal behaviour like peddling					
I committed crime because my peers who used drugs challenged me to be tough like them.					
Drug abuse was a major cause of my aggressive behaviour and related crimes					
Drug abuse disorientated my lifestyle leading me to criminal behaviour					

Appendix III: Interview Schedule for the Prison Wardens

The interview schedule will be orally asked to the wardens

1. Do you have inmates who resulted in criminal behaviour due to Emotional instability?
2. Do you feel that low self-esteem was a predictor of criminal behaviour among inmates?
3. Do you feel that stress predicted criminal behaviour among the inmates?
4. Do you think that the society from which the inmates grew in made them engage in criminal behaviour?
5. Do you think that drug and substance abuse made the inmates engage in criminal behaviour?
6. What forms of correction do you use on the inmates so as to change behaviour?

Appendix IV: Institutional Introductory Letter


CHUKA UNIVERSITY

Knowledge is Wealth (*Sapientia divitia est*) Akili ni Mali
**OFFICE OF THE DIRECTOR
BOARD OF POSTGRADUATE STUDIES**

Telephones: 020-2310512/18
Direct Line: 020-268 7625

postgraduate@chuka.ac.ke

P. O. Box 109-60400, Chuka
Website: www.chuka.ac.ke

REF: AM23/39981/19 **30th July, 2024**

**Director
National Commission for Science Technology and Innovation
Off Waiyaki Way, Upper Kabete
P O Box 30623, 00100
Nairobi.**

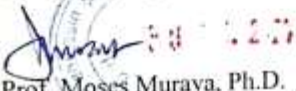
Dear Sir / Madam,

LINDA WAKABU MWAI

The above-named person is a *bona fide* student of Chuka University pursuing MA in Counselling Psychology proposal titled: **Psychosocial Predictors of Criminal Behavior Among Inmates in Kirinyaga County, Kenya.**


Ms. Wakabu has defended at the Faculty level and is now expected to conduct research. Any assistance accorded will be highly appreciated.

Yours sincerely,


Prof. Moses Muraya, Ph.D.

**DIRECTOR
BOARD OF POSTGRADUATE STUDIES**

Appendix V: Ethics Review Letter


CHUKA UNIVERSITY
Knowledge is Wealth (*Sapientia divitia est*) Akili ni Mali

CHUKA UNIVERSITY INSTITUTIONAL ETHICS REVIEW COMMITTEE

Telephones: 020-2310512/18 P. O. Box 109-60400, Chuka
Direct Line: 0772894438 Email: info@chuka.ac.ke Website: www.chuka.ac.ke
12th July, 2024

REF: CUIERC/ NACOSTI/580
TO: Linda Wakabu Mwai

RE: Psychosocial Predictors of Criminal Behavior Among Inmates in Kirinyaga County, Kenya

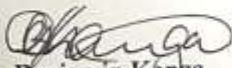
This is to inform you that *Chuka University IERC* has reviewed and approved your above research proposal. Your application approval number is *NACOSTI/NBC/AC-0812*. The approval period is 12th July, 2024 – 12th July, 2025.

This approval is subject to compliance with the following requirements;





- i. Only approved documents including (informed consents, study instruments, MTA) will be used
- ii. All changes including (amendments, deviations, and violations) are submitted for review and approval by *Chuka University IERC*.
- iii. Death and life threatening problems and serious adverse events or unexpected adverse events whether related or unrelated to the study must be reported to *Chuka University IERC* within 72 hours of notification
- iv. Any changes, anticipated or otherwise that may increase the risks or affected safety or welfare of study participants and others or affect the integrity of the research must be reported to *Chuka University IERC* within 72 hours
- v. Clearance for export of biological specimens must be obtained from relevant institutions.
- vi. Submission of a request for renewal of approval at least 60 days prior to expiry of the approval period. Attach a comprehensive progress report to support the renewal.
- vii. Submission of an executive summary report within 90 days upon completion of the study to *Chuka University IERC*.

Prior to commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology and Innovation (NACOSTI) <https://oris.nacosti.go.ke> and also obtain other clearances needed.

Yours sincerely


Dr. Benjamin Kanga
SECRETARY

**Appendix VI: National Commission for Science, Technology and Innovation
(NACOSTI) License**

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
RefNo: 516815	Date of Issue: 12/August/2024
RESEARCH LICENSE	
	
This is to Certify that Ms. Linda Wakabu Mwai of Chuka University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Kirinyaga County on the topic: PSYCHOSOCIAL PREDICTORS OF CRIMINAL BEHAVIOR AMONG INMATES IN KIRINYAGA COUNTY, KENYA for the period ending : 12/August/2025.	
License No: NACOSTI/P/24/38748	
516815 Applicant Identification Number	 Director General NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
	Verification QR Code 
NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.	
See overleaf for conditions	