

**REHABILITATION PROGRAMMES AND THEIR INFLUENCE ON  
MANAGEMENT OF JUVENILE DELINQUENCY WITHIN PENAL  
INSTITUTIONS IN KAKAMEGA COUNTY, KENYA**

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the Conferment of Degree of Master of Science in Disaster Management  
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Technology**

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### DECLARATION

This thesis is my original work prepared with no other sources other than those indicated and has not been presented elsewhere for a degree or any other conferment.

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The undersigned certify that they have read and hereby recommend for acceptance of Masinde Muliro University of Science and Technology a Thesis entitled **“Rehabilitation Programmes and their Influence on Management of Juvenile Delinquency within Penal Institutions in Kakamega County, Kenya”**

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## **DEDICATION**

This thesis is dedicated to my father Santos Muhindi, my mother Joyce Asena, my brothers Billy Santos and Brian Muhindi who encouraged and supported me financially to make this thesis successful.

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## ABSTRACT

Juvenile crime has been on the rise globally. Rehabilitating juveniles have proved to be unsuccessful resulting to delinquents committing more crimes repeatedly. The overall objective of the study was to assess the effectiveness of rehabilitation programmes within penal institution and their influence on management of juvenile delinquency in Kakamega County, Kenya. The specific objectives of the study were; to examine the nature of rehabilitation programmes being enforced in juvenile penal institution in Kakamega County, Kenya; to evaluate the effectiveness of rehabilitation programmes in management of juvenile delinquency within penal institutions in Kakamega County and, to explore strategies for enhancing rehabilitation programmes in management of juvenile delinquency in Kakamega County, Kenya. The study was guided by the social disorganization theory which argues various aspects contribute the chances of juveniles engaging in criminal acts. Social learning theory helps the juveniles learn positive role models thus preventing them from antisocial behaviors. The target population was 918 who included juveniles, key informants and respondents through FGDs. Snowball sampling was used to sample relapsed juveniles and convenience sampling for reformed juveniles. Purposive sampling was used to sample key informants and random sampling was used for sampling committed juveniles. A total of 335 respondents were sampled. The study used primary and secondary data. Primary data was collected by use of questionnaires, interviews, FGDs and observation checklists and secondary data was collected through journals, manuals and written records. Qualitative data was collected through interviews, FGDs and observation checklists which were coded and analyzed thematically. Quantitative data was analyzed by descriptive statistics namely, frequencies and percentages using statistical package for social science and presented in form of figures and tables. Additionally, Spearman's rank order correlation was used for objective one and two while chi-square was used for objective three. Qualitative data analysis was done through coding, voices and narratives. With regard to nature and extent of rehabilitation programmes being enforced in penal institutions, the study found that majority of the juveniles who committed crimes were between the ages of 15-18 years. Males were the majority at (83.9%) while females were (15.1%). Stealing was the most committed crime at (53.3%). Most of the juveniles in penal institutions were brought up by single mothers at (38.7%). Penal institutions were guided by policies and guidelines and also governed by rules and regulations. Majority of the juvenile (43.7%) revealed the court process took one year and legal representation for the juveniles was at (67.8%). With regard to objective two, the programmes offered were vocational training, guiding and counseling and formal education. Rehabilitation process was not successful at (94.7%). With regard to objective three, it was found that the strategies on follow up after release programs (40%), strategies on program match (34%) and strategies on trauma-informed approaches (26%) were effective in managing juvenile delinquency. The study recommends that the government should provide more learning facilities especially in vocational training and formal education programmes for effective delivery of service to the juveniles, the government should introduce assessment tools in order to match the requirements for treatment and penal institutions, introduced after care services for effective reintegration of juveniles.

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## **ABBREVIATION AND ACRYNONYMS**

<b>AIDS</b>	Acquired Immune Deficiency Syndrome
<b>CRC</b>	Convention on Rights on the Child
<b>FGDs</b>	Focused Group Discussions
<b>G.O.K</b>	Government of Kenya
<b>HIV</b>	Human Immune Deficiency Virus
<b>IPC</b>	India Penal Code
<b>JDL</b>	Juvenile Delinquency Legislation
<b>KNBS</b>	Kenya National Bureau of Statistics
<b>MMUST</b>	Masinde Muliro University of Science and Technology
<b>NCRB</b>	National Crime Records Bureau
<b>OJJDP</b>	Office of Juvenile Justice and Delinquency Prevention
<b>OMCT</b>	Mondale Contra la Torture
<b>UN</b>	United Nations
<b>UNCRC</b>	United Nations Convention on the Rights of the Child
<b>UNICEF</b>	United Nations Children’s Fund
<b>WSSD</b>	World Summit on Sustainable Development
<b>SPSS</b>	Statistical Package for Social Sciences

## OPERATIONAL DEFINITIONS OF TERMS

**Delinquency:** In this study it refers to crimes committed by children.

**Deviance:** In this study, it refers to antisocial behaviors that go against the social norms in the society.

**Disaster management:** In this study it refers to prevention of any activity that causes destruction in the society.

**Family composition:** It refers to the family members the juvenile was with during the arrest.

**Humanitarian assistance:** In this study it is means of trying to solve the negative behaviors in the society.

**Juvenile:** In the context of this study, this is a young child who has not attained the age of 18 years.

**Juvenile delinquents:** In this context these are children who engage in antisocial behaviors and are committed in penal institutions.

**Penal institutions:** In this study, it refers to correctional institutions that help in managing the juvenile antisocial behaviors.

**Recidivist juveniles:** Refers to juveniles who have been committed in penal institutions for more than once.

**Rehabilitation:** Is used in this study to refer to process of changing juvenile's antisocial behaviors.

**Rehabilitation programmes:** Refers to various programmes the juveniles are taken to during rehabilitation

## **CHAPTER ONE**

### **INTRODUCTION**

This section presents information on the background to the study, statement of the problem, objectives of the study, research questions, justification for the study, scope of study and chapter summary.

#### **1.1 Background to the Study**

Juvenile crime has been on the rise in most countries in the World (Thompson & Morris, 2016; United Nations Habitat, 2013; United States Department of Justice, 2010; Mbiriri, 2017). When children are involved in delinquency this negatively impacts on the education, health, financial constraints and increase in budget in judicial system (Mbiriri, 2017). According to the United Nations Habitat (2013), 40% of the young population abused drugs and alcohol and follow up into the adult life demonstrates that antisocial behaviors in youths increase the risk of adult criminality (Enzmann & Podan, 2011; Mbiriri, 2017). Delinquent acts violets the laws of a given country given that this child is under the age of majority but this person is above the age of criminal responsibility is legally considered as an adult (Young, Greer & Church, 2107).

The ultimate goal of children justice system is to ensure the children are served and protected by the criminal justice system. They should provide interventions that aimed at reducing reoffending by changing the beliefs, personalities, attitudes and social relationships of these juveniles which contribute to criminal activities (Mayobela & Strydon, 2017).

For many years, there have been many trends in rehabilitative programmes for juvenile delinquents in the world to help reverse the growing problems through the juvenile justice system. Juvenile justice system is a comprehensive term for dealing with children who come into conflict with the law (Griffin, 2010). Children's justice system looks at the applicable norms, laws, procedures, structures and institutions in order to ensure that the children's rights and legal safeguards are fully respected and protected.

A survey conducted in the U.S.A on victimization between 2004 and 2006 the survey established that there has been an increase in delinquent acts. As a result of this, there has been creation of juvenile courts in the U.S.A which are assigned with the task of taking care of their welfare while in this courts (U.S department, 2016). In India, the Indian Report indicate that juveniles committed to penal institutions under the Indian PenalCode had increased from 30,303 in 2010 to 33,887 in 2011. In the UK juvenile rehabilitation programmes are educational and vocational or skill-based training which have greatly minimized the chances of juvenile reoffending ( Young, Greer & Church) Studies have revealed that early starters into delinquency can portray violent, serious and chronic negative behaviors in their adulthood than those who engage in criminality in their adulthood. In this case, it is vital to put in place strategic options on management of juvenile delinquency.

In Africa, juvenile delinquency has become an emerging problem where delinquency has come as a result of lack of good parenting which is promoted by various factors such as urbanization, migration, population pressures, peer

influence and lack of proper supervision among others (Baffoura & Abbas, 2016). By looking at Zambia, it has 86 prisons and one of them is for the juveniles, this implies that children are detained alongside adults in the available prisons (Amon & Todrys, 2011:13). While conducting Prison population assessment, Tkachuk, Kriel & Clark (2005:79) established that the Zambian prison service had no adequate capacity to separate committed juveniles from convicted adults in penal institutions or prisons. Further, Correctional institutions in Zambia were overcrowded which made the juveniles not to benefit from the provided programmes such as formal education, vocational training and guiding and counseling.

Studies in Kenya have been done on juvenile delinquency (Mbiriri, Waithima and Omondi, 2017 and Odera, 2013). The number of juvenile delinquents that go to correctional facilities to serve time for the crimes they have committed is on the rise (Police Annual Report 2014). At the same time incarcerated youth return to the justice system at alarmingly high rates. Youth make up approximately two-thirds of the youth in the juvenile justice system (Griffin, 2010). Total juvenile arrest rates peaked in 1996 at 9,443 per 100,000 youth ages 10 to 17 and fell by one-third in 2008 (to 6,318 per 100,000). This trend has however changed with the current juveniles in custody having increased by over 60 percent (2008 – 2012) from 6,318 to 13,108 per 100,000. On distribution of juvenile crime across the regions of Kenya, Western region where Kakamega County lies has the second highest incidences after Nairobi region Muchai & Jefferson (2012).

The main objective of rehabilitation is to change the child offender from

criminality and become a law abiding citizen who makes a society to be free from crime (Hoge, Guerra & Boxer, 2008). Scholars have suggested various intervention strategies in managing juvenile delinquency (National Conference of State Legislative, 2017; Darbouze, 2008). Darbouze, 2008 studied the techniques and various rehabilitation programmes and the use of therapeutic models to assess a variety of programmes in addressing personal needs and juvenile delinquency in the U.S.A. This study established strategic options for enhancing rehabilitation within penal institutions in management of juvenile delinquency.

Odera, 2013 revealed that the juvenile rehabilitation process is wanting in our juvenile penal institutions which are the basis for this study. This study was inspired by the growing trends in delinquency in Kenya even after the Kenyan government put more effort to prevent more delinquent cases in the country. Therefore, this study sought to fill the gap by assessing the effectiveness of rehabilitation programmes within penal institutions and their influence on management of juvenile delinquency in Kakamega County, Kenya.

## **1.2 Statement of the Problem**

There has been a significant increase in cases of juvenile delinquency, both at global level and in Kenya. The population of juvenile delinquents committed to penal institutions in Kakamega County has continued to grow significantly over the years (Children Department, 2018). Juvenile delinquents have continued to commit serious offences against persons and property where such offences can cause significant pain and suffering to the general population. When juvenile

delinquents are detained, this denies them a chance to attend school and also a chance to grow into adult professionals that are self-reliant. Juveniles are detained in penal institution for behavior reformation where they are taken through various programmes such as guiding and counseling, vocational training work, spiritual nourishment, recreational activities and skills, formal education and agriculture (Children Act, 2011).

The provision of rehabilitation programmes in penal institutions was put in place to promote personal responsibility and provide offenders with skills and knowledge that can sustain the juveniles in future. However, the ability of these penal institutions to deliver the programmes that promote behavior reformation is a major problem. There is lack of understanding among the adolescents as to why they get committed to penal institutions since only (13.8 percent) are aware of the nature of the institution and only (41.4 percent) are aware of the purpose(s) of being there (Kikuvi, 2011).

As much as many countries have put in place stiff guidelines and rules in the rehabilitation process of juveniles cases of juvenile delinquency is still on the rise. According to Griffin (2010) reveals that juveniles entering into the Criminal Justice System are at a higher rate. A study done by Cheseto (2012) also reveals that traditional methods of rehabilitating juvenile delinquents have proved to be unsuccessful resulting to delinquents committing more crimes repeatedly. This implies that the Kenyan rehabilitation approaches provide a temporal solution in prevention of juvenile delinquency leading to reoffending. The present study sought to assess the effectiveness of rehabilitation programmes within penal



institutions and their influence in management of juvenile delinquency in Kakamega County.

### **1.3 Objectives of the Study**

The general objective of the study was to assess the effectiveness of rehabilitation programmes within penal institutions and their influence on management of juvenile delinquency in Kakamega County, Kenya. Others were;

- i. To examine the nature of rehabilitation programmes being enforced in juvenile penal institutions in Kakamega County, Kenya.
- ii. To evaluate the effectiveness of rehabilitation programmes in curbing juvenile delinquency within penal institutions in Kakamega County, Kenya.
- iii. To explore strategies for enhancing rehabilitation programmes in management of juvenile delinquency in Kakamega County, Kenya.

### **1.4 Research Questions**

- i. What is the nature of rehabilitation programmes being enforced in juvenile penal institutions in Kakamega County?
- ii. To what extent are the rehabilitation programmes within penal institutions effective in management of juvenile delinquency in Kakamega County, Kenya?
- iii. What are the strategies for enhancing rehabilitation programmes for penal institutions in management of juvenile delinquency in Kakamega County?

### **1.5 Justification of the study**

There has been an increase in juvenile delinquency in Kakamega County. It occurs because of the rapid changes that take place in our present societies such as urbanization, media influence, peerinfluence, poverty and poor socialization. The findings of this study academically will add knowledge to this critical issue which will be of benefit for upcoming scholars interested in conducting research on juvenile rehabilitation programmes. Geographically, the findings from this study can assist the government and county governments to put in place effective strategies to control the growing trends in juvenile crimes. The findings from this study will also enable policy makers get relevant information on how to successfully rehabilitate the juveniles and improve the wanting situation in penal institutions. Additionally, this will be helpful to non-governmental organizations to enable them plan on how to reduce delinquency by putting in place effective strategies. Also the individuals and communities where the delinquents come from can benefit from this study because the juveniles will have been rehabilitated effectively in order to keep the community at a safer place free from juvenile crimes.

### **1.6 Scope of the study**

This study focused on assessing rehabilitation programmes within penal institutions and their influence on management of juvenile delinquency in Kakamega County, Kenya. The study was carried out in three (3) Government penal institutions in Kakamega County namely; Kakamega Children

rehabilitation school, Kakamega Children Remand Home and Shikusa Borstal. The study was carried out in Kakamega County because of the high numbers of juvenile delinquency cases in the region. The study population was 918 which included juveniles, key informants and FDGS. This study population would give rich information on this issue of juvenile delinquency. The study was conducted in a period of three months from June to August 2019 at a budget of 292,875. However, the researcher encountered the following limitations; the information was confidential, language barrier and also the researcher experienced difficulties in selecting the sample size because most the respondents felt to be part of the research.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.1 Introduction**

This chapter presents relevant literature on rehabilitation programmes within penal institutions and their influence on management of juvenile delinquency. The literature is reviewed based on: the nature of rehabilitation programmes being enforced in juvenile penal institutions; effectiveness of rehabilitation programmes in curbing juvenile delinquency within penal institutions; and, strategies for enhancing rehabilitation programmes in management of juvenile delinquency. It also looks at disaster management in relation to rehabilitation. Theories have been reviewed based on the current study. A conceptual framework model that explains the variables in this study is provided and lastly the chapter summary is also provided.

#### **2.2 Nature of Rehabilitation Programmes being enforced in Penal Institutions in Curbing Juvenile Delinquency**

According to the Laws of Kenya (2010) juvenile correctional institutions were set up for behavior change. The Laws of Kenya prevents juveniles from being punished when they are placed in these institutions. Committed juveniles should be taken through programmes that can make them acquire skills and knowledge which eventually promotes their behavior change. In most correctional facilities juveniles are detained alongside the adult criminals. This has led to the increase in cases of juvenile delinquency in the world. The Law concerning detention of juveniles states that, a child should not be detained in penal institutions except

as a of last resort measure and should be separated from the adult criminals because they can learn worse criminal behavior from the adults. However, this was not the case, the present study sought to establish whether penal institutions are guided by guidelines and policies during the rehabilitation of the juveniles.

According to Republic of Kenya (2001; 2010; 2012) the main objective of correctional institutions is to provide education and training programmes. Correctional facilities should have good facilities in regard to health, safety, welfare, provided proper care and supervision, building a good relationship with their families, disciplinary influences and recognition of personal, cultural identity. However, Article 3 of UNCRC (2007) also points out that a child has the right to have his or her best interest served in all circumstances concerning the court, state and other organizations. This should be applied in all the principles that guide in various decisions concerning the children. The study sought to establish the conditions available in correctional institutions and their impact on management of juvenile delinquency.

### **2.2.1 Concept of Juvenile Delinquency**

Juvenile delinquency has been on the rise. The total number of delinquent cases handled by juvenile courts in 2013 was 1,058,500 (Furdella & Puzanchera, 2015). These delinquency acts include behaviors such as lying, risky sexual practices, rule breaking, illegal substance abuse and disruptive behaviors such as theft, destruction, fraud, engaging in aggression and vandalism ( Torry & Billick, 2011;Pears *et al.* 2016).

Children are born innocent and do not understand the kind of environment they are in at that tender age. Due to unfavorable conditions in the society they may learn new behaviors that are against the law which get the child into delinquency. The state of modern society has impacted positively on the rise of antisocial behaviors among the juveniles where a child is introduced to delinquency by what they see around in the community. Most parents have failed to bring up their children in a positive way. A study done by Ndegwa (2014) in Kiambu County, Kenya on factors influencing rehabilitation of juvenile delinquents in the juvenile justice system, found out that poor socialization of a child by the parents can get the child into delinquent acts such as stealing and abusing drugs at a tender age. However, the study did not take into account the family composition of the juvenile during the arrests. Therefore, the present study sought to establish the family composition of juveniles during their arrest.

Juvenile delinquency is a major concern that is affecting most of the communities in the world (Du Preez & Luyt, 2011:33). According to Madernather (2005:2-5) prisons are populated by young offenders who come in conflict with the law in early stages of life by committing various crimes. The high numbers of young offenders in correctional institutions implies that there are systems in the society which have failed to control adolescent negative behaviors which could enable the juveniles to become chronic offenders in their adulthood. According to a report done by National Records Bureau (2011) in India on analysis of crime data, the report found out that 1.1% of all Indian penal code crimes were committed by juveniles. Though, this report was done in India,

the present study fills regional gap by undertaking the study in Kenya in order to find out the types of offences the juveniles engage in.

Tiampati (2017) conducted a study among girls at Kirigiti and Dagoretti rehabilitation centers on psychosocial factors influencing juvenile delinquency. In his findings, the extents to which a child can be regarded as a delinquent arise out of the age because adolescents are young individuals making their way to the world. The study interviewed girls only in correctional institutions and targeted 78 girls who were benefiting from the available rehabilitation programmes. However, the study failed to incorporate observation checklists and interview guides, the study mentioned only the use of questionnaires and FDGs. The current study used a sample of 279 juveniles committed in penal institutions, 36 key informants and 20 participants in FDGs carried out in order to acquire relevant information concerning the study.

Research done by Loeber & Farrington (2012) in the U.S established that juveniles who get into criminal acts before the age of 12 were found to persist in offending in their later adulthood as compared to those who get into crime at a later period. The study pointed out that there are different patterns in juvenile crimes which include; the first category includes juveniles whose antisocial behaviors persist up to their early adulthood; those delinquents who keep away from crime in their adulthood; those who engage in criminal acts in their adulthood and lastly those who neither offend in their adolescence stage nor the adulthood stage. Also the researcher found out that juveniles make less mature judgments in their lives which lead them to crime (Scott & Steinberg, 2008).

This research did not put in mind the age at which juveniles engage in crime hence the present study sought to find out the age at which the juveniles commit crime.

### **2.2.2 The Juvenile Justice System in Kenya**

The juvenile justice system provides welfare response for children categorized as being in need of care and protection (Lusire, 2016). The most common example is when children living and working on the streets are apprehended and detained by law enforcement officials in remand homes. The juveniles are taken to court as being in need of protection and care. After they have been judged in court they are placed in correctional facilities for them to change behavior (Save the Children Kenya, 2000).

A study done by Lusire *et al.* (2016) in Kakamega County on the social status of street children, the study found out that street children in Kenya are treated as child offenders because they are in poor social situations (street) and thus be committed in the same setting with those in conflict with the law. More attention was paid to the type of interventions applied for juvenile who were in need of care and protection. The current study took a different approach by focusing on committed juveniles who had committed criminal acts.

United Nations Children's Fund (1999) pointed out that there are eleven rehabilitation schools in Kenya ten for boys and one for girls. Most of them were set up during the colonial period and intended to cater for a small population but today, they cater for over seven thousand juveniles. This made it necessary for



the researcher to find out the extent to which congestion in rehabilitation centers has contributed to the negative effects on teaching and learning especially in terms of provision of resources and consequently their educational outcomes.

A study conducted by Stephine & Corinne (2011) in Ghana, which was done in order to assess the effectiveness of juvenile justice system in Ghana. This study showed that correctional institutions were facing challenges in terms of infrastructure which prevented the effectiveness of the juvenile justice system. The study went further to conclude that the Ghana juvenile Justice System was suffering from lack of support from the government where most of the remands homes got support from UNICEF and NGOs. The current study took a similar approach but in a different country where the present study was carried out in Kenya. Also a part from protecting the rights of the convicted juveniles, this study looked at the existing policies and guidelines, existing rules and regulation, staff competence level, legal representation and period of court process.

### **2.2.3 Existing Rehabilitation Programmes in Penal Institutions**

The main objective of Penal institutions in Kenya is to care about the welfare of committed juveniles. These institutions should ensure juveniles are taken through programmes that are market oriented in the modern society which can result in positive reintegration of offenders. In meeting their set goals they should have qualified personnel in various fields to rehabilitate the juvenile offenders (The Kenya Prison Service, 2013) in changing the behavior and attitude of the victims. A survey done by Odera (2013) in Nairobi County to

establish the effectiveness of rehabilitation programmes on juvenile delinquency. It was found out that guiding and counseling, formal education, vocational training, spiritual nourishment, and life skills training were the main rehabilitation programmes in correctional facilities. The sample size for the study was 89 respondents. The study also used questionnaires, interview schedules, FGDs and observation in collecting data. There is likelihood that these juveniles would experience different situations because of the difference in location. Odera's study was carried out in an urban setting where as the present study was carried out in a semi urban environment. The differences in location can give different findings.

### **2.2.3.1 Educational Programmes in Penal Institutions**

Siegel and Welsh (2016) argue that even at their best level, educational programmes in rehabilitation schools are inadequate. Sema *et al.* (2018) points out that education programmes comprise of Kiswahili, English, Social Studies, Science and Life Skills. The study also points out that the education system concentrated mostly on class 7 and 8 pupils which left the others unattended to. Theielbar (2011) also notes that educational programmes gave preference to the needs of the child in the society and did not take into account the crime committed by the juvenile. Therefore, the current study sought to examine the effectiveness of educational programmes within juvenile penal institutions on management of juvenile delinquency.

Ndirangu (2010) carried out a study on educational outcome of reintegrated child offenders in Othaya rehabilitation schools, Nyeri County. His concern was

about the experiences of children before, during and after rehabilitation on educational programmes. The study found out that all committed juveniles in the rehabilitation school were given an opportunity to benefit from this programmes regardless of their educational background. Ndirangu's study stated that all the juveniles benefited from the education system and also pointed out there were hindrances affecting the effectiveness of these programmes. In one of the study recommendations, he pointed out that there should be collaboration between the Ministry of Education and the Ministry of Home Affairs in providing funds, resources and personnel to rehabilitation schools. The present study sought to find out whether juveniles in rehabilitation centers benefit from the available educational programmes provided in penal institutions.

Otukho (2018) on situational analysis of youth correctional and training center in Kamiti correctional and training center which aimed at establishing the effectiveness of rehabilitation programmes. The findings showed that educational programmes were fundamental in any juvenile rehabilitation programs which increase the literacy level as a path to success. The findings also indicated that the institution was not training the juveniles towards the goal set to be achieved by the institutions, she further pointed out that educational programmes should be well incorporated in correctional institutions because they are the foundation for most programmes in juvenile penal institutions. In this case, the present study sought to establish whether formal education programmes were existing in juvenile penal institutions.

### **2.2.3.2 Vocational Training Programmes**

According to Kenya Prison Service (2013), Correctional institutions in Kenya engage inmates in industrial production and agriculture. The programmes available were designed to enable the juveniles acquire skills in various fields such as carpentry, sign writing, masonry, electrical wiring, tailoring, tin smithing, basketry and agriculture (Odera, 2013). The prison service established that vocational programmes enable the offenders to have higher chance of getting employment after their release. Unfortunately, these programmes were not carried out in accordance to the set objectives of the institutions hence the present study.

According to Siegel and Welsh (2016) educational programmes are not able to manage juvenile delinquency. In most cases juveniles find it hard to cope in the education system because of trauma they pass through when engaging in these criminal acts. They have an option of joining the vocational training programmes in order to get some skills that would be useful after their release. The study also points out that vocational training has been among the methods applied in correctional institutions in order to manage juvenile delinquency. The present study sought to establish whether vocational training was offered in juvenile penal institutions.

A report conducted by Rand Corporation (2013) on educational programmes and vocational training in the United States. The report established that inmates who go through vocational training have lower chances of reoffending. The

report also showed that 28% of the inmates who are taken through vocational training are more likely to secure a job in the community after their release. This meant that juveniles who never had chance to be trained in various skills had higher chance of getting back to criminal acts. The report also pointed out that there were challenges in the entry and re-entry for offenders into the society which made them not to secure an employment. However the purpose of the report concentrated more on education programmes and vocational trainings programmes which made the researcher to study on the effectiveness of rehabilitation programmes which can bring a difference in the findings.

### **2.2.3.3 Guidance and counseling programmes**

Counseling enable the professionals confront the criminal life of the juvenile offenders. It brings about an environment that motivates an individual to change the negative thinking and thoughts and also creates coping mechanism to overcome the negative thoughts (Okun & Kantrowitz, 2014). Odera (2013) conducted a survey done in Nairobi County on effectiveness of rehabilitation programmes. The survey established that counseling was done through individual and group counseling. In his findings, he found out that, counseling was rated at 83.3% which implied that the juveniles were comfortable with this programme. Findings from the survey revealed that most of the juveniles did not benefit from this programmes because of the interferences from other unscheduled programmes where juveniles were told to attend. Therefore, the current study sought to find out whether guiding and counseling was effective in management of juvenile delinquency.

Mugerwa (2010) in Uganda conducted a study on challenges of rehabilitation programmes on juvenile delinquency. The study found out that 96% of the respondents were taken through counseling as a rehabilitation programme while 4% revealed that they have never been taken through counseling. This finding revealed that, counseling was an important element in instilling discipline among the committed juveniles. Further, Mugerwa revealed that counseling in rehabilitation centers was done by religious groups and by the institution itself. This enabled the juveniles to transform into changed individual after their release. Most juvenile correctional institutions offer guiding and counseling (Children Act, 2011), these gives them a chance to change their attitude towards negative behaviors. This has not been the case in most juvenile penal institutions in Kenya hence the present study.

#### **2.2.4 Guidelines and Policies Existing in Penal Institutions**

According to the Kenyan constitution (2010), the Laws concerning children care, protection and juvenile justice issues are captured in the children's Act (2001). According to the juvenile justice system in Kenya penal institutions hold children in two categories; those in need of care and protection and who commit criminal acts. A study done by Lusire *et al.* (2016) on the social status of street children in Kakamega County established that most of the children who were arrested in the streets were in need of care and protection. The study found out that these children were in the streets due to high levels of poverty, rapid urbanization changes and continued deaths from the HIV/AIDS epidemic alongside other factors. This study concentrated more on the intervention that could be given to these children in terms of care and protection but did not put

into account that these children engage in criminal acts while they stay in these streets. Also the study did not put in mind the kind of policies and guidelines that protect these children when they are placed into these institutions. This motivated the present study to establish the existing policies and guidelines governing penal institutions.

Ndirangu (2010) conducted a study Nyeri County focusing on educational life experiences for released juveniles from Othaya rehabilitation school. The findings pointed out those guidelines stipulated in the National and International legal instruments are not adhered to in children courts. The study went further to assess how the court process was done and the results showed that 80.6% of the juveniles were detained as long as four months. Also the findings established that majority of the juveniles never had legal representation. This was an indication of poor execution of services which made the current researcher to find out whether courts and juvenile correctional institutions adhere to the provided guidelines and policies protecting the rights of children in conflict with the law.

### **2.3 Effectiveness of Rehabilitation Programmes in curbing Juvenile Delinquency within Penal Institutions in Kakamega County**

Carmichael (2011) conducted a study on prevention of recidivism and social reintegration of offenders in London. It was established that special needs programmes intervention measures should determine how a child's case will proceed after being taken to rehabilitation. Also he suggested that the programmes that would work in juvenile rehabilitation included; family therapy,

parental training focusing on delinquents and training in thinking skills and programs that provide treatment for risk factors. The study pointed out that punishment is not effective in rehabilitation where the study called for treatment in order to reduce the likelihood of recidivism. This study sought to establish the effectiveness of rehabilitation programmes in management of juvenile delinquency in Kakamega County, Kenya.

A study conducted by Lipsey *et al.* (2010) in United States on improving the effectiveness of juvenile justice system found out that programmes applied to juveniles should focus on controlling antisocial behavior. Rehabilitation programmes enable the juvenile to acquire relevant skills, education and also provide trainings on good morals such as respect, faithfulness, honesty and obedience so as to change behavior and reduce the chances of the juveniles getting into criminality again (Cornwin, 2005). United States educational rehabilitation approach closely resembles that of public schools. Thus, the present study sought to find out whether the kind of rehabilitation programmes applied in correctional institutions in the U.S.A can also work in Kenyan rehabilitation centers.

### **2.3.1 Benefits of Rehabilitation Programmes to the Juveniles**

Juvenile rehabilitation programmes over a long period of time has not reformed the juveniles who have been taken through this system. The goal of rehabilitation programmes was to target youth who have already engaged in delinquent acts. Various studies have shown that rehabilitation plays a vital role in decreasing the levels of delinquency (Mincey *et al.*, 2008). The programmes



should be realistic in order to teach the juveniles on how to live a healthy life after their release.

A survey done by Odera (2013) on effectiveness of rehabilitation programmes on juvenile delinquency in Nairobi County, it was established that there was ineffectiveness in the rehabilitation programmes ranging from relevancy to implementation. It was evident that guiding and counseling was not well implemented where there were no clear procedures on how the counseling would take place. The findings showed that juvenile parents were not involved in the rehabilitation process. Moreover, the survey established that most of the juveniles attached to these institutions had not benefited from the provided rehabilitation programmes. However this study did not look into the factors that were pulling down the rehabilitation process in correctional institutions hence this current study.

A study conducted by Otukho (2017) to establish the effectiveness of rehabilitation programs in Kamiti youth and training center. It was found out that there was no defined curriculum to enable effective rehabilitation of juveniles committed to this institution. This study established that there was lack of adequate resources to train the juveniles. The study established that most of vocational training programmes and formal education were not offered in the institution. The study established that the institution experienced lack of modern equipment's and facilities to train the juveniles. The study also recommended that there was need to introduce market oriented programs. This study was carried out in one correctional institution and in most cases, different institutions

experience different challenges. The present study was carried out in three juvenile penal institutions in order to get views from different institution which can bring about a difference in findings.

A study done by Kithaka (2018) to assess the effectiveness of rehabilitation programmes for juvenile delinquency in Kabete and Kirigiti rehabilitation schools. The study sought to establish the existing rehabilitation programmes, the role of the family in rehabilitation process, staff training and competence, release and follow ups and the benefit of rehabilitation programmes. The present study sought to establish the effectiveness of rehabilitation programmes within penal institutions and their influence on management of juvenile delinquency, examine the nature and extent of rehabilitation programmes being enforced in juvenile penal institutions, to evaluate the effectiveness of rehabilitation programmes and explore strategies for enhancing rehabilitation programmes in management of juvenile delinquency.

Study carried out in Kenya on analysis of predictors of behavior change among juveniles at risk in juvenile rehabilitation centers in Nairobi County by Muthomi, 2016. The study established that children at risk who were convicted in these correctional institutions were not adequately addressed. It was found that all programmes in correctional institutions scored below average in promoting behavior change. Effective rehabilitation promotes public safety either in society or country (Cullen & John, 2012). Most of these convicted prisoners are not educated; they are unskilled, lack a family and community support. Due to these challenges the offenders are rearrested after their release which implies that the

correctional system is not working well to rehabilitate offenders (Ansre, 2010). While this study considered predicting the behavior change among risk juveniles, the current study assessed the effectiveness of rehabilitation programmes in management of juvenile delinquency on all committed juveniles in penal institutions..

### **2.3.2 Juvenile Correctional Rehabilitation**

Correctional institutions are congested because of the high numbers of juveniles being brought into the criminal justice system. On the other hand those who recidivated are also coming back into these institutions at a higher rate (Griffin, 2010). According to Schoeman (2013) recidivism in South Africa is estimated to be between 55% and 95% which implies that there is poor rehabilitation of committed offenders. World wide there is a higher increase in children coming in conflict with the law. However, the current study sought to examine the factors in penal institutions promoting the increase of juvenile delinquency.

#### **2.3.2.1 Poor Rehabilitation Approach in Penal Institutions**

Mugerwa (2010) studied the challenges of rehabilitating juvenile offenders in Uganda. This study was conducted in Kampiringisa National Rehabilitation center and Naguru Remand Home. The main aim for this study was to examine the challenges of rehabilitating juveniles.

Ndegwa (2014) examined rehabilitation of juvenile offenders. The study looked at the factors influencing rehabilitation of juvenile delinquents in Dagoretti Girls rehabilitation school in Kiambu County. The findings from this study indicated

that guidelines stipulated in the National and international legal instruments were not adhered to in Children's courts. Also it found out that the environmental setting of the rehabilitation schools negatively influenced the rehabilitation process. This was shown by inadequate beds in this rehabilitation school and also the workshops and classrooms were inadequate to take the juveniles through the rehabilitation process. The present study assessed the effectiveness of rehabilitation programmes and their influence on management of juvenile delinquency within penal institutions.

#### **2.3.2.2 Lack of Enough Resources in Penal Institution**

A study conducted by Otukho (2018) on situational analysis of youth correctional and training rehabilitation center aimed at establishing the effectiveness of rehabilitation programmes at Kamiti rehabilitation center. The study findings found that the institution lacked adequate resources to enable effective training of the juveniles. Secondly, the results showed that these institutions lacked modern training equipment's and facilities to train the juveniles. It was also found out that there were inadequate skilled personnel to take the juveniles through the rehabilitation process. In this study, data was collected through observation, key informant interviews and document review. The current study used questionnaires, interview guides, FDGs and observation checklists. The difference in data collection tools could bring a difference hence this present.

A report conducted in South African Department of Correctional Services in (2014) pointed out that 10% of offenders committed in correctional institutions

were receiving neither rehabilitation programmes nor reintegration programmes. The report went further to establish that most of correctional institutions were overcrowded where these huge population made the rehabilitation centers to experience strain in terms of resources. The present study sought to establish whether lack of resources was a major hindrance in effective rehabilitation of juveniles within penal institutions in Kakamega County, Kenya.

### **2.3.2.3 Lack of After Care Programmes after Release in Penal Institutions**

Ndirangu (2010) on educational life of juveniles after they have been released from Othaya rehabilitation school established that correctional institutions lack clearly formulated exit and after care programmes for juveniles released from penal institutions. This can enable the juveniles to be exposed to same conditions that make them commit more serious crimes. The study pointed out that 80% of the juveniles came from families living in poverty which could be a factor promoting reoffending. The sample size for the study was 11 former rehabilitees in that institution and one manager. The current study sample size was 335 which gathered in three penal institutions in Kakamega County, Kenya. Findings from Ndirangu could differ from the present study because the study used a smaller sample size while the present study had a larger sample size.

Government of Kenya (2005) on Juvenile Justice System pointed out that aftercare and exit programmes should be applied in juvenile correctional institutions in order to reduce case of recidivism. It goes on to explain that the provided after care programmes should improve the quality of life for those

released into the society by providing them with good housing, family support and securing employment opportunities for them. This is not the case in Kenyan correctional institutions where juveniles are sent out these institutions without any support, care and assistance from the government hence the current study.

According to Irungu (2019), without after prison plan, crime levels will never decrease. The article established that the Kenyan government does not have after care policies and programmes to assist in reducing crime. The articles also pointed out that 75% of individuals released from the prison are likely to commit other crimes and 50% had higher chances of returning to the prison. However, majority of youth sent back to the society return back to the justice system at an alarming rate because the systems the systems that reintegrate them in the society are dysfunctional. The current study took a similar approach by establishing whether after care and exit programmes existing in penal institutions.

#### **2.4 Strategies for Enhancing Rehabilitation Programmes in Management of Juvenile Delinquency in Kakamega County, Kenya**

According to Amanda McMasters (2015), the juvenile justice system is different from the adult system in that it strives to focus on rehabilitation rather than punishment. He further points out that treatment interventions for juveniles include; behavioral modification and Cognitive Behavioral Treatment (CBT).

According to the United States, 2010, 2011 the most common crimes committed were property crimes at 22.5% of all arrests in 2010. In most cases, we experience recidivism in areas attached to different types of offenses Harris &

Mengers (2011). For example, neighborhoods that are concentrated with high cases of drug abuse offenses can increase the chances of juveniles in that area to commit these crimes.

Amanda (2015) points out that the strategy that needs to be considered in reducing recidivism is restorative justice. He argues that restorative justice aim at healing the community and the victim and places an emphasis on reconciliation where it calls for involvement of the victim during the repair process. Hess (2013) suggests that there are three types of prevention methods in controlling delinquency where it can be done through corrective, punitive or mechanical.

According to OJJDP, 2012, 81,000 young people are released into the community annually after serving a term in a correction institution. After being released from these institutions they are faced with challenges of lack of family support, continual engagement in delinquent groups, poverty and victimization (Berg & Huebner, 2011). United States still leads with the high numbers of juveniles being locked up in correctional institutions (Sickmund & Puzzanchere, 2015). When the juveniles are released from these institutions not all of them secure a job or get secondary education which has led to the high levels of recidivism rates (Abrams, 2006). This proves that there are no set up structures by the government to enable these juveniles to cope with the new environment after release hence the present study.

According to a study conducted in U.S by Schebert *et al.*, (2011) on behavioral

health problems and outcome in serious youth offenders. It was found out that substance abuse promotes higher rates of reoffending among youth offenders. The study also indicated that treatments focusing on substance abuse are important in the reintegration process because most youths in the modern world have diverted their thoughts in abusing drugs. Studies have shown that interventions targeting substance abuse can highly reduce the rate of reoffending (Calleja *et al.*, 2011). This study concluded that focus on mental health problem alone for committed juveniles cannot have any importance. The study went further to establish that a combination of criminogenic risk factors and provision of mental health interventions can reduce the rates of reoffending in future. Hence the present study did not take into account interventions on substance abuse.

According to a review of Meta-analyses on efficacy of cognitive behavioral therapy (CBT), 2010 it was established that CBT was an effective way of controlling delinquency. CBT treatment alters the negative thinking in youths where the programmes can promote good behavior among the adolescents (Thompson *et al.* 2010). The present study took a similar approach by establishing whether CBT was effective in controlling delinquency.

#### **2.4.1 Importance of Aftercare Programs in Juvenile Penal Institutions**

According to a review by James *et al.*, 2013 on juvenile justice system on aftercare programs it reveals that management of these programs have a short-term effect on the subsequent delinquent behavior and recidivism. He points out that aftercare programs can be effective when they are well implemented and



consist of individual instead of group treatment.

Research reveals that educational programmes are important because they encourage skill development for career preparation (Platt *et al.*, 2015). Juveniles committed to penal institutions after release face challenges in securing education in their previous schools which has contributed to their frequent absenteeism in schools and school drop out (Wallace, 2012). A study conducted by Bullis *et al.*, (2002) on different pathways to juvenile delinquency aimed at the characteristics of early and late starters for previously incarcerated youth in Oregon's juvenile justice system. It was found that youth with foster care experiences were four times likely to be early starters and also those with a family with a felony offense were two times higher to commit crime. The study suggested future studies to examine the difference between male and female delinquency where the present study had no suggestions made towards the same.

According to a meta- analyses review on mentoring process to affect delinquency and associated outcome of youth at risk (2014). It was found that advocacy and emotional support mentoring were effective in controlling delinquency. The findings showed that mentor intervention had a strong effect on juvenile delinquency. The review concluded that this approach had a significant impact on delinquency where it reduces violent history of delinquency. Mentoring involves good relationship building between the juvenile, the professionals and the larger community. Youths should be encouraged towards their feelings which can prevent them from experiencing negative thoughts(Tolan *et al.*, 2008).

In most scenarios, homelessness has been a greater challenge for juveniles who have been released from penal institutions. This has affected the reentry of these juveniles into their respective communities because these juveniles come from poverty stricken homes. Good housing upon release can help manage cases of reoffending which can in turn promotes effective reintegration of these juveniles (Stanfield, 2016). The present study sought to find out the benefits of applying aftercare programmes for effective reentry into the society.

#### **2.4.2 Importance of Trauma- Informed Approach in Penal Institutions**

Research reveals that juveniles in the juvenile justice system experience traumatic events emanating from the environment in this system. Delisi *et al.*, 2010 argues that young people exposed to traumatic events in their childhood are likely to adapt to more risky behaviors and end up dying in their young age. He further, points out that there is a relationship between violence, trauma and misconduct among juveniles in correctional institutions. Kerig & Becker, 2010 offer an excellent view of theoretical models linking trauma and delinquency and how trauma can interfere with a person's brain structure which can bring about more aggressive behaviors.

A study conducted by (Ford *et al.*, 2012) on complex trauma and aggression in secure juvenile justice setting. His findings showed that the juvenile justice systems have histories of complex trauma. The study established that youth with trauma are at risk of serious problems such as depression and anxiety which can lead to reactive behavior. Also the study found out that when children are

exposed to complex trauma they are at risk acquiring trauma. For example, they can experience depression and fear which can lead to anger and in turn contributes to defiant problems. The study concluded that trauma informed approaches that address complex trauma in early stages and those applied in juvenile justice system prevent recidivism.

According to a study conducted by Craig *et al.* (2020), the study aimed at the impact of exposure to adverse children experience on recidivism rates among a cohort of serious state incarcerated juvenile offenders. It was established that adverse childhood experiences failed to predict post release recidivism. Also the adverse childhood experiences failed to measure any rearrests and instead measured juvenile history and rate of disciplinary misconduct and length of incarceration. However, this study was different from the present study which paid more attention on childhood experiences that can lead to trauma. The present study sought to establish the effectiveness of trauma informed approaches in management of juvenile delinquency.

#### **2.4.3 Importance of Matching the Programmes with the types of offenses in Juvenile Penal Institutions**

According to a study conducted by Traicey Skillings (2009) on matching court order services with treatment needs on predicting success with young offenders. A sample of 122 youths was used to determine the re-offense outcome. The study established that higher risk scores were associated with earlier and more frequent recidivism. However, this study had a similar approach examining the offender specific criminogenic needs which predicts power of risk behavior. There was a difference in the study sample which could bring differences in

findings.

Peterson Badali *et al.* (2015) conducted a study which aimed at exploring frontline perspective on the challenge of addressing youth criminogenic needs with a Risk-Need Responsivity (RNR). The study focused on the importance of targeting high impact criminogenic needs, the salience of specific responsive factors in case management, lack of evidence based programmes to the youths, responders uncertainty towards their role in addressing the criminogenic needs. The study established that the juvenile justice system has a different task in distinguishing youth needs for specific programs that target criminogenic needs. Treatment plan should meet the unique reoffending risk factors through programmes that are geared towards individual strength and capabilities (Andrews & Bonta, 2010). In most juvenile penal institutions priorities are made towards different programmes because of scarce resources and also limited training hence the present study sought to find out the effectiveness of program match in management of juvenile delinquency.

## **2.5 Management of Juvenile Delinquency in Penal Institutions**

Management of Juvenile delinquency has not been well captured in Kenya. It was influenced by metropolitan trend towards a more rehabilitative and separatist system (Otukho, 2018). The Kenyan government adopted the Borstal system to enable the government in managing juvenile delinquency that had increased after the World War I. There has been development of various programmes designed to guide behavior change such as guiding and counseling, vocational training, formal education, spiritual nourishment, agriculture, life skills and recreational activities (Odera, 2013).

Kathungu (2010) on a study on relationship between emotional intelligence and juvenile offender performance among service providers in rehabilitation schools in Kenya. The study established that rehabilitation programmes in penal institutions do not undergo frequent evaluation where there is failure in measuring the impact it has to the juveniles. This is supported by Njue (2014) who also found out that juvenile correctional institutions are at a higher risk because the juveniles are learning more violent behaviors. This elicits more questions on what is the goal of rehabilitation institution and how are the programmes carried out in these institutions. Thus, the present study sought to establish the effectiveness of rehabilitation programmes on juveniles.

A study conducted by Andrew Von Hirsh (2003) on crime preventive impact of penal institutions pointed out that rehabilitation is expected to satisfy multiple interests of an offender. It was found that a large number of juveniles sink into the degrading conditions in correctional institutions where they are compelled to harsh and punitive treatment.

This concurs with Tapscott (2008) who also argued that most of correctional institutions lack programmes that aim at managing juvenile delinquency. Therefore, present study sought to establish whether penal institutions were satisfying the needs of the committed juveniles in Kakamega County, Kenya.

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Management of Juvenile delinquency has not been well captured in Kenya. It was influenced by metropolitan trend towards a more rehabilitative and

separatist system (Otukho, 2018). The Kenyan government adopted the Borstal system to enable the government in managing juvenile delinquency that had increased after the World War I. There has been development of various programmes designed to guide behavior change such as guiding and counseling, vocational training, formal education, spiritual nourishment, agriculture, life skills and recreational activities (Odera, 2013).

Kathungu (2010) on a study on relationship between emotional intelligence and juvenile offender performance among service providers in rehabilitation schools in Kenya. The study established that rehabilitation programmes in penal institutions do not undergo frequent evaluation where there is failure in measuring the impact it has to the juveniles. This is supported by Njue (2014) who also found out that juvenile correctional institutions are at a higher risk because the juveniles are learning more violent behaviors. This elicits more questions on what is the goal of rehabilitation institution and how are the programmes carried out in these institutions. Thus, the present study sought to establish the effectiveness of rehabilitation programmes on juveniles.

A study conducted by Andrew Von Hirsh (2003) on crime preventive impact of penal institutions pointed out that rehabilitation is expected to satisfy multiple interests of an offender. It was found that a large number of juveniles sink into the degrading conditions in correctional institutions where they are compelled to harsh and punitive treatment. This concurs with Tapscott (2008) who also argued that most of correctional institutions lack programmes that aim at managing juvenile delinquency. Therefore, present study sought to establish

whether penal institutions were satisfying the needs of the committed juveniles in Kakamega County, Kenya.

## **2.6 Disaster Management, Juvenile Delinquency and Penal Institutions**

According to world summit on sustainable development (WSSD), Juveniles are termed as vulnerable in the society. They depend on their parents or the community to cater for their needs such as food, cloths, shelter. When their needs are not met the juveniles may go into the streets using criminal alternative in getting money for their up keep. The Hyogo framework (2005) disaster reduction should be built through lives, social, economic and environmental assets for sustainable development. Based on priority 2 for Hyogo framework in knowing the risk and taking action, countries and communities must know the risk they are facing and take appropriate action based on the available knowledge in solving the issue. Understanding the risk (juvenile delinquency) requires investments in scientific and institutions to observe and map the hazard.

Furthermore, the Sendai framework (2015) states that it is not the responsibility of the country's in reducing disaster but responsibility should be shared within the available institution. The second priority of this framework is strengthening disaster risk governance to manage disaster risk. The framework was to reduce disaster risks through prevention, mitigation, preparedness, response, recovery and rehabilitation. In this case rehabilitation is a disaster risk reduction which is a basis for the current study.

## **2.7 Conceptual Framework**

The main concern for the study was to assess effectiveness of rehabilitation programmes within penal institutions and their influence on management of juvenile delinquency in Kakamega County, Kenya. The study was guided by a conceptual framework based on two theories namely; Social Disorganization Theory and Social Learning Theory. In addition, theoretical review gave reasons why juvenile delinquency requires effective rehabilitation programmes in order to live a healthy life during and after graduating from penal institutions.

### **2.7.1 Social Disorganization Theory**

This study was guided by the social disorganization theory. The theory was coined to explain the risk factors that promote behaviors. It points out that crime is a purposive behavior designed to meet the offenders common place needs such things like status, money and excitement. Social disorganization theory believes that juvenile delinquency come as a result of breakdown in various systems in the community. This means that rehabilitation programmes in penal institutions have to be individualized for effective rehabilitation process to be achieved.

Social disorganization theory argues that an individual risk of engaging in criminal behaviors can increase where there is low social control in the society (Bellair, 2017).

Bellair observed that there is an association between neighborhood conditions,



economic status and excitement and race in the U.S.A that increases the chances of taking part in criminal activities. The basis for social disorganization theory was to explain the factors that contribute to crime; it has found a place in forming the design of rehabilitation programmes. It suggests that for rehabilitation programmes to be effective they must consider ecological variables that make an individual vulnerable to commit a crime (Karimu, 2015).

Social disorganization theory is relevant to this study as it gives a connection between characteristics of juvenile delinquency and the effectiveness of rehabilitation programmes on management of juvenile delinquency. Unfortunately, social disorganization theory concentrated on the location of the juvenile in acquiring criminal behavior. For example, during adolescent's period, juveniles are at a higher risk of being involved in various antisocial behaviors. However, the present study found a gap in a person's characteristic which promote an individual to engage in antisocial behaviors which social disorganization theory did not.

### **2.7.2: Social Learning Theory**

Social learning theory was developed by Albert Bandura Cunia (2007). This theory proposes that observational social learning occur in relation to three models; live model in which an actual person is demonstrating the desired behavior; verbal instructions in which an individual describe the desired behavior and instructs on how to engage in the behavior. McLeod (2011) argue that individuals can observe various behaviors of others and in return learn how to model the desired behavior which is considered as a successful method of

learning behavior in correctional institutions.

Feist *et al.*, 2013 observed that individuals have the capacity to learn various behaviors and attitudes in multiple environments in which rehabilitation centers is one on the environments. This theory explains why some children become delinquents and why others become more violent offenders than others.

This theory was relevant to the present study in that most juveniles in penal institutions have a number of unsatisfied needs. These juveniles come from lower economic status families with extreme poverty levels. Most of these juveniles feel they are not cared for by their family and the society at large. As a result they turn into criminal acts such as stealing, abusing drugs, truancy among others. This study fits in this theory in that effective rehabilitation programmes for juveniles in penal institutions reduces cases of delinquency and reoffending. Juveniles are sensitized on the need to learn behaviors from positive role models in penal institutions and the society thus preventing them from antisocial behaviors like drug abuse and stealing and work towards productive activities in the society.

### **2.7.3 Conceptual Framework Model**

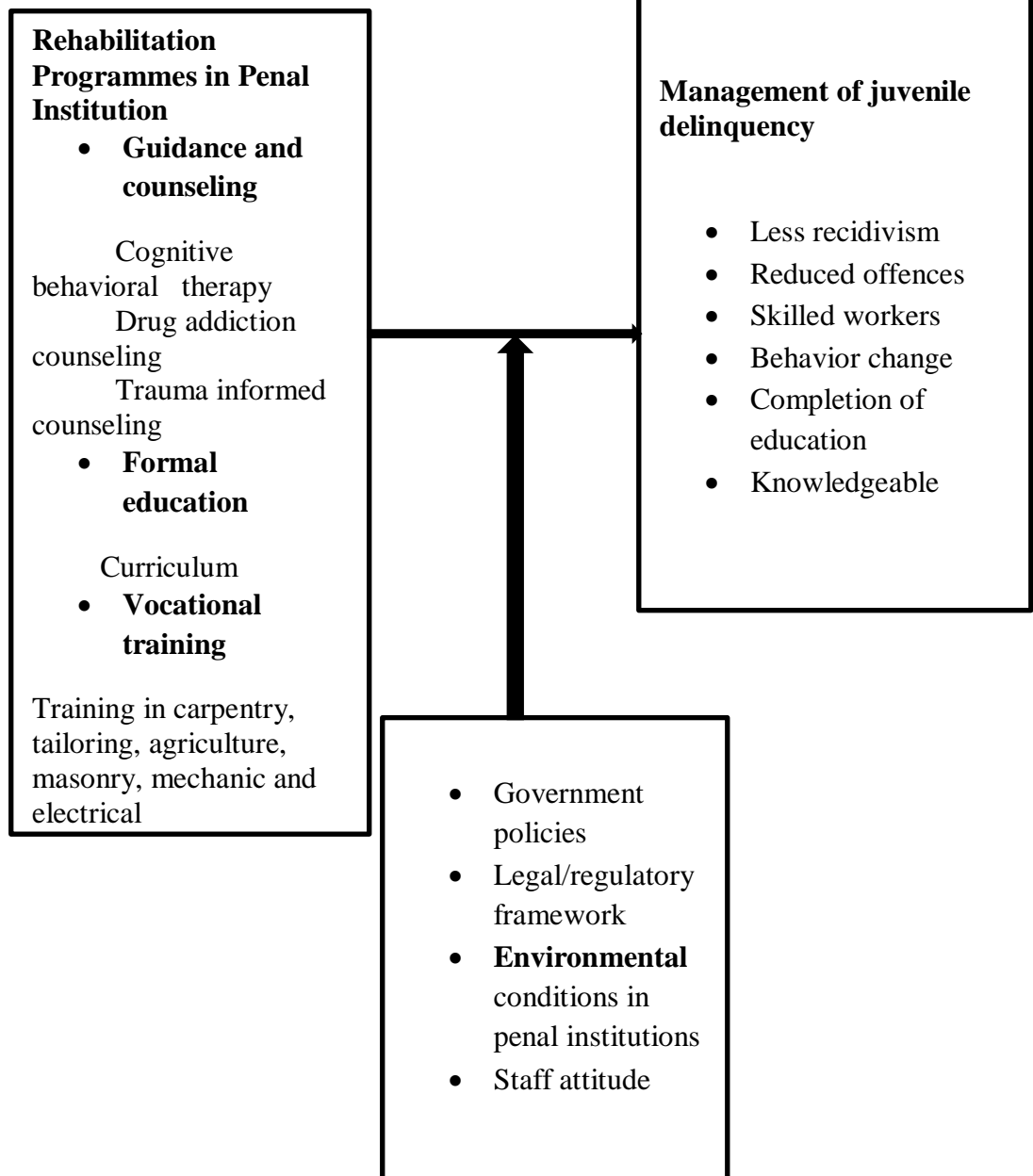
This study on the effectiveness of rehabilitation programmes within penal institutions and their influence in management of juvenile delinquency was conceptualized to explain the theories applied in the study. Social disorganization theory and social learning theory gave an understanding on the causes of juvenile delinquency.

Fig.2.1 shows a conceptual framework model representing the relationship between rehabilitation programmes and management of juvenile delinquency. The independent variable is rehabilitation programmes which are defined by vocation training programmes, guidance and counseling and formal education while management of juvenile delinquency is dependent variable which was defined by less recidivism, reduced offences, skilled workers, behavior change, completion of education and knowledgeable. Also the study used intervening variable which included government policies, legal/regulatory framework, environmental conditions in penal institutions and staff attitude.

**Independent**

**Intervening**

**Dependent**



**Figure 2. 1 Conceptual Framework Model showing Study Variables Interaction in Rehabilitation Programmes and Management of Juvenile Delinquency**

**Source: Researcher, 2019**

## **2.8 Chapter Summary**

Focusing on specific objective one, literature reviewed revealed that juvenile delinquency is escalating as a worldwide disaster. This problem has worried the juvenile criminal justice system both globally and continentally. Literature reviewed on the effectiveness of rehabilitation programmes on management of delinquency, juvenile rehabilitation programs were found not to work and that in fact many juvenile programs make the problem worse and increasing rates of recidivism.

Basing on the third objective to explore strategies for enhancing rehabilitation programmes in management of juvenile delinquency in Kakamega County, Kenya. Literature showed that rehabilitation services and aftercare services were inadequate and that those released from the institutions found it difficult to fit back in society due to the stigma of “inmates” or “young rascals” and lack of opportunities for the children’s self- advancement after committal.

The reviewed studies paid more attention largely on views of persons under rehabilitation giving little attention to those who had been released and already in the in the community. The studies also strongly expressed need for further research on the ways to which the juveniles who graduate from rehabilitation schools should adapt in the community upon there release which triggered the need for the current study. Social disorganization theory explained that location promotes delinquency but the theory did not put into consideration the personal characteristics of an individual can promote delinquency which was the basis of present study. This study found a gap in the social learning theory that there are

un-meet needs for juveniles in juvenile penal institutions which contribute to the increase of juvenile delinquency. Conceptual model has been used to explain the relationship between dependent, independent and the intervening variables. Finally, the section talks about disaster management, juvenile delinquency and penal institutions which qualify juvenile delinquency as a disaster because of the alarming rates in Kenya and in the world. The next chapter is about researchmethodology.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.1 Introduction**

This chapter describes the research design that was utilized, study area, study population, sample size determination, sampling procedure, data collection instruments, data collection procedure and data analysis methods used in the study. It also presents approaches of determining validity and reliability of research instruments through a pilot study, the limitations of the study, assumptions and the ethical considerations which the study adopted. The chapter ends with a summary.

#### **3.2 Research Design**

Descriptive research design sought to examine the nature of rehabilitation programmes being enforced in penal institutions to curb juvenile delinquency and also to evaluate the effectiveness of rehabilitation programmes in management of juvenile delinquency within penal institutions. Descriptive research design used was guided by Mugenda(2008) who noted that descriptive research design is mostly used in examining social phenomenon which exists in the community. Descriptive research design describes and does fact finding of different kinds of phenomenon in the community. Evaluation research design was also used to explore the strategic options for enhancing rehabilitation programmes in curbing juvenile delinquency.

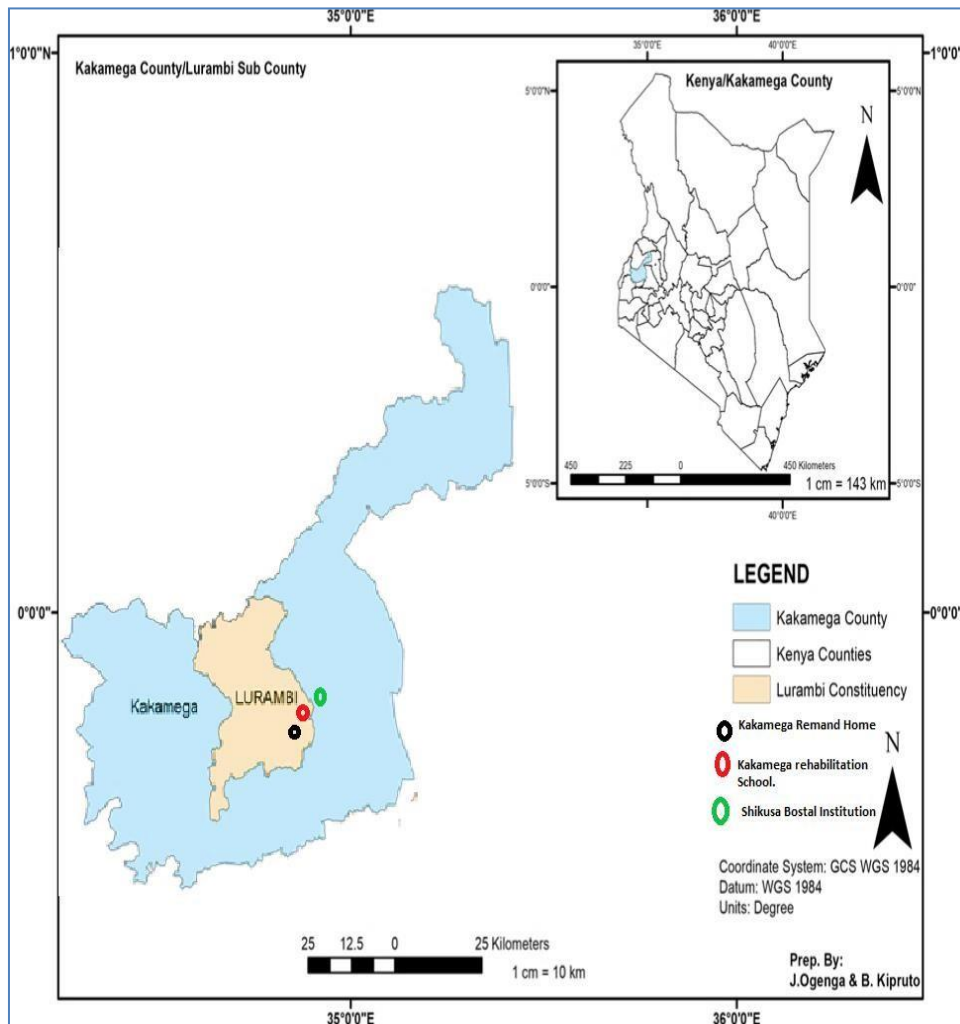
### 3.3 Study Area

Kakamega County is one of the 47 counties created by the constitution of Kenya 2010. It is one of the most densely populated with a population of 1,660,651 (Maxon *et al.* 2011). The county is located in the western region of Kenya. It consists of 12 operational Sub- Counties namely Lurambi, Shinyalu, Ikolomani, Malava, Khwisero, Butere, Navakholo, Mumias, Matungu, Lugari, Matete and Likuyani. The County borders counties like Bungoma to the North, Vihiga to the South, Siaya to the West, Nandi and Uasin Gishu to the East. It lies between longitude 34<sup>0</sup>E and 42<sup>0</sup>E, latitude 0<sup>0</sup> and 3<sup>0</sup>N (IEBC, 2012).

In Kenya, there are eleven (11) rehabilitation schools namely; Getathuru, Dagoretti, Kirigiti, Wamumu, Othaya, Likoni, Kericho, Kabete Machakos, Thika and Kakamega rehabilitation schools and eleven (11) remands homes namely; Kisumu, Murang'a, Kiambu, Kakamega, Kericho, Eldoret, Likoni, Nyeri, Nakuru, Malindi and Nairobi which fall under Children's Department. There are three Borstal institutions in Kenya which include Shikusa, Shimo la Tewa and Y.C.T. C Kamiti which fall under Corrections Department. The study was conducted in three Juvenile Penal Institutions located within Kakamega County. Kakamega County was selected given the high numbers of juvenile delinquents committed in penal institutions as compared to other similar institutions in other jurisdictions across the country (State Department of Correctional Services, 2017). There are three government penal institutions for juveniles in Kakamega County namely Shikusa Borstal institution, Kakamega Children Rehabilitation School (formerly Kakamega Approved School) and Kakamega Juvenile Remand



Home. These institutions are a home for two categories of children, those in need of care and protection and to those in conflict with the law. The study focused on those juveniles in conflict with the law who were committed to this institution for three years. The large numbers of admission in these penal institutions implies they are rich in information relevant to the study.



**Figure 3. 1: Map of Kakamega County**

**Source: Researcher, 2019**

### **3.4 Study Population**

Target population refers to entire group of individuals, events or objects having

common observable characteristics from which a sample that is smaller is obtained (Ahuja, 2001). For the purpose of this study, the population comprised all juveniles committed to Shikusa Borstal institution, Kakamega Children Rehabilitation School and Kakamega Juvenile Remand Home. At the time of collecting data there were 698 subjects committed to the three facilities (Children Department, 2018). Also the study population included teachers, officers from relevant ministries, managers, security officers, matrons, social workers, relapsed juveniles and reformed juveniles which brings a total population of 918.

### **3.5 Sample Size and Sampling Procedure**

Mugenda and Mugenda (2008) suggest that one may use a sample size of at least 10% but for better and more representative results, a higher percentage is better. Kakamega Rehabilitation School, Shikusa Borstal institution and Kakamega Remand Home were selected purposively as they were the only penal institutions in Kakamega County. The study sampled 30% of the total study population of respondents. The study sample size was 335 which constituted committed juveniles in penal institutions who were main respondents, Key informants who included the three managers, senior officers in children department, teachers, security officers, matrons and social workers and other juveniles who constituted relapsed and reformed juveniles who were engaged in FGDs.

### **3.5.1 Sampling of Penal Institutions**

There are 11 rehabilitations schools, 3 Borstal institution and 11 remand homes in Kenya. Kakamega County has 3 penal institutions (Children's Correction and Rehabilitation Centers in Kenya, 2019). These institutions include; Shikusa Borstal Institution, Kakamega Rehabilitation School and Kakamega Remand Home and therefore the institutions were sampled by census because they are the only juvenile penal institutions in Kakamega County.

### **3.5.2 Sampling Juveniles in Penal Institution**

Juveniles committed to these institutions in Kakamega County were 698 (Children's Department, 2018). According to Mugenda (2008), a sample of 10% to 30 % is recommended but in small universe, large proportions can be selected and in this case 40% of the total number of juveniles (698) was selected and a sample size of 279 juveniles was arrived at. Simple random sampling was used to sample these juveniles.

### **3.5.3 Sampling Key Informants**

The sample comprised 30% of the key informants. According to Mugenda & Mugenda (2003) 30% of the target population was settled upon to determine the sample size for ministry officials, security officers, teachers, matrons and social workers. The managers were sampled at 100% because each institution had only one manager and for this case 36 respondents were selected. The key informants were sampled purposively.

### **3.5.4 Sampling Recidivists and Reformed Juveniles for Focus Group Discussions**

The sample comprised 20% of relapsed and reformed juveniles. This is recommended by Mugenda and Mugenda (2008) of the sample population. They have experienced the life in penal institutions and there was need for them to contribute some information regarding the current study and a sample of 10 participants from each category was sampled from the community using convenience method.

### **3.6 Sample Size**

The sample comprised of 279 juveniles, 3 Ministry Officers, 3 institutional Managers, 6 security officers, 15 teachers, 6 matrons, 3 social workers, 10 relapsed juveniles and 10 reformed juveniles. This gave a total of 335 respondents. Refer to Table 3.1.

**Table 3.1: Sample Distribution**

<b>Category</b>	<b>Description of Respondents</b>	<b>Target Population</b>	<b>Sample determinants</b>	<b>Sample Size</b>	<b>Sampling Technique</b>
Juveniles		698	40%	279	Simple random
Key informants	Ministry Officers	10	30%	3	Purposive Sampling
	Managers	3	100%	3	Census Sampling
	Security Officers	10	30%	6	Purposive Sampling
	Teachers	30	30%	15	Purposive Sampling
	Matrons	20	30%	6	Purposive Sampling
	Social workers	10	30%	3	Purposive Sampling
	<b>Sub-Total for Key Informants</b>	<b>106</b>		<b>36</b>	
Others	Relapsed	57	20%	10	Snowball
Juveniles	Reformed	57	20%	10	Convenience
<b>Total</b>		<b>918</b>		<b>335</b>	

**Source: Researcher, 2019**

### **3.5.5 Sampling Procedure**

The study was conducted in Kakamega County in 3 penal institutions namely; Kakamega Rehabilitation School, Kakamega Remand Home and Shikusa Borstal Institution. These institutions were selected purposively because they are the only penal institutions in Kakamega County. A sample size of 279 juveniles

was selected. A list of delinquents was obtained from the administration office. Simple random sampling was used to select the juveniles in the three penal institutions to give equal chance for each juvenile to participate in the study. Juveniles in their 3<sup>rd</sup> year were selected because they have a better experience in these institutions. Purposive sampling was used to sample the key informants for the study. Snowball was used to sample recidivists and reformed juveniles were sampled by convenience sampling technique.

### **3.6 Data Collection Instruments**

This Study used both the primary and secondary data. The main data collection instruments for this study were questionnaires, key informant, interview guides, a focus Group discussion Guide and observation checklists.

#### **3.6.1 Questionnaires for Juveniles**

Primary data was collected from a total of 279 respondents and both open and close ended questions were employed see Appendix (II). Open-ended questions were used to allow juveniles to respond in their own words and provide more diverse detailed data on the topic under study. Questionnaires captured qualitative data (Mugenda & Mugenda, 2003). They were developed to address the study specific objectives and research question which had specific section for each objective. A total of 279 questionnaires were issued to the juveniles. All the questionnaires were returned duly filled by the respondents with the help of research assistance.

### **3.6.2 Key Informant Interview Schedules**

These tools were tailored to obtain relevant information from Ministry officials, institution managers, teachers, matrons, security officers and social workers (Appendix III). According to Kothari (2007) interview schedules clarifies what is in the questionnaires. There was face-to-face verbal communications between the researcher and the selected key informants for interview schedule. The qualitative data collected from the Key Informants was used to confirm and enhance that this data was gathered by the respondents. The researcher conducted face to face interviews for this category of respondents.

### **3.6.3 Focus Group Discussion Guide**

According to Babbie (2011) FGD is based on structured, semi-structured or unstructured interviews which offer qualitative researchers with an opportunity to interview several respondents systematically and simultaneously. Focused group discussions (Appendix IV) established views of the respondents in their own perspective basing on the study. The discussants were reformed, relapsed juveniles and their parents. The tool had probing questions that addressed each of the major concerns in this study corresponding to the variables under study. Focus group discussion (FGD) was chosen as a way of gathering information from juveniles raised in different backgrounds to discuss the topic under study. A total of two FGDs were conducted and the participants were guided by the researcher by introducing the topic of discussion.

Focus Group Discussion was chosen by the researcher because they are

relatively quick, cheaper and excellent for obtaining information from respondents. A focus Group Discussion of 10 respondents from each category of relapsed and reformed juveniles was conducted.

#### **3.6.4 Observation Checklists**

According to Kawulich (2012) observation checklists are used in social sciences research as a method of collecting data about people, processes and cultures. Observation checklist was used to collect data in this study see Appendix (V). It enabled the researcher to observe various conditions and situations in penal institutions that were affecting negatively the operation of rehabilitation programmes in juvenile penal institutions.

#### **3.6.5 Secondary Data**

Secondary data was a continuous process until the study was completed. In the field, this data were records from Kenya National Bureau of Statistics (KNBS), manuals from the juvenile justice system, Kakamega County Integrated plan and manuals from the children department. Other data were obtained from journals, reports and published articles.

#### **3.7 Piloting of Research Instruments**

Research instruments should be piloted to a selected sample similar to the actual sample for this study (Gay, 2011). The study was conducted in Kisumu remand home whose characteristics were similar to Kakamega County. Data collected was by use of questionnaires for juveniles, interviews guides and through



observation checklist. The findings of the pilot study indicated there is a significant relationship between rehabilitation programmes and management of juvenile delinquency  $\gamma = 0.888$ .

### **3.7.1 Validity of Research Instruments**

Mugenda & Mugenda (2003) describes validity of research instruments as the degree to which it accurately measure what it is supposed to measure. Test for face validity was done by showing questionnaires to the juveniles and my supervisors in the department of Disaster Management and Humanitarian Assistance. The supervisors agreed the instruments were relevant in measuring the study constructs. Discriminant validity was tested to determine the differences between the overlapping constructs. The results showed that all constructs were above 0.70 and the AVE values were within 0.732 and 0.849. The discriminant validity was assessed using criterion Fornell & Larcker (1981) by comparing the square root of each AVE in the diagonal with the correlation coefficients (off-diagonal) for each construct in the relevant rows and columns. Overall, discriminant validity was accepted for this measurement model.

Convergent validity was used to measure the level of correlation of multiple indicators that are all in agreement. In assessing convergent validity the researcher considered factor loading of the indicator, composite reliability and average variance extracted. All the AVE values in the table exceeded 0.50 which implied that the instruments were adequate in convergent validity.

### **3.7.2 Reliability**

Reliability is referred to as the consistency of scores obtained. It is how consistent the scores are for each individual from one administration of a data collection instrument to the other (Gakuu & Kidombo, 2008). Reliability for this study was done through a pilot study. A split half technique was used by the researcher to establish the reliability for research instruments. A total of 20 questionnaires were distributed among the two groups. A correlation was made between the groups in order to estimate the reliability of each half of the test results was 0.45 which implied that the research instruments were reliable for this study.

### **3.8 Data Collection Procedure**

The researcher introduced herself and explained to the respondents why they needed to fill the questionnaires. After which respondents were given introductory letter from the researcher in Appendix (I). Juveniles (279) filled the questionnaire (see Appendix II). The researcher interviewed key informants. Confidentiality was assured where the key informants were interviewed separately. FGD was led by the researcher in addressing effectiveness of rehabilitation programmes and their influence on management of juvenile delinquency within penal institutions in Kakamega County, Kenya. The researcher had probing questions that addressed each of the questions. Observation checklists were used to observe various conditions within penal institutions. Before going to the field, the researcher acquired authority from the school of graduate studies of Masinde Muliro to procure a permit for data

collection, research permit from the children's department and also permit from corrections department. Moreover, the parents of the juveniles were asked to fill an informed consent that could allow their children take part in this study.

### **3.9 Data Analysis and Presentation Techniques**

Qualitative data was collected through interviews, FGDs and observation checklists. Data was edited, coded and narrative analysis for ease interpretation. Quantitative data was analyzed by use of descriptive statistics specifically frequencies and percentages in order to relate the variables with the aid of the Statistical Package for Social Sciences (SPSS). Inferential statistics were used specifically Spearman rank correlation to relate between the variables for objective one and two and chi square was used for objective three. Qualitative data was organized into themes and concepts and analyzed to answer the research questions. All statistical measurements were performed within 95% confidence level.

**Table 3.3: Data Analysis for Specific Research Objectives.**

<b>Specific Objective</b>	<b>Variables</b>	<b>Research Design</b>	<b>Methods of Data Analysis</b>
Assessing the nature of rehabilitation programmes in curbing juvenile delinquency	Government Policies Rules and regulations Environmental conditions in penal institutions	Descriptive Research design	Qualitative Quantitative ( Spearman rank correlation)
Assess the effectiveness of rehabilitation programmes in penal institutions	Government policies	Descriptive design	Research Qualitative Quantitative ( Spearman rank correlation (f, %, r)
Evaluating the strategies in enhancement of rehabilitation programmes delinquency.	Government policies Staff attitude Environmental conditions in penal institutions	Evaluation design	Research Qualitative Quantitative (Chi-square)

**Source: Researcher, 2019**

### **3.10 Limitations of the Study**

In seeking to evaluate the effectiveness of rehabilitation programmes within penal institutions and their influence on juvenile delinquency, the researcher had

a challenge in accessing relevant information. Some information concerning juveniles in penal institution was kept confidential which was difficult to access. The researcher got permission from the director of juvenile correctional institution so as to be enabled to access the documents.

Language barrier was another limitation for this study most of the children come from different counties and were at primary school level in education. The language used in the questionnaire was not well understood and there was need for translation into Kiswahili that they understood. The researcher engaged research assistance who assisted in translating the questionnaire into local language and Kiswahili.

The researcher also foresaw difficulty in selecting the sample size since the respondents would be interested in this study. The researcher settled on the selected respondents in order to minimize extra costs.

### **3.11 Assumptions**

The following assumptions were made for the study;

The respondents were willing and available to provide truthful information relating to rehabilitation programmes within penal institution and their influence on management of juvenile delinquency.

The increasing level of juvenile delinquency was as a result of poor rehabilitation programmes in penal institutions.

### **3.12 Ethical Considerations**

Mugenda (2008) suggests that the rights and welfare of participants should be a major ethical obligation for all parties involved in research study. For the research to be carried out, the researcher ensured strict observation of the code of ethics that this study follows.

The researcher got official permission from, Masinde Muliro University of science and technology (Appendix VII), National Council for Science, Technology and Innovation (NACOSTI) see Appendix (X), permission from the Corrections Department was granted and also State Department of Children's Department (see Appendix IX). The researcher explained to the respondents why the study was being carried out and after which they were given an introductory letter for them to participate in the study. With regard to privacy and sensitivity of juvenile criminal matters, the respondents were assured of their confidentiality regarding the information they provided. Besides, no record of names or addresses of respondents were kept and the research was treated to be used strictly for academic purposes. Also there was need for the researcher to seek parental consent were required to fill in relevant information in order to allow their children take part in this study.

### **3.13 Chapter Summary**

The chapter adopted descriptive research design and evaluation research design. The study area comprised 3 penal institutions namely; Shikusa Borstal

Institution, Kakamega Rehabilitation School and Kakamega Remand Home in Kakamega County. This chapter has also delved on the study population which includes; juveniles, officers from relevant ministries, institution managers, security officers, matrons, teachers and relapsed and reformed juveniles. Purposive sampling was used to gather information from the key informants and random sampling was used in selecting juveniles. Chapter four presents the study findings as per the study objective.

## **CHAPTER FOUR**

### **NATURE OF REHABILITATION PROGRAMMES ENFORCED IN PENAL INSTITUTIONS ON MANAGEMENT OF JUVENILE DELINQUENCY IN KAKAMEGA COUNTY, KENYA**

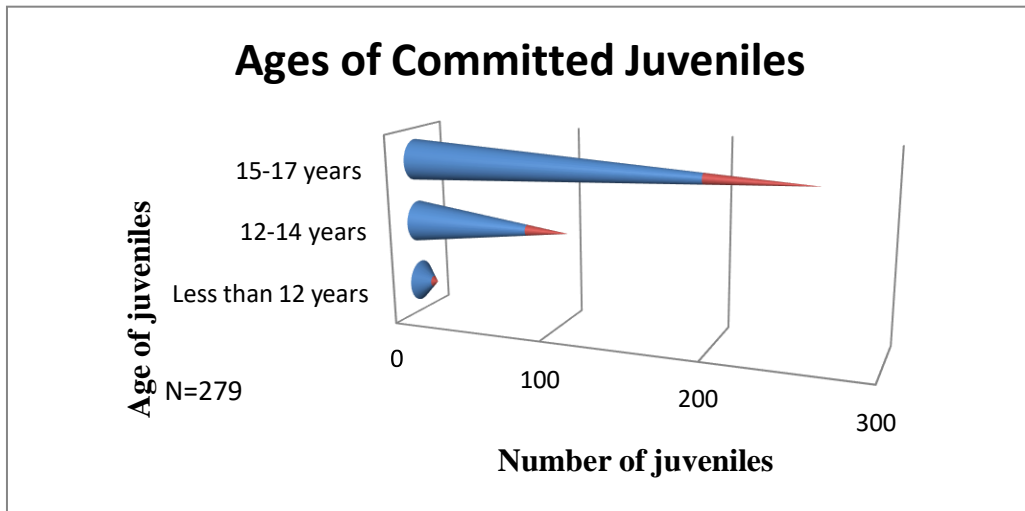
#### **4.1 Introduction**

In this chapter, the study examines the nature of rehabilitation programmes being enforced in penal institutions on management of juvenile delinquency in Kakamega County, Kenya. The chapter presents the ages of juveniles in penal institutions, gender of the juveniles, nature of offenses committed by juveniles, period of institutionalization, family composition during arrests, staff competencies, policies and guidelines existing in penal institutions, period of court process and legal representation for committed juveniles. Data was presented by use of figures, tables and narratives which was generated from completed questionnaires, interviews Schedules, Focus Group Discussion and Observation Checklists.

#### **4.2. Age of Juveniles in Penal Institutions**

The study sought to find out the ages of juveniles committed in three penal institution and their ages were as follows.





**Figure 4. 1: Ages of Juveniles in Penal Institutions**

**Source: Field Data, 2019**

The results in Figure 4.1 indicate the ages of juveniles being committed in these institutions. The study found out that the age for majority of the juvenile’s for committing crime was between (15 to 17). On the other hand, those between the age of 12 to 14 were at 78(27.9%) followed by those with less than 12 years at 9(3.3 %).

Interview with social workers established that most of the juveniles committed in these institutions were between the ages of 15-17. According to the Kenyan constitution (2010), penal institutions were set up to hold juveniles below the ages of 18 years. This is in line with the Laws of Kenya CAP 90 section 66 which point out that these institutions should hold juveniles below 18 years.

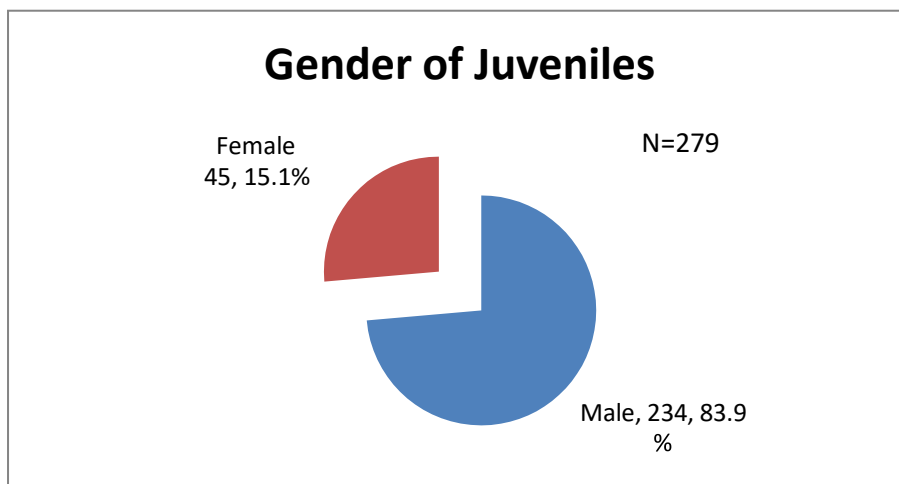
Findings from the FGDs carried out established that majority of the delinquents were between the ages of 15 to 17 when they were committed to these institutions. This age is when the juveniles are in adolescent period and are

experiencing various changes in their bodies which lead them to engage in antisocial behaviors. This concurs with the Strain theory which established that adolescent experience very many challenges such as neglect and being abused among others during this period which makes them develop stress and eventually go into criminal acts (Agnew, 2006).

Through the observation checklist it was found out that most of the delinquents were in their adolescent stage.

### 4.3 Gender of Juveniles in Penal Institutions

The study sought to establish the gender of juvenile committed in these penal institutions. This was represented in Figure 4.2.



**Figure 4. 2: Responses on the Gender of Juveniles in Penal Institutions**

**Source: Field Data, 2019**

The results in Figure 4.2 indicated that 234(83.9%) of committed juveniles in the three penal institutions were male while 45 (15.1%) were girls committed in

Kakamega remand home only. The study found out that males committed more crimes than females within the penal institutions in Kakamega County. Pearson correlation coefficient was conducted to establish whether there was a relationship between gender and juvenile delinquency. The results showed a significant relationship between gender and juvenile delinquency  $r = 0.32$ ;  $p \leq .05$ . This means that gender influences juvenile delinquency.

Key informants established there were more males than females in these institutions. This was a clear indication that males committed more crimes. The study also established that males can learn violent antisocial behaviors from others during the detention period. This is so because boys are more aggressive than girls where they can easily learn undesired behaviors from other delinquents committed to these institutions.

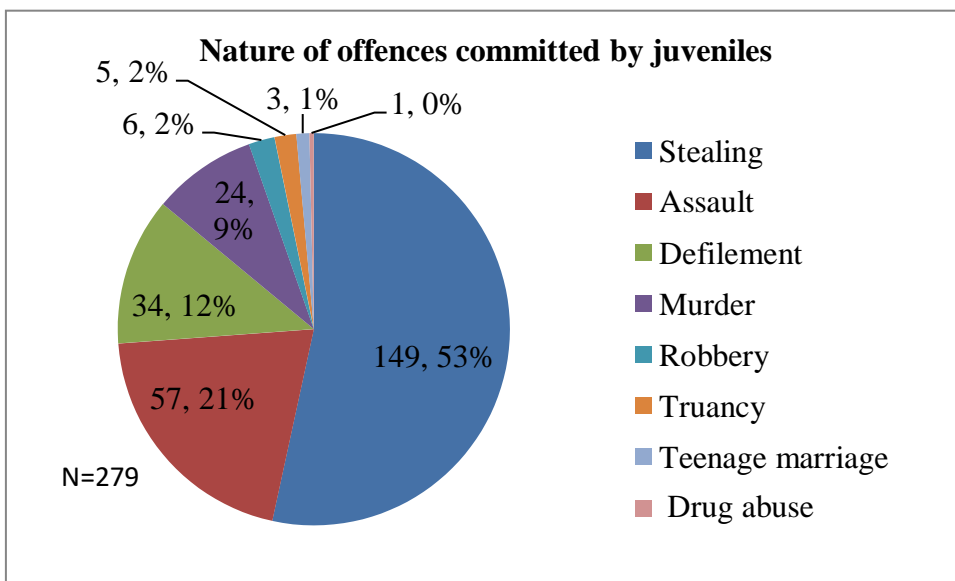
Through the observation checklist, the study established that these institutions had more boys than girls. This is supported by Kyoto University Research Information Repository (2018) done in Japan. The research revealed that 95.9% of the committed juveniles were males while 4.1% were females. The present study also established that there were more males than females in penal institutions.

The records in Kakamega remand home indicated that there were 70 boys and 20 girls in the institution. This implies that most of the juveniles in correctional institutions were males.

FGDs carried out showed that males committed more crimes than females. Majority of the juveniles who participated in the FGDs were males. It was therefore noted that males commit more crime. This finding is supported by Odera (2013) in a survey conducted in Nairobi on effectiveness of rehabilitation programmes. He established that 82% of the committed juveniles were males while 18% were females.

#### 4.4 Nature of Offence among Juveniles convicted in Penal Institutions

The study also established the type of offences that lead them be committed to these juveniles in penal institutions.



**Figure 4. 3: Nature of Offence for Juveniles Convicted in Penal Institutions**

**Source: Field Data, 2019**

Figure 4.3 shows that out of 279 respondents 149(53.3%) take part in stealing, assault 57(20.4%), defilement 34(12.2%) murder 24(8.7%) while robbery

6(2.2%), truancy 5(2.0), 3(0.5%) teenage marriage and drug abuse 1(0.7%). The finding revealed that most of the juveniles committed stealing.

The interview responses from security officers established that the most committed crime was stealing. The study also showed that juvenile crime rates were higher as indicated in Figure 4.4. This finding concurs with Otukho (2017) in a study done in Kenya on effectiveness of rehabilitation programmes. She found out that possession and trafficking of narcotics and stealing were the highest prevalent offenses among the juveniles.

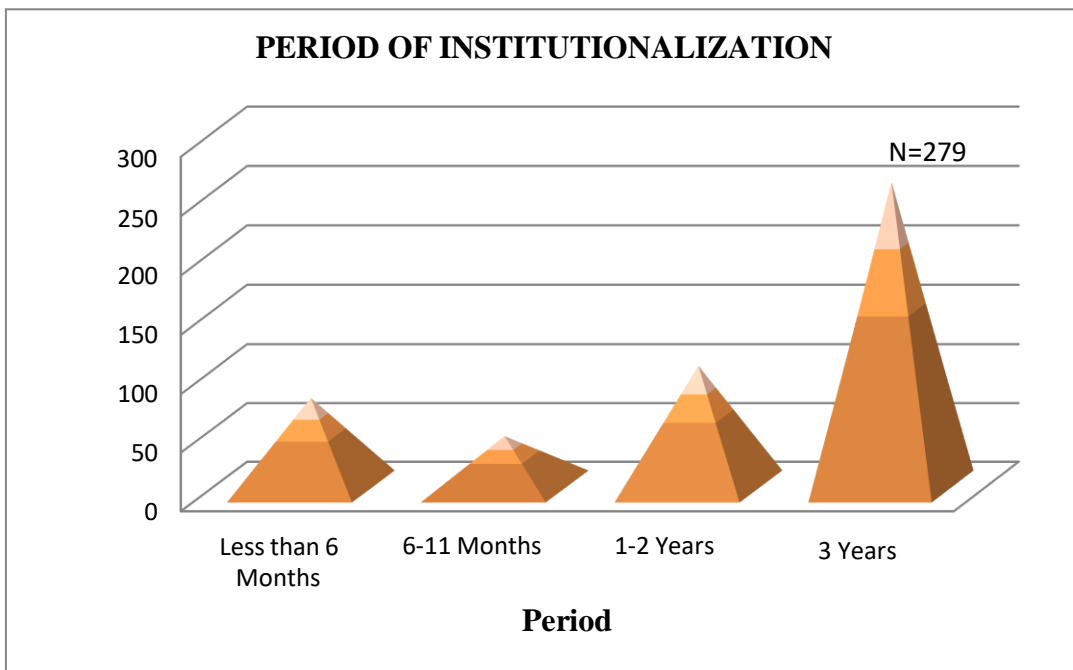
One of the key informants adduced that:

Delinquents steal because of lack of good parental care and peer pressure, they come from broken families where they opt to engage in stealing to earn a living. (Interview, Kakamega Remand Home, 16/6/2019).

From observation made during the study, juveniles committed property crimes mostly. However, it was reported that this is due to parental neglect and poverty. This finding concurs with Kenya National Bureau of Statistics (2015) which reported the most committed crimes were theft, stealing, robbery and break-ins comprised of 38.6% in 2013 and also KNBS, 2015 reported an increase in juvenile crimes which stood at 0.2%.

#### **4.5 Period of Institutionalization in Penal Institutions**

The study wanted to find out the period the juveniles have been confined in penal institutions. The responses were presented in Figure 4.4.



**Figure 4. 4: Responses on the Institutionalized Period**

**Source: Field Data, 2019**

Figure 4.4 indicates that out of 279 juveniles, 40 (15.8%) had been in the institution for less than 6 months. Those who had been there for 1 to 2 years were 60 (21.5%). Juveniles committed in penal institution for 3 years were at 150 (53.8%) and those who had been in the institution between 6 months to 11 months were at 25 (9.0%). The study found out that majority of the juveniles had been in the institution for three years.

Interview schedules by the researcher for managers established that majority of the juveniles had stayed in the institution for a period of three years. Lengthier period of institutionalization enables the juvenile to be taken through various programmes. It also gives the juvenile an idea why they were committed to these institutions. This also enables the juvenile to change his/her character towards criminal acts. This finding was supported by the Laws of Kenya prison Act CAP 90 section 66 which states that the juveniles should be committed for a maximum period of three years for them to benefit from the

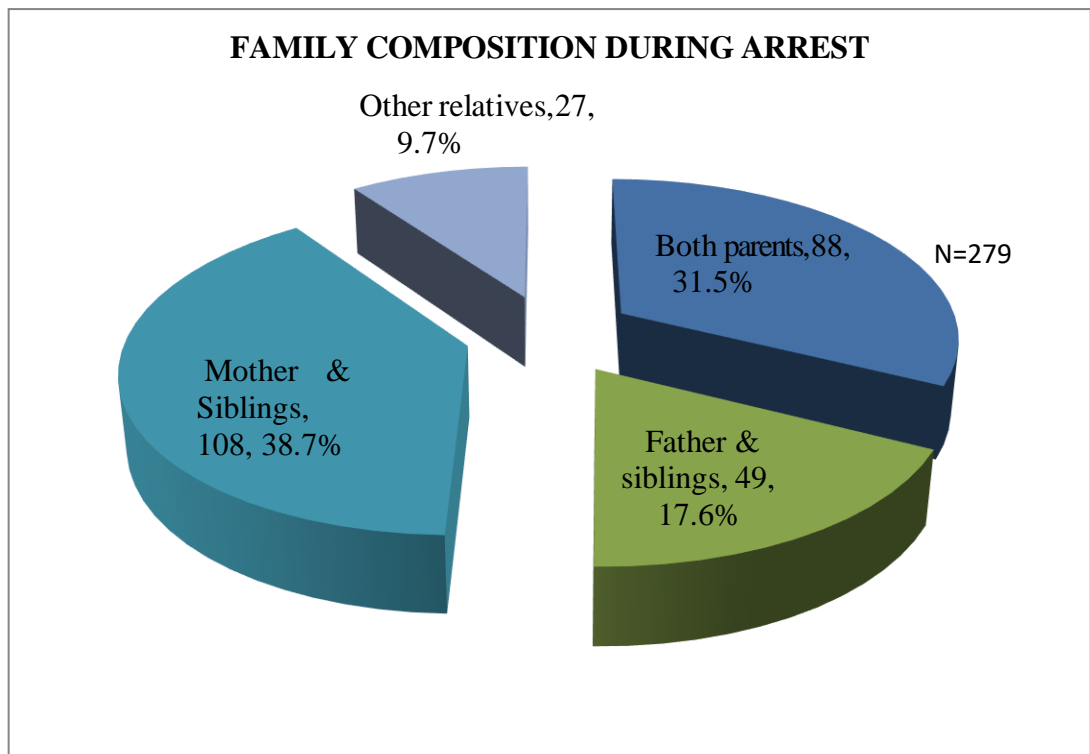
available programmes.

Results from FGD carried out confirmed that juveniles were committed for three years in penal institutions. The juveniles said that the period was enough for them to be fully rehabilitated into responsible citizens. This finding concurs with Otukho (2017) in a study done on situational analysis of youth correctional and training centers. The study recommended the juveniles to be given lengthier periods where juveniles in Kamiti were committed for only four months which was not enough to help transform the juveniles.

Written records in these institutions pointed out that most of the juveniles were in these institutions between one year and three years. Also the Kenyan Constitution (2010), states that juveniles should be rehabilitated for a maximum of three years in order to gain skills and knowledge in various programmes available.

#### **4.6 Family Composition for Juveniles convicted in Penal Institutions**

The study wanted also to find out the family composition of juveniles during their arrest. The results were presented in Figure 4.5.



**Figure 4. 5: Responses on Family Composition of Juveniles in Penal Institutions**

**Source: Field Data, 2019**

The results in Figure 4.5 illustrate the family composition of juveniles committed in penal institutions. Figure 4.5 indicates that 108 (38.7%) of the juveniles were staying with their mother during the arrest. Those juveniles who stayed with their both parents during the arrest were at 88 (31.5%). Also those who stayed with their father were 49(17.6 %) while those staying with other relatives were at 27(9.7%). The finding of this study showed that majority of juveniles committed in penal institutions were staying with their mothers. The study finding was in line with Tiampati (2017) in a study conducted on psychosocial factors influencing juvenile delinquency in Kenya. It was established that 61% of the offenders were staying with their mothers when they committed crimes. This implies that juveniles who are not raised by their fathers/both parents are prone to engage in criminal acts because of too much freedom



granted by their mothers.

Pearson correlation coefficient was computed to show the relationship between family composition and juvenile delinquency. The results indicated that there was a positive relationship between family composition and juvenile delinquency where  $r = 0.92$ ;  $P \leq 0.05$ . This means that the larger the family the higher the rates of juvenile delinquency and also the smaller the family the lower rates of delinquency. The study concluded that family composition influences juvenile delinquency.

Majority of the key informants agreed with the study finding. It was established that most of the juveniles in these institutions come from broken families and larger families. Juveniles living in this kind of situation are not socialized towards the rightful path in order to adhere to the rules and regulations of the society. One of the social workers stated that:

Most delinquents commit crimes because of lack of good parental care and peer pressure. Most of these delinquents come from broken families where parents have separated and the juvenile opt to engage in antisocial behavior. (Interview, Social Worker, Kakamega Remand Home, 17/6/2019).

FGDs carried out established that most of the juveniles were brought up in single parenthood. The finding showed that when the parents break up, juveniles are left to cater for their own needs because neither of their parents is willing to assist them. This finding contradicts with Nanjala (2008) the study aimed to analyze various factors leading to juvenile delinquency among Murang'a Children Remand Home. He established that majority of the juveniles were living with both parents during their arrest. The study also found out that parents should be strict in order to prevent their children from committing crimes. One

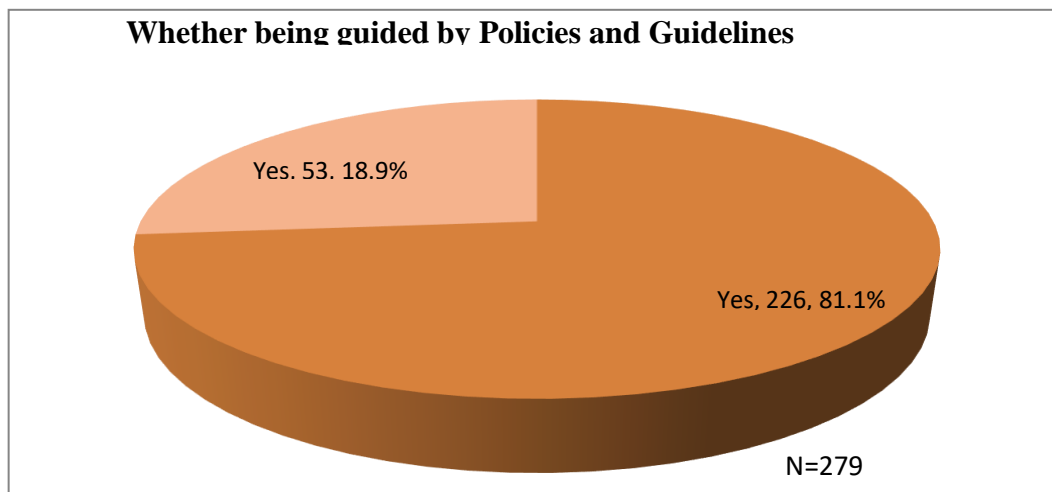
of the relapsed juvenile in the FGD said that:

Being part of criminal gang was prompted by negligence from my parents who never cared about my welfare. I opted to engage in criminal activity so as to satisfy my personal needs. If I could have responsible parents I would never be part of this criminal gang. (Kakamega, FGD, 17/6/2019).

Parental guidance is vital in managing juvenile delinquency. It involves various responsibilities that the parents should take to control their children behaviors. Instilling good morals to the child by the parent will prevent the society from experiencing more delinquent. This can also strengthen the relationship between the parents and their children which could keep them away from criminal activities. This environment should be conducive for the children to keep them off from crimes.

#### 4.7 Policies and Guidelines that guide Penal Institutions

This study wanted to establish whether penal institutions are guided by policies and guidelines. The responses were as indicated in Figure 4.6.



**Figure 4. 6: Whether Penal Institutions are guided by Policies and Guidelines**

**Source: Field Data, 2019**

Figure 4.6 shows that 226(81.1%) juveniles indicated that these institutions were guided by policies and regulations while 53(18.9%) indicated that penal institutions were not guided by policies and guidelines.

Interview schedules carried out by the research for social workers confirmed that penal institutions are guided by policies and guidelines. Finding indicated policies and guidelines guiding penal institutions included; National Standard Guidelines, the Children Act 2001, Kenyan Constitution and National Children Policy 2010 which provide protection for the rights of the children during rehabilitation. The study found out that the available policies and guidelines have provisions in managing penal institutions and also managing juvenile delinquency. This finding concurs with Odera (2013) in a survey on effectiveness of rehabilitation programmes in Nairobi, Kenya. He established that rehabilitation programmes were carried out according to stipulated principles and guidelines provided by the government of Kenya. Also he found out that staff followed the available curriculum in vocational training in order to enable the juveniles fit the market demand.

FGD conducted among reformed juveniles revealed that penal institutions are governed by policies and guidelines that need to be followed every day. It was established that these institutions have timetables and each activity is allocated a specific time.

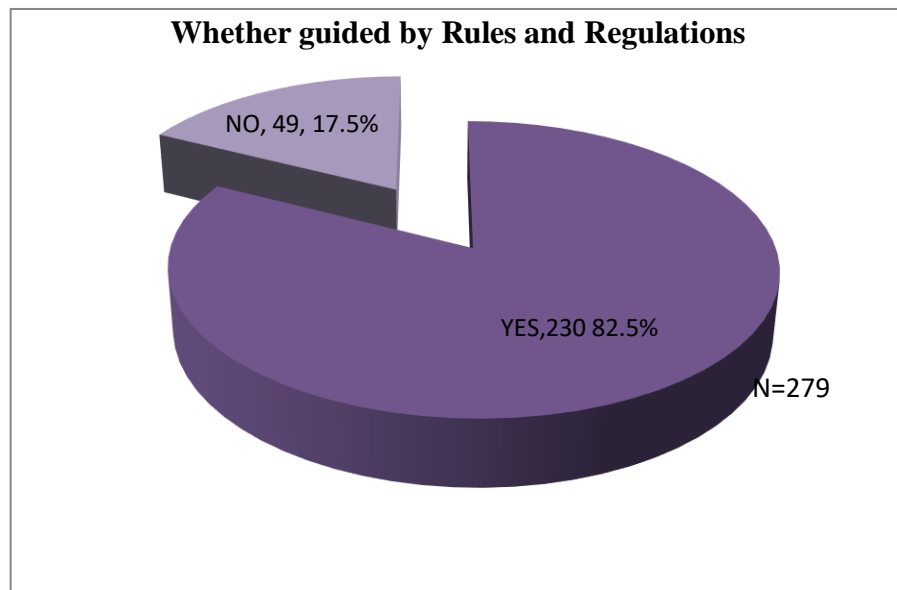
Observation checklists established that penal institutions were guided by policies and guidelines. This was evident where various activities were scheduled on the

timetable and also the staff followed the available policies and guidelines in assigning various duties. The researcher concluded that penal institutions are guided by policies and guidelines. This was supported by the Laws of Kenya in the prison Act 90 section 66 where the guidelines and policies governing these institutions are well stipulated.

According to the manuals available, there was an indication that these institutions worked in accordance to the stipulated policies and guidelines.

#### **4.8 Availability of Rules and Regulations in Penal Institutions**

Further, the study established whether penal institutions were governed by rules and regulations. The results were indicated in Figure 4.7.



**Figure 4. 7: Responses on whether the Penal Institution are guided by Rules and Regulations**

**Source: Field Data, 2019**

Figure 4.7 show that 230(82.5%) of the juveniles indicated that penal institutions

were guided by rules and regulations. Juveniles at 49(17.5%) indicated penal institutions were not guided by rules and regulations.

Interview schedules carried out on teachers found out that penal institutions were guided by rules and regulations. It was established that rules and regulations help them run programmes smoothly. Also the available rules and regulations have helped in guiding the juvenile's behavior change and teaching them to be law abiding citizens. This finding concurs with Odera (2013) on effectiveness of rehabilitation programmes in management of juvenile delinquency in Nairobi, Kenya. The study established that correctional institutions were guided by rules and regulations which assisted in changing the behaviors of the juveniles.

FGD carried out indicated that rules and regulations guided the juveniles in carrying out various activities during their stay in penal institutions. The finding showed that rules and regulations enabled the juveniles to behave well which promoted change in behavior. A study conducted by Njue (2014) on effects of correctional institutions on control of juvenile delinquency in Kenya concurs with this finding. He established that correctional institutions were guided by rules and regulations. He also found out that rules and regulations helped the professionals to guide the juveniles into responsible persons.

However, some positivity was revealed on whether penal institutions were guided by rules and regulations in Kakamega juvenile penal institutions. When rules and regulations are adhered in penal institutions to there is reduction and

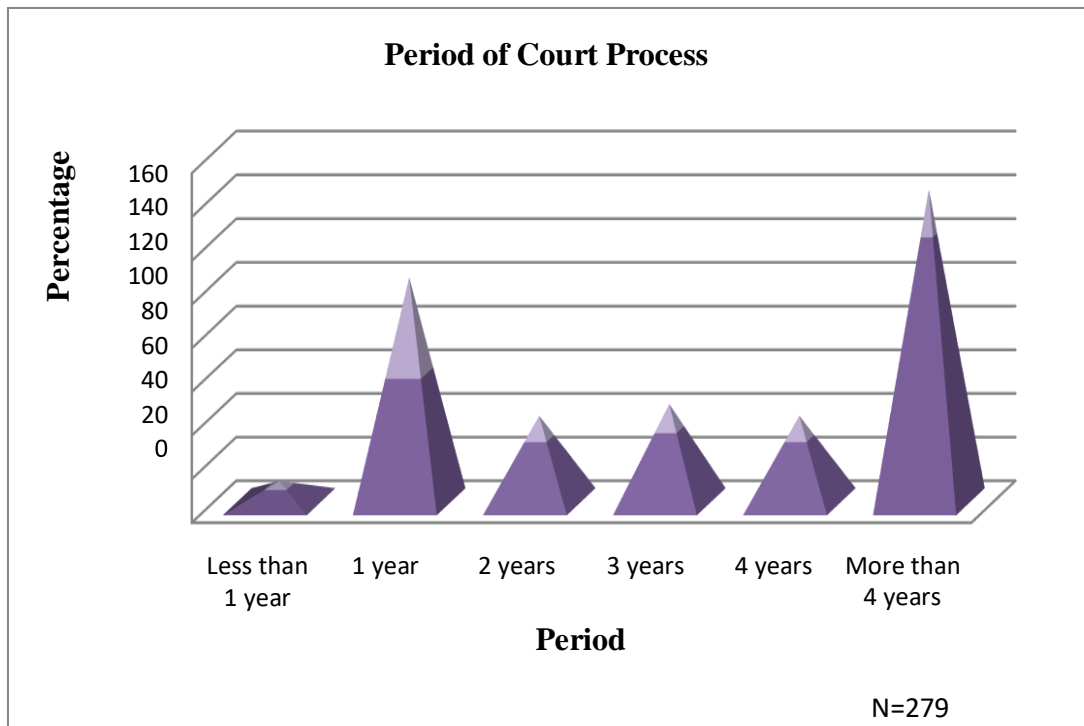
prevention of juvenile delinquency in most cases. It also indicates that the effect of rules and regulations was measured when the juveniles had a positive behavior change.

Through Observation it was found that juveniles strictly followed the rules and regulations available in their respective institutions. Also the researcher established that penal institutions had timetables that they adhered to.

#### 4.9 Period of Court Process

The study wanted to find out the length of court process. The juveniles were asked to state the number of months/years the court process had taken. The results were ranked to determine the period. The results were represented in

Figure 4.8



**Figure 4. 8: Period of Court process for Juveniles in Penal Institution**

**Source: Field Data, 2019**

Results in Figure 4.8 show data on court processes. It was found that juveniles whose court process took less than one year were at 7(2.5%), court processes that took one year were at 59(43.7%). Also 24(10.4%) were for those which took 2 years while 33(11.8%) represented those that took 3 years. However, those that took four or more than four years were at 24(10.4 %).

Interview undertaken by researcher on social workers found out that the court process period depends on the nature of offense committed by the juvenile. The findings established the court process for the juveniles were taking longer than recommended. This finding concurs with Ndegwa (2014) in Kenya who found out that there is laxity in protecting the rights of the children in the children's courts on matters pertaining how long the process took.

FGDs conducted revealed that the court process was taking so much time. It was showed that the juveniles had engaged in the court process for years before they were rehabilitated. This finding contradicts with the Kenyan constitution (2010) which states that a child is given a right to good parental care and should not be detained for any reason except as a last measure of resort. Also when they are detained they should be held within the shortest time as possible. One of the respondents said that:

I stayed in Kakamega remand home for more than two years before I was rehabilitated. I interacted with other offenders and this made me learn more negative behaviors from serious offenders (FGD, 2019).

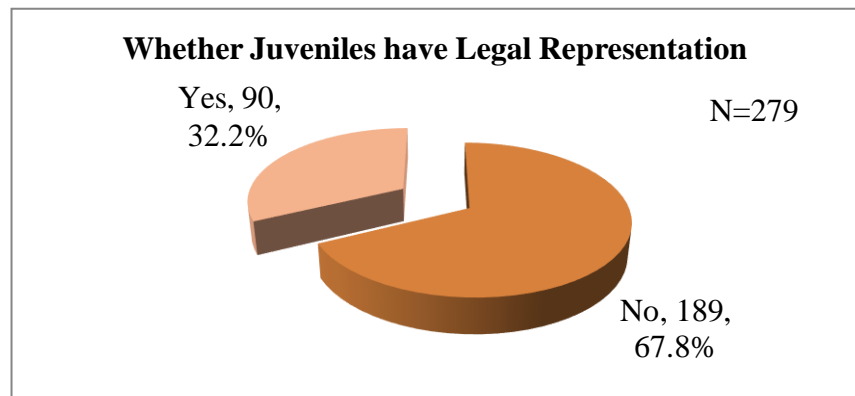
Observation through the checklist indicated that most of the juveniles had stayed in Kakamega Remand Home for more than one year. By interacting with the juveniles, the researcher established that there were juveniles in

Kakamega Remand Home in their sixth years and their court process had not ended. This finding contradicts that of Children Act (2011) which calls for protection of the rights of the juveniles in all circumstances which clearly outline how the juveniles should be cared for during the period of detention.

By going through the written records on when the juveniles were arrested, there was an indication that most of the juveniles had spent more time in the courts before they were rehabilitated.

#### 4.10 Status of Legal Representation for Juveniles in Penal Institutions

The study wanted to establish whether the juveniles in penal institutions were represented by lawyers in the court process. The results were indicated in Figure 4.9.



**Figure 4. 9: Responses on whether Juveniles have Legal Representation in Court**

**Source: Field Data, 2019**

The study found out that most of the juveniles had no legal representation. Out of the 279 juveniles who responded to the study it was established that



90(32.2%) of the juveniles had legal representation while 189(67.8%) had no legal representation.

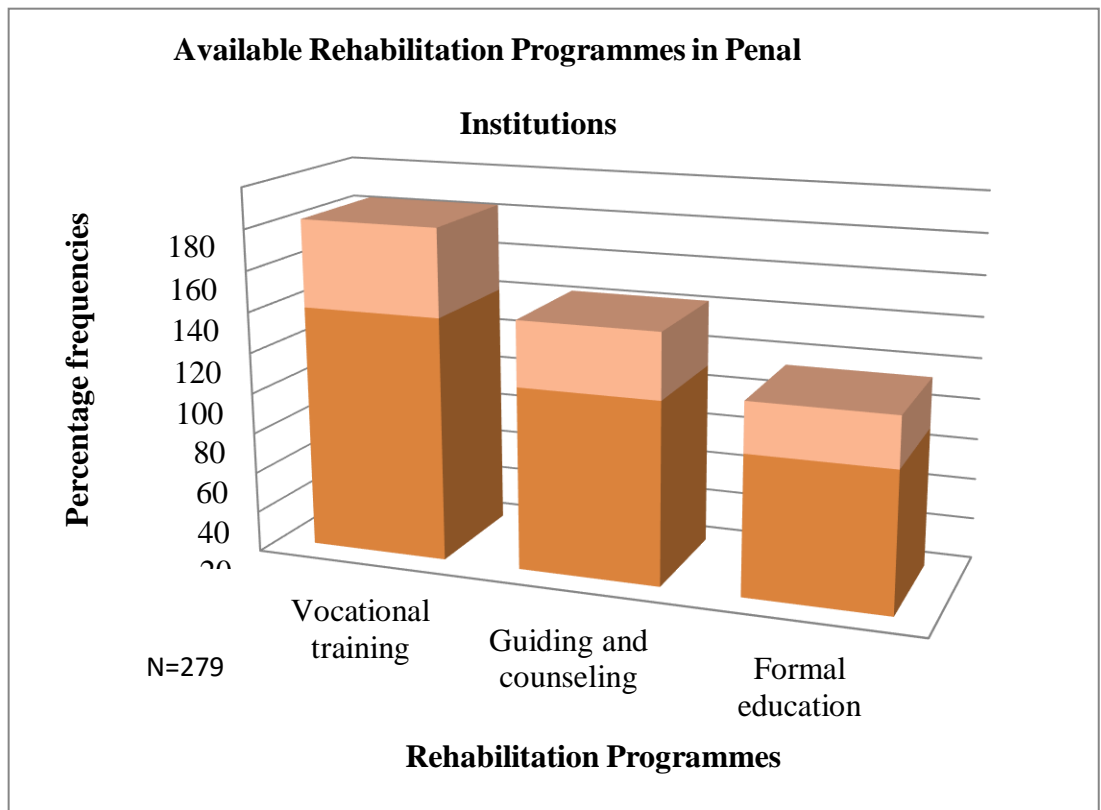
Key informants established that children in conflict in these penal institution lacked legal representation. According to the Convention on the rights of the child (CRC) it states that legal representation for juveniles should be guaranteed at all levels of rehabilitation to avoid biasness in the legal process. The finding for this study concurs with Ndegwa (2014) in a study on factors influencing rehabilitation of juvenile delinquents in the juvenile justice system. He found out that juvenile in penal institutions lacked legal representation which contributed to the poor outcome of the rehabilitation process.

According to the FDGs carried out it was found that most juveniles had no legal representation. The study also revealed that some juveniles were represented by government lawyers who never protected them during the process. One of the respondents said that:

These lawyers are serving their responsibilities that they were given by the government. They don't make follow up in these process which makes it difficult for us to be freed on time. (Kakamega, FGD, 15/7/2019).

#### **4.11 Types of Rehabilitation Programmes for Juveniles in Penal Institution**

The study sought to find out whether rehabilitation programmes were available in penal institutions. The researcher was interested in vocational training, guiding and counseling and formal education. There responses were shown in Figure 4.10



**Figure 4. 10: Rehabilitation Programmes offered in Penal Institutions**

**Source: Field Data, 2019**

Out of 279 juvenile respondents for this study 120(43.0%) were interested in vocational training, 90(32.3%) were interested in guiding and counseling while those interested in formal education were 69(24.7%). The study established that most of the juveniles were interested in vocational training programmes and saw it as the best programme for controlling delinquency.

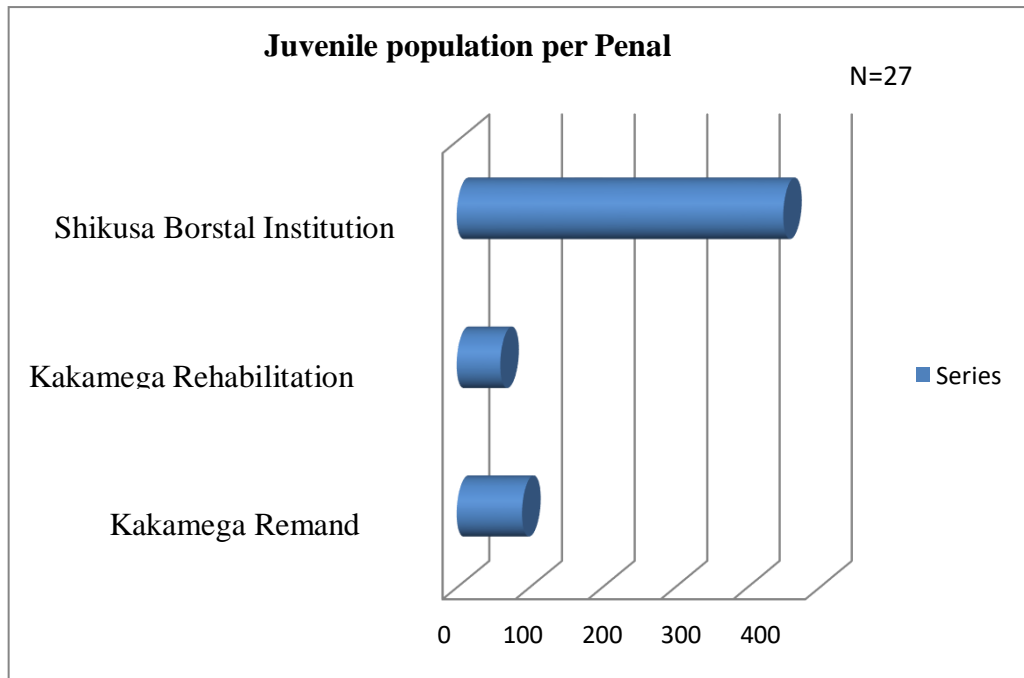
During the interview schedules by research assistances, teachers confirmed that juveniles were taken through vocational training, guiding and counseling and formal education. It was established that juveniles were issued with certificates after completing their vocational training. Finding from the interview established that guiding and counseling was the best programme in management of juvenile delinquency. This contradicts with the study finding.

Teachers revealed that juveniles were counseled to keep away from negative antisocial behaviors which could lead them back into these institutions after release.

FGDs conducted revealed that juveniles were taken through rehabilitation programmes for them to acquire knowledge and skills which could help in change of behavior. A survey conducted by Odera (2013) in Kenya found out that programmes that exist in penal institutions were vocational training, formal education and guiding and counseling. He indicated that these programmes train juveniles to change their antisocial behaviors and be responsible members in the society. This is supported by the juvenile justice system (2014) handbook which point out that committed juveniles should be taken through various programmes such as vocational training programmes, guiding and counseling, formal education, spiritual nourishment and agricultural skills. Also it went further to state that these available programmes can enable the juvenile to acquire knowledge and skills that could benefit them after their release.

#### **4.12 The Juveniles population in Penal Institution**

The study wanted to establish whether the population of juveniles in penal institutions affected the outcome of the rehabilitation process. The results were as follows in Figure 4.11



**Figure 4. 11: Juvenile’s Population as per Penal Institution**

**Source: Field Data, 2019**

Figure 4.11 indicates that Kakamega Remand Home had a population of 148. Kakamega Rehabilitation School had a total population of 90 while Shikusa Borstal Institution had a population of 460. From this finding it was found that these institutions are overpopulated.

Interview scheduled by research assistance for matrons showed that these institutions were overpopulated. This implied that there was a challenge in handling the juveniles because of the alarming numbers of juveniles entering these institutions. The study revealed that juveniles were forced to share accommodation facilities and even miss lessons because of the high numbers of juveniles coming into these institutions.

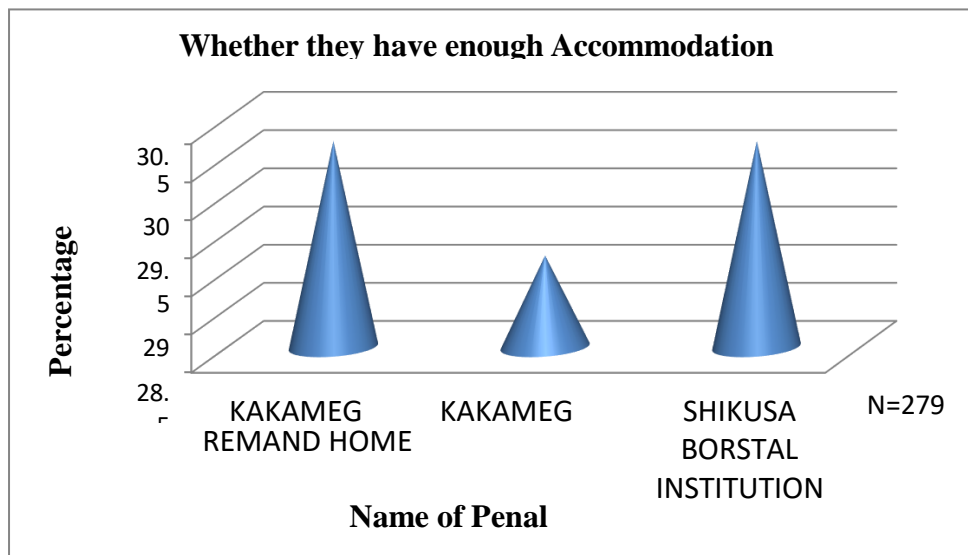
FGDs conducted revealed that penal institution had large numbers of committed juveniles. This information was provided by juveniles who had been released

from these institutions and this was rich information that made the researcher conclude that penal institutions in Kakamega County were overpopulated.

Institutional records (2019) established that penal institutions in Kakamega County were overpopulated which brought about poor service delivery. From this, it can be deduced that the high population in penal institution has contributed to the ineffectiveness of rehabilitation programmes.

#### 4.12.1 Availability of Adequate Accommodation facilities in Penal Institutions

The study sought to establish whether penal institutions have enough accommodation facilities. Juveniles were asked whether there were enough accommodation facilities and they responded as follows in Figure 4.12.



**Figure 4. 12: Responses to whether Penal Institutions have enough AccommodationFacilities**

**Source: Field Data, 2019**

Results in Figure 4.12 show that Kakamega Remand Home lacked enough accommodation facilities at (52.0%), Kakamega Rehabilitation School (28.7%) and Shikusa Borstal Institution (29.3%). It was found that penal institutions lack enough accommodation facilities.

Social workers were interviewed and the results showed that there were no enough facilities to accommodate the growing population in juvenile penal institutions. The study established that dormitories were congested. This was also the case in Odera (2013) in a survey on effectiveness of rehabilitation programmes in Nairobi. It was established that rehabilitation institutions do not have enough accommodation facilities because these institutions are congested which force the juveniles to share beds and other accommodation facilities.

FDGs carried out established that penal institutions had a challenge in terms of accommodation facilities which were not enough to accommodate the large numbers of juveniles. It was revealed that unavailability of these facilities made them share some of the items such as beddings. Ndegwa (2014) supports this finding where he established that environmental setting in correctional institutions led to the poor rehabilitation process. One of the respondents said that;

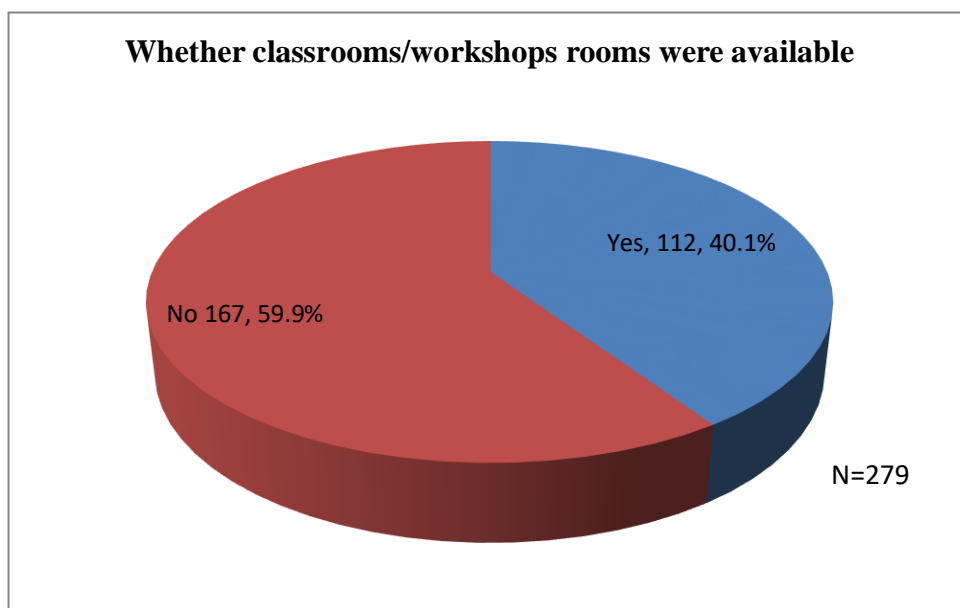
These institutions are congested. We were forced to share some facilities so that all of us could benefit from the little facilities we had. Classrooms were also congested not everybody could benefit from the available programmes. (Kakamega, FGD, 20/7/2019).

Observations through the observation checklist established that penal institutions lacked enough accommodation facilities. The researcher could observe the

juveniles share some accommodation facilities which meant penal institutions were experiencing a challenge in terms of accommodation facilities.

#### **4.12.2 Availability of Classrooms/Workshops for Teaching and Training the Juveniles**

The study also wanted to find out whether penal institutions had enough classrooms/ workshops where the juveniles were trained. The results were as indicated in Figure 4.13



**Figure 4. 13: Whether Penal Institutions have enough Classrooms/ Workshops to train juveniles**

**Source: Field Data, 2019**

Out of the 279 of the juveniles who responded 167(59.9%) indicated that there were no enough classrooms and workshops while 112(40.1%) indicated there were enough classrooms and workshops in penal institutions. Also the study established that juveniles who had not reached class seven were all put in the lower class category. The study found out those classrooms and workshops were not enough to take the juveniles through the rehabilitation process.

Interview by teachers indicated that classrooms and workshops were not enough to train the juveniles. This finding concurs with Tiampati (2018) who established that correctional institutions faced major challenges in terms of learning facilities. He found out that the committed juveniles were forced to share practical materials and equipment's which pulled back the effectiveness rehabilitation process. An interview with a teacher by profession stated that;

Classrooms and workshops is a major problem in penal institution, most of the time the dining hall is used for counseling sessions and educational programmes. (Interview, Teacher, Kakamega Rehabilitation School,20/7/2019).

FGDs conducted indicated that classrooms and workshops in penal institution were limited. It was found that there was too much congestion in practical sessions where juvenile had little space to work from.

From observation, it was established that penal institutions lack key facilities such as classrooms and workshop rooms for training juveniles. This implied that penal institutions lack major facilities such as classrooms and practical rooms for training the juveniles.

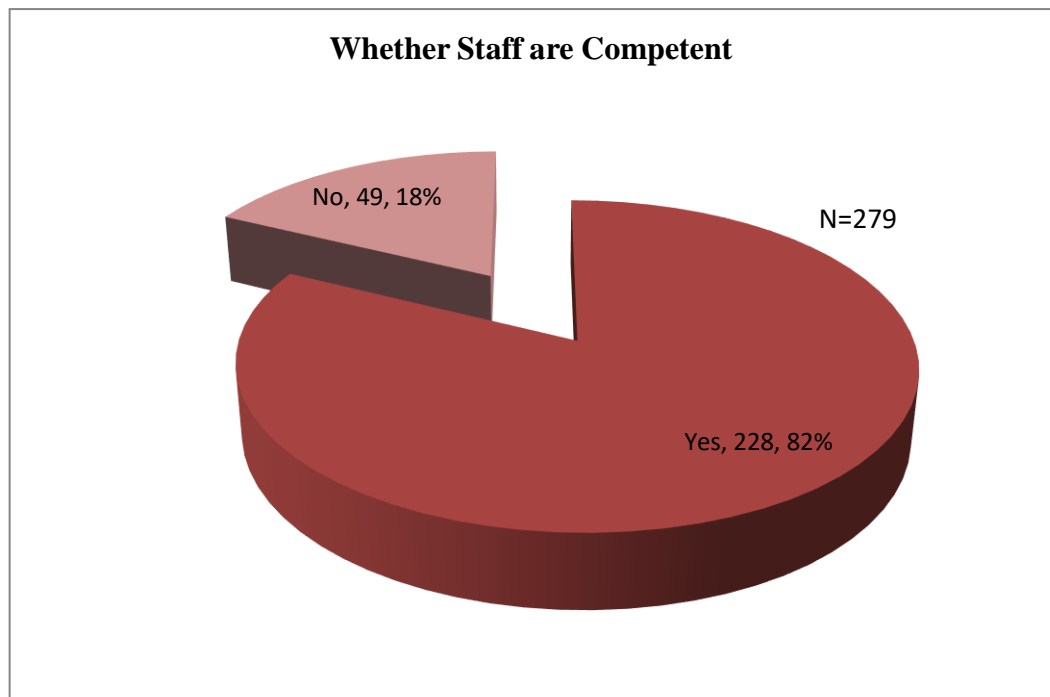
Written records of Kakamega Remand Home (2019) indicated that the institution lacked key facilities such as classrooms and workshops where juveniles could take up their trainings. According to the South Africa Department of correctional Services report (2014). The report pointed out that not all inmates were benefiting from the available programmes which severely increase the likelihood in engaging in further criminality. From this finding it was concluded that penal institutions lack classrooms/workshops for training and



teaching juveniles.

#### 4.12.3 Staff Competences in Penal Institutions to Manage Juvenile Delinquency

The study sought to establish whether penal institutions had trained and competent staff. The results were presented in Figure 4.14.



**Figure 4. 14: Competence Levels of Staff Working in Penal Institutions**

**Source: Field Data, 2019**

From Figure 4.14 82% of the juveniles revealed that the workers in penal institutions were competent in their areas of profession. Juveniles pointed out that workers in these institutions made them feel to be part of the society. Juveniles at 49(18%) indicated that the staff always engaged them in manual work which was not part of the rehabilitation process. The study found out that workers in these institutions were competent enough to take the juveniles through the rehabilitation process.

The researcher scheduled an Interview with counselors which indicated that workers in penal institutions were qualified to carry out their respective duties in. It was pointed out that they applied for those vacancies and were picked to serve in those positions. One of the counselors stated that:

We have served these institutions for many years as trained counselors. Our experiences with these children has enabled us interact with them freely and understand what made them get into criminal behavior. The government needs to provide extensive counseling trainings to help us manage violent and serious juvenile offenders. The number of staff in this institution is also worrying; this makes it hard for us to execute the best services to these delinquents. (Interview, Counselor, Kakamega Rehabilitation School, 21/7/2019).

This statement indicates that juvenile penal institutions should utilize the available rehabilitation programmes on management of juvenile delinquency in Kakamega County. According to the Children's Act, 2001 detention of juveniles should be of last resort measure as it allows juvenile penal institutions to target the crime and not the offender. However, some of these processes are not executed to the latter due to lack of various resources in the juvenile justice system.

FGDs revealed that workers in penal institutions were well trained and cared about the juveniles. It was established that most of the teachers in penal institutions were qualified to teach the 8-4-4 system. This finding contradicts that of Kathungu (2010) on relationship between emotional intelligence and juvenile offender performance among service providers in rehabilitation schools in Kenya. She found out that professionals in rehabilitation centers had basic education mainly form four and certificate and most of the qualifications were

not relevant to the juvenile rehabilitation. She concluded that rehabilitation centers lacked qualified staff. Sign (2016), on offender rehabilitation and reintegration in South Africa supports this finding where it was established that staff in penal institutions were qualified but there was a deficit in the number of social workers and psychologists in South African correction centers.

From observations the study noted that the staff were competent in their areas of profession. It was noted that juveniles were being taught various values which would help them in the outside world. The researcher also noted that these institutions lacked enough staff for effective rehabilitation of juveniles.

#### **4.13 Chapter Summary**

With regard to the nature and extent of rehabilitation programmes being enforced in penal institution on management of juvenile delinquency, a sample of 279 juveniles and 36 key informants, FGDs and observation were used to collect data. From the findings, it was found that juveniles between the ages of 15 to 17 years committed more crime. It was established that males 234(83.9%) committed more crimes than females 45(15.1%). The most committed crime among the juveniles was stealing at 53.3% followed by assault 20.4%, defilement 12.2%, murder 8.7%, robbery 2.2%, truancy 2.0%, teenage marriage 0.5% and drug abuse 0.7% respectively. It was also found out that juveniles who lived with their mothers during the time of arrest were found to be committing more crimes at 38.7% as compared to those living with their both parents at 31.5%, those living with the fathers at 17.6% while those staying with other relatives at 9.7% respectively.

Further, it was established that penal institutions were guided by policies and guidelines. Most of the court process took one year at 43.7% followed by 2 years at (10.4%), 3 years at 11.8%), 4 years at (10.4%) and more than 4 years at (21.1%) respectively. The study indicated that juveniles in these institutions lacked legal representation at (67.8%). Also the study showed that penal institutions adhered to the set rules and regulation at (82.5 %.).

The study went further to look at the rehabilitation programmes the juveniles were most interested in and it was established that (43.0%) were for vocational training followed by, guidance and counseling (32.2%) while formal education 24.7% came last. It was found out that penal institutions were over populated and accommodation facilities were not enough to take the juveniles through the process of rehabilitation. Further, the study indicated that classrooms/workshops were not enough at (59.9%). Finally, it was found out that staff working in these penal institutions were competent at (81.7%). The next chapter of this study, the effectiveness of rehabilitation programmes within penal institution in curbing juvenile delinquency in Kakamega County was evaluated.

## **CHAPTER FIVE**

### **EFFECTIVENESS OF REHABILITATION PROGRAMMES WITHIN PENAL INSTITUTIONS ON MANAGEMENT OF JUVENILE DELINQUENCY IN KAKAMEGA COUNTY, KENYA**

#### **5.1 Introduction**

The second objective of the study was to evaluate the effectiveness of rehabilitation programmes within penal institutions in curbing juvenile delinquency in Kakamega County, Kenya. This answered the second research question of the study to what extent are the rehabilitation programmes within penal institutions effective in management of juvenile delinquency in Kakamega County, Kenya. Data was collected using questionnaires, interviews, Focused Group Discussions, and observation checklist on. The chapter analyzed the data descriptively to determine the effectiveness of rehabilitation programmes in penal institutions.

#### **5.2 Mandatory Duration of Rehabilitation Programmes in Juvenile Penal Institutions**

The study sought to find out the duration required to fully rehabilitate the juveniles. The findings from the interview and FGDs were discussed as follows.

According to the prison Act CAP 90 of the laws of Kenya (2010), it calls for juvenile penal institutions to hold juveniles for a maximum period of 3 years. Interview established the juveniles were committed for a period of three years.

It was revealed that the length of rehabilitation can promote positive behavior change among committed juveniles. One probation officer indicated that;

Three years is a convenient time to rehabilitate the delinquents. There is no time to be lost and the child is assessed and monitored during the three years. They are taken through programmes of their choice which promotes change on how they perceived things earlier (Interview, Probation Officer, Kakamega County, 8/7/2019).

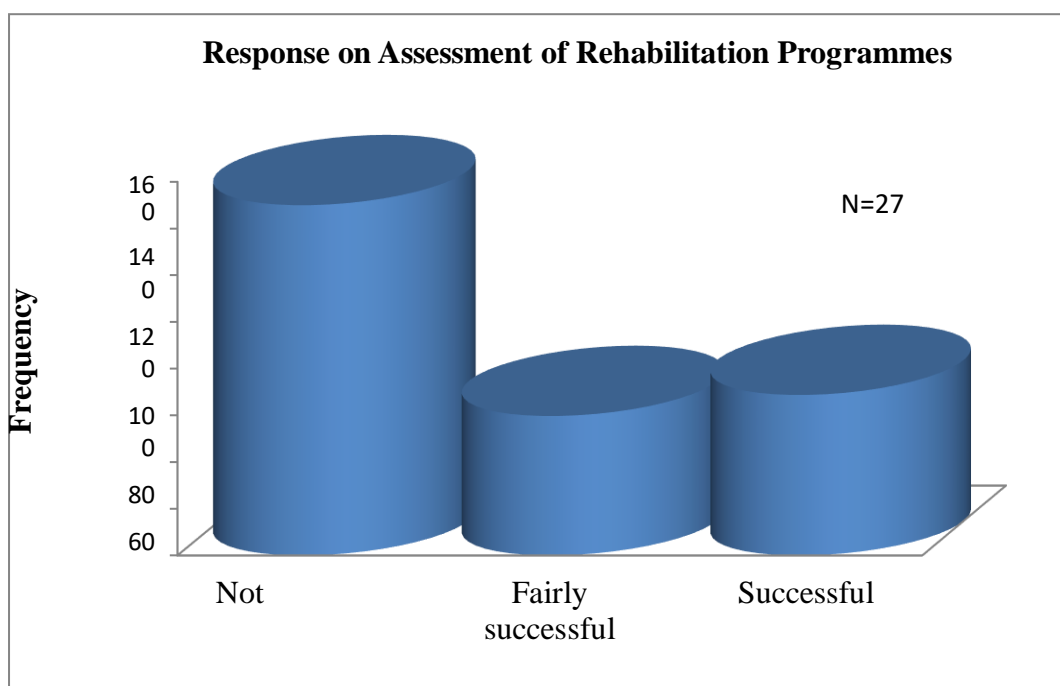
This finding is supported by Otukho (2017) who recommended that the four months sentence being applied to the juveniles in Kamiti Correctional and training center should be increased. She established that these four months were not adequate because the juveniles left the institution when the programmes were at the peak. This meant that the juveniles did not benefit from the programmes fully which decreased the credibility and effectiveness of the process.

Odera, 2013 also noted that the juveniles stay in rehabilitation schools for a period of three years. During these three years they are taken through various programmes such as guidance and counseling, vocational training, spiritual nourishment, formal educational programmes, life skills and agriculture which enable them cope with the society outside after their release.

The researcher observed that most of the juveniles in these penal institutions were committed for a period of three years. The records indicated that no juvenile had spent more than three years after being committed to these institutions.

### 5.3 Assessment of Rehabilitation Programmes in Juvenile Penal Institutions

The study sought to establish how the respondents in the study perceived rehabilitation programmes that were available in penal institutions. The results were indicated in Figure 5.1.



**Figure 5. 1: Responses on Assessment of Rehabilitation Programmes**

**Source: Field Data, 2019**

Results in Figure 5.1 show that 69(24.7%) of the respondents indicated that the programmes were successful. Juveniles 60(21.5%) indicated that the programmes were fairly successful while 150(53.8%) perceived that programmes were not successful.

Spearman rank order correlation was carried out to find out whether there was a relationship between rehabilitation programmes and juvenile delinquency. The results indicated that( $r=0.46$ ;  $p \leq .05$ ). This revealed that there was a positive relationship between rehabilitation programmes and juvenile delinquency.

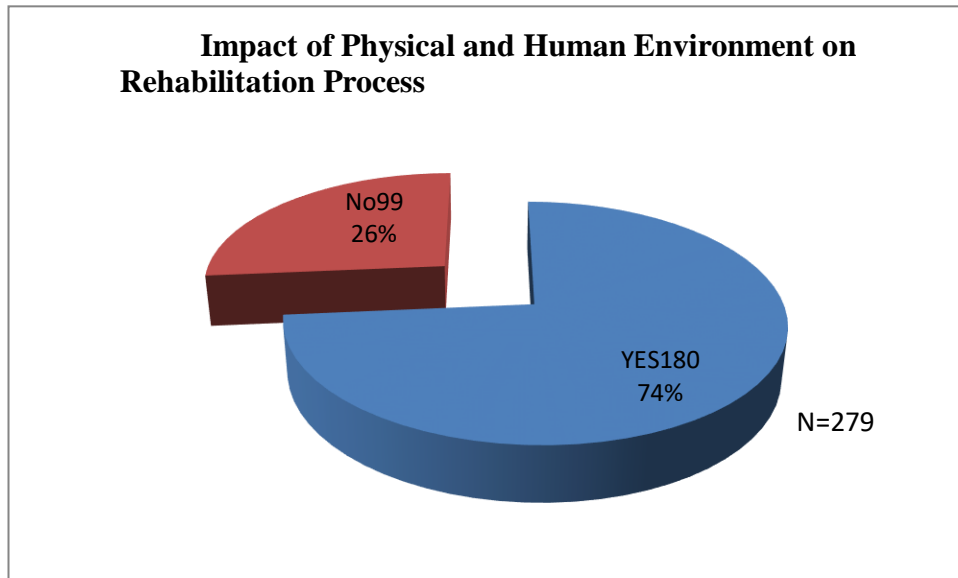
This means that when penal institutions have enough learning materials/facilities it can influence the attitude of the juvenile coming back in this institution in future leading to effective rehabilitation.

Researcher carried out an Interview for social workers and it was established that rehabilitation programmes were fairly successful. It was found out that every juvenile benefited from the available programmes without any bias. This finding contradicts with Uche *et al.* (2015) on effectiveness of rehabilitation programmes in Nigeria. He found out that rehabilitation programmes were fairly successful in rehabilitating the offenders. However, Odera (2013) concur with this finding where he found out that juveniles had not been successfully reformed because some programmes were not offered regularly, workers in these institutions were lazy and were not attending classes and workshops all the time. He also established that some programmes were non-existence and in most cases the juveniles were put on play grounds or to work in the firm.

#### **5.4 Influence of Physical and Human Environment on Rehabilitation Process**

This section wanted to establish whether the physical and human environment had any impact on the rehabilitation process. The results were shown in Figure 5.2.





**Figure 5. 2: Assessment of the Impact of Physical and Human Environments on Rehabilitation Programmes**

**Source: Field Data, 2019**

Figure 5.2 shows that 180(74%) of the juveniles indicated that rehabilitation programmes were affected by the physical and human environment. Juveniles 99(26%) indicated that rehabilitation programmes were not affected by the physical and human environment. The study found out that the physical and human environment had a negative impact on rehabilitation process.

Interview schedules done by research assistance on social workers established that rehabilitation process was negatively affected by the physical and human environment. This means that the environment surrounding penal institutions was not conducive in rehabilitating juveniles which was through the high levels of recidivism in penal institutions. This was supported by the Social learning theory by Albert Bandura Cunia (2007) which pointed out that people are driven by external factors to learn a particular behavior. This finding concurs

with Ndombi (2014) in a study on the impact of rehabilitation programmes on recidivism in Kenya. She found out that the environment in penal institutions had a negative effect on the rate of recidivism.

FGD conducted established that majority of the juveniles had been impacted negatively by the environments in penal institutions. The FGDs revealed that the juveniles learnt worse behavior from violent/serious offenders. One of the respondents stated that;

We used to interact with other offenders on which strategies they applied when committing property crimes and from these interactions we could learn new tactics for more serious offenses. (FGD, Kakamega, 14/7/2019).

On clarification from the above verbatim, it was revealed that the rehabilitation process was unsuccessful due to various concern in the juvenile justice system. However, these concerns have led to increase in cases of delinquency. Lipsey *et al.* (2010) found out that programmes applied to juveniles should focus on controlling antisocial behavior. Rehabilitation programmes enable the juvenile to acquire relevant skills, education and also provide trainings on good morals such as respect, faithfulness, honesty and obedience so as to change behavior and reduce the chances of the juveniles getting into criminality again. The desired result in rehabilitation process is on management of juvenile delinquency and decreasing cases of delinquent acts.

Through observation the researcher noted that the environment to which the juveniles were placed in penal institutions was not convenient. It was observed that serious offenders were committed in the same facilities with non-violent

offenders which enabled the juveniles to learn more violent behaviors.

#### **5.4.1 Factors hindering Rehabilitation Programmes in Penal Institutions**

The study sought to establish whether there were factors hindering the effectiveness of the rehabilitation process. The results were indicated shown in Table 5.1.

**Table 5.1 Factors hindering Rehabilitation Programmes in Penal Institutions**

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<b>Reasons behind poor rehabilitation</b>	<b>Frequency</b>	<b>Percentage</b>
Poor rehabilitation approach	95	34.1
Lack of enough resources	64	22.9
Lack of aftercare services	120	43.0
<b>Total</b>	<b>279</b>	<b>100.0</b>

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**Source: Field Data, 2019**

The results in Table 5.1 shows that 95(34.1%) of the rehabilitation were hindered by the poor rehabilitation approach. Also 64(22.9%) of the rehabilitation programmes were hindered by lack of resources while 120(43.0%) was hindered by lack of after care services. The study found out that lack of after care services hindered the effectiveness of rehabilitation programmes.

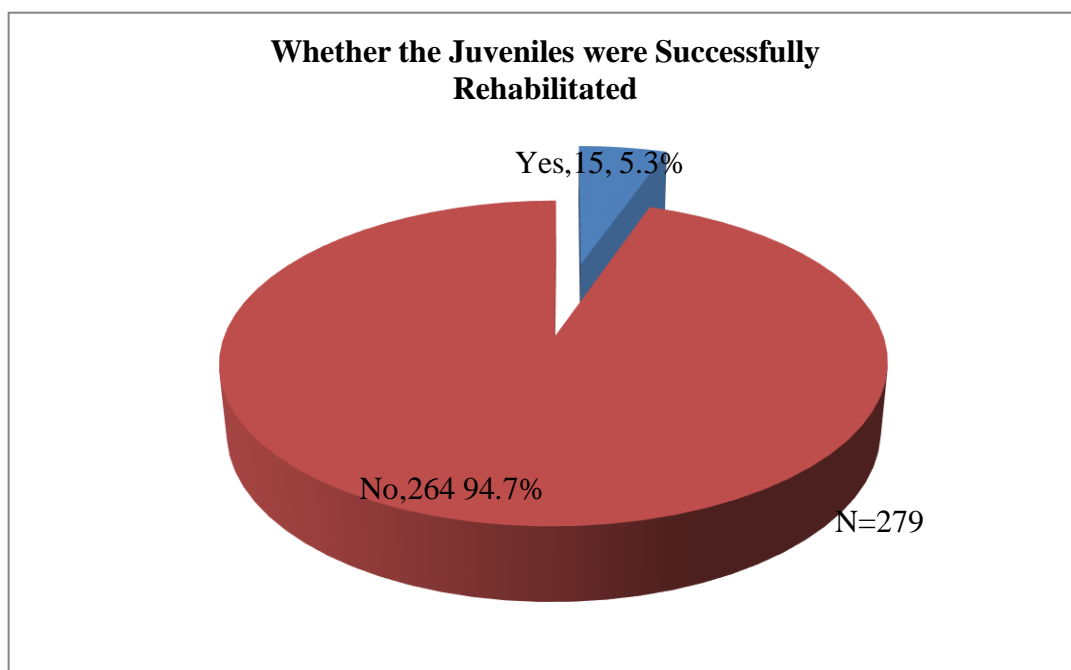
Interview with managers established that penal institutions were greatly affected by lack of after care programmes. They revealed that the juveniles were taken through the available programmes just because it was a requirement from the government. Dissel (2008) supports this finding where he found out that recidivism rates have continuously remained high because of the type of rehabilitation that existed in penal institutions. Gaum *et al.* (2006) also concurs with this finding where he found out that rehabilitation programs were not effective because rehabilitation programmes continue to concentrate on the process than the results. This was helping the managers in these three penal institutions to establish ways in which they can use in order to get enough funds from the government. This implies that effectiveness of rehabilitation programmes is seen when the programmes are well implemented and evaluated for better results.

Through the observation checklist it was established that penal institutions had no clear procedures on after care programmes. This finding was supported by Ndombi (2014) who established that uncoordinated re-entry programs and lack of proper rehabilitation promoted recidivism.

### **5.5 Whether the Juveniles have reformed as expected**

This section wanted to establish whether the juveniles were reformed after being committed to these institutions. It was significant to establish the effectiveness of rehabilitation programmes because there were higher numbers of reoffending and increased cases of delinquency among the juveniles. The response was as

indicated in Figure 5.3.



**Figure 5. 3: Successful Rehabilitation of Juveniles by Penal Institutions**

**Source: Field Data, 2019**

Spearman rank-order correlation was conducted to establish whether there was a relationship between rehabilitation programmes and change in behavior. The results indicated that there was a positive and significant relationship between rehabilitation programmes and change in behavior  $r(279) = 0.56; p \leq .05$ .

Results from the juveniles indicated that 264(94.7%) felt they were not successfully rehabilitated. The juveniles felt that the rehabilitation did not reform them and never saw any relevance for them being committed in penal institution for a maximum of three years. Juveniles who represented 15(5.3%) said they were successfully rehabilitated because the programmes had taken them through various trainings which could enable them acquire knowledge and skills that they will use after being reintegrated back into the society.

The Riyadh Guidelines concerning the rights of the juveniles stated in rule 79

proposes that the treatment programmes in penal institutions should focus towards their reintegration into the society. For example, juveniles who were in secondary level did not benefit from the available educational programmes. They felt the primary education was a waste of time because they had already passed through that system. Those who were in secondary spent more time in the gardens which made the process of rehabilitation to be more difficult for them.

The researcher interviewed teachers and it was revealed that rehabilitation programmes did not benefit the juveniles. They said this was so because of lack of enough facilities, juveniles missing classes or workshops while working on the farms or doing manual work and most of the programmes scheduled on the timetable never existed. Also the parents of the juveniles were never involved in rehabilitating their children which was the major challenge for the negative outcome of the rehabilitation process. Kikuvi (2011) finding revealed that workers in penal institutions never involved parents of the juveniles in the rehabilitation process.

They went further to state that rehabilitation programmes were capable of managing juvenile delinquency but there were challenges in the system that was pulling back their efforts. This was supported by Scott (2000) who found out that the current rehabilitation by means of education, vocational training and guiding and counseling are key components in rehabilitation.

FGD carried out among relapsed and reformed juveniles revealed that the juveniles did not fully benefit from the available rehabilitation programmes.

They said that penal institutions never provided them with skills and discipline, available programmes were affected by fewer employed staff, for example when a teacher for a specific subject missed to come for lesson the juveniles would spend the time idling or loitering around in the compound. They also said that most of the delinquents were given manual work like grazing cows and working in the garden.

Though observation by the observation checklist, it was revealed that penal institutions do not carry out programmes as expected by the government. There were no structured programs to take the juveniles through counseling which implied that there should be consistent structured format for counseling juveniles who have committed different crimes. In most cases counseling was done by volunteers from outside the institution at any given time and most of the programmes were interrupted by games and sports.

## **5.6 Chapter Summary**

Regard to effectiveness of rehabilitation programmes on management of juvenile delinquency in Kakamega County, Kenya. It was found out that rehabilitation programmes benefited the juveniles at 71% while 29% did not benefit from the rehabilitation programmes. It was established that rehabilitation programmes existed in penal institutions and the juveniles were committed for a period of three years. On assessment of rehabilitation programmes it was found that 150(53.8%) felt that rehabilitation was not successful, 60(21.5%) fairly successful and 69(24.7%) successful. Factors hindering rehabilitation programmes were poor rehabilitation approach

95(34.1%), lack of enough resources 64(22.9%) and lack of after care services 120(43.0%).

Further the study established that juveniles were not reformed after being rehabilitated in penal institutions at 264(94.7%) and 5.3% felt they had reformed. Majority of the juveniles 199(71.0%) felt the rehabilitation programmes had impacted positively in their lives while 80(29.0%) felt they had impacted nothing in their lives.



## **CHAPTER SIX**

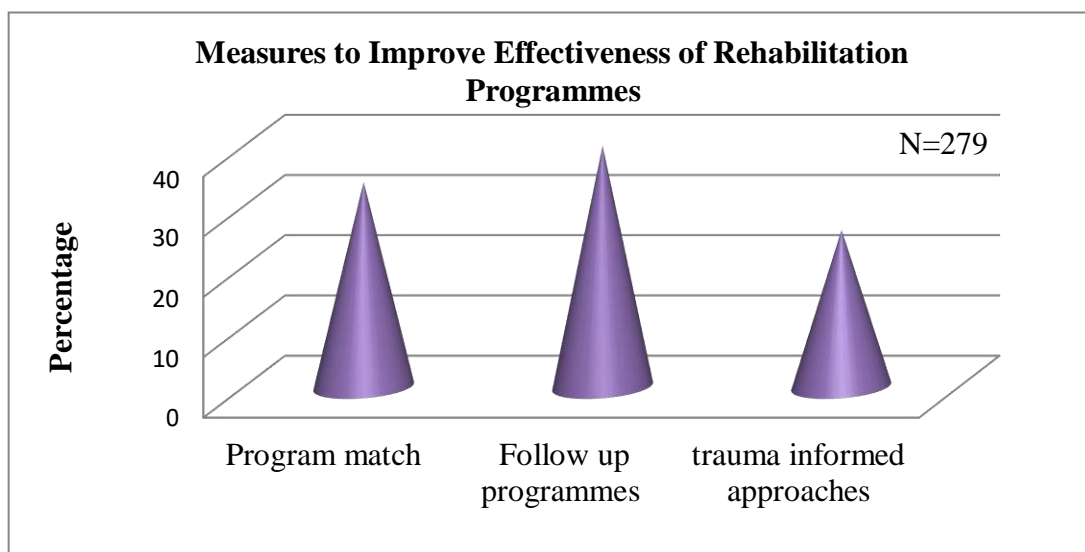
### **STRATEGIC OPTIONS FOR ENHANCING REHABILITATION PROGRAMMES TO CURB JUVENILE DELINQUENCY IN KAKAMEGACOUNTY, KENYA**

#### **6.1 Introduction**

This chapter sought to explore strategies for enhancing rehabilitation programmes in management of juvenile delinquency in Kakamega County, Kenya. The study purpose was to manage the alarming rates of juveniles being committed into these institutions. The researcher used questionnaires, interviews and Focused Group Discussions and observation checklist to collect data in this chapter.

#### **6.2 Measures to Improve the Effectiveness of Rehabilitation Programmes in Kakamega County**

The state of penal institutions is worrying in Kenya with high levels of reoffending which proves there is ineffectiveness in acquiring skills during rehabilitation process. To achieve these respondents were asked what to be put in place to improve their effectiveness.



**Figure 6. 1: Measures to improve the Effectiveness of Juvenile Rehabilitation Programmes in Kakamega, County, Kenya**

**Source: Field Data, 2019**

A chi square test carried out on measures to improve the effectiveness of rehabilitation programmes. The responses indicated that there was significance ( $P < 0.05$ ) variance in responses ( $\chi^2 = 55.4$ ). From the results the effectiveness of rehabilitation programmes can be improved through effective implementation of follow up programmes (40%), putting in place functional trauma informed approaches (26%) and matching the type of offence with appropriate programmes at (34%).

### **6.3 Strategies on Follow up programmes after Release of Juveniles**

The respondents were to indicate various follow up programmes to be used in order reduce case of recidivism in penal institution. The following were the frequencies and percentages.

**Table 6.1 Management of Juvenile Delinquency through Follow up Programmes**

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<b>Programmes</b>	<b>Frequency</b>	<b>Percentage</b>
Reentry Programmes	12	33.33
Case management on recidivism rates in the community	6	16.67
Continuous mentoring programmes	18	50.0

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**Source: Field Data, 2019**

From Table 6.1 continuous mentoring programmes 18(50.0%) was the most preferred programme, followed by reentry programmes at 12 (33.33%), followed by case management 6(16.67%). From the results the study concluded that the respondents were in agreement follow up programmes should be applied in management of juvenile delinquency in penal institution.

Key informants indicated that effective rehabilitation is seen when the juvenile rehabilitation process has reached the final stage of follow up. Most of penal institutions do not have existing process to follow up cases to prevent recidivism and make the juveniles live a life free from antisocial behaviors.

FGDs were carried out among relapsed and reformed juveniles, the results revealed that penal institutions lack follow up programmes. The juveniles are driven back to their families and dumped in their societies without the institutions caring for their safety in their society. Kithaka (2018) supports this finding that follow up and monitoring of released juveniles is not mentioned as part of release process in any of the institutions that the study was carried out.

These results are tandem with Irungu (2019), who suggested the application of followup programmes on management of the increasing reoffending rates in penal institutions. The ability to apply follow up programmes requires effective collaboration and implementation of this programme. Irungu (2019) pointed out that when there is absence of justice systems to re-integrate the youthful population there are higher chances of them committing other crimes at 75% and 50% returning to the prison after two years. James *et al.* (2016) note that cognitive behavioral treatment help in controlling impulses, problem solving and criminogenic patterns. The strategy is appropriate because it reduces the likelihood of drug use and re-arrests (Thompson *et al.* 2010). Monahan *et al.* (2013) found out that family visitation during incarceration reduces depression symptoms. When follow up programmes are effectively applied it can enable the juveniles never to engage in criminal acts (Bouffard *et al.* 2017). The goal of follow up programmes is to ensure successful transition of the juveniles back into the society.

#### **6.4 Effective Strategies on Matching the Program to the Type of Offense to be applied in Juvenile Penal Institutions**

The researcher sought to establish whether program match was an effective way of managing juvenile delinquency. The following were the frequencies and percentages of the responses.

**Table 6.2 Measures on Program Match to Effectively Manage Juvenile Delinquency**

---

<b>Measures to manage juvenile delinquency</b>	<b>Frequency</b>	<b>Percentage</b>
Assessing the type of offense committed by the juvenile	15	41.67
Placement in appropriate rehabilitation Programmes	21	58.33

---

**Source: Field Data, 2019**

From Table 6.2 the responses indicated that assessing the type of offense committed by the juvenile 15(41.67%) while placement in appropriate rehabilitation programmes was at 21(58.33%). From the results since all the responses were above 10%, the study concluded that the respondents were in agreement the listed measures would help in management of juvenile delinquency. In order to determine whether program match was effective in management of juvenile delinquency, a correlation was carried out between program match and management of juvenile delinquency. The results showed

that 52.7 % of the respondents showed program match as an effective strategy in management of juvenile delinquency.

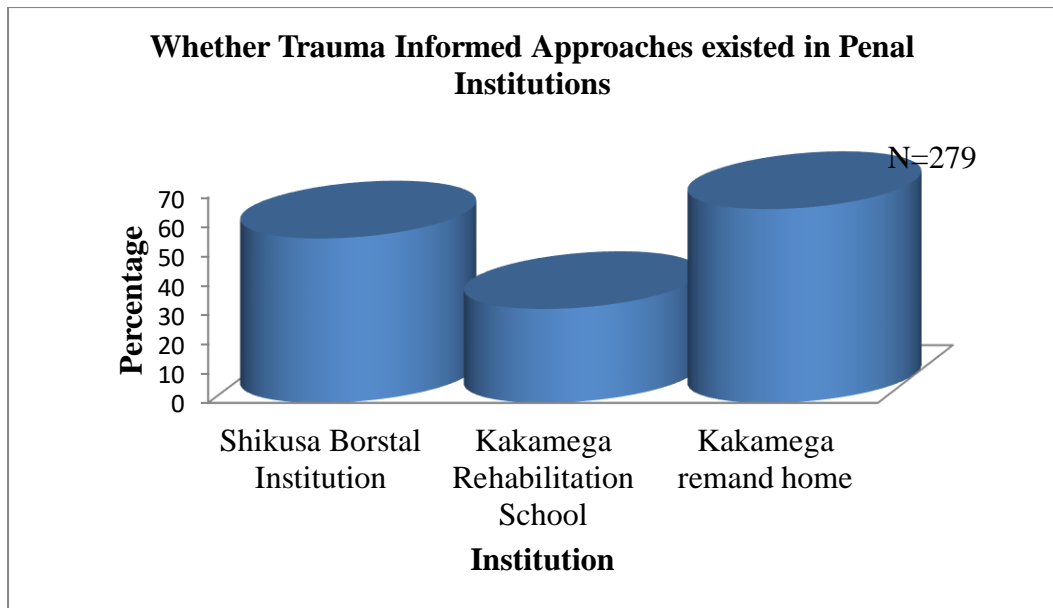
Results from interview showed that juveniles should be placed in rightful programmes. The needs of the offender should be assessed first before they are placed in appropriate programmes. They said that juveniles are not placed in appropriate programmes where they are punished and punishment alone cannot solve the issue of delinquency in our correctional institutions.

FDGs carried out among relapsed and reformed juveniles, it was found out that assessment tools in rehabilitation of juveniles should be effectively applied to the delinquents since it helps to satisfy the unmet needs of the delinquents before being committed to these institutions.

Past scholars like Dissel (2008) found out that recidivism remains high because the kind of rehabilitation approach in prisons which is not effective and non-existent. The study pointed out that the programmes available were applied to all offenders who had committed different crimes and not to specific offenders. Lowenkamp & Latessa, 2006; Vieira, Skilling & Peterson-Badali, 2009, the study established that when programs are matched with the type of offence in relation to supervision and service delivery there is significant decrease in levels of recidivism because they target the needs of the offender. This can in turn increase the society safety/security since the juveniles will have been effectively rehabilitated.

## **6.5 Strategies on Trauma Informed Approaches**

Effective rehabilitation can minimize the costs in terms of resources when the juveniles reoffend and get back to these institutions. This could be done through cognitive behavioral counseling which can change the thinking and attitudes of juveniles. This is supported by Wolf *et al.* (2013) that Trauma informed care can change organizational process in order to promote and reduce the risk of re-traumatization among correctional facilities or those under correctional supervision. According to Underwood & Washington (2016), when correctional facilities apply mental health treatments in juvenile justice system there can be a positive outcome which include reduced mental health problems, reduced post-traumatic stress disorders and there can be reduction in recidivism rates. This study sought to establish whether penal institutions have trauma-informed approaches which help in management of juvenile delinquency. The results were indicated in Figure 6.2.



**Figure 6. 2: Whether Trauma Informed Approaches exist in Penal Institutions**

**Source: Field Data, 2019**

The results in Figure 6.2 indicate that trauma informed approaches exist in penal institutions. In Shikusa Borstal institution, 56% said that trauma informed approaches existed while 44% said these programmes never existed. Also, in Kakamega remand home 66% of the juveniles revealed that trauma informed programmes existed while 34% said that the programmes did not exist. This was not the case in Kakamega rehabilitation school where most of the juveniles revealed that trauma informed approaches did not exist at 68%. This indicated that trauma informed approaches did not exist in penal institutions. However, the study respondents were above 30% which implied that the respondents were in agreement with this study that trauma informed approaches never existed in penal institutions.

Key informants concurred with this result, that, trauma informed approaches



do not exist in penal institutions. They said that in most cases trauma informed programmes have helped in controlling the growing cases of delinquency in penal institutions if they are well applied. Young people are exposed to many traumatic events before and during they are confined in penal institutions (Abram *et al.* 2004; Burell, 2013, Ford, 2016). They ascertained that juveniles who have passed through these programmes in other countries have turned into responsible citizens.

FGDs revealed that penal institutions lack trauma informed programmes. They said that most of the juveniles experience trauma as a result of harassment from police during arrests, from their parents and also when they were committing those crimes. Kerig & Becker (2013) supports this by indicating that there is a linkage between trauma and delinquency. During adolescent stage juveniles can experience many negative challenges that can result into strain which could promote delinquency. Traumatic experiences can increase the chances of juvenile becoming chronic offenders in future, even after trying to control the risk factors for criminal behavior. Trauma can also alter the brain function of the juveniles which can result to more delinquent's acts. This finding concurs with Liebenberg & Ungar (2014) that incarcerated juveniles have been found to have lower engagement in mental health services.

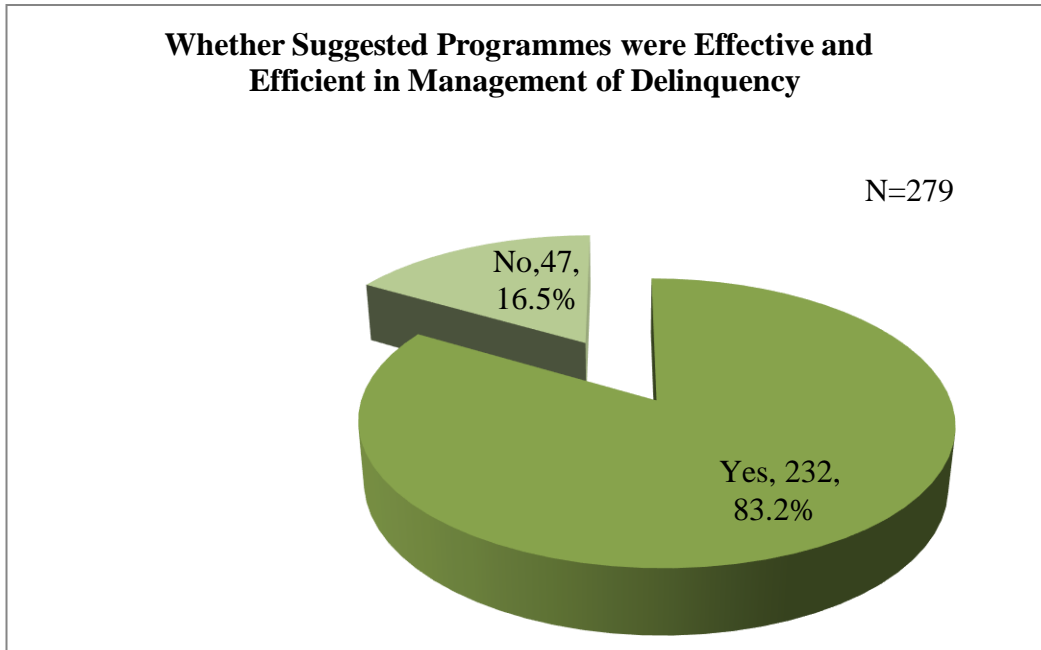
Cullen *et al.* (2012) established that the thinking in the juveniles can displace the blame and unrealistic expectations about the antisocial behavior and change to better. Trauma informed therapies can enable the juveniles

understand their dysfunctional thinking patterns and enables them understand that negative thinking patterns that lead to unhealthy negative behaviors (Wolf, 2007).

Loeber & Farrington (2012) concurs with the results of this study where the study established that cognitive behavioral therapy had a positive outcome at 22% reduction in cases of reoffending. Lipsey (2005) also found out that high risk behavior did not affect the outcome of CBT and this qualifies CBT to be an effective strategy in managing delinquency. This strategy was found successful when combined with employment opportunities, education and training in penal institutions.

#### **6.6 Responses on whether the Suggested Strategies were Effective in Management of Juvenile Delinquency**

The researcher was interested on the effectiveness and efficiency of suggested strategies in curbing juvenile delinquency. The responses are shown in Figure 6.3.



**Figure 6. 3: Responses whether suggested Strategies were Effective and Efficient in Managing Juvenile Delinquency.**

**Source: Field Data, 2019**

Results in Figure 6.3 indicate that 232(83.2%) suggested the stated strategies were effective and 47(16.5%) indicated that suggested the strategies was not effective.

Interview with key informant indicated that a strategy is considered effective when it produces the desired goal and efficient when it uses the resources well to achieve the expected results. These programmes can bring about change in our penal institutions by producing positive results when the programmes are well supervised, implemented and coordinated.

FGD carried out revealed that change is inevitable in our societies, juvenile justice system could be facing risks associated with poor coordination, supervision and Implementation and there should be adoption of

what works in juvenile penal institutions.

## **6.7 Chapter Summary**

The chapter looked at the strategic options for enhancement in curbing juvenile delinquency in Kakamega County, Kenya. It looked at suggested rehabilitation strategies that should be adopted for effective rehabilitation. These strategies were follow up after release 40%, program match 34% and trauma informed approaches 26%. Follow up after release existed in penal institution through the government providing transport at 29.4% and home tracing by welfare workers at 70.6%. The results on follow up after release established that follow up programmes did not exist in penal institutions at 81.4%. Follow up programmes were relevant in addressing the issue of juvenile delinquency at 56.9%. Offender program match was also seen as a way of managing delinquency, assessment tools should be placed in penal institutions to place the juveniles in suitable programmes. Program match did not exist in penal institutions at 71.1%. The juveniles felt that the programmes had importance in their lives since it would change their antisocial behavior. Trauma informed approaches were suggested to manage delinquency at 59.9%, when juveniles are taken through the juvenile justice system they experience a myriad of challenges which can affect their lives in future. The suggested strategies were relevant in managing delinquency because when vocational training, guiding and counseling and formal education are mixed with the suggested strategies there is a significant positive result in the rehabilitation process.

## **CHAPTER SEVEN**

### **SUMMARY, CONCLUSIONS AND RECOMMENDATION**

#### **7.1 Introduction**

This chapter presents summary of the findings, conclusions, recommendations and suggestions for further research based on the results of this study. The findings are discussed thematically based on the objectives of the study.

#### **7.2 Summary of findings**

##### **7.2.1 Nature of Rehabilitation Programmes being enforced in Penal Institutions in curbing Juvenile Delinquency in Kakamega County, Kenya**

The study established that penal institutions hold juveniles between the ages of 9- 18 years. Boys were committed more than girls. Most crimes the juveniles engaged in were stealing. Juveniles raised with their mothers were found to engage more in antisocial behavior. There was high population in penal institutions where available facilities were not adequate. Penal institutions are guided with policies and guidelines from the Kenyan constitution, child Act 2001, National children policy 2010 and rules and regulations from National standard guidelines. The court process was taking longer than the recommended three months. Most of the delinquents had no legal representation in courts. Rehabilitation programmes included vocational training guiding and counseling and formal education. Accommodation facilities were not adequate to take the juveniles through the process of rehabilitation. Also the institution faced challenges of classrooms and also staff's working in penal institutions were

competent but not adequate.

### **7.2.2 Effectiveness of Rehabilitation Programmes in Curbing Juvenile Delinquency in Kakamega County, Kenya**

The second objective of the study was to evaluate the effectiveness of rehabilitation programmes in curbing juvenile delinquency in Kakamega County, Kenya. It was found that the programmes benefited the juveniles and rehabilitation programmes existed in penal institutions where the juveniles were committed for a period of three years. On assessment of rehabilitation programmes it was found that rehabilitation was not successful. Factors hindering rehabilitation programmes were poor rehabilitation approach, lack of adequate resources and lack of after care services. Juveniles were not reformed after being rehabilitated. Majority of the juveniles felt the programmes had impacted negatively in their lives. The study found out that there is a positive and significant relationship between rehabilitation programmes and management of juvenile delinquency.

### **7.2.3 Strategies for Enhancing Rehabilitation Programmes in Management of Juvenile Delinquency in Kakamega County, Kenya**

The third objective was to explore strategies for enhancing rehabilitation programmes in management of juvenile delinquency in Kakamega County, Kenya. The study established that the following rehabilitation programmes should be effectively implemented to help in curbing juvenile delinquency. They include follow up strategies, trauma informed approaches and program match with offence committed. Juvenile's revealed that the strategies were relevant in

managing delinquency in penal institutions when there is good supervision, implementation and coordination by the stakeholders.

### **7.3 Conclusion**

With regard to the first objective to examine the nature of rehabilitation programmes being enforced in juvenile penal institutions in Kakamega County, Kenya. It was concluded that juvenile rehabilitation is hampered by poor rehabilitation approach existing in penal institutions.

Basing on evaluating the effectiveness of rehabilitation programmes in management of juvenile delinquency it was concluded that rehabilitation programmes had a negative impact in reforming juveniles.

Basing on exploring the strategies for enhancing rehabilitation programmes in management of juvenile delinquency. The study suggested that vocational training, guiding and counseling and formal education cannot work well alone, it must be combined with follow up programmes, trauma- informed approaches and program match to effective rehabilitation of juveniles. These strategies can address juvenile delinquency when they are well coordinated, supervised and implemented by the stakeholders.

#### **7.3.1 Overall Conclusion**

The overall conclusion was that rehabilitation programmes in penal institutions do not successfully reform the juvenile offenders.

#### **7.4 Recommendations**

Basing on the findings and conclusions drawn for this study, the following recommendations are made.

- i). The national government and the county governments should provide more learning facilities especially in vocational training and formal education programmes for effective delivery of service to the juveniles.
- ii) The national government should provide adequate resources to juvenile penal institutions in Kakamega County in order to manage the growing population in penal institutions.
- iii). Correctional institutions should introduce assessment tools in order to match the treatment and program.

#### **7.5 Suggestions for further studies**

Based on the study findings, the researcher recommend further studies in the following areas:

- i). Role of Kakamega County in addressing the increase of juvenile delinquency.
- ii). Effects of poor rehabilitation programmes in juvenile penal institution in Kenya.
- iii). Environmental setting of remand Homes in Kenya in promoting juvenile recidivism.



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## APPENDICES

### APPENDIX I

#### LETTER OF INTRODUCTION

Dear Respondent

**RE: DATA COLLECTION ON REHABILITATION PROGRAMMES WITHIN PENAL INSTITUTIONS AND THEIR INFLUENCE ON MANAGEMENT OF JUVENILE DELINQUENCY**

I am a student of Masinde Muliro University of Science and Technology pursuing Masters Degree in disaster management and humanitarian assistance. As part of the requirements for the degree, I am required to conduct a research study. I am currently conducting a study on the Rehabilitation Programmes within Penal Institutions and their influence on management of Juvenile Delinquency in Kakamega County, Kenya. You have been selected to participate in this study and I would highly appreciate if you assist me by responding to the questions as completely, correctly and as honestly as possible. Your response will be treated with utmost confidentiality and will be used only for the purposes of this academic study.

Thank you for your cooperation. Yours Faithfully,

Beryl Asenwa

**APPENDIX II**  
**QUESTIONNAIRE OF JUVENILE DELINQUENT**

NAME OF INSTITUTION .....

DATE.....

**SECTION A: Nature and Extent of Rehabilitation Programmes being enforced to curb juvenile delinquency**

1. How old are you? [a] less than 12 years [b] 12 -15 [c]16 – 18 years

2. What is your gender [a] Female [b] Male

3. For how long have you been institutionalized in this corrective facility?

[a] less than 6 months [b] 6 - 11 months [c] 1 – 2 years [d] more than 2 years

4. What was the nature of offense you were charged with?.....

5. What is the composition of your family?

[a] Father, mother and siblings [b] Father and siblings [c] Mother and siblings[d]

Others (Specify) .....

6. Are guidelines and policies available for rehabilitating juveniles in penal institutions?

Yes  No

7. Are penal institutions guided by rules and regulations?

Yes  No

8. Types of rehabilitation programmes in penal institutions?

i).....

ii) .....

iii).....

9. Are the juveniles in penal institutions being successfully rehabilitated?

Yes  No

10. Does these institutions have trained and competent personnel to deal delinquency?

Yes  No

11. Do the institutions have enough resources and materials in catering for the needsof the juveniles convicted in penal institutions?

Yes  No

12. How long did the court take to resolve your case?

13. Do you have legal representation?

Yes  No

## **SECTION B: Evaluation of Effectiveness of Rehabilitation**

### **Programmes inmanagement of Juvenile Delinquency**

1. Are the rehabilitation programmes functional in penal institutions?

Yes  No

2. Do the rehabilitation programmes have any impact in your life?

Yes  No

3. Which factors hinder the effectiveness of rehabilitation programmes?

i) .....

ii) .....

iii) .....

4. Do you think you have reformed after the rehabilitation process?

Yes  No

5. How long does the rehabilitation of juveniles take in penal institutions?

.....

**SECTION D: Strategic Options for Enhancing Rehabilitation Programmes to Curb Juvenile Delinquency.**

1. Which strategies do you feel will effectively rehabilitate the juveniles in penal institutions?

i) .....

ii) .....

iii) .....

2. Do these strategies exist in penal institutions?

Yes

No

3. Who does the follow up process after being reintegrated back to the society? i).....

ii).....

4. Are the suggested strategies efficient and effective in managing juveniledelinquency?

Yes

No

**APPENDIX III**

**INTERVIEW GUIDE FOR STAFF IN PENAL INSTITUTIONS**

Name of institution? .....

1. Does your current role involve contact with children coming to the attention of the criminal justice system? [a] YES [b] NO

If yes, please explain how.....

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-----  
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2. What is the various rehabilitation programmes used in the treatment of juveniledelinquents in your correctional facility?

.....  
.....  
.....  
.....  
.....

3. Are the current rehabilitation programmes effective in managing juveniledelinquency?

Yes  No

4. Which strategies can work well in managing juvenile delinquency in your facility?

i) .....

- ii) .....
- iii) .....

**5.** Are the juveniles being effectively rehabilitated?

Yes  No

**6.** Do the detained juveniles have legal representations?

Yes  No

**7.** Are penal institutions guided by policies and guidelines?

Yes  No

**8.** Are penal institutions guided by rules and regulations?

Yes  No

**9.** Do the juveniles have legal representation?

Yes  No

**10.** How long does the court take to rule the cases of juveniles? i)

.....

ii) .....

iii) .....

**11.** Do you think the programmes are effective in managing juvenile delinquency?

Yes  No

**12.** Do you think you have anything else that you think is important to the current study in regard to rehabilitation programmes that you would like to tell the researcher and other stakeholders?

.....  
.....  
.....

## **APPENDIX IV**

### **FOCUSED GROUP DISCUSSION SCHEDULE FOR REFORMED**

#### **JUVENILES**

Instructions in this instrument will generate discussions after various discussions in each item. Consensus from the members in the focus group discussion will be built on what means to be the main issue and a final conclusion made in assessing the effectiveness of rehabilitation programmes within penal institution on management of juvenile delinquency.

1. How is the process of juvenile rehabilitation carried in penal institutions?
2. What are the main challenges that facing penal institutions in Kakamega County?
3. Which type of rehabilitation programmes do exist in penal institutions?
4. Does rehabilitation programmes in the penal institutions has the capacity to reduce cases of juvenile delinquency?
5. Which strategies need to be adopted in penal institutions in order to reduce juvenile delinquency?
6. Are the staffs in penal institution qualified and competent to deal with juvenile delinquency?
7. Do the environmental conditions in penal institution favorable to the delinquents?
8. Which type of measure need to be institutionalized in penal institutions in order to minimize the rates of juvenile delinquency and recidivism?



**APPENDIX V**

**OBSERVATION CHECKLIST IN PENAL INSTITUTIONS**

Observe and make notes on the available conditions in each penal institution;

Available rehabilitation programmes.....

The competence of staff in rehabilitating the juveniles.....

Functional rehabilitation programmes in penal institutions

If the rehabilitation programmes in penal institutions are being well applied to the juveniles.....

If the rights of juveniles are well protected.....

Availability of Learning facilities .....

Well-furnished dormitories .....

Congestion.....  
.....

Staff competence .....

Juveniles Discipline .....

Interaction between staff and delinquents.....

Observe if there are any other activities apart from scheduled rehabilitation programmes.

## APPENDIX VI

### INFORMED PARENTAL CONSENT

#### Introduction

I am Beryl Asenwa, a Masters student at Masinde Muliro University of Science and Technology. I am inviting your child to take part in my research on effectiveness of rehabilitation programmes within juvenile penal institutions and their influence on management of juvenile delinquency in Kakamega County, Kenya.

The purpose of this research is to help in managing the increasing rates of delinquent behaviors in the County. I will issue the juveniles with questionnaires and also commit others to take part in FGD. They have to say on what they know about the rehabilitation process in juvenile penal institutions.

This research will be carried out for three months in three juvenile penal institutions in Kakamega County and the information gathered will be treated as confidential. This research is for academic purposes and there are no benefits tied to the research.

I the parent of the child understand the importance of conducting this research and *in* this case I give my child permission to be involved in this research.

Parent's Name..... Sign..... Date .....

**APPENDIX VII**  
**RESEARCH APPROVAL LETTER**



**MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)**

Tel: 056-30870  
Fax: 056-30153  
E-mail: [directordps@mmust.ac.ke](mailto:directordps@mmust.ac.ke)  
Website: [www.mmust.ac.ke](http://www.mmust.ac.ke)

P.O Box 190  
Kakamega – 50100  
Kenya

**Directorate of Postgraduate Studies**

---

**Ref:** MMU/COR: 509099

2<sup>nd</sup> March, 2019

Beryl Asenwa Savatia,  
CDM/G/01-55232/2017,  
P.O. Box 190-50100,  
**KAKAMEGA.**

Dear Ms. Savatia,

**RE: APPROVAL OF PROPOSAL**

I am pleased to inform you that the Directorate of Postgraduate Studies has considered and approved your Masters proposal entitled “*Rehabilitation Programmes within Penal Institutions Influencing Management of Juvenile Delinquency in Kakamega County, Kenya*” and appointed the following as supervisors:

1. Dr. Janet Nabiswa
2. Dr. Ruth Simiyu

You are required to submit through your supervisor(s) progress reports every three months to the Director of Postgraduate Studies. Such reports should be copied to the following: Chairman, School of Disaster Management and Humanitarian Assistance Graduate Studies Committee; Chairman, Emergency Management Studies & Departmental Graduate Studies Committee. Kindly adhere to research ethics consideration in conducting research.

It is the policy and regulations of the University that you observe a deadline of two years from the date of registration to complete your Master’s thesis. Do not hesitate to consult this office in case of any problem encountered in the course of your work.

We wish you the best in your research and hope the study will make original contribution to knowledge.

Yours Sincerely,

DEAN  
SCHOOL OF GRADUATE STUDIES  
MASINDE MULIRO UNIVERSITY  
OF SCIENCE & TECHNOLOGY

Dr. Consolata Ngala

**DEPUTY DIRECTOR, DIRECTORATE OF POSTGRADUATE STUDIES**



**APPENDIX IX**

**SOCIAL PROTECTION AUTHORIZATION LETTER**



**MINISTRY OF LABOUR AND SOCIAL PROTECTION  
STATE DEPARTMENT FOR SOCIAL PROTECTION  
OFFICE OF THE PRINCIPAL SECRETARY**

Tel: +254 (0) 2729800  
Fax: +254 (0) 2726222  
Email: pssocialsecurity@labour.go.ke

Social Security House, Bishops Road  
P.O. Box 40326 - 00100  
Nairobi

When replying please quote:

**Ref. No.** MEACL&SP /SP/25/4Vol. I (20)

**Date:** 30<sup>th</sup> May, 2019

**Beryl Aserwa Savatia**  
P.O Box 190 - 50100  
**KAKAMEGA**

**RE: AUTHORIZATION TO CONDUCT RESEARCH**

Reference is made to your application for permission to conduct research study on **“Rehabilitation Programmes within Penal Institutions Influencing Management of Juvenile Delinquency in Kakamega County, Kenya”** vide letter dated 30<sup>th</sup> May, 2019.

Authority is hereby granted to conduct research on the cited topic in Kakamega Remand Home and Kakamega Rehabilitation School.

While it is expected that the data obtained will only be used for academic purposes, the findings and recommendations may inform policy making.

You will therefore be required to submit a hard copy of the final research report upon completion for our review and records.

By a copy of this letter, the Director for Children’s Services and Institution Managers are requested to accord you the necessary support during this undertaking.

Nelson Marwa Sospeter, EBS  
**PRINCIPAL SECRETARY**

- Copy to:**
- The Director  
Department for Children’s Services  
**NAIROBI**
  - The Manager  
Kakamega Remand Home  
**KAKAMEGA**
  - The Manager  
Kakamega Rehabilitation School  
**KAKAMEGA**



**APPENDIX X**  
**NACOSTI AUTHORIZATION LETTER**



**NATIONAL COMMISSION FOR SCIENCE,  
TECHNOLOGY AND INNOVATION**

Telephone: +254-20-2213471,  
2241349, 3310571, 2219420  
Fax: +254-20-318245, 318249  
Email: dg@nacosti.go.ke  
Website: www.nacosti.go.ke  
When replying please quote

NACOSTI, Upper Kabete  
Off Waiyaki Way  
P.O. Box 30623-00100  
NAIROBI-KENYA

Ref. No. **NACOSTI/P/19/65558/29640**

Date: **25<sup>th</sup> April, 2019**

Beryl Asenwa Savatia  
Masinde Muliro University of  
Science and Technology  
P. O Box 190-50100  
**KAKAMEGA**

**RE: RESEARCH AUTHORIZATION**

Following your application for authority to carry out research on "*Rehabilitation programmes within penal institution influencing management of juvenile in Kakamega County, Kenya*" I am pleased to inform you that you have been authorized to undertake research in **Kakamega County** for the period ending **23<sup>rd</sup> April, 2020**.

You are advised to report to **the County Commissioner and the County Director of Education, Kakamega County** before embarking on the research project.

Kindly note that, as an applicant who has been licensed under the Science, Technology and Innovation Act, 2013 to conduct research in Kenya, you shall deposit a **copy** of the final research report to the Commission within **one year** of completion. The soft copy of the same should be submitted through the Online Research Information System.

  
**GODFREY P. KALERWA MSc., MBA, MKIM**  
**FOR: DIRECTOR-GENERAL/CEO**

Copy to:

The County Commissioner  
Kakamega County.

The County Director of Education  
Kakamega County.

# APPENDIX XI

## MAP OF THE STUDY AREA

