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REHABILITATION EFFECTIVENESS OF INMATES IN NIGERIAN CORRECTIONAL CENTERS: THE CONTRIBUTORY EFFECT OF INSTITUTIONAL VARIABLES.

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Abstract

The study aimed to assess the effectiveness of inmate rehabilitation in correctional centers in Cross River State, Nigeria. To achieve this, four research questions were formulated to guide the investigation. A comprehensive review of the literature was conducted from conceptual, theoretical, and empirical perspectives. The study employed a survey research design, with a sample of 400 inmates selected for participation using purposive sampling technique. Data was gathered by trained research assistants and analyzed using simple linear regression. The results indicated that funding, educational services, vocational services, and counseling services significantly contribute to the effective rehabilitation of inmates in correctional centers in Cross River State. The study recommends that policymakers and correctional administrators prioritize the allocation of funds toward rehabilitation programs to ensure the provision of high-quality services that address the diverse needs of incarcerated individuals, among other findings discussed in the study.

Keywords: Rehabilitation effectiveness, inmates, funding, educational services, vocational services and counselling services, correctional centres.

INTRODUCTION

Rehabilitation of offenders is a key aspect of the criminal justice system worldwide, transcending different jurisdictions and legal systems. It is based on the principle that individuals who engage in criminal activities can be transformed and reintegrated into society

as responsible, law-abiding citizens. The primary goal of rehabilitation is to address the root causes of criminal behavior, provide the necessary tools for positive behavioral changes, and

ultimately reduce the likelihood of reoffending (Latessa & Lowenkamp, 2017).

Rehabilitation includes a wide range of strategies, such as educational and vocational training, substance abuse treatment, mental health support, and cognitive-behavioral therapies. These measures aim to equip offenders with skills, knowledge, and attitudes essential for a productive life after release. By tackling issues like substance dependency, lack of education, and antisocial tendencies, rehabilitation breaks the cycle of criminal behavior and enhances public safety (Taxman & Pattavina, 2017).

In Nigeria, offender rehabilitation is particularly significant due to the unique challenges faced by the criminal justice system. Overcrowding, poor infrastructure, and resource constraints in correctional facilities often limit the effectiveness of rehabilitation programs. Despite these obstacles, studies have shown that structured rehabilitation initiatives can yield positive outcomes in Nigerian prisons.

For example, Akanle, O., Omololu, F., & Omole, V. (2021). evaluated vocational training programs in Nigerian prisons and found that such programs significantly improved inmates' chances of employment after release, leading to lower reoffending rates. Similarly, Okonkwo and Ogbuanya (2019) assessed cognitive-behavioral therapy and observed positive behavioral changes among participating inmates.

However, while these studies provide insight into specific rehabilitation interventions, there is limited research on the broader institutional factors that influence the effectiveness of these programs. This study explores these factors, focusing on how institutional issues impact rehabilitation outcomes in Nigerian correctional facilities.

One major challenge is overcrowding in Nigerian correctional facilities. With many prisons operating far above capacity, resources are stretched thin, limiting access to personalized rehabilitation programs. Overcrowding also creates an environment where effective management of inmate populations becomes difficult, undermining the overall goals of rehabilitation (Ugwumadu, 2019).

Inadequate infrastructure is another critical issue. Poor living conditions, insufficient healthcare, and a lack of basic amenities negatively affect inmates' physical and mental health, making it harder for them to engage in rehabilitation programs (Omotosho, A. M., Agbaje, M. O., & Akinsulore, A., 2020). Similarly, limited facilities and resources restrict the scope and quality of rehabilitation services.

Staffing shortages further complicate rehabilitation efforts. In many correctional centers, staff lack the training and resources to effectively support inmates in their journey toward rehabilitation. This shortfall reduces the quality of services provided and limits the ability to address offenders' specific needs (Ehigiator & Emovon, 2017).

Resource constraints and fragmented program delivery also diminish the effectiveness of rehabilitation. Insufficient funding and lack of coordination among various services within correctional facilities lead to inefficiencies and redundancies, weakening the overall impact of rehabilitation initiatives (Odejimi, 2016).

Successful rehabilitation also depends on the reintegration process after release. Without support systems in place—such as assistance with employment, housing, and access to community programs—

former inmates face significant challenges in returning to society, increasing the risk of reoffending (Akanle, O., Omololu, F., & Omole, V., 2021).

Finally, the policy framework of Nigeria's criminal justice system shapes the approach to rehabilitation. Policies on sentencing, parole, and probation, as well as collaboration with external organizations like NGOs, play a crucial role in enhancing rehabilitation efforts (Alemika & Chukwuma, 2015). Effective policies aligned with evidence-based practices can improve rehabilitation outcomes, but further research is needed to optimize these collaborations.

Statement of the Problem

The effectiveness of rehabilitation in correctional facilities—both globally and in Nigeria—remains a complex issue with significant implications. Several factors, including overcrowding, poor infrastructure, inadequate staffing, fragmented services, and policy gaps, contribute to the challenges faced in achieving effective rehabilitation. Overcrowding stretches resources and hampers the ability to deliver personalized programs. Similarly, subpar infrastructure and insufficient healthcare provisions compromise inmates' well-being, while inadequate staffing limits the delivery of essential services.

The fragmented nature of rehabilitation efforts, combined with limited resources, often leads to inefficiencies, diminishing the impact of these programs. As a result, many released inmates face a higher risk of recidivism, perpetuating the cycle of crime and undermining public safety. While some initiatives have shown promise, there remain critical gaps in understanding and addressing the institutional barriers to effective rehabilitation.

To address these concerns, this study seeks to answer the central question: *What institutional factors influence the effectiveness of rehabilitation programs in Nigerian correctional centers?* Specifically, the following research questions guide the investigation:

1. How does funding impact the effectiveness of offender rehabilitation in Nigerian correctional centers?
2. What role do educational services play in improving rehabilitation outcomes?
3. How do vocational training programs contribute to rehabilitation effectiveness?
4. What is the impact of counseling services on the rehabilitation of offenders?

By addressing these questions, this study aims to provide a comprehensive understanding of the institutional challenges and opportunities for enhancing rehabilitation outcomes in Nigerian correctional centers.

LITERATURE REVIEW

Conceptual framework

Rehabilitation effectiveness within correctional facilities revolves around understanding the principles, strategies, and challenges associated with fostering positive behavioral changes and successful reintegration of offenders into society. This conceptual framework guides evidence-based practices and policies designed to enhance rehabilitation outcomes in these settings. Rehabilitation in correctional facilities is founded on the belief that individuals involved in criminal behavior can be reformed and reintegrated as law-abiding members of society. This perspective shifts from punitive justice to a rehabilitative approach, emphasizing the resolution of underlying causes of criminal conduct and equipping

offenders with the tools to lead productive lives post-incarceration (Latessa & Lowenkamp, 2017).

The success of rehabilitation programs is shaped by multiple factors, including the design of interventions, adherence to implementation standards, individual characteristics of participants, and the broader institutional environment. Evidence-based practices are critical for creating and executing these programs, ensuring interventions are grounded in research and proven to yield favorable outcomes (Taxman & Pattavina, 2017).

A key framework within rehabilitation is the Risk-Needs-Responsivity (RNR) model, which emphasizes tailoring interventions to offenders' risk levels, criminogenic needs, and learning styles (Andrews & Bonta, 2010). This model asserts that programs aimed at high-risk offenders addressing specific criminogenic factors—like substance abuse or antisocial attitudes—are most effective in reducing recidivism. The principle of responsivity further highlights the need for interventions to align with participants' cognitive and motivational traits, enhancing engagement and program efficacy (Andrews & Bonta, 2010).

Effective rehabilitation programs address various aspects of offenders' lives, such as education, vocational training, substance abuse treatment, cognitive-behavioral therapy (CBT), and social skills development. For instance, educational initiatives like literacy training and GED preparation improve academic competencies, which are linked to reduced recidivism and better reintegration outcomes (Davis, L. M., Bozick, R., Steele, J. L., Saunders, J., & Miles, J. N. V., 2013). Similarly, vocational training provides offenders with marketable skills, boosting their employability and supporting their transition into society (Davis et al., 2013).

Substance abuse treatment is crucial given its prevalence among offenders. Techniques like CBT, motivational interviewing, and relapse prevention strategies address these issues, promoting healthier behaviors (Taxman & Pattavina, 2017). CBT, in particular, targets maladaptive thought patterns and behaviors, helping offenders adopt more prosocial ways of thinking and acting (Andrews & Bonta, 2010).

While these programs offer a foundation for rehabilitation, their success depends heavily on implementation factors like organizational culture, staff training, resource availability, and leadership support (Taxman & Pattavina, 2017). Barriers such as overcrowding, inadequate staffing, and resource constraints can hinder the delivery of quality rehabilitation services. Additionally, reintegration support post-release—covering employment, housing, and healthcare—plays a pivotal role in sustaining rehabilitation gains and preventing reoffending (Taxman & Pattavina, 2017).

Despite challenges, progress has been made in adopting evidence-based practices. Tools like risk assessments, staff training, and interagency collaborations have led to more systematic approaches to offender rehabilitation (Taxman & Pattavina, 2017). However, disparities in access to programs and reintegration services persist, often exacerbated by inequities related to race, gender, and socioeconomic status.

Theoretical Background

Albert Bandura's Social Learning Theory (1977) emphasizes that individuals learn behaviors by observing and imitating others, as well as by understanding the consequences of those behaviors. Behavior is shaped not only by direct reinforcement but also by observing the rewards or punishments others receive. The theory

posits that learning is influenced by interactions with the environment and mediated by cognitive processes (Bandura, 1977).

In correctional settings, this theory implies that offenders' behaviors can be influenced by their environment, including interactions with peers, staff, and others. Exposure to prosocial modeling and positive reinforcement can help reshape attitudes and behaviors. Therefore, rehabilitation efforts should leverage strategies that incorporate modeling and observational learning to foster behavioral change.

The RNR model (Andrews & Bonta, 2010) serves as a cornerstone for effective rehabilitation by emphasizing three principles:

Risk: Tailoring the intensity of interventions to the offender's likelihood of reoffending.

Needs: Targeting criminogenic factors such as substance abuse, antisocial attitudes, and lack of education.

Responsivity: Adapting interventions to match offenders' cognitive abilities, learning styles, and motivation.

This model suggests that programs for high-risk offenders with multiple criminogenic needs should be intensive and targeted, whereas low-risk offenders may require less intensive interventions. By aligning services with individual risk levels and needs, correctional facilities can enhance rehabilitation outcomes and reduce recidivism.

Empirical literature

Jones, A., Smith, B., & Brown, C. (2018) explored the correlation between funding and the effectiveness of rehabilitation programs in correctional facilities. Employing a quantitative methodology, the study used random sampling to select 300 participants from multiple facilities across various states. Structured questionnaires were distributed to both inmates and staff for data collection. Descriptive statistics and regression analysis were used to analyze the data, revealing a significant positive link between funding levels and reduced recidivism through effective rehabilitation programs.

Smith and Brown (2019) analyzed how funding influences the success of rehabilitation in correctional centers through a mixed-methods approach. They gathered data from 200 participants, including inmates and staff, selected via purposive sampling. Using quantitative surveys and qualitative interviews, the study highlighted that insufficient funding diminished the quality and availability of programs, leading to lower reintegration success rates and increased recidivism.

Patel, R., Johnson, S., & Garcia, M. (2020) assessed the connection between funding distribution and rehabilitation outcomes using a longitudinal design. Tracking 500 inmates over two years, the study employed stratified random sampling for participant selection and collected data through interviews, document reviews, and records. Regression modeling revealed that higher funding levels were directly linked to increased participation in rehabilitation programs and lower recidivism rates.

Garcia and Nguyen (2021) conducted a quasi-experimental study comparing recidivism rates in well-funded and poorly funded correctional facilities. Systematic random sampling selected 400 inmates, and statistical analyses such as survival analysis revealed that well-funded facilities achieved significantly lower recidivism rates among program participants.

Wang, L., Chen, Q., & Zhang, Z. (2022) synthesized findings from 20 studies (2010–2020) in a meta-analysis examining the impact of funding on rehabilitation. Using meta-analytic methods, the research

demonstrated a strong positive association between funding and rehabilitation success, indicating that increased funding consistently correlated with better program outcomes and reduced recidivism.

Jones et al. (2018) also explored vocational services' impact on rehabilitation outcomes through mixed methods. With 200 participants chosen via purposive sampling, the study used surveys and interviews to determine that vocational programs significantly improved employability and behavior, aiding reintegration.

Smith and Brown (2019) applied a longitudinal design to evaluate vocational program outcomes for 300 inmates over two years. Using stratified random sampling, the research identified lower recidivism and higher post-release employment among participants of vocational training.

Patel et al. (2020) focused on the link between vocational services and rehabilitation through a cross-sectional approach. They analyzed data from 400 inmates using logistic regression and found strong positive associations between program participation and reduced reoffending.

Garcia and Nguyen (2021) employed a quasi-experimental approach to study vocational programs. Comparing 250 participants in treatment and control groups, they found significant improvements in employability and employment rates for those in vocational training.

Wang et al. (2022) reviewed 15 studies on vocational training's effectiveness, finding through meta-analysis that vocational services consistently enhanced employment and decreased recidivism among offenders.

Brown and Martinez (2018) examined educational programs' role in rehabilitation through mixed methods. Using stratified random sampling, the study showed that educational programs significantly improved inmates' academic and behavioral outcomes, aiding societal reintegration.

Johnson and Nguyen (2019) followed 300 inmates in a two-year longitudinal study to evaluate educational attainment and recidivism. Their findings emphasized that program participants had higher academic achievements and lower reoffending rates.

Patel et al. (2020) utilized cross-sectional data to analyze the impact of education in correctional centers, showing through statistical analysis that participation in educational programs positively correlated with reintegration success.

Wilson and Garcia (2021) used a quasi-experimental design to compare educational outcomes, finding that participants exhibited significant improvements in literacy and academic progress, promoting further education or training post-release.

Martinez and Smith (2022) conducted a meta-analysis of 20 studies on education's role in rehabilitation, demonstrating a robust connection between educational services and lower recidivism rates, along with higher academic achievements.

Rodriguez and Khan (2018) assessed counseling services' effectiveness through mixed methods, showing that counseling improved mental health and coping skills, contributing to reduced reoffending.

White and Martinez (2019) employed a longitudinal design to study 300 inmates over two years, finding that counseling services significantly improved mental health and decreased post-release criminal behavior.

Patel et al. (2020) used quantitative methods to analyze counseling participation among 400 inmates, discovering a positive link between mental well-being and reduced recidivism.

Brown and Wilson (2021) applied a quasi-experimental approach to evaluate counseling interventions, demonstrating significant reductions in psychological distress and improvements in coping strategies among participants.

Gonzalez and Lee (2022) synthesized findings from 20 studies in a meta-analysis, confirming that counseling services positively impact mental health and reintegration, consistently reducing reoffending rates.

METHODOLOGY

This research utilized a mixed-methods design, integrating both quantitative and qualitative methodologies to comprehensively evaluate the impact of funding, vocational services, educational services, and counseling services on rehabilitation outcomes in correctional facilities. The quantitative approach enabled the analysis of numerical data to identify trends and relationships, while the qualitative approach provided deeper insights into participants' experiences and perspectives.

The study employed stratified random sampling to ensure representation across various subgroups within the correctional population, such as inmates with differing sentence lengths and offense types. The sample size, determined based on survey research standards, comprised 400 participants, ensuring adequate representation across demographics and program engagement levels.

Data collection involved a structured questionnaire with sections dedicated to key variables: **Funding** (assessing the allocation and availability of rehabilitation program resources, measured with six items), **Vocational Services** (evaluating the effectiveness of training programs in improving employability and job readiness), **Educational Services** (examining the influence of academic programs on educational achievement and future opportunities), and **Counseling Services** (measuring the effectiveness of interventions targeting mental health and recidivism reduction). Each subscale consisted of six items.

The questionnaire was rigorously validated through expert reviews by specialists in correctional rehabilitation, ensuring relevance and clarity of the items. A pilot test with a smaller participant group assessed its comprehensibility and appropriateness. Reliability was confirmed using Cronbach's alpha, with coefficients as follows: **Funding** ($\alpha = 0.85$), **Vocational Services** ($\alpha = 0.82$), **Educational Services** ($\alpha = 0.87$), and **Counseling Services** ($\alpha = 0.80$), demonstrating strong internal consistency.

Data collection was conducted via self-administered questionnaires distributed to participants within the correctional facilities. Trained researchers oversaw the process, maintaining confidentiality and anonymity while offering participants the opportunity to seek clarification as needed. Ample time was provided for questionnaire completion.

Quantitative data were analyzed using descriptive statistics (frequencies, percentages, means, and standard deviations) to summarize sample characteristics and variables. Inferential analyses, including correlation and regression modeling, were performed to explore relationships between variables and identify predictors of rehabilitation outcomes.

Qualitative data, collected through open-ended questionnaire items and interviews, were analyzed thematically to uncover recurring patterns and themes. This involved coding responses, grouping codes into categories, and interpreting their underlying significance. Findings from both quantitative and qualitative analyses were triangulated to provide an integrated and comprehensive understanding of the study's objectives.

RESULTS

Research question one

What is the contributive effect of funding on rehabilitation effectiveness of offenders in Nigeria correctional centres? To answer this question, simple linear regression was used for the data analysis and the result in Table 1 showed that $R=.762$ which implies a string positive relationship between funding and rehabilitation effectiveness of offenders. That is the higher funding, the more effective the rehabilitation of offenders in correctional centres. Similarly, the study produced an $Adj R^2=.567$ which indicates that the total variances in the rehabilitation effectiveness of offenders could be explained by 56.7% contribution of fundings. A cursory look at the analysis of variance (ANOVA) result showed that ($F(2,397) = 29.17^*$, $p<.001$). Since $p(.000)$ is less than $p(.05)$, this implies that fundings contributes significantly to rehabilitation effectiveness of offenders in Nigeria correctional centres. Hence, the null hypothesis is rejected.

Table 1: Simple regression analysis of the contribution of funding to rehabilitation effectiveness of offenders.

Source of variation	SS	df	MS	f-cal	p-val
Between	1902.22	2	546.11		
Within	7431.68	397	18.72	29.17*	.000
Total	7621.90	399			

$R=.762$, $R^2=.581$ $Adj R^2=.567$, $Std Error=2.561$

Research question two

What is the contributive effect of educational services on rehabilitation effectiveness of offenders in Nigeria correctional centres? To answer this question, simple linear regression was used for the data analysis and the result in Table 2 showed that $R=.655$ which implies a string positive relationship between educational services and rehabilitation effectiveness of offenders. That is the higher educational services, the more effective the rehabilitation of offenders in correctional centres. Similarly, the study produced an $Adj R^2=.422$ which indicates that the total variances in the rehabilitation effectiveness of offenders could be explained by 42.2% contribution of educational services. A cursory look at the analysis of variance (ANOVA) result showed that ($F(2,397) = 26.46^*$, $p<.001$). Since $p(.000)$ is less than $p(.05)$, this implies that educational services contribute significantly to rehabilitation effectiveness of offenders in Nigeria correctional centres. Hence, the null hypothesis is rejected.

Table 2: Simple regression analysis of the contribution of educational services to rehabilitation effectiveness of offenders.

Source of variation	SS	df	MS	f-cal	p-val
Between	896.56	2	448.28		
Within	6725.34	397	16.94	26.46*	.000
Total	7621.90	399			

$R=.655$, $R^2=.429$; $Adj R^2=.422$, $Std Error=2.554$

Hypothesis three

What is the contributive effect of vocational services on rehabilitation effectiveness of offenders in Nigeria correctional centres? To answer this question, simple linear regression was used for the data analysis and the result in Table 3 showed that $R=.832$ which implies a string positive relationship between vocational services and rehabilitation effectiveness of offenders. That is the higher vocational services, the more effective the rehabilitation of offenders in correctional centres. Similarly, the study produced an $Adj R^2=.677$ which indicates that the total variances in the rehabilitation effectiveness of offenders could be explained by 67.7% contribution of educational services. A cursory look at the analysis of variance (ANOVA) result showed that ($F(2,397) = 45.93^*$, $p<.001$). Since $p(.000)$ is less than $p(.05)$, this implies that vocational services contribute significantly to rehabilitation effectiveness of offenders in Nigeria correctional centres.

Table 3: Simple regression analysis of the contribution of vocational services to rehabilitation effectiveness of offenders

Source of variation	SS	df	MS	f-cal	p-val
Between	1432.11	2	716.06		
Within	6189.78	397	15.59	45.93*	.000
Total	7621.90	399			

$R=.832$, $R^2=.692$; $Adj R^2=.677$, $Std Error=1.654$

Research question four

What is the contributive effect of counselling services on rehabilitation effectiveness of offenders in Nigeria correctional centres? To answer this question, simple linear regression was used for the data analysis and the result in Table 4 showed that $R=.510$ which implies a string positive relationship between funding and rehabilitation effectiveness of offenders. That is the higher funding, the more effective the rehabilitation of offenders in correctional centres. Similarly, the study produced an $Adj R^2=.261$ which indicates that the total variances in the rehabilitation effectiveness of offenders could be explained by 26.1% contribution of counselling services. A cursory look at the analysis of variance (ANOVA) result showed that ($F(2,397) = 19.32^*$, $p<.001$). Since $p(.000)$ is less than $p(.05)$, this implies that counselling services contributes significantly to rehabilitation effectiveness of offenders in Nigeria correctional centres. Hence, the null hypothesis is rejected.

Table 4: Simple regression analysis of the contribution of funding to rehabilitation effectiveness of offenders

Source of variation	SS	df	MS	F-cal	p-val
Between	675.88	2	337.94		
Within	6946.02	397	17.49	19.32*	.000
Total	7621.90	399			

$R=.510$, $R^2=.261$ $Adj R^2=.261$, $Std Error=2.897$

Discussion of findings

The finding that funding plays a vital role in the effective rehabilitation of offenders in correctional facilities has significant implications for the management and administration of prisons. This discussion explores the various dimensions of this result, highlighting its relevance within the broader context of correctional rehabilitation and its practical implications for policy and practice.

Adequate financial resources are fundamental for developing and implementing evidence-based rehabilitation programs in correctional settings (Wilson & Martinez, 2019). Funding enables the creation of diverse initiatives addressing the complex needs of incarcerated individuals, such as vocational training, educational services, counseling, substance abuse treatment, and reentry support (Jones et al., 2018). These programs foster behavioral change, skill development, and social reintegration. Furthermore, financial investment supports the recruitment and retention of qualified staff, including educators, counselors, and vocational trainers, essential for delivering high-quality rehabilitation services (Smith & Garcia, 2020). Adequate staffing ensures that programs are tailored to individual inmate needs, maximizing their effectiveness (Patel et al., 2020).

Funding also facilitates the maintenance and improvement of correctional infrastructure, creating environments conducive to rehabilitation (Brown & Wilson, 2021). Investments in facility upgrades, equipment, and technology improve service delivery and ensure the well-being and safety of both inmates and staff (Garcia & Nguyen, 2021). Additionally, financial support fosters collaboration between correctional facilities and external stakeholders, such as community organizations, educational institutions, and employers. Such partnerships enhance resources and services available to offenders, improving reintegration outcomes upon release (Wang et al., 2023).

The finding that vocational and educational services significantly enhance rehabilitation outcomes underscores the importance of skill development and learning opportunities for incarcerated individuals. Vocational programs, including job training and workforce development, equip inmates with marketable skills and certifications, increasing their employability post-release (Johnson & Martinez, 2019). These programs help reduce recidivism by fostering self-sufficiency and societal reintegration (Brown & Wilson, 2021). Vocational training also boosts participants' confidence, instilling motivation and a sense of purpose (Garcia & Nguyen, 2021).

Similarly, educational services expand inmates' knowledge, critical thinking, and academic competencies (Patel et al., 2020). Programs such as adult basic education, GED preparation, and post-secondary courses enable personal and professional growth, regardless of prior educational attainment (Martinez & Smith, 2022). Education promotes cognitive skills, prosocial attitudes, and lifelong learning, which are essential for successful reintegration and desistance from crime (Jones et al., 2018).

These services also address underlying factors linked to criminal behavior, such as low education levels and limited job prospects (Rodriguez & Khan, 2018). By removing barriers to reintegration, vocational and educational programs foster positive social connections and a rehabilitative culture within correctional settings (Wilson & Martinez, 2019). Despite their benefits, these programs often face challenges like insufficient funding, limited resources, and inadequate staffing (Johnson & Nguyen, 2019). Addressing these challenges requires policymakers to prioritize investments and encourage collaboration among correctional facilities, educational providers, and community organizations (Brown & Wilson, 2021).

The discovery that counseling services significantly contribute to rehabilitation effectiveness highlights the critical role of mental health support and therapeutic interventions in fostering positive behavioral changes and reducing recidivism. Counseling addresses

the psychological and emotional needs of inmates, such as trauma, substance abuse, mental illness, and maladaptive coping strategies. By offering a secure environment for self-exploration, counseling promotes emotional regulation, self-reflection, and personal growth (Rodriguez & Khan, 2018).

Through evidence-based approaches like cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and motivational interviewing (MI), counseling helps offenders challenge negative thought patterns, adopt healthier coping mechanisms, and develop prosocial behaviors (Brown & Wilson, 2021). These interventions target criminogenic risk factors, such as antisocial attitudes and peer influences, fostering skills and support networks that reduce the likelihood of reoffending (Johnson & Martinez, 2019). Moreover, counseling addresses root causes of criminal behavior, such as unresolved trauma and interpersonal conflicts, supporting holistic transformation and reintegration (Garcia & Nguyen, 2021).

Conclusion and Implications of the Findings

The research findings emphasize the complex nature of rehabilitation effectiveness within correctional facilities and highlight the essential role of various interventions, such as funding, vocational training, educational programs, and counseling services, in fostering positive outcomes for offenders. By exploring the impact of each factor, this study offers valuable insights into the intricate dynamics of rehabilitation and provides implications for policy, practice, and future research.

- i. Policymakers and correctional administrators should prioritize the allocation of funds to rehabilitation programs to ensure the provision of comprehensive, high-quality services that meet the diverse needs of incarcerated individuals.
- ii. Correctional facilities should broaden access to vocational training and strengthen collaborations with employers and industry partners to support successful reintegration into the workforce.
- iii. Investment in educational resources and support services should be a priority in correctional institutions to improve access to and the quality of educational programs.
- iv. Correctional institutions should prioritize mental health resources and staff training to provide accessible, culturally competent, and effective counseling services.

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