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A Constituent College of the Catholic University of Eastern Africa



**Impact of Civil Society Human Rights Advocacy on Prison Reforms: Case of
Nairobi West Prison**

A Thesis

By

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Declaration

This research is my original work and has not been presented for a degree or any other award in any university. No part of this research project should be reproduced without the authority of the author and or Hekima University.

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Dedication

I dedicate this work first and foremost to Hekima University College fraternity. Your inspiration and input have been tremendous, and I thank God every day for you. Secondly, to my family and classmates for their support and encouragement. Lastly, Regina Caeli Parish financed my schooling and the Archdiocese of Nairobi for allowing me to take the studies. May God bless you all.

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Abbreviations

ACLU: American Civil Liberties Union's

CSOs: Civil Society Organizations

HRO: Human Rights Officer

RWI: Raoul Wallenberg Institute

UN: United Nations

EU: European Union

KHRC: Kenya Human Rights Commission

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Abstract

The study aimed at establishing the impact of civil society human rights advocacy on Kenya prisons reforms: case of Nairobi West prison, Kenya. Prisons are part of the wider public sector, and there have been efforts worldwide to reform public institutions to improve service delivery. The study employed a descriptive research design. The target population included human rights officers at Nairobi West Prison, staff, prisoners, and other Civil society human rights groups. A questionnaire and interview guide was used. In addition, data was analyzed using descriptive statistics and Pearson correlation analysis. The findings will benefit the government, policy makers, scholars, and all human rights activists. On advocacy actions, prisoners reported inadequate human rights advocacy while prison officers and human rights officers reported presence of adequate human rights reforms. Regarding success of advocacy actions, respondents agreed that access to visits and phone calls have been enhanced and that several measures, including the construction of more prisons and employing alternatives, have been put in place. Regarding reforms, most inmates were dissatisfied with the level of reforms while the human rights officers indicated satisfaction levels with reforms. The implication of the findings is that more advocacy on human rights and prison reforms are needed to improve the reforms and advocacy actions.

Chapter One

Introduction

The term criminal justice system refers to a collection of federal, state, and local public agencies that deal with the crime problem (Luyt, 2003). These agencies process suspects, defendants, and convicted offenders and are interdependent insofar as the decisions of one agency affect the others. The basic framework of the system is provided by the legislative, judicial, and executive branches of government (Akih & Dreyer, 2017).

The number of prisoners and pre-trial detainees in Brazil is rising rapidly, and there is widespread agreement that the current criminal justice and penal system is dysfunctional (Boone et al., 2003). In November 2009, the National Council of Justice announced that one in five pre-trial detainees have been imprisoned irregularly out of the cases it had reviewed so far, which suggests that the nationwide problem is severe.

The Brazilian criminal justice and the penal system have been the subject of numerous expert reports denouncing its failings. There have also been ad hoc attempts to deal with different aspects of its problems (Randazzo, 2016). The system also appears to violate Brazil's laws and constitutional provisions for the protection of human rights. While formally committing itself to extensive protection of the rights of its citizens, the Brazilian government claims that hostility to the concept amongst its officials and a large section of the public is one of the key impediments to criminal justice reform (Boone et al., 2003).

Human rights abuses are quite prevalent in US prisons. In this case, the American Civil Liberties Union's (ACLU's) National Prison Project endeavors to protect the law by enabling incarcerated individuals to retain basic rights, such as freedom of speech, religion, and access to the courts and legal representation (American Civil Liberties Union [ACLU], 2018).

The main purpose of incarceration is to deter prisoners from reoffending, prevent other people from committing crimes, and rehabilitate the offenders (Clemens, 2003). Human rights are inherent entitlements established on respect for human dignity and worth. They are not privileged by governments; therefore, nobody can forfeit due to incarceration (Andorno, 2014). Prison staff are expected to protect these human rights by comprehending, respecting, and enforcing them. Therefore, violation of human rights attracts contempt and reprimanding from the international civil and human rights advocates (UN, 2005).

The importance of the roles of civil society in human rights reform also became evident when observed through the lens of the Rwandan context. In 1994, the Rwanda Prison Service faced an unprecedented humanitarian crisis, holding over 120,000 prisoners, the vast majority of them being genocide suspects (Luyt, 2003). Compounding this crisis was the lack of judicial capacity resulting in significant pre-trial detention delays, with only 6,000 of the over 100,000 genocide suspects slated for trial by 2002 (Luyt, 2003). According to many observers at the time, the conditions of confinement were not only inhumane and responsible for the loss of thousands of lives but were also the worst ever seen by many experts and practitioners.

According to Luyt (2003), the 20 years following the genocide, non-governmental organizations (NGOs) such as Médecins Sans Frontières (MSF), Dignity in Detention (DID), Just Equipping, Penal Reform International (PRI), the International Committee of the Red Cross (ICRC), and Human Rights Watch responded in their own unique ways to the crisis in the Rwandan Prisons. As the capacity of Rwandan civil society developed, local NGOs such as Prison Fellowship Rwanda and others began to assist the Rwandan Correctional Service (RCS) in their reform efforts. In all, 11 NGOs (7 international and 4 local actors) were identified as playing a role in prison reform in Rwanda.

According to the Kenya Human Rights Commission 2015 (KHRC), the prisons in Kenya hold three times the capacity the facilities are designed to fit. The KHRC has suggested that alternatives to imprisonment ought to be considered, especially for prisoners that have yet to be tried in a court of law, referred to as “remandees”. Furthermore, remand prisoners are often incarcerated for months, even years, before their cases are heard and tried in court. Under the current Constitution of Kenya, Section 72 (5) provides that if a person arrested or detained is not tried within a reasonable time, he or she shall be released either unconditionally or upon reasonable conditions. But in reality, this constitutional safeguard is often not enforced (Cohan & Nagin, 2015).

Kenya has approved all key international human rights treaties that guarantee the respect of human rights in correctional institutions. In addition, the Universal Declaration of Human rights has been enshrined in the August 2010 constitution of Kenya. Kenya enjoys a fairly complete legislative structure, but the execution of human rights strategies remains poor. This facilitates a high probability of human rights violations in Kenya’s correctional facilities (Randazzo, 2016).

To strengthen human rights in correctional institutions, Kenya aims to eradicate all acts of human rights violations. Kenya endeavors to protect inmates’ human rights through policy dialogue, advocacy, and support of Kenyan Human Rights Defenders (HRDs), just like civil society, both international and national, do it. Moreover, the country addresses overdue reforms and the uneven involvement by strengthening the HRDs’ role, inter-agency approach, and improving monitoring in prisons (Jeremy, 2012). The justice system’s national plan on human rights and its advocacy components support integrated coordination HRDs, dealing with administration of justice and spearheading the execution of delayed reforms (Hackett, 2015).

In 2010, a "Human Rights Office" was established by Kenya Prison Services (KPS) so as to have Human Rights Officer (HRO) in all prisons. However, job descriptions training and support mechanisms were not facilitated (De Andres et al., 2014). Many KPS senior staff often saw the HROs as spies and advocates for prisoners alone. Today, RWI, a Swedish-based human rights institute, has made more cooperation with KPS and the Indonesian government to improve human rights in prisons through new approaches (Irungu, 2019). However, CSOs still face extreme difficulties in a bid to access and assist detainees on trials and sentencing (Randazzo, 2016). With this background, this study attempts to establish the influence of civil society advocacy on prison reforms in Nairobi West prison in Nairobi, Kenya.

1.1 Background of Nairobi West Prison

The prison is situated opposite Wilson airport, which neighbors the AMREF training center to the right. The prison occupies about two acres of land and was built in the 1950s during the colonial era. Initially, it served as a British army base. It was then changed to a prison staff training college. Later in 1967, when the staff training college was moved to its present location in Ruiru, it was gazetted as a prison for short-term prisoners whose sentence range from one month to three years which it does up to date. Currently, the prison has a population of two hundred and ten staff members, of which only twenty are females, but this number is liable to change from time to time due to staff transfer (Geoffrey, 2018).

Presently the population of prisoners at Nairobi west is two hundred and sixty. Out of this, fifty of them are serving a sentence of three years, and the majority serve a sentence of between one to two years while the rest serve a sentence of below one year (Keehn & Nevin, 2018). The prison institution was chosen because of the familiarity of the area made during a counseling practicum at the study site. Arising from the practicum experience, the researcher developed a keen interest in the role played by civil rights groups on human rights advocacy,

the extent to which advocacy of human rights reforms have reduced focus on human rights, and the challenges facing the reforms delivery (Antwi, 2015).

Nationally, according to Economic Survey, Kenya has a prison population of 219,295, and out of these, 77,347 are convicted, while remandees are 64%, and 88.4% are serving sentences of less than two years. Hence, to enable reduction in crime rates, the Kenyan government should make correctional facilities rehabilitative centers and not just the punishment places they mostly are today. The government thus needs to fund their correctional facilities by increasing the number of such institutions and improving their facilities

1.2 Statement of the Problem

In 2010, the Kenya Prison Services introduced a position for human rights officer in every prison to improve the rehabilitation of prisoners (International Justice Resource Center, IJRC, 2018). Unfortunately, this position was not given clear job descriptions or necessary support to be able to function effectively. The existing staff also detested it for fear that they were advocates for prisoners alone. They were treated with a lot of suspicions (Hackett et al., n.d.). Any effective correctional system should be inherently rehabilitative and a deterrent to the perpetrator who wants to re-offend. However, the current high number of recidivism cases indicates that the justice system is not punitive and rehabilitative enough (Lehrer, 2018). This implies a need to implement the rightful reforms to embrace prisoners' rights by all prison authorities fully. Moreover, cases of recidivism are reported to be high. This could indicate that reforms in the prison systems in Kenya have not met the intended purpose, hence the need for the current study.

Furthermore, in 2001, Kenyan prisons reportedly embarked on reforming prison conditions first by opening up the prisons to oversight bodies that have pushed for reforms. However, according to Abuya & Mburu (2016), there is conflicting information where some

human rights activist bodies argue that little or no reforms have been realized versus members of the public who argue that prisons have been reformed so much that it has negatively impacted rehabilitation programs within the prisons.

Apart from unabated cases of criminal recidivism, there is very little information on the human rights implementation that would provoke behavior change. The available literature does not show how the Kenya prison system has implemented the human rights and prison reforms launched by Moody Awori during his tenure as the Vice President of Kenya in charge of the home affairs ministry. The civil society organizations' advocacy roles on inmates' human rights are scarcely covered too. This lack of adequate literature could be as a result of the inability to access the correctional facilities for research. Again, studies on civil society human rights advocacy in prisons may not be easily permitted since it could reveal the ills and abuses of human rights in Kenyan correctional and rehabilitative system facilities. In this backdrop, therefore, this study intends to evaluate the impact of civil society human rights advocacy on Kenya prisons reforms with reference to the Nairobi West prison-Kenya.

1.3 Purpose of the Study

The purpose of the study was to evaluate the impact of civil society human rights advocacy on Kenya prisons reforms focusing on Nairobi West prison.

1.4 Specific Objectives of the Study

- i. To determine the advocacy actions carried out by civil society human rights groups in Nairobi West prison.
- ii. To find out the successes of advocacy actions by civil society human rights groups in Nairobi west prison.
- iii. To examine the reforms realized due to advocacy actions by civil society human rights groups in Nairobi west prison.

1.5. Research Questions

- i. What are the advocacy actions carried out by civil society human rights groups in Nairobi West prison?
- ii. What are the successes of advocacy actions by civil society human rights groups in Nairobi west prison?
- iii. What reforms are realized as a result of civil society human rights groups' advocacy actions in Nairobi west prison?

1.6. Justification and Significance of the Study

The purpose of rehabilitation programs, training, and treatment of inmates seeks to provide a background of conditions favourable to reform, to establish in them the will to lead a good and useful life on discharge. Reports indicate that the Kenya prisons service has undertaken reforms to improve imprisonment conditions (Langat et al., 2020). However, according to some oversight bodies such as KNHRC, those reforms in Kenyan prisons are still wanting. This leaves the whole issue speculative as no studies have been carried out to establish the impact of civil society in human rights advocacy on Kenya prisons reforms. The outcome of this study can inform the policy on reforms, rehabilitation programs and inmate rehabilitation in general, and reduced recidivism.

This study was important in that it established the role played by civil society in facilitating reforms in Kenyan prisons based on the universal human rights stipulations and the Kenyan bill of rights. It is the duty of this investigation to establish how the same reforms have created a humane inmate living condition in prisons. The study also established how these reforms had influenced staff working and living conditions in Kenyan prisons. When work conditions improve to facilitate quality work life for the staff, they enhance the enjoyment of human rights for the prisoners. Unfortunately, staff frustrations will always be projected on the prisoners if the work life conditions are poor. This study thus creates an even

worse environment for the inmates. The study established whether the correctional facilities have changed from punitive alone to correctional and rehabilitative institutions in Kenya. The study is significant in that its findings established what works best in enhancing the execution of human rights in prison. The study can furnish the government, policymakers, and all other human rights activists (CSOs) and stakeholders with roles, efficiency, and challenges of civil society human rights advocacy in this correctional facility. This can be generalized as the state in all other correctional facilities in Kenya and this region of Africa. A list of the best practices in enhancing human rights in prison was established and reported for further use and research too. The conditions of the prison were established too. This was assessed in relation to the general well-being of prison staff and the prisoners.

The universities can also use the findings to add to the existing knowledge about abuse and improvement on implementation of human rights in Kenyan prisons. University lecturers could find an additional source of empirically generated knowledge. The knowledge can be disseminated through publications in the peer-reviewed journals and in printed forms. It could also be presented during human rights forums, seminars, and workshops.

1.7 Scope of the Study

The study focused on the impact of civil society on human rights advocacy since it is the most important component in the prisons reform process. Nairobi west prison was chosen for easy access. Apart from that, the institution suites the study since it has incorporated many human reform activities with much effort from civil society.

Due to the geographical limitations and the limited sample size, the findings may not be generalized to the entire prison service. However, given that prison reforms and advocacy programs are a government policy, what was found in one prison is likely to be a replica of what is found in other prisons, making generalization possible. Due to the corona virus pandemic, the study depended on the provided protocols by the Ministry of Health in Kenya.

The variable scope of the study included: the advocacy actions carried out by civil society, the successes of advocacy actions, and the reforms realized as a result of advocacy actions by civil society human rights groups. The population scope consisted of prison officers, inmates, and human rights groups with Nairobi west prison.

1.8 Limitations of the Study

The study experienced challenges since some respondents were not willing to give information freely. The study also took longer than expected due to refusal by some respondents to participate in the study. This was mitigated by only giving questionnaires and also interviewing only freely willing respondents. The respondents were freely willing to participate in the study were assured of their privacy and confidentiality.

It is not easy to get entry into the prison precincts. It was thus anticipated that prison authorities require permission from a number of authorities who are managing the correctional institutions. This took long and also delayed the commencement and completion of data collection process. This was mitigated by searching for relevant permits well in advance, starting with the commissioner of prisons office and the Ministry of Interior and Coordination, who equally provided the needed assistance that aided the successful completion of the task.

Due to the COVID-19 pandemic effect, access to the facility for any reason was highly minimized. This was done to prevent exposure to external world which could make the prisoners susceptible to the pandemic infection. This imply that, there were certain entry procedure in place that the researcher had to abide by. Therefore, during data collection, the researcher was requested to submit a COVID-19 free certificate to the management to be allowed access to the prison. Testing and award of the certificate took substantial days and this negatively affected the completion of the study within the projected schedule.

1.9. Ethical Issues

The researcher secured an introductory letter from the Hekima University College to get a permit from National Commission for Science, Technology and Innovations (NACOSTI) and the research authorization letter from the commissioner of prisons. Respondents were assured of utmost anonymity, privacy, and confidentiality. Participants participated voluntarily through informed consent of respondents. Data was used for academic purposes only. Intellectual honesty was upheld by avoiding plagiarism, cooking up data, and by doing appropriate interpretation of results. All sources of information were duly acknowledged.

Informed consent from the prisoners were sought. To be specific, one senior officer accompanied the researcher who explained to them the essence of providing accurate answers because it was for their own benefit, especially regarding their rights and prison reforms. Through such explanation, most respondents felt the urge to participate in the study without being coerced and it is believed that they gave their honest and truthful response towards the exercise. The fact the researcher was a priest encouraged them to participate in the exercise because they believed through this, their rights will be upheld all through.

1.10 Theoretical Framework

The social theory of crime was introduced by Cesare Lombroso in 1909. The proponents were criminology theorists like John Hagan. Social theory of crime postulates that crime results from unsuccessful social circumstances that only a few are able to overcome. It also postulates that the existing forces of the criminal justice system such as police, courts, and prisons do too little to reduce or eliminate crime in the society (CHRI, 2008).

Social theory of crime indicates that crime results from unsuccessful social circumstances that only a few are able to overcome. It also explains that the existing forces of the criminal justice system , such as police, courts, and prisons do too little to enact human

rights in prisons (CHRI, 2008). This is the very useful segment of this theory that makes it very important in this research.

The best way to reduce crime is to deal with and address the underlying social problems that are the root causes of crime. For example, children who grow up in families without two parents, children whose parents are not employed, are poor and who drop out of school are much more likely to engage and commit crimes than those who were brought up in more steady and caring environments (Shelden & Brown, 1991).

With the above view in mind, we should not just rely on police, the courts, and the prison as solution finders to crime issues. Too much punishment, harsh and inhumane prison conditions without means to change character may be meaningless solutions in our correctional facilities and even back in the society. This has occupied most of the advocacy that the government has been receiving from the CSOs.

This theory is relevant to this study because it has given a clearer view of possible causes of crime in societies. Many people's state of economic deprivation is likely to engage in crime to survive or to make ends meet. The theory is also relevant in that it has specified that to reduce crime incidences, society must address the root causes of crime. It has also advanced that both social and legal machinery meant to reduce or prevent crime hardly do their work or are unable to produce desired results. Therefore, criminals are likely to increase. Re-offenders are also likely to increase in number.

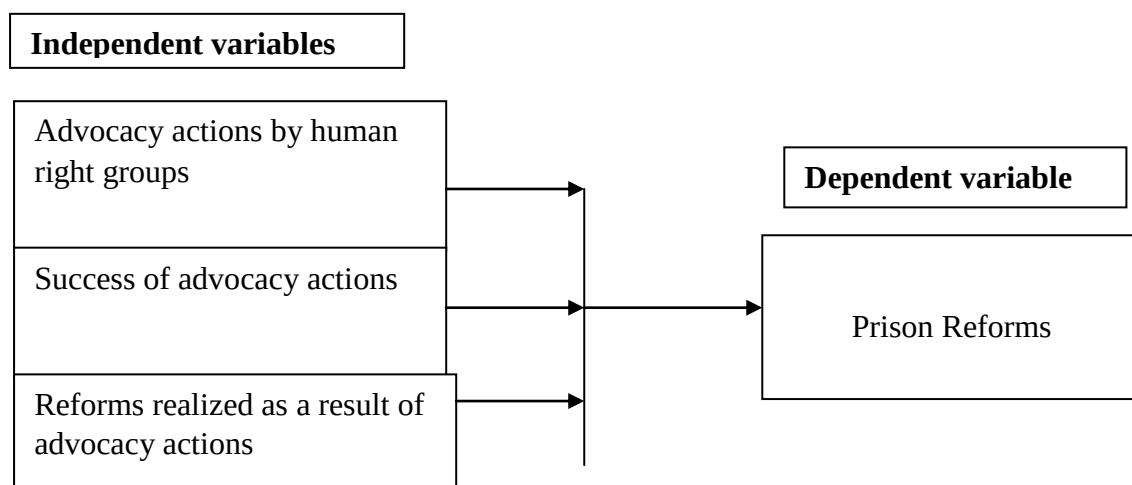
On the other hand, the study also uses the relapse prevention theory which was developed by Terrence Gorski in the early 1920s. The theory is a cognitive-behavioral model that helps limit inmates' relapses. The theory helps limit relapses by teaching inmates to expect situations that may trigger their obsessive criminal behavior. According to the theory, various authorities such as societal reformists, human rights crusaders, defenders, and other stakeholders can be engaged to educate inmates to minimize the chances of relapsing. The

theory is relevant to this study because through it, offenders can be taught skills that can enable them cope with any action or behavior that could expose them to crime-related activities. Therefore, groups such as prison officers, human defenders, and human rights societies have a better platform that can educate, train and nurture the inmates to limit recidivism.

1.11 Conceptual Framework

Conceptual framework refers to when the researcher conceptualizes the relationship between variables in the study and shows the relationship diagrammatically. According to Mugenda and Mugenda (2003), a conceptual framework is a hypothesized model identifying the concepts under study and their relationship. In this study, the concepts under investigation are the advocacy actions carried out by civil society human rights groups in prisons and the success of advocacy actions carried out by civil society human rights groups in prisons. The reforms realized by civil society human rights groups' advocacy actions in Nairobi west prison also presented as the independent variable. The dependent variable in this study is prisons reforms. These concepts are operational to give more meaning and their relationship inferred and thereafter presented diagrammatically.

Figure 1: Conceptual Framework



Source: Author 2019.

1.12. Definition of Terms

Prison. It can be defined as a facility that is used to detain or remand individuals who have gone against the law of the land or who have committed offences.

Prison Reforms. Refers to the attempt to improve prison conditions to obtain humane penal system. It implies the changing of old practice and work processes to achieve dramatic improvement in critical measures of performance and human rights. The voluntary, self-initiated transformation of an individual into a productive, normally functioning citizen (Amtabi, 2003).

Inmates. This stands for the incarcerated members of the society whose freedom has been curtailed for being crime suspects or convicted prisoners.

Staff. The members of prison services staff who work as prison wardens or the administrators of the correctional facilities.

Correctional facilities. These are the prisons, police cells, and the remand prisons.

Advocacy. The promotion, push, fight for and improvement of human rights in the correctional facilities in Nairobi west prison.

Prison well-being. The improvement in the way the suspects and the convicts are treated in the correctional facilities. This involves access to fair justice processes, health, non-overcrowded environments, access to education, and adequate food.

Recidivism. This is to relapse back into crime, be charged for fresh criminal activities and jailed again or severally.

Human rights advocacy. The act of engagement in the fight for human rights for the inmates in the Kenyan prison correctional and rehabilitative facilities, the prisons as represented by Nairobi west prison.

Chapter Two

2.0. Literature Review

2.1. Introduction

This chapter reviews literature from the global, regional and local perspective. The review is on, the advocacy actions carried out by civil society human right groups, the success of advocacy actions carried out by civil society human right groups and Reforms realized as a result of advocacy actions carried out by civil society human right groups in Nairobi west prison.

2.2. Advocacy Actions Carried Out By Civil Society Human Right Groups

There are different ways in which civil society human right groups advocate for prisoners to contact with the outside world. These ways include family and friends' visits, including civil society organizations letters, phone calls, home release (parole), legal adviser, and consular visits (Institute for Education in Democracy, 2004). The advocacy actions carried out by civil society human rights groups have been championed globally, regionally, and locally as indicated by Nyaura and Ngugi (2014).

In the United Kingdom, Morris (2015) did research that touched on human rights advocacy on prisoners and their families. The study found that prisoners were allowed to have contact with families in the UK to promote stable family relationships and community ties. These ties become important, especially after the release of prisoners. The ties become important when an inmate is released from prison as this facilitates the re-integration process. In addition, it is notable that when an inmate is still incarcerated, family support assists in reducing the pain that one has to deal with in prison while at the same reducing the likelihood of committing suicide

In the USA, prison reforms and inmates' behavioural change have also been advocated by civil society human rights groups, as indicated by a study by Wolfgang (2014). The research found that the true measure of behaviour change among inmates is their non-involvement in criminal activities. From the research, it is clear that family support plays an important role in this respect: family support helps the prisoners not to re-offend after completion of the imprisonment term.

In Scotland, Geoffrey (2015) research showed that prisoners who maintain good family relations, specifically those with effective family support, are not likely to re-offend. The family ties help them in the resettlement process. According to the research, once an inmate has been released from prison in Scotland, family members provide accommodation and employment to the inmate. In other words, when an inmate gets family support, the inmate would not want to hurt the relatives: this becomes an important factor in pressing them to change.

Furthermore, in Turkey, Lee et al. (2019) established that older prisoners have increased twofold over the past decade. According to research, an elderly individual prisoner needs to confide painful experiences to those who are close to them, such as family members. This is a therapeutic process both for the body and soul as well. People are said to be happier when supported by a network of friends. Under this situation, inmates are able to cope, and the pain of imprisonment is reduced. Family visits play another role. The visit gives inmates the opportunity to continue playing their family roles. Through visitation, they are able to discuss important family matters and inmates are able to get basic necessities. The visits help to improve discipline and participation by inmates' roles. Inmates who are not visited portray a great level of stress due to the isolation from family and friends.

In Japan, inmates' integration, family visits, and behavioural reforms have been improved, and this has since minimized relapses (Mamdani, 2001). In Japan, family support

improved prisoners' behaviour, and it was also found that visits are the preferred method of contact in Japan. Mamdani (2001) described them as "an essential component of the rehabilitative process," which performs several functions. They may be a reminder of the world outside and its associated responsibilities, allowing prisoners to continue their role as family members. Studies have shown that contact with the outside world by prisoners improves discipline and participation in rehabilitation programs, and that also reduces the pains of imprisonment. Therefore the likelihood of self-harm is reduced. Coping with prison life may be difficult, especially where the incarcerated partner is the breadwinner of the family. The feeling of powerlessness and general disillusionment where an inmate is unable to solve problems facing his/her family or where an inmate is not able to understand the feelings of their partners towards them tends to lead to suicidal attempts.

The vulnerability and difficulties in coping with prison life in two prisons in England and Wales have been challenging (Toch, 2017). For instance, the majority of all prisoners (both those deemed to have special needs/coping difficulties and those without) stated that the hardest part of being in prison was being separated from family and friends. They found it particularly hard to cope with feelings of powerlessness when they were unable to do anything if their families were facing problems on the outside, as well as with the frustration of trying to communicate with friends and family, and the uncertainty of partners' feelings towards them. Difficulties coping with the pains of imprisonment such as this isolation and boredom and fear of other inmates can leave prisoners vulnerable to suicide/self-harm and other 'maladaptive' responses such as violent outbursts and victimization by others.

Myres (2005) established that visits to inmates would reduce disciplinary problems and improve parole planning in the UK. Inmates agree that it is an important method of behavior control. This is because heterosexual visits are based on the understanding that a woman is important to a man. It curbs frustration and violence: reduces homosexuality,

motivated by sexual release, loneliness, and other emotional needs and sexual assaults. Increased permeability to prisons through liberalized visiting rules, lifting censorship restrictions, and improved communication with the outside world led to a decline of crisis, depression, worry, confusion, or obsessive concern. Reciprocity of visits builds links between inmates and families, relatives and friends, and therefore the outside society. It makes it possible to negotiate, question, and build. Visitors to the prison also handled complaints, thus reducing frustration, diffusing potentially violent situations, and helping the administration manage the tensions of prison life. Visits also help inmates make contacts with prominent community members and give hope for inmates to the future, thus avoiding indiscipline activities (Myres, 2005).

In Colombia, it has been documented that communication also helps in promoting prison reforms (Loury, 2010). For instance, communication through letters in the country gives prisoners a chance to express their feelings better when they are not visited. Communication is limited to thirty minutes with close monitoring by prison authorities. The frequency with which one can send or receive the letters or the length of that letter is limited. In-coming and outgoing mails are usually read by prison authorities, but gradually, with reforms taking place, this is thought to be necessary only with respect to high-risk male and female prisoners, especially in a world where people respect other people's privacy.

In South Africa, Mauer (2006) observed that human rights groups advocating for social reintegration and rehabilitation had been promoted. However, more needs to be done. For instance, one of the principal objectives of the CSO in the area of prison reform is to contribute to the successful reintegration of prisoners into society following their release. It has been observed that the social reintegration initiatives in South Africa are started as early as possible within the criminal justice process in order to have maximum effect (Maseko, 2017). This means that diversion from the criminal justice process (especially of vulnerable

groups) to appropriate treatment programs, non-custodial sanctions, instead of isolation from society and purposeful activities and programs in prisons, can all be considered as elements of a comprehensive "social reintegration" policy.

In Namibia, prison reforms have also been initiated. For instance, Roberts (2004) research established that interventions had been introduced to support former prisoners following release from prison. Further, the continuum of care in the community for those in need has also been effective because the period in prison has been used to prepare a prisoner for re-entry into society. The prison reform policy has been introduced, and it has promoted coordination between criminal justice institutions and social protection and health services in the community and probation services where they exist. The system offers key support and advice in this area, including supporting the development of social reintegration programs in prisons and assisting with the planning and implementation of a continuum of care and support in the community.

In Kenya, irrespective of the type of prison where husbands are held in Kenya prisons, wives feel that there is never enough time during visiting to interact with their spouses in a realistic way. Telephone calls, therefore, should add an opportunity for more frequent communication, which is an extension of the visiting process (Musau, 2014). Prisoners only become reluctant to use telephones since the courts have allowed prison officials to monitor and record phone contacts. The language of communication is supposed to be official so that the officer supervising supervision is able to follow up that communication. According to Sikasa (2015), telephone calls add an opportunity for more frequent communication, which extends the visiting process as the message is relayed faster. A faster but close contact to families through telephones is progress towards prison reforms. Though cost challenges are surrounding this form of contact, it is good and helpful concerning ensuring stable family relationships. Prisoners usually expressed some frustrations they encountered during visits:

for example, the close monitoring by prison authorities. Prisoner's correspondences cannot be made up for by visits and considering that most of the visits are limited to thirty minutes. Letters give them a chance to express their feelings better since upon imprisonment one realizes that he needs other people's letter than they would want his/hers (Ochola, 2015). Prison authorities closely monitor prisoners' visits. Because of this, privacy is limited. Prisoners are unable to talk freely under these circumstances. In Kenya, visiting time is limited to three persons at any given time and also depends on progressive stage system. Those inmates who portray good behaviour are given privileges' to be visited by one person at any given visit (Cap 90 Laws of Kenya).

Further, Jasper and Njeri (2018) observed that human rights groups advocacy for prisons decongestion has been ongoing in Kenya. According to the study, as of October 2018, authorized uniformed posts were 17,943, and civilian posts were 661 total to 18,604 for the staff. While as at September 2015, the inmates' population was 32,300 males and 2,818 female convicts; 19,751 male and 1,319 female remand prisoners totalling 56,000 inmates. This population is distributed in 92 male prisons, 22 female prisons, and it is against an official capacity of around 27,000, so with an occupancy level of more than 200%, being the incarcerated population more than double the holding capacity of the facilities. Therefore, the consequences of overcrowding are exacerbated by the inadequacy of the facilities in terms of infrastructures (Ochola, 2015).

Further, Irungu (2019) also noted that the conditions of the dormitories in the prisons in Kenya are often very poor, with dirty and rough floors, poor ventilation and bad lighting, often infested by lice/vermin, and lacking adequate washing facilities. The kitchens are obsolete, using charcoal for cooking and often with no adequate ventilation systems. In addition, there is not usually a space big enough to host all the prisoners during meals. Hence, they have to eat in shifts in some facilities, standing or sitting outside on the floor or inside

the dormitories. The toilets are usually allocated inside each dormitory, but in some of the facilities visited the overcrowding is such that one of the two toilets inside the dormitories needs to be closed during the night and the toilet's floor used to accommodate people while sleeping, with the result of just one toilet for around a hundred inmates (Abuya & Mburu, 2016).

Still, in Kenya, Deche and Bosire (2020) argued that the congestion in Kenya prisons is endemic and inevitably led to various violations of human rights because of the poor resources the prisons are provided with and an unmanageable number of detainees. It comes together with the observation that according to the sources interviewed and the literature reviewed, the great majority of people in prison are convicted for petty crimes and offences related to poverty and illiteracy, also reflecting a global trend. Prisons are often packed with petty offenders who cannot afford to pay a bail or bond or cannot pay the fine provided by the law in alternative to detention (Pierre, 2016).

Another challenging cause of overcrowding among the Kenyan prisons is the delay of justice and the absence of measures of pre-trial custody alternative to detention. The position are supported by Mathai and Ndetai (2013), who found that remandees non-convicted inmates in custody wait for their sentence are about half of the prisons' population, being 2/3 in some stations. For petty offenders, the time spent in custody waiting for the trial can amount to more than the time of the sentence provided by the law for that specific crime. On the other hand, capital remanded who have been in custody waiting for a sentence even for almost a decade have been interviewed by the researcher. This situation is exacerbated by the fact that, according to the law, Kenyan remandees have to provide by themselves to clothing and sanitary products, not wearing uniforms and theoretically being just suspects so not at the expense of the State (Mutemi, 2017). In reality, most of the remandees cannot afford clothing and other personal belongings as reported by Korir (2011) and Rachel et al. (2018).

Further, the overcrowded and punitive access to medical requirements, imply that the COVID-19 pandemic poses a risk to the prison. Risk associated with prison congestion are exaggerated by the reason that prisoners have serious exposure to chronic illnesses such as the COVID-19 pandemic. Due to the COVID-19 effect, reintegration to the society after incarceration is a major milestone as part of acceptance into the society. Nevertheless, the fact that these offenders are returning to community during the effect of the pandemic such as, loss of jobs, businesses, many are likely to feel the effect of the diseases given that opportunities for jobs will be limited thus some are likely to reoffend. Moreover, the curfew and lockdown are likely to affect the urge to fend for basic needs.

2.3. The Success of Advocacy Actions By Civil Society Human Right Groups

Regarding the success of advocacy actions carried out by civil society human rights groups, various researches have been conducted internationally, regionally, and locally. Indeed, several types of research have established that contact with the outside world is an important element that determines the success of advocacy actions due to advocacy of human right groups.

In Europe with specific attention to Finland, Muntingh (2008) observed that the access to visits and phone calls to inmates' families and contacts outside the prison was generally provided in several prisons, demonstrating successful advocacy actions. However, there are instances in which prisoners in Finland are imprisoned far from their homes, making it extremely difficult for the families to go and visit them. Further, the study found that for convicted prisoners there are, in most of the facilities, a space/room where to receive their relatives. Similarly, Hackett's (2015) documents that the successful advocacy for prison reforms in Wales, especially the remanded receives daily visitations while the prisoners in many facilities in Wales had adequate space that guaranteed privacy and individual visits to

all of them, so they often meet with their relatives/contacts in an open space, standing, and interacting with each other through the wires.

Just like what has happened in the global scenes with a focus on Turkey, Kittayarak (2010) indicated that the success of advocacy actions by civil societies is pegged on the action taken by the human rights groups. The study found that prisons overcrowding has triggered much of the reforms in the country. The prison department in Turkey has put in place several measures to address the problem of congestion in prisons in the country. Decongestion of prisons is also being facilitated by the construction of more prisons and employing alternatives to imprisonment like community service orders (CHRI, 2008). Regarding the provision of rehabilitation and reintegration programs and services in Guatemala, much of the efforts initiated by the prison administration authorities have bore great improvements and efforts in comparison to the past before the reform's process started (Dissel, 2001). The core of this process was the focus on the rehabilitative nature of the correctional system and the rehabilitation and reintegration as primary objectives of the prisons' system.

In Africa, researchers have established that penal reform has been challenging. For example, it has been established that those incarcerated are particularly vulnerable and usually deprived of basic human rights (Keehn & Nevin, 2018). For instance, in Botswana, the prison conditions are generally poor, resources are inadequate, and at times unreasonable force is used to control inmates. The reform efforts in the country include using alternative means of sentencing that include community service, using halfway houses, and decreasing sentence periods (Keehn & Nevin, 2018). The four principles of deterrence, retribution, rehabilitation, and incapacitation guide penal have also been employed. Incapacitation and deterrence forces inmates to conform to the social order while rehabilitation and retribution stand in tension. The study established that prison chaplaincy makes a valuable contribution

by restoring the dignity and humanity of the prisoners. Further, coupled with the social objective of rehabilitation, prison ministry also facilitates forgiveness, reconciliation, and repentance (Telesinghe et al., 2016).

In Kenya, since the reforms started, the Kenya Prisons Service (KPS) has opened the doors of the prisons, allowing more and more civil society to enter, meet with inmates and officers, and visit the prisons. In agreement, Hackett et al. (2017) pointed out that the shift in the approach with the external world is undoubtedly a sign of the urge to make actual changes and to promote inter-agency interventions. The KPS' role in reforming the system is in fact, essential, but it would not be vaguely enough without taking on responsibility and action from all the other government agencies and actors directly influencing and determining the situation within the prisons' system (Mbatha et al., 2011). However, no study has been conducted on Nairobi prison, focusing on the impact of civil society human rights on prison reforms hence the need for the current study.

Again, Langat et al., (2020) dwelt on rehabilitation and reintegration programs and services among Kenyan prisons and observed that the prisons in rural areas of Western Kenya or the coastal region had poor facilities, which compromised rehabilitation and reintegration of inmates. The study established that prisons in Nairobi were better equipped and prisoners were well rehabilitated that promoted their successful integration into the society. Simply put, the facilities in Nairobi offer quite a variety of services and opportunities to the inmates that cannot be guaranteed to inmates somewhere else. Even when vocational training and the possibility to work are offered to the inmates, one of the main issues is the lack of resources. Additionally, Mbatha et al. (2020) in Kenya observed that the learning strategies employed in vocational education training on integration of prisoners into the society with a specific case study of Shimo La Tewa Maximum Security Prison and Shimo La Tewa Medium Security Prison is as a result of prison reforms. The primary driver for the successful implementation

of Vocational Education and Training (VET) is the learning strategies used by most prisons in the country.

Rehabilitation and integration back into the society has also faced challenges in Kenya. For instance, a research by Waireri (2017) found that the lack of resources from the Government does not allow the prisoners to be paid for the work produced, with not just denying dignity to the work in itself, but also with a great impact on the meaning of the rehabilitation programs and the prisoners' opportunity to effectively be reintegrated back into their community at the end of their sentences. According to Waireri (2017), restorative justice that supports social integration and rehabilitation of offenders in Kenya promotes social acceptance hence the need for full implementation of such reforms.

Furthermore, it is noteworthy to consider that overcrowded prisons may be unable to implement social distancing during the COVID-19 pandemic due to little space to maintain social distancing as indicated by WHO (2020). Moreover, several families, loved ones, and friends are currently unable to pay regular visits during the COVID-19 pandemic as a result of the ban put in place by the prison administration in the country. The dire need for decongestion resulted or prompted the government of Kenya to release about 4000 inmates, especially those with petty offences.

2.4. Reforms Realized As A Result of Advocacy Actions By Human Right Groups

According to the international standards, prisoners should be guaranteed basic access to health care equivalent to the one provided to the wider community. In agreement, Lee et al. (2019) noted that the South African elderly persons were exempted from certain duties within the prison and should as well be given special attention due to their ageing conditions. This is a departure from the apartheid rule that inhibited the rights of the prisoners (Makou et al., 2017). Immediately after independence, reforms were initiated, and the country currently boasts of successful reforms, though much more still needs to be done.

In Netherlands, there indeed exists specific treatment programs or services for people with physical and/or mental disabilities (Van Hout & Mhlanga-Gunda, 2019). Further, cases of children mistakenly admitted in adults' facilities have been limited, and prison administration ensures that there is no discrimination based on gender, age, and physical ability during admission. The country boasts of the presence of identification documents that give an indication of their age when the children end up at the Court of law, remands, and prisons.

Further, in Switzerland, despite the reforms and rehabilitation programs, the number of older prisoners have exponentially risen in the last decades (Lee et al., 2019). However, the increased reforms in the country has adequately addressed the health and social care needs of the elderly prisoners. Furthermore, the vulnerability of the elderly as a result of high levels of isolation and financial costs have reduced as a result of human rights channels that has increased for the last decades.

In Angola, prison reforms have also gone to a higher level since the departure of Portuguese who colonized the country. For instance, the custodial rehabilitation and recidivism of prisoners in the country have been on the rise (Lumumba, 2017). The country has thus resorted to vocational, peer counselling and faith based rehabilitation programs that has significantly contributed to recidivism reduction in the country. The research recommended the need to improve existing rehabilitation programs in the Angolan correctional facilities as recidivism is a common phenomenon among prisoners. According to Lumumba (2016), the best strategy for controlling recidivism is to ensure that minor first-time offenders are given community-based punishments instead. Therefore, to reform and rehabilitate known recidivists, the study found that it is critical to embrace individual-based strategies to take care of their unique needs before the beginning of any intervention.

In Kenya, it has been found that several reforms have been realized as a result of advocacy actions carried out by civil societies in the country. This is affirmed by Amwayi et al., (2010), who opined that despite the congestion and lack of resources, and thanks to the reform's process in place in the last decade, the health provision within the Kenyan prison's system had seen significant improvements in comparison to the past. For instance, KPS has developed a plan to modernize, upgrade and equip health facilities in the prisons and this begun in 2010. Medical personnel have been employed within the prisons, thus not entirely relying upon external personnel from the Ministry of Health

In Kenya, research has also established that despite the poor health conditions registered in the prisons, basic health care is provided, and more serious cases are referred to the closest General Hospitals across the country (Rachel et al., 2018). However, lack of adequate resources have impeded several prison-related reforms whereas, the cost of transport for transferring inmates to distant hospitals has also offered a significant burden for the finances of the prison and, depending on the station, the stocks of medicines are often not enough for the whole population of inmates and officers (Lohman & Amon, 2015).

Another research by the KNCHR (2016) in the country also reported that great improvements have been registered in the last decade, especially with regard to elder people, inmates with disabilities, and people living with HIV-AIDS. The latter ones usually receive the medical treatment they need and a special diet when the resources allow it. Elderly inmates are instead exempted from hard work, while inmates with disabilities receive assistance from officers and other inmates (Wafula & Koome, 2018). In these cases, the court has responded by a test for the age assessment, which must be as much reliable as possible and be ordered in the complete awareness that it poses in itself a great threat to the best interest principle.

Similarly, Rwengo (2017) indicates that in Kenya, despite the prison reforms, grave injustices are still occurring in prisons as a consequence of the misuse and inappropriateness of an age assessment test are significantly high. For instance, a child could be charged as an adult, an adult could be tried as a juvenile, and the victim in a sexual offence case could be declared an adult. This leads to the need to deepen the study of age assessment tools to make them reliable and credible. Further, the prisoners should be accompanied with other procedures and valid documentation rather than relying only on the tests and advocating for legislation and precise guidelines on using the age assessment.

Additionally, the concept of human rights is somehow recent for the Kenyan prisons' system. The subject was introduced with the revision of the Constitution in 2010 and reinforced with the development of the human rights desks (HRDs) in prison, still in 2010, as a substantial effort to comply with the international standards. In Kenya, Nyaura and Ngugi (2014) found that awareness of human rights from the inmates themselves has increased in the last decade, thanks to the easier access into the correctional facilities by civil society organizations, paralegals, and lawyers' charitable associations. The study found that inmates are usually informed of the rules and regulations of the facilities and their rights upon admission in prison, and they progressively get to know more through fellow inmates and through the human right organizations (HRO) in the facilities where s/he is already trained and appointed.

Furthermore, in Kenya, Mbugua (2011) indicted that in some facilities in the country, the UN Mandela rules are hanged in the dormitories and/or in the dining rooms. Meanwhile, in best equipped prisons, the inmates can study law (both developed and developing nations), read books to get the necessary knowledge to represent themselves in Court, and even advocate for their rights and the rights of their fellow inmates. All these happen thanks to the prison reforms that are in place. Thanks also to the awareness raising activities carried out in

the last years in the framework of this project, also with the introduction of the International Prisoner's Justice Day and the Human Rights Day celebration in Kenya, inmates appear to be more and more aware of the rights they are entitled to and the ones they feel they are deprived of while in detention (Mandela, 2015).

According to the Mandela rule, the practical application of the United Nations Standard Minimum Rules for the Treatment of Prisoners enables countries to strengthen prison management to ensure the security, safety, and humane custody of prisoners. The Mandela rule's major tenets entail crime prevention, focusing in particular on persons at risk; criminal policy reform to reduce over-incarceration, to promote the effective use of non-custodial sanctions, including evidence-based treatment and alternatives for drug-related drugs offences; and strengthen access to legal aid. Further, rehabilitation and social reintegration programmes for prisoners in the course of imprisonment and post-release support services upon release are also enshrined in the rules.

In addition, Mburugu (2018) also researched institutional factors influencing the implementation of strategic reforms in Kenya prisons service and established that organizational culture and prison capacity positively impacted strategic prison reforms. Further, it was established that strategic planning by evaluating overall capacity level for capital-intensive resources makes prisons more effective in dealing with various crime. The research recommended then need to put more effort on prison capacity reforms because it is tandem with efficiency creation, cost reduction, facility optimization, utilization of labour, and faster response to demand fluctuations. If embraced, such reforms could go a long way in improving prison and environment, thereby ensuring that human rights are embraced by all bodies, especially the prison administrators (Omboto, 2010).

Despite the gains made on reforms, it is projected that about 10,000 recidivists are likely to return to prison due to the COVID-19 pandemic effects that has extremely messed

up the economy thereby leading to millions of job losses and lack of job or business opportunities. The harsh effect of the COVID-19 will be dire on prisoners because both the prison authorities and community are equally not prepared for its effect on the released inmates; this means that no preparation has been done on the same hence a replica to more recidivists rejoining prisons as a result of susceptibility to criminal act.

2.5. Chapter Summary

This chapter gives a review of the literature associated with the aim of the study. The section addressed the background information. The chapter principally centred on reviewing literature associated with the three research queries of the study. The chapter has reviewed in detail the global, regional, and local researches. However, locational studies focusing on the impact of civil society human rights groups advocacy on prison reforms with specific attention to Nairobi west prison is scanty, hence the need for the current study to bridge the gap. Successive chapter deals with the research methodology applied to the present explicit study.

Chapter Three

Research Methodology

3.1 Introduction

Chapter three highlights the research design, study location, sampling design, sampling procedures, research instruments, validity of research instruments, reliability of the research instruments, pretesting procedure, data collection procedures, and data analysis techniques.

3.2 Research Design

Research design refers to the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in the procedure. This study employed descriptive research design (Cooper & Schindler, 2014). The study used a descriptive research design because it helps establish the why, what, how, and when phenomenon. Further, descriptive research design was preferred because the study primarily used quantitatively developed questionnaires that helped in generating responses from the participants. The study also preferred the use of descriptive research design because the qualitative data instruments such as interview schedules helped in-depth descriptions of phenomena.

3.3. Target Population

Target population is the entire group of individuals or items under consideration in any field of inquiry. Population conforms to a set of specifications comprising the entire group of persons interested to the researcher and whom the research results can be generalized. A population can also be defined as a set of people, observations, or objects that is the focus of any research study. The target population at Nairobi West prison comprised all civil society human rights groups working with prisons totaling 9 personnel in number. The prison staff within the facility were 210, while inmates were 260 in total.

3.4. Sampling Technique

The sampling techniques are the methodical procedures undertaken by a researcher to select subjects to be studied. It can refer to the process that selects accurate representatives of the whole population in order to generalize findings. The researcher employed the use of stratified sampling whereby the prison staff and inmates were categorized according to their social background. The study used a stratified sampling technique because it enabled the researcher to get information at all level of the population; hence questionnaire distribution was not biased (Bryman & Bell, 2015). The fact that three respondents were selected for the study made it reasonable for the stratification to be used because such groups acted as strata. The formation of various groupings (strata) helped give out questionnaires and offer interviews to the right respondents (inmates, prison officers, and human rights officers). The study also used purposive sampling technique (Creswell, 2013). The method was preferred because respondents such as human rights groups were targeted purposefully to provide specific information regarding reforms. This is because the group was at the center of all reforms within the facility hence, the use of purposive sampling technique.

3.5. Sample Size

The sample size in a study is a subcategory of a population or the number of elements selected from the population. The bigger the samples size, the higher the validity and reliability of information gathered. Mujere (2016) observes that a sample size must guarantee results that are interpretable for any study. Therefore, according to Mujere (2016), a sample size of 15% to 30% of the target population is acceptable for data gathering. As per the author's justification, the research sampled 30% of the population in each category. For instance, 30% of 210 prison staff resulted in 63 respondents, and this was the sample size for this group. Again, 30% of 260 inmates gave a sample size of 78 for this category. Therefore,

the 30% is justified because it falls within the required threshold. However, all (9) human rights officers were given questionnaires because they were manageable.

3.6. Data Collection Instruments

The data collection instruments can be referred to as the tools utilized to gather information from respondents. The current study used a structured questionnaire containing open-ended and close-ended questions. The quantitatively constructed questionnaire was given to all groups, and questions were set differently based on the targeted group. The questionnaire method was preferred as it was economical in terms of time and cost compared to other methods. In addition, the respondents were not geographically dispersed and were located in the same organization, and adequate time was provided to respond to the questionnaires. The researcher sought permission to collect data from Nairobi West Prison.

Informed consent was also sought from the respondents briefed before the questionnaire was distributed to those who agreed to participate in this study. The questionnaire was distributed using self-administering method. Interviews that formed the qualitative aspects of research instruments was meant for the administrative staff, and private stakeholders such as human rights group were conducted soon after the researcher finished collecting the questionnaire data. The interview sessions adhered to the respondents' social status, such as educational, age, and gender background.

However, due to the fact that most inmates were fairly educated, the instrument (questionnaire) was not translated because the highest percentage understood the questions. However, the few who had primary level of education were asked the questions that were in turn verbally translated into Kiswahili for ease of understanding. The researcher equally noted down the responses into English without changing the content. This process did not bias the results from the very small inmates who did not fully understand English.

In essence, the researcher visited the prison and shared a letter from NACOSTI showing the objective of the research. Upon being granted permission, one senior officer was allocated to the researcher. The officer walked the researcher around to help in the distribution of questionnaire as well as the interview schedule exercises. The senior prison staff with the assistance of the researcher introduced the researcher and explanation was duly made to them. The essence of providing accurate answers because it was for their own benefit, especially regarding their rights and prison reforms was also discussed. Through such explanation, most respondents felt the urge to participate in the study and it is believed that they gave their honest and truthful response towards the exercise.

3.7 Reliability of the Instruments

Reliability can be defined as the consistency of the research instruments upon being subjected to prior testing before the main data collection exercise. This means that the researcher has to ensure strict measures to safeguard the integrity of the research findings. Simply put, the reliability of research instruments includes aspects of consistency. The study did this using the Cronbach Alpha reliability scores. Therefore, a pilot test was done at industrial area prison to establish the reliability of the research instrument used in the study. About ten prisoners in the industrial area, HROs, and administration were selected for piloting. Cronbach Alpha was used to test the reliability of the instrument. According to et al. (2017), a good Cronbach Alpha's reliability threshold should be above 0.700. The study found a Cronbach Alpha of 0.769; hence this was considered sufficient for primary data-gathering exercise.

3.8 Validity of the Instruments

Validity was also factored in this research. The research used content validity to ensure that the variables being investigated were appropriate for this research. To achieve this, the university supervisors who are experts in determining the reliability of the research

instruments were involved. The experts helped in scrutinizing and assessing the instruments to ensure they measured the objective of the study. Based on the experts' judicious judgment, adjustments were made to ensure instruments measured what it were supposed to measure. The researcher also improved the instruments (questionnaire and interview guide) as per the advice and input of the University supervisor. Such steps ensured the data collected captured the context and content of the study.

3.9 Data Analysis

After the data had been collected, it is essential to analyze the data that has been collected to facilitate interpretation. The data analysis also helps to see if the study objectives have been met. After collecting data, the researcher examined the raw data collected to avoid any possible errors that could arise. In addition, the researcher also analyzed the data to check for omissions and errors that needed to be corrected. After correcting the errors and omissions, the researcher coded and input the data into the Statistical Package for Social Sciences (SPSS) version 20 software for analysis. The SPSS was used to analyze the data and then generated percentages and data distribution tables. The findings in the data analysis were used to make inferences and summary findings in chapter four and five.

Data was analyzed using descriptive analysis that included means and percentages to show the frequency of responses and ratings of various items of the questionnaires (Dul & Hak, 2015). The standard deviation was used for analysis to indicate the measure of variability between the questionnaire items. Inferential statistics was utilized to measure the existing relationship between study variables. Correlation analysis was used to determine significant factors for independent variables and dependent variables. Correlation results were represented by r . a positive correlation meant a positive association. Hence, an increase in one variable could increase another variable, while a negative correlation implied a negative association between the variables.

3.10. Chapter Summary

This chapter illustrated the methodological tools that the researcher in this study applied. The chapter comprises of research design, target population, sampling procedures, data collection procedures, reliability and validity of research instruments, and data analysis. Chapter four was on research findings.

Chapter Four

Data Analysis and Discussion

4.1 Introduction

The chapter presents the result of the data analysis in line with the research questions. The results are discussed. Descriptive statistics were presented first followed by inferential statistics. Lastly, the chapter also consisted of a summary. Basically, after collecting data, the researcher examined the raw data to avoid any possible errors that could arise. In addition, the researcher also assessed the data to check for omissions and errors that needed to be corrected. After correcting the errors and omissions, the researcher coded and input the data into the SPSS version 20 software for analysis. The SPSS was used to analyze the data and then generated percentages and data distribution tables.

4.2 Demographic Information

Respondents' personal information, including respondents' gender, age of respondents, level of education, and length of stay, are analyzed and presented. The results are shown in the subsequent sections.

4.2.1 Distribution of Respondents by Gender

The respondents were required to indicate their distribution by gender. The results found that there were more males than females. The results are presented in Table 1.

Table 1: Distribution of Respondents by Gender

	Male		Female	
	%	f	%	f
Prison officers	81	26	19	6
Inmates	100	47	0	0
Human rights officers	75	3	25	1

The study found that 81% (26) of prison officers were male while 19% (6) were female. All inmates were males as the study was carried out in a male prison. Further, 75%

(3) of human rights officers were males while only 25% (1) were female. Majority of the respondents were males as shown in Table 1. This is because the scope of the study was a male prison.

4.2.2 Distribution of Respondents by Age

The study sought to establish the distribution of respondents by age. The results in Table 2 show that most inmates were youthful.

Table 2: Distribution of Respondents by Age

Category	Frequency	Percent
Below 25 Years	6	13
26-30 Years	8	17
31-35 Years	8	17
36-40 Years	4	9
41-45 Years	8	17
46-50 Years	5	11
Above 50 years	8	17
Total	47	100

According to results in Table 2, 17% (8) of the inmates fell in in the age brackets of 26-30 years, 31-35 years, 41-45 years, and also in the category of over 50 years. Meanwhile, 13% (6) of the respondents fell in the age category of 18-25 years, while 11% (5) represented those who were between 45 and 50 years. Lastly, 9% (4) were found to be in the age category of 36-40 years. Generally, most of the inmates were youthful as shown by a total representation of 56% (26) of respondents below 40 years. The results are an indication youths are most vulnerable in committing offences than older persons hence the reason most of them were incarcerated.

4.2.3 Distribution by Educational Level (prison & human rights officers)

The respondents were asked to state their distribution by highest educational levels. The results in Table 3 show that prison officers were the most educated.

Table 3: Distribution of Respondents by Educational Level

	Prison offices		Human rights officers	
	%	f	%	f
Secondary	34	21	50	2
College/university	66	11	50	2
Total	100	32	100	4

Results indicate that 66% (21) of prison officers had college/university degrees as their highest educational level, while 34% (11) had secondary/high school certificates. Regarding human rights officers' educational levels, an equal representation of 50% (2) for each category (secondary and college/university educational level) was evident as shown in Table 3. The results are an indication that the prison officers and human rights officers were educated hence; they were able to implement prison reforms and various human rights policies.

4.2.4 Distribution of Respondents by Educational Level (Inmates)

Respondents were required to state their distribution by level of education. The results are presented in Table 4.

Table 4: Distribution of Respondents by Educational Level (Inmates)

Category	f	%
Primary	9	19
High school	22	47
Undergraduate	4	9
Graduate	12	26
Total	47	100

The results show that 47% (22) were high school inmates, which was the majority. This was followed by 26% (12) of the respondents who were postgraduates. It also shows that 19% (9) had attained primary level of education while only 9% (4) were undergraduates. Most inmates had primary and high school level of education (66%, 31) as indicated in Table 4, indicating that most of them were educated. From the results, it can be said that inmates were fairly as such they could read and be trained to understand their rights.

4.2.5 Distribution of Respondents by Length of Service (prison officers)

In order to establish the experience of prison officers, they were required to indicate how long they had been in the service. The results in Table 5 show that prison officers had obtained enough experience insofar as prison reforms is concerned.

Table 5: Distribution of Respondents by Length of Service (prison officers)

Categories	f	%
1-9 Years	10	31
10-15 Years	6	19
16-25 Years	6	19
Above 25 years	10	31
Total	32	100

As shown in Figure 4, 31% (10) of the prison officers had a duration of 1-9 years and above 25 years on a similar percentage representation. Again, it was found that 19% (6) of the respondents had been in the service for between 16 and 25 years and 10-15 years. Based on the results, it is clear that the majority of the prison officers had garnered adequate experience and understood reforms and human rights-related issues within the institution.

4.2.6 Distribution of Respondents by Length of Service (Human Rights Officers)

The respondents were required to indicate how long they have been in the service of human rights' advocacy. The results in Table 6 show that human rights officers had garnered adequate experience.

Table 6: Distribution of Respondents by Length of Service (Human Rights Officers)

Categories	f	%
1-10 Years	1	25
10-15 Years	2	50
Above 25 years	1	25
Total	4	100

The results in Table 6 indicate that 50% (2) of the respondents had been in the human rights service for between 10 to 15 years. Meanwhile, 25% (1) had been in the service for 1 to 10 years. Another 25% (1) were found to have over 25 years' experience. From the results, it can be said that most respondents (75%, 3) had more than 10 years' experience in human rights related issues hence they could easily educate inmates on their rights and ensure that prison administration complies with prison related reforms.

4.2.7 Distribution of Respondents by Length of Incarceration (Inmates)

The respondents (inmates) were expected to indicate how long they had been incarcerated. In Table 7, the results indicate that most inmates had been in detention for less than six years.

Table 7: Distribution of Respondents by Length of Incarceration (Inmates)

Categories	f	%
Below 3 years	23	49
4-6 Years	10	21
7-10 Years	11	23
Over 10 years	3	6
Total	47	100

The results show that 49% (23) of the inmates had been imprisoned for less than three years. The study also shows that 23% (11) of the inmates had been in the prison for 7-10 years while 21% (10) had stayed in the prison for between 4 and 6 years. Only 6% (3) had

been imprisoned for more than 10 years. Evidently, most inmates, 70% (33), had been incarcerated for less than six years, and this could be interpreted to mean that most of the inmates were serving short terms sentences; hence timely rehabilitation was required to smoothen integration upon release.

4.3 Advocacy Actions Carried Out by Human Rights Groups

The respondents were asked to respond to various statements that regard the advocacy actions carried out by human rights groups on a Likert scale (1-5) where; 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree. The results are shown in Table 8.

Table 8: Advocacy Actions Carried Out by Human Rights Groups

	Strongly			Strongly			
	Disagree	Disagree	Neutral	Agree	Agree	Mean	Std
	(%)	(%)	(%)	(%)	(%)		dev.
Opening of prisons to outside world has been part of the advocacy actions undertaken by human rights groups	13	11	9	32	36	3.68	1.400
Human Rights Groups have advocated for Visits to inmates that has resulted to the reduction of disciplinary problems	15	11	11	30	34	3.81	1.541
Human Rights groups have advocated for Telephone calls that is part of opening of prisons to outside world.	17	2	9	34	38	3.74	1.437
Human Right Groups have advocated for decongestion in prisons	28	23	13	19	17	2.74	1.481
Human Right Groups have advocated for Social Reintegration and rehabilitation in Prisons	19	11	30	30	17	3.15	1.367

As presented in Table 8, the study found that 36% (17) and 32% (15) with a mean score of 3.68 strongly agreed and agreed, respectively, that opening prisons to outside world has been part of the advocacy actions undertaken by human rights groups. Only 13% (6) and 11% (5) strongly disagreed and disagreed, respectively. The results could imply that many inmates still felt that advocacy action is still below par, which could lead to relapses when

released into society. For instance, the social theory of crime postulates that crime results from unsuccessful social circumstances that only few are able to overcome as such any offender should be treated with dignity to realize the need to change from bad to good character.

The study found that 34% (16) and 30% (14) of the respondents with a mean score of 3.81 strongly agreed and agreed, respectively, that human rights groups have advocated for visits to inmates, resulting in the reduction of disciplinary problems. However, 15% (7) and 11% (5) strongly disagreed with the statement, respectively. The results mean that there is advocacy for prison visits by HROs. It was also established that respondents strongly agreed (38%, 18) and agreed (34%, 16) with a mean score of 3.74 that human rights groups have advocated for telephone calls that is part of opening of prisons to outside world. In the contrary, 17% (8) had strong disagreement with the statement while 9% (4) of them remained neutral (neither agree nor disagree). This means that for telephone calls were advocated for by HROs and prisoners were accessible to it. Again, the study found that 28% (13) strongly disagreed and 23% (11) disagreed with a means score of 2.74 that human rights groups have advocated for decongestion in prisons. Nonetheless, 19% (9) and 17% (8) agreed and strongly agreed respectively with statement. The results imply that, decongestion was championed for by HROs.

Lastly, the study found that human rights groups have advocated for social reintegration and rehabilitation in prisons as supported by 30% (14) and 17% (8) of the respondents who strongly agreed and agreed, respectively with the statement with a mean score of 3.15. However, a good number of respondents, 23% (11) remained neutral (neither agree nor disagree) with the statement while 19% (9) and 11% (5) strongly disagreed and disagreed with the statement respectively. This is an indication that more need to be done by the human rights groups' insofar as social reintegration and rehabilitation in prisons. In

support of the findings, the social theory of crime, the best way to reduce crime is to deal with and address the underlying social problems that are root causes of crime and then offer rehabilitative and re-integrative mechanisms.

Regarding whether human rights bodies do advocate for decongestion in the prison, all human rights officers reported that indeed they advocate for prison decongestion. The first human rights officer said that;

“We do this by ensuring that the government are advised to build wide cells for all prisoners”. He also said that they recommend for the government to build more prison facilities to accommodate more prisoners”.

A second human rights officers indicated that:

“The body also ensures that alternatives to imprisonment such as fines, probation, release on parole, bails among other penalties should be considered, especially for prisoners that are to be tried in a court of law”.

The human rights officers were also asked to indicate whether the human rights bodies have advocated for social integration and rehabilitation, in response, the third junior human rights officer said that:

“HRO advocated for social integration and rehabilitation by ensuring that all prisoners are subjected to training to sharpen their skills on various professions such as carpentry, masonry, farming, tailoring among other disciplines”.

4.4 Success of Advocacy Actions by Civil Society Human Right Groups

The following statements regard the success of advocacy actions carried out by civil society human rights groups. The results are shown in Table 9.

Table 9: Success of Advocacy Actions by Civil Society Human Right Groups

	Strongly		Strongly				
	Disagree	Disagree	Neutral	Agree	Agree	Mean	Std.
	(%)	(%)	(%)	(%)	(%)		dev.
The access to visits and phone calls by inmates to their families has been enhanced.	21	11	13	34	21	3.23	1.463
Several measures including construction of more prisons and employing alternatives to imprisonment like community service orders have been put in place	36	19	19	11	15	2.49	1.458
There is focus on the rehabilitative nature of the correctional system and on the rehabilitation and reintegration.	17	2	36	28	17	3.26	1.276
Vocational training and the possibility to work are offered to the inmates	13	9	13	43	23	3.55	1.299
KPS has opened its doors allowing easy access of Human Rights groups to meet with prisoners	30	6	21	30	13	2.89	1.448

In Table 9, the study found that access to visits and phone calls by inmates to their families has been enhanced as reported by 34% (16) and 21% (10) of the respondents who agreed and strongly agreed, respectively with a mean score of 3.23. However, another 21%

(10) strongly disagreed while 13% (6) remained neutral (neither agree nor disagree) with the statement. According to social theory of crime, criminal practices result from unsuccessful social circumstances that only few can overcome. The whole society, including the prison officers, should initiate mechanisms that can nurture the behaviors of offenders.

Regarding whether several measures, including the construction of more prisons and employing alternatives to imprisonment like community service orders, have been put in place, 36% (17) and 19% (9) strongly disagreed and disagreed (mean score of 2.49) with the statement, respectively. This indicates inadequacy of several measures, including construction of more prisons and use of other alternatives. Meanwhile, 19% (9) neutrally agreed/disagreed while 15% (7) strongly agreed with the statement, respectively. From the findings, the construction of more prison facilities and use of alternatives to imprisonment measures such as community services should be upheld to improve health of prisoners as supported by the relapse prevention theory relates with cognitive-behavioral model that helps limit inmates' relapses and this can be improved embracing community related services such as subjecting petty offenders to communal works.

It was also found that 36% (17) of the respondents remained neutral (neither agree nor disagree) that there was a focus on the rehabilitative and on the reintegration nature of the correctional system wherein, 28% (13) agreed while 17% (8) strongly agreed with a mean score 3.26. However, another 17% (8) strongly disagreed with the statement. Again, this shows that several inmates were dissatisfied with rehabilitation and reintegration processes. Therefore, the rehabilitation and reintegration programs and services should be improved because it reduces chances of relapses as supported by relapse prevention theory that helps in limiting relapses by teaching inmates to expect situations that may trigger their obsessive criminal behavior.

Further, on whether vocational training and the possibility to work are offered to the inmates, 43% (20) and 23% (11) agreed and strongly agreed with the statement, respectively with a mean score of 3.55. On the contrary, 13% (6) of the respondents on a similar representation remained neutral and strongly disagreed with the same statement. Therefore, vocational training and development is crucial and promotes prisoner's rehabilitation and this reduces crime as supported by social crime prevention theory that has specified that to reduce incidences of crime; the society must address the root causes of crime.

It was again found that 30% (14) agreed while another 30% (14) strongly disagreed that Kenya Prison Service (KPS) has opened its doors allowing easy access of human rights groups to meet with prisoners (mean score 2.89). On the same statement, 21% (10) remained neutral (neither agree nor disagree) while 13% (6) strongly agreed with the statement, respectively. From the findings, most inmates were in agreement (43%, (20) with statement however, a good number (36%, (17) also disagreed with the statement. In support, the social crime prevention theory states that, the best way to reduce crime is to deal with and address the underlying social problems that are root causes of crime.

Further, the human rights officers were also asked to mention some success of human rights advocacy in Kenya. In response, the first human rights officer reported that;

“As HROs, we have enhanced training of inmates, human rights officers, and prison officers that has seen improvement in embracing human rights at the prison. He again, said that all human rights offices within the prison have been championing and advocating human rights issues as well reporting human rights violations and complaints”.

Again, human rights officer number two indicated that;

“As a result of improved reforms, most prison officers were well informed about human rights and most of them adhered to the thresholds of human rights. As a result, the knowledge of prisoners about their rights has also improved”.

Furthermore, the third HRO said that;

“The success of our advocacy has seen rise in good working conditions between prison officers, human rights officers and inmates had also improved. Again, section 51 of the 2010 constitution have also been adhered to by most officers”.

In response to the success of human rights group advocacy actions, the fourth HRO said that;

“Prisoners can now access sufficient ration diet as advocated by human rights officers. Secondly, sessions for learning have also been allocated by the facility through the help of civil society to promote prison reforms. Thirdly, areas of success can also be noted with the introduction of a one exercise for prisoners and talents can be spotted during such sessions. Fourthly, the remission of at least a third of some inmates’ sentence has also been initiated an indication of successful reforms”.

4.5 Reforms Realized due to Advocacy Actions by Human Right Groups

The results presented in Table 10 shows responses regarding reforms realized due to advocacy actions by civil society human right groups.

Table 10: Reforms Realized Due to Advocacy Actions by Human Right Groups

	Strongly Disagree		Disagree	Neutral	Strongly Agree			
	(%)	(%)	(%)	(%)	(%)	(%)	Mean	Std dev.
KPS has developed a plan to modernize, upgrade and equip health facilities in the prisons.	32	17	17	23	11		2.64	1.421
Elder inmates are exempted from hard work, while inmates with disabilities receive assistance from officers.	26	11	28	19	17		2.91	1.427
Inmates informed of the rules and regulations of the facilities and of their rights upon entering the prison.	30	6	26	23	15		2.87	1.454
The human rights office does frequent training of prison staff on prisoners' rights	47	15	11	15	13		2.32	1.505
Kenyan inmates appear to be more aware of the rights they are entitled to and the ones they feel they are deprived of.	40	4	23	21	11		2.57	1.471

The results in Table 10 show that 32% (15) and 17% (8) of the respondents strongly disagreed and disagreed, respectively (mean score of 2.64) that KPS has developed a plan to modernize, upgrade and equip health facilities in the prisons. However, 23% (11) agreed, while another 17% (8) had a neutral (neither agree nor disagree) response. Equipping facilities with materials for training, behavioral change materials, moral values resources

goes a long way in nurturing the inmates as supported by the relapse prevention theory, which is a cognitive-behavioural model that helps limit inmates' relapses by teaching inmates to expect situations that may trigger their obsessive criminal behaviour. The results show that a simple majority (49%, 23) of the respondents were in disagreement.

It was also established that 28% (13) of the respondents had a neutral (neither agree nor disagree) response that older inmates are exempted from hard work, while inmates with disabilities receive assistance from officers. However, 26% (12) strongly disagreed, while 19% (9) and 17% (8) agreed and strongly agreed with the statement, respectively, with a mean score of 2.91. This shows that respondents had varied responses insofar as exemption from work was concerned; hence the human rights groups should do more to ensure human rights are adhered to.

Again, the study found that 30% (14) of the respondents strongly disagreed that inmates were informed about the rules and regulations of the facilities and of their rights upon entering the prison while 26% (12) and 23% (11) remained neutral (neither agree nor disagree) and agreed with the statement, respectively while 15% (7) with a mean score of 2.87. Even though a simple majority totalling to 38% (18) agreed with the statement, several inmates equally disagreed. This is an indication that more work is needed by human rights bodies and prison administration regarding information about the rules and regulations. In agreement, relapse prevention theory indicates that the various authorities such as societal reformists, human rights crusaders, defenders and other stakeholders can be engaged to educate inmates so that chances of relapsing are minimized.

Further, 47% (22) strongly disagreed that human rights office does frequent training of prison staff on prisoners' rights while 15% (7) disagreed (mean score 2.32) and the results resonate with the relapse prevention theory that indicates that offenders can be taught skills that can enable them to cope with any action or behaviour that could expose them to crime-

related activities. Lastly, the study found that 40% (19) respondents strongly disagreed that Kenyan inmates appear to be more aware of the rights they are entitled to and the ones they feel they are deprived while 23% (11) had a neutral (neither agree nor disagree) response towards the statement (mean score of 2.57). 21% (10) agreed on the same statement while 11% (5) strongly agreed. From the results, most respondents disagreed as reported by 44% (21) against an agreement level of 32% (15). Therefore, various prison stakeholders need to do more to create human rights awareness among inmates. Therefore, the relapse prevention theory requires societal reformists, human rights crusaders, defenders, and other stakeholders to educate inmates so that chances of relapsing are minimized, and through awareness, the inmates stand low chances of re-offending.

4.6 Responses of Prison Officers on Human Rights Advocacy and Prison Reforms

The following questions in Table 11 regards the results for human rights advocacy and prison reforms at Nairobi West prison.

Table 11: Responses of Prison Officers on Human Rights Advocacy

	Yes		No		Mean	Std Dev.
	%	f	%	f		
Have there been efforts by human right organizations	99		1		1.03	.177
advocating for prison reforms		31		1		
Do you appreciate the efforts done by the Human Rights	97		3		1.23	.107
Office in facilitating prison reforms		31		1		
Have prisoners' contact with their family and friends	96		4	2	1.43	.135
brought safety and order in prison management		30				
According to your understandings, is there awareness and	97		3		1.23	.107
perception on human rights in this prison?		31		1		

According to the findings in Table 11, 99% (31) of the respondents indicated that there had been efforts by human rights organizations advocating for prison reforms with a mean score of 1.03. Only 1 percent objected. Therefore, the relapse prevention theory calls for the need for groups such as prison officers, human defenders, and human rights societies to educate, train and nurture the inmates to limit recidivism by fully nurturing their behaviors. The study also found 97% (31) of the respondents said that they appreciate the effort done by the Human Rights Office in facilitating prison reforms (mean score 1.23). Therefore, through prison reforms more training facilities will be availed, more resources will be provided and inmates will gain knowledge about their rights as championed by the relapse prevention theory that provides measures that can be used to limit relapses and engaging in criminal activities.

When asked to explain their responses regarding human rights advocacy and prison reforms, the first prison officer said that;

“Human rights office at the prison appropriately advocates for the needs and demands of the inmates and established programs are in place to support rehabilitation. Secondly, our human rights office has effectively facilitated the sharing of information on human rights”.

Regarding human rights advocacy and prison reforms at the prison, a second officer reported that;

“We have ramped up sensitization and awareness to ensure that the efforts of human rights officers are facilitated so as to connect prisoners with the outside world (families)”. The human rights office has also helped in facilitating human rights reforms by passing initiating laws that protects prisoners and prison officers”.

A third prison officer also reported that;

“Our close working relations with human rights officers have helped in improving conducive environment that promote reforms’ implementation. Secondly, the human rights at the prison have also encouraged appreciation of inmates and prison officers

to promote good co-existence and this has boosted our morale to implement the reforms”.

In connection to the human rights advocacy and prison reforms, another prison officer reported that;

“The human rights office in my facility has also taught prisoners about right of worship, security, medication among others. However, he also said that there is still elements of favoritism in the prison that hinders work of its officers and much need to be done to eliminate the vice”.

Further, 96% (30) indicated that prisoners’ contact with their family and friends brought safety and order in prison management while 4% (2) disagreed (mean score 1.43). This means that, prisoners were were permitted access to families and loved ones. The results concur with the relapse prevention theory that informs the relevant authorities to embrace mechanisms that limits recidivisms. Asked to provide reasons for their answers, one officers indicated that;

“As prison officers, we ensure that prisoners maintain contact with the outside world and this has helped some prisoners to resolve domestic problems whilst in the prison. The contacts also help inmates to reconnect with family and external environment thereby quicken reintegration and rehabilitation”.

Again, a third prison officer indicated that;

“A reduction in stress, boredom and depression due to missing of family members and friends have been witnessed as a result of regular contacts hence the temptation to escape is minimized. He says that the contacts have also led to remote parenting and also promotes open door policy that enables rehabilitation. Again, I am aware that through regular contact, the prisoners feel their rights are facilitated and accommodated hence they comfortably aspire to fully complete their sentence”.

Lastly, the study found that there is awareness and perception on human rights in this prison as supported by 97% (31) while 3% (1) disagreed (mean score of 1.23). Based on the results, it can be said that nearly all prison officers said that relevant stakeholders have undertaken human rights advocacy and prison reforms. Those who agreed that there was a

presence of awareness said that such information was displayed in certain areas, such as billboards. A specific human rights office has been set up to create awareness. Further, all inmates are always sensitized on their rights by human rights officers and fellow inmates.

Further, one of the prison officers indicated that:

“As a result of human rights advocacy, several prisoners understand their medical rights due to increased awareness hence taken to hospital when unwell. Secondly, both prisoners and prison officers understood their rights and this has led to cordial working relationship. Thirdly, presence of constant workshops and training for inmates and prison officers have been carried out by relevant body to improve human rights awareness”.

Moreover, another prison officer said that:

“The presence of human rights at the facility has also promoted awareness among the prisoners. Regular visit by friends and relatives to our facility is also one of the reasons for improved awareness on human rights”.

Further, the human rights officers were also asked to suggest ways by which the human rights groups could be more effective in rendering human rights services. One of the senior HRO indicated that:

“Ways such as regular visitation, vocational training, remote parental can be employed. Training of prison officers and prisoners on human rights could be made mandatory to promote prison reforms and friendly environment between prisoners and prison officers. She also said, the training program should be extended to paralegal officers and also provide adequate resources, equipment for paralegal officers”.

The officers were also required to mention some civil society groups that advocate for human rights at the facility. One of the HROs indicated that:

“Groups such as Legal Resource Foundation (LRF), Justice Defenders, and CEFA were found to be active in reforming prisons in Kenya and they have played key role in providing road maps for reforms across all prisoners in the country.

A second HRO mentioned several groups, including:

“Muslims for Human Rights (MUHURI), Raoul Wallenberg Institute of Human Rights and Humanitarian Law, and ANDY were also active participant in human rights issues at the prison”.

Furthermore, the prison officers were asked to explain how the prison staff with the help of human rights’ officers fight recidivism. One of the respondents said that;

“As officers, they facilitate the training of the inmates on areas such as tailoring, carpentry, masonry, constructions, and farming to prevent recidivism after release”.

In addition, another prison officer said that:

“Our facility has also ensured that regular forum such as workshops and training have been put in place with more emphasis on empowerment to minimize recidivism and this has helped the human rights groups to enlighten the prisoners on the consequences of recidivism. The HROs have also specifically stressed on the importance of upholding, rule of law, good habits and behaviors even after imprisonment”.

In their attempt to suggest ways by which the human rights groups could be more effective in rendering human rights services, another human rights officer indicated that:

“Several courses have been introduced to empower prisoners upon completion of their terms. Secondly, rehabilitation and reintegration programs have been established to prevent future recidivism”.

Moreover, another prison officer reported that:

“The facility has also initiated guidance and counseling for prisoners to shape their life after imprisonment. Further, he says that the facility with the help of human rights crusaders has ensured that families with below four-year-old children are allowed access of prison to bond with the loved ones”.

4.6.1 Rating of Discipline among Inmates

The study sought to establish the rating of discipline among inmates at Nairobi West Prison. The data from the prison officers presented in Table 12 shows that prisoners were disciplined.

Table 12: Responses of Prison Officers on Human Rights Advocacy

Categories	f	%
Fair	14	44
Good	17	53
Very good	1	3
Total	32	100

Based on the results, 53% (17) of the respondents indicated that discipline of the inmates was good. This was the majority. This resonates with the relapse prevention theory that promotes the adoption of mechanisms that could help nurture behaviours. The second highest response was the respondents who indicated that inmate discipline was fair at 44% (14). However, only 3% (1) of the prison officers said that inmate discipline was very good. From the results it can be said that inmates were disciplined. The respondents were again asked to provide reasons for their responses. First officer said that:

“The discipline was fair because some inmates relapse upon release and were treated well upon re-imprisonment. Secondly, the relationship between staff and inmates is cordial is an indication that inmate discipline has improved”.

Further, a third officer said that:

“The inmates’ discipline was good because the regular education and reforms have equally nurtured the inmates’ characters. From our assessment, most inmates are currently able to sustain themselves in the external world upon release”.

Another prison officer indicated that:

“The prison administration has resorted to engaging and keeping inmates busy through training and education at the prison, which has greatly nurtured their behavior.

Further, a fourth prison officer argued that:

“Some inmates’ characters were good; however, the badly behaving inmates negatively influences the behavior of some inmates. A fifth prison officer indicated that most prisoners know their rights and what is expected of them from the discipline

perspective hence adherence to rules and regulations has been effectively embraced by many inmates”.

Further, another prison officer reported that the characters of inmates had improved because;

“Most of the inmates understand it is critical to get the audience of officer in charge (IOC) and many inmates relate well with these officers. A good number were also very disciplined and accepted their mistakes and are very much ready to be advised”.

4.7 Response of Human Rights Officers on Human Rights Advocacy

The human rights officers were asked whether the civil society human rights groups have been involved in influencing human rights of the prisoners. The results are reflected in Table 13.

Table 13: Response of Human Rights Officers on Human Rights Advocacy

	f	%
Yes	4	100
Total	4	100

The results in Table 13 indicate that all (100% (4)) human rights officers agreed that various civil society human rights groups were involved in influencing the human rights of the prisoners at Nairobi West prison. This could imply that various human rights groups ensured that the rights of the prisoners are upheld by prison officers at the facility through training and creation of awareness as supported by the social theory of crime that indicate that the best way to reduce crime is to deal with and address the underlying social problems that are root causes of crime.

The HROs were asked to state the issues the civil society human rights groups have been engaged in. The first HRO indicated that:

“The human rights groups ensured inmates know their rights such as appealing cases within two weeks from the time of sentence. Again, the groups ensured the appearance inmates in court after every 14 days, specifically for remanded prisoners”. Furthermore, a second human rights officer also said that:

“The groups also ensured that all inmates are subjected to mandatory medical examination upon admission into the prison. Secondly, civil society groups also ensured that there is special attention for the sick, the old, disability individuals among others”.

Further, a third human rights officer reported that;

“The civil society human rights defenders were always involved in training prison officers on human rights and also carry out human rights audit programs at the facility. He further said that, the civil society human rights groups also handle inmates complains and expedite their trials”.

Again, the fourth human rights officer reported that:

“The civil society human rights defenders also ensured that human right violations are investigated and those inmates found to have been abused are helped to access justice. Secondly, the groups ensured that none of the inmates were discriminated based on gender, age, and education”.

4.8 Pearson Product Moment Correlation (*r*)

The correlation coefficient was utilized to assist in determining the significant relationship between two variables in the current study. The results are as shown in Table 14.

Table 14: Correlation Coefficients

		Advocacy	Success	Reforms	Prison reforms
Advocacy	Pearson Correlation	1			
	Sig. (2-tailed)				
Success	Pearson Correlation	.578**	1		
	Sig. (2-tailed)	.000			
Reforms	Pearson Correlation	.403**	.467**	1	
	Sig. (2-tailed)	.005	.001		
Prison reforms	Pearson Correlation	.816**	.831**	.780**	1
	Sig. (2-tailed)	.000	.002	.000	
	N	47	47	47	47

** . Correlation is significant at the 0.01 level (2-tailed).

The results in Table 14 indicate that advocacy had a positive significant relationship with success of prison reforms at 0.000 (significant at 0.01) with a Pearson correlation of

0.578. The study found that advocacy had a positive significant statistical relationship with reforms are represented by a P-value of 0.005 (significant at 0.01), and the Pearson correlation was 0.403. The study also found that success had a positive significant relationship with reforms as shown by a P-value of 0.001 with a Pearson correlation of 0.467. Regarding the relationship between independent variables and dependent variables, the study found that advocacy had a positive significant relationship with prison reforms as shown by a P-value of 0.000 (significant at 0.01) and had a strong Pearson correlation of 0.816. Further, the study found that success had a positive significant relationship with prison reforms as indicated by a P-value of 0.002 and positive Pearson correlation of 0.831. Lastly, the study established that reforms initiated by various stakeholders had a significant positive correlation with the overall prison reforms as shown by a P-value of 0.000 with a strong positive Pearson correlation coefficient of 0.780.

Based on the correlation results, it can be said that human rights advocacy, success of prison human rights, and reforms at the institution had strong positive relationship with overall prison reforms. Therefore, it can be said that an increase in the advocacy, success, reforms could lead to an increase in the reforms initiated by various stakeholders within and outside the institution.

Chapter Five

Summary, Conclusion, and Recommendations

5.1 Introduction

The chapter presents the summary of research findings based on the research questions. Conclusions are also drawn in line with the research findings. Further, the areas for recommendations are also identified.

5.2 Summary

5.2.1 Advocacy Actions Carried Out by Human Rights Groups

The study established that 68% (32) respondents were in agreement that the opening of prisons to external world has been part of the advocacy actions undertaken by human rights groups, whereas only 24% of respondents were in disagreement. In support of the findings, the relapse prevention theory promotes the need to offer rehabilitative and re-integrative mechanisms such as opening prison to the outside world. It was found that 64% (30) agreed that human rights groups have advocated for inmates' visits that led to the reduction of disciplinary problems while only 26% (12) had dissenting perspectives. For instance, social theory of crime postulates for the need to prevent crime by improving on social circumstances such as inmates visits and treating inmates with dignity to realize the need to change from bad to good character.

Further, the study found that 51% (26) were in disagreement that human rights groups have advocated for decongestion and rehabilitation in prisons, while 36% (17) agreed with statement. In support of the findings, the social theory of crime states that the best way to reduce crime is to deal with and address the underlying social problems that are the root causes of crime and then offer rehabilitative and re-integrative mechanisms. The study also established that human rights groups have advocated for social reintegration and rehabilitation in prisons as supported by 47% (22) respondents who agreed, whereas a good

number of respondents, 30% (15) remained neutral with the statement while another 23% (11) were in disagreement with the statement. The human rights groups ensured that the rights of the prisoners are upheld by prison officers at the facility through training and creation of awareness as supported by the social theory of crime that indicate that the best way to reduce crime is to deal with and address the underlying social problems that are root causes of crime. Further, the Pearson correlation results indicate that there was a positive relationship between advocacy actions and prison reforms. This implies that an increase in prison advocacy could lead to improved reforms at the prison.

5.2.2 Success of Advocacy Actions Carried Out by Civil Society Human Right Groups.

The study found that the access to visits and phone calls by inmates to relatives have been enhanced as reported by 55% (26) respondents who were in agreement while 21% (10) strongly disagreed with the statement. According to social crime prevention theory, the best way to reduce crime is to deal with and address the underlying social problems, and this can be obtained through regular contact with the community and the family members. Further, several measures, including the construction of more prisons and employing alternatives to imprisonment, were found to have been put in place as reported by 55% (26) while 34% (16) neutrally agreed/disagreed. According to the social theory of crime, criminal practices result from unsuccessful social circumstances that only a few can overcome. The whole society, including the prison officers, should initiate mechanisms that can nurture the behaviours of offenders. It was also found that 36% (17) of the respondents remained neutral that there is a focus on the rehabilitative nature of the correctional system and the rehabilitation and reintegration, wherein 45% (21) agreed with the statement. Therefore, imprisonment measures such as community services should be upheld to improve health of prisoners as supported by the relapse prevention theory relates with cognitive-behavioral model that helps

limit inmates' relapses and this can be improved embracing community related services such as subjecting petty offenders to communal works.

Further, it was found that vocational training and the possibility to work are offered to the inmates as supported by 66% (31). In the contrary, 13% (6) strongly disagreed with the same statement. In agreement, relapse prevention theory indicates that the various authorities such as societal reformists, human rights crusaders, defenders, and other stakeholders can be engaged to educate inmates so that chances of relapsing are minimized. From the findings, most inmates were in agreement (43%, 20) while a good number (36%, 17) disagreed that Kenya Prison Service (KPS) has opened its doors allowing easy access of human rights groups to meet with prisoners so as to unearth and provide solutions to their negative behaviours. In support, the social crime prevention theory states that the best way to reduce crime is to deal with and address the underlying social problems that are root causes of crime. Regarding responses of human rights officers, the study found that all of them agreed (100%) that human rights groups were involved in influencing human rights of the prisoners through awareness creation at Nairobi West prison. Therefore, by reducing the chances of relapses as supported by relapse prevention theory that helps limit relapses by teaching inmates to expect situations that may trigger their obsessive criminal behavior. The correlation results also found a positive relationship between the success of advocacy and prison reforms, indicating that an increase in the success of advocacy actions carried out by civil society human rights groups could increase the level of reforms at the prison.

5.2.3 Reforms Realized Due to Advocacy Actions by Human Right Groups

It was established that 49% (23) of the respondents were in disagreement that KPS had developed a plan to modernize, upgrade and equip health facilities, while 23% (11) agreed and 17% (8) had a neutral response. Therefore, the relapse prevention theory requires societal reformists, human rights crusaders, defenders, and other stakeholders to avail

resources that can be used for awareness creation among the inmates. Again, the study found that 36% (17) of the respondents disagreed that inmates were informed of rules and regulations of the facilities and of their rights upon entering the prison while 26% (12) (neutral) and 38% (18) agreed with the statement. Further, 62% (29) were in disagreement that human rights offices do frequent training of prison staff on prisoners' rights while 28% (13) disagreed. Through relapse prevention theory, offenders and prison staff can be taught skills through training that can enable them to cope with any action or behaviour that could expose them to crime-related activities. From the results, it was found that most respondents disagreed, as reported by 44% against an agreement level of 32% (15), that Kenyan inmates appear to be more aware of the rights they are entitled to and the ones they feel they are deprived. In comparison, 23% (11) had neutral response towards the statement. According to relapse prevention theory, offenders can be taught skills that can enable them to cope with any action or behaviour that could expose them to crime-related activities. Based on the inferential statistics, the study found that reforms realized due to advocacy actions by human rights groups had significant positive relationship with the overall prison reforms. This means that an increase in the reforms realized due to advocacy could improve the prison reforms.

Regarding prison officers' responses, the study found that 99% (31) of the respondents indicated that there had been efforts by human rights organizations advocating for prison reforms. Therefore, through prison reforms more training facilities will be availed, more resources will be provided and inmates will gain knowledge about their rights as championed by the relapse prevention theory that provides measures that can be used to limit relapses and engaging in criminal activities. The study also found that 97% (31) respondents appreciated the effort done by the Human Rights Office in facilitating prison reforms. Further, 96% (30) agreed that prisoners' contact with their family and friends brought safety and order in prison management. Lastly, the study found awareness and perception of human

rights in the prison as supported by 97% (31). In agreement, relapse prevention theory indicates that the various authorities such as societal reformists, human rights crusaders, defenders, and other stakeholders can be engaged to educate inmates so that chances of relapsing are minimized. Based on the results, it can be said that nearly all prison officers said that relevant stakeholders had undertaken human rights advocacy and prison reforms. However, based on inmates' results, more need to be done by relevant bodies regarding prison reforms and human rights advocacy.

5.3 Conclusions

On advocacy actions, despite that majority of inmates (68%) agreed that the opening of prisons to external world has been part of the advocacy actions undertaken by human rights groups there was a good number of inmates (24%) who felt otherwise. Again, the majority (64%) also reported that human rights groups have advocated for inmates' visits that led to reduced disciplinary problems. Human rights groups have advocated for telephone calls. However, several (26%) inmates felt that was not the case. The results are supported by the relapse prevention theory that argues for the need to rehabilitate inmates for possible integration to the external world through visitation by human defenders, counsellors, and relatives. Therefore, such actions limit relapse and promote societal integration after serving prison terms as indicated by the relapse prevention theory. Most inmates (51%) also disagreed that human rights groups have advocated for decongestion in prisons so that the social well-being of inmates such as health and education programs are upheld as argued by the social theory of crime. The study also found that there was no definite response (47% agreed, 30% remained neutral, and 23% disagreed) on whether human rights groups have advocated for social reintegration and the rehabilitation processes. According to the social theory of crime, punitive correctional measures are not adequate in rehabilitating inmates. The theory argues that therapeutic strategies such as imploring inmates to embrace good

behaviours and equip them with skills promote integration after incarceration. Based on these results, the study concludes that relevant stakeholders need more human rights advocacy to improve prison reforms and improve rehabilitation for possible societal integration after sentencing.

Regarding success of advocacy actions, indeed most respondents agreed (55%) that access to visits and phone calls have been enhanced and that several measures including the construction of more prisons and employing alternatives, have been put in place, however, other inmates (21%) had the contrary opinion. The results resonate with the social theory of crime that argues for societal integration in the form of rehabilitative measures such as allowing access to prison by human rights groups, family members and subjecting inmates to education that shapes their behaviours. Further, there was no definite response on whether there was a focus on the rehabilitative nature of the correctional system and reintegration, as shown by 36% of respondents who remained neutral while 45% agreed. The results go against the relapse prevention theory that calls for the need to improve inmates' behaviour by subjecting them to programs that nurtures their behaviour for possible integration into society after serving their terms. Many inmates (36%) also felt that the prison had not opened its doors, allowing easy access for human rights groups to meet with prisoners. On the contrary, the social crime theory argues that to reduce crime, there is a need to deal with and address the underlying social problems that are root causes of crime. This can easily be done by professionals such as human rights crusaders and trained prison officers. The study concludes that despite that most inmates agreed with advocacy actions, several felt that the relevant authorities were not doing enough to actualize prison reforms that could help in integrating prisoners into the society and this could lead to relapse against the tenets of relapse prevention theory.

Regarding reforms, most inmates (49%) disagreed that KPS has developed a plan to modernize and equip health facilities. Mixed responses (36% agreed, 26% disagreed, and 28% remained neutral) were also evidenced by whether the elderly inmates were exempted from hard work and whether inmates with disabilities received assistance. Again, the majority (36%) disagreed that inmates were informed of rules and regulations of the facilities and their rights, indicating that more work is needed by human rights bodies and prison administration regarding information about the rules and regulations. The lack of knowledge about prisoners' rules, regulations, and rights could impede prisoners' rehabilitation, which may result in recidivism upon being released. The theory argues that such loopholes are a clearer view of possible causes of crime in societies if left unaddressed by various stakeholders. Again, the results go against the relapse prevention theory that provides the need to enlighten inmates on rules and regulations to help nurture behaviour and prevent possible relapse after release from prison. Further, 62% disagreed that human rights offices frequently train prison staff on prisoners' rights. Again, most respondents (44%) disagreed that Kenyan inmates appear to be more aware of the rights they are entitled to and the ones they feel they are deprived. The lack of awareness of inmates' rights goes against the norms of social crime theory that requires that offenders' rights should be upheld. Creating awareness among inmates is one of the channels that limits abuse of their rights by the prison officers. Based on inmates' results, the study concludes that more needs to be done by relevant bodies on prison reforms and human rights advocacy. However, the human rights officers' responses indicated satisfaction levels with reforms. This resonates with the social crime theory that indicates that the social and legal machineries meant to prevent crime should do their work to produce desired results and prevent relapse as championed by the relapse prevention theory.

5.4 Recommendations

Human rights bodies and prison administrators: based on the advocacy action findings, the study recommends that the prison administration should liaise with relevant human rights bodies such as MUHURI, Haki Africa, and KNHRC to advocate for regular inmates' visits and character improvement sessions, regular communication between inmates and relatives, decongestion in prisons. Working in tandem with such human rights bodies could also help in improving social rehabilitation and reintegration processes. Actions include imploring the government to provide more resources to build more facilities and purchasing character improvement materials that could help nurture the inmates' behaviours. The human rights crusaders could also recommend to the administration to increase the number of visits to weekly basis to improve rehabilitation and integration of prisoners.

Prison authorities: regarding the success of advocacy actions, the study found that access to visits and phone calls have been enhanced and that several measures, including construction of more prisons and employing alternatives, have been put in place; however, other inmates had the contrary opinion. The fact that several inmates felt that the prison had not opened its doors, allowing easy access of human rights groups to meet with prisoners, coupled with the inmates' position that relevant authorities were not doing enough to actualize prison reforms, are an indication of human rights abuse. Therefore, the study recommends that the prison authorities ensure that inmates are allowed access to human rights groups and access to legal counsel who can also present their cases in court of law for fair and justified trials. To ensure easy access to legal counsels and human rights, the administration can ensure that upon entry into the sentencing facility, each inmate should be allocated a lawyer and human right crusader who will be given full-time access to the assigned prisoner to ensure their rights are preserved. Such actions will ensure that no

inmates can be registered into the prison without a legal representative or human rights officer's knowledge.

Ministry of interior: regarding reforms, the study recommends that the Ministry of Interior and Coordination of government services should improve prison management and conditions by developing fundamental sustainable health strategies in the correctional facilities. This is because, prison health is a critical part of public health, and as such improving, prison health is important for the success of the overall public health policies. The prison should also ensure that prison' rules and regulations of inmates' rights are pinned on strategically located notice boards and other key areas accessible by inmates (resting rooms, washrooms, dining rooms) to improve relaying of critical information about rules, rights and regulations. Continuous and timely access to human rights crusaders who can educate inmates about their rights and present their concerns should not be restricted, as this is tantamount to human rights abuse. Further, the Ministry, through the prison authorities, should ensure that the inmates' rules, regulations, and rights are written in language they can understand. Because some prisoners are unable to write and read, the Ministry can ensure that officers and human rights defenders can verbally enlighten such inmates on rules, regulation and their rights.

Given that the current study was based on the impact of civil society human rights advocacy on prison reforms with reference to Nairobi West Prison, the study proposes that a future study should be carried out on a similar topic but should be broadened to cover major prison facilities within Kenya. Such a study could help in bridging the study gap that was not covered by the current study.

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Appendix I

Letter of Introduction

Stephen Omondi
PO Box 24829-00502
Nairobi.
Date: 31st August, 2020

The Chief Prison Warden
Nairobi west Prison
Nairobi.

Dear Madam,

Re: Academic research on evaluation of the impact of civil society human rights advocacy on human right reforms in Nairobi west Prison

I write to request for consent to carry out research in your correctional institution for Degree programme at Hekima University. Please assist by filling in the data on the questionnaire that has been enclosed with this letter.

The collected data will assist in studying more on the prison human rights reforms and the prison well-being and will be handled with a lot of confidentiality and only used in this academic research project. The final report may be used to establish the level of influence of the reforms on respect of human rights for both the prison staff and prisoners in the country.

I express my sincere gratitude to you for generously accepting to participate in making this study a success.

Yours faithfully,

Stephen Omondi
Student/Researcher

APPENDIX II: NACOSTI RESEARCH PERMIT

APPENDIX III: HEKIMA RESEARCH PERMIT

APPENDIX IV: DATA COLLECTION PERMIT

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**Rev. Fr Stephen Omondi,
Regina Caeli Parish**

Karen

Fr.

RE: PERMISSION TO DO ACADEMIC RESEARCH AT NAIROBI WEST PRISON

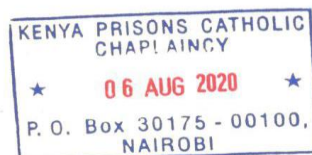
We are in receipt of your letter dated 5th August 2020 requesting for permission to do an academic research in our Nairobi West Prison.

This is to notify you that the application has been approved and your area of research which is **"IMPACT OF CIVIL SOCIETY HUMAN RIGHTS ADVOCACY ON PRISON REFORMS - A CASE STUDY OF NAIROBI WEST PRISON"** is very relevant to the prison reforms undertaken by the Government.

As soon as you complete your research work we shall be glad to have a copy of your report to enable us act on your recommendations.

I wish you all the success in your academic life.

Sincerely yours



**Rev. Fr Peter Kimani Ndung'u OGW- (Deputy Director Chaplaincy Services)
FOR: COMMISSIONER GENERAL OF PRISONS**

QUESTIONNAIRE FOR INMATES**PART A- GENERAL INFORMATION****(Tick where appropriate)**

1. Kindly indicate your Gender
Male []
Female []
2. Your age bracket
18-25 years []
26-30 years []
31-35 years []
36-40 years []
41-45 years []
46-50 years []
Above 50 years []
2. What is your level of education?
Primary []
High school []
Undergraduate []
Graduate []
3. Number of years you have been working for this organization/ serving jail term.
Below 3 years []
4-6 years []
7-10 years []
Over 10 years []

PART B: ADVOCACY ACTIONS CARRIED OUT BY HUMAN RIGHTS GROUPS (PRISONERS).

Please tick the choice that you feel suits your situation/opinion from the choices provided by the Likert scale (1-5) where; 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree.

	1	2	3	4	5
Has opening of prisons to outside world been part of the advocacy actions undertaken by human rights groups?					
Human Rights Groups have advocated for Visits to inmates that has resulted to the reduction of disciplinary problems.					
Human Rights groups have advocated for Telephone calls that is part of opening of prisons to outside world.					
Human Right Groups have advocated for decongestion in prisons					
Human Right Groups have Advocated for Social Reintegration and rehabilitation in Prisons.					

PART C: THE SUCCESS OF ADVOCACY ACTIONS CARRIED OUT BY CIVIL SOCIETY HUMAN RIGHT GROUPS (PRISONERS).

Please tick the choice that you feel suits your situation/opinion from the choices provided by the Likert scale (1-5) where; 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree.

	1	2	3	4	5
The access to visits and phone calls by inmates to their families has been					

enhanced.					
Several measures including construction of more prisons and employing alternatives to imprisonment like community service orders have been put in place.					
There is focus on the rehabilitative nature of the correctional system and on the rehabilitation and reintegration.					
Vocational training and the possibility to work are offered to the inmates.					
Kenya Prison Service (KPS) has opened its doors allowing easy access of Human Rights groups to meet with prisoners.					

PART D: REFORMS REALIZED BECAUSE OF ADVOCACY ACTIONS CARRIED OUT BY CIVIL SOCIETY HUMAN RIGHT GROUPS (PRISONERS).

Please tick the choice that you feel suits your situation/opinion from the choices provided by the Likert scale (1-5) where; 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree.

	1	2	3	4	5
KPS has developed a plan to modernize, upgrade and equip health facilities in the prisons.					
Elder inmates are exempted from hard work, while inmates with disabilities receive assistance from officers.					
Inmates informed of the rules and regulations of the facilities and of their rights upon entering the prison.					
The Human Rights Office does frequent training of prison staff on prisoners' rights					

	Kenyan inmates appear to be more aware of the rights they are entitled to and the ones they feel they are deprived of.					
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PART E: RESEARCH QUESTIONNAIRE (PRISON OFFICERS)

Tick (✓) the relevant information.

1. Respondents sex Male []

Female []

2. Respondents current Rank

3. Length of service

(A) 10-15years

(B) 15-25years

(C) More than 25 years

4. Level of education

(A) None

(B) Primary

(C) Secondary

(D) University

5. Have there been efforts by human right organizations advocating for prison reforms? Yes [] No []

6. Do you appreciate the efforts done by the Human Rights Office in facilitating prison reforms? Yes [] No []

Explain your answer please.

7. Have prisoners' contact with their family and friends brought safety and order in prison management?

Yes ☐

No ☐

Please explain your answer_____

8. According to your understandings, is there awareness and perception on human rights in this prison?

Yes ☐

No ☐

Please explain your answer_____

9. How do the prison staffs with the help of Human Right Groups, fight recidivism?

Please explain your answer_____

10. If you think that there have been reforms, how do you rate discipline among inmates after reforms.

(C) Bad

(D) Fair

(E) Good

(F) Very good

(B) Give reasons for your answer above.

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PART F: RESEARCH QUESTIONNAIRE FOR CIVIL SOCIETY ORGANIZATIONS (KNHRC)

Tick (✓) relevant information.

1. Respondents sex Male [] Female []

2. Respondents current position _____

3. Length of service

(C) 10-15 years

(D) 15-25 years

(E) More than 25 years

4. Level of education

Primary

Secondary

University

Other _____

4. Has Kenya National Human Rights Commission been involved in influencing human rights of the prisoners in this prison? Yes [] No []

If yes, what are the issues KNHCR have been engaged with or advocated for prisoners?

5. Has KNHRC advocated for decongestion in prisons?

If yes state how?

8. Has KNHRC Advocated for Social Reintegration and rehabilitation in Prisons.

Kindly explain your answer. _____

9. Kindly suggest other ways that you think the KNHRC can be more effective in promoting Human Rights in the prisons. _____

10. Which other Civil Society groups do you know that are working to promote Human Rights in the prisons?

THANK YOU FOR YOUR TIME.