

## Effectiveness of Rehabilitation Programmes in Management of Juvenile Delinquency within Penal Institutions in Kakamega County, Kenya

Beryl Asenwa Savatia<sup>1\*</sup>, Dr. Ruth, N. Simiyu<sup>2</sup> (PhD) and Dr. Janet Nabiswa<sup>3</sup> (PhD)

<sup>1</sup>Master Student, Department Emergence Management Studies, P.O.BOX 190-50100, Masinde Muliro University of Science and Technology, Kakamega, Kenya

<sup>2</sup>Lecturer, Department of Peace and Conflict Studies, P.O.BOX 190-50100, Masinde Muliro University of Science and Technology Kakamega, Kenya

<sup>3</sup>Lecturer, Department of Educational Psychology, Kibabii University, P.O. Box 1699-50200 Bungoma, Kenya.

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### Abstract

Juvenile crime is a major concern Worldwide. The purpose of this study was to evaluate the effectiveness of rehabilitation programmes in management of juvenile delinquency within penal institutions in Kakamega County, Kenya. The study was guided by social learning theory. Quantitative data was analyzed descriptively and presented in form of figures and tables. A total of 335 respondents were sampled. They included 279 juveniles, 36 key informants, 10 relapsed juveniles and 10 reformed juveniles. Purposive sampling was used to sample key informants and random sampling was used for committed juveniles. Snowball sampling was used for relapsed juveniles and convenience sampling was used for reformed juveniles. Primary data was collected by use of questionnaires, interviews, FGDs and observation checklists records. It was established that juveniles were taken through vocational training, guiding and counseling and formal education programmes. Rehabilitation process was not successful at (94.7%). Rehabilitation programmes were affected by the physical and human environment at (74%). Lack of after care services hindered the effectiveness of rehabilitation programmes at (43.0%). It was also revealed that rehabilitation programmes in juvenile penal institutions do not successfully reform the juvenile offenders. The study concluded that the current rehabilitation programmes had a negative impact on juveniles.

**Keywords:** Rehabilitation Programmes, Juvenile Delinquency and Penal Institutions

### 1.1 Introduction

Juvenile crime has been on the rise in most countries in the World (Thompson & Morris, 2016; United Nations Habitat, 2013; United States Department of Justice, 2010; Mbiriri, 2017). When children are involved in delinquency this negatively impacts on the education, health, financial constraints and increase in budget in judicial system (Mbiriri, 2017). According to the United Nations Habitat (2013), 40% of the young population abused drugs and alcohol and follow up into the adult life demonstrates that antisocial behaviors in youths increase the risk of adult criminality (Enzmann & Podan, 2011; Mbiriri, 2017). For many years, there have been many trends in rehabilitative programmes for juvenile delinquents in the world to help reverse the growing problems through the juvenile justice system. Juvenile justice system is a comprehensive term for dealing with children who come into conflict with the law (Griffin, 2010).

Children's justice system looks at the applicable norms, laws, procedures, structures and institutions in order to ensure that the children's rights and legal safeguards are fully respected and protected. Rehabilitation is meant to be a type of punishment for criminal offenders and its objectives are therapeutic rather than punitive. In earlier times, American prisons implemented rehabilitative principles which concentrated on educational programmes, vocational training, anger management and psychological analysis (Howell et al. 2004).

The ultimate goal of children justice is to ensure the children are served and protected by the criminal justice system. Globally, the justice system aims at ensuring the norms and standards for the rights of children brought into the justice system is safeguarded (UNICEF, 2008). According to Global –Prison Trends (2018) a total of a million children were arrested and introduced to the criminal justice system. Worldwide, the juvenile justice system has faced many challenges in rehabilitating the young offenders which has contributed to the poor outcome result where juveniles experience high levels of violence as a matter of routine in these institutions. For

\*Corresponding author's ORCID ID: 000-0002-8439-6721

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example, in Zambia, children are detained in deplorable conditions and also detained alongside the adults. This is also the case in Kenya where children are held in police cells alongside the adults. This study was inspired by the growing trends in delinquency in Worldwide even after most governments have put in more effort to prevent more delinquent.

## 1.2 Statement of the Problem

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

Research done on effectiveness of rehabilitation programmes and their influence on management of juvenile delinquency both during and after rehabilitation has been minimal. For example, Odera (2013), a survey on the effectiveness of rehabilitation programmes in management of juvenile delinquency in Nairobi, Kenya which revealed that the available rehabilitation programmes were not effective in management of juvenile delinquency. Otukho (2017) did a study on the effectiveness of rehabilitation programmes in, Kenya and found out that the programmes provided in youth and correctional centers in Kenya was not enough to reform the juveniles. Unfortunately, minimal has been done on evaluating the effectiveness of rehabilitation programmes. From this perspective it was important to evaluate these programmes which make/enable the delinquent engage in more violent crimes /behaviors after being committed to juvenile penal institutions in Kakamega County, Kenya.

## 1.3 Research Objective

Evaluate effectiveness of rehabilitation programmes in management of juvenile delinquency within penal institutions in Kakamega County, Kenya.

## 1.4 Literature Review

### 1.4.1 Effectiveness of Rehabilitation Programmes in Juvenile Penal Institutions

Rehabilitation programmes should address offender's needs where the treatment must balance against the demands of accountability (punishment) and community safety) (Greenwood, 2008). There should be control over on how juveniles react and how they behave which may teach them a series of pro-social skills through modeling,

role play and performance feedback. Research has shown that there has been a poor outcome of different programmes in reducing recidivism and rehabilitating juvenile offenders. There are programs that deal with juvenile delinquency such as drug treatment programmes, parent training and family band group therapies in rehabilitation (Tennyson, 2009).

Carmichael (2011) conducted a study on prevention of recidivism and social reintegration of offenders in London. It was established that special needs programmes intervention measures should determine how a child's case will proceed after being taken to rehabilitation. Also he suggested that the programmes that would work in juvenile rehabilitation included; family therapy, parental training focusing on delinquents and training in thinking skills and programs that provide treatment for risk factors. The study pointed out that punishment is not effective in rehabilitation where the study called for treatment in order to reduce the likelihood recidivism. This study sought to establish the effectiveness of rehabilitation programmes in management of juvenile delinquency in Kakamega County, Kenya.

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

### 1.4.2 Benefits of Rehabilitation Programmes to Committed Juveniles

Juvenile rehabilitation programmes over a long period of time has not reformed the juveniles who have been taken through this system. The goal of rehabilitation programmes was to target youth who have already engaged in delinquent acts. Rehabilitation helps in prevention of more crimes in the society and keeping the society safer (Farrington & West, 2007). In most countries, rehabilitation efforts do not work where the treatment calls for tougher sentences for greater monitoring of criminal populations through the expansion of law enforcement (Ward & Maruna, 2007).

Various studies have shown that rehabilitation plays a vital role in decreasing the levels of delinquency (Mincey et al. 2008). The programmes should be realistic in order to teach the juveniles on how to live a healthy life after their release. A survey done by Odera (2013) on

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

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

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

Study carried out in Kenya on analysis of predictors of behavior change among juveniles at risk in juvenile rehabilitation centers in Nairobi County by Muthomi, 2016. The study established that children at risk who were convicted in these correctional institutions were not adequately addressed. It was found that all programmes in correctional institutions scored below average in promoting behavior change. Effective rehabilitation promotes public safety either in society or country (Cullen & John, 2012). Most of these convicted prisoners are not

educated; they are unskilled, lack a family and community support. Due to these challenges the offenders are rearrested after their release which implies that the correctional system is not working well to rehabilitate offenders (Ansre, 2010). While this study considered predicting the behavior change among risk juveniles, the current study assessed the effectiveness of rehabilitation programmes in management of juvenile delinquency on all committed juveniles in penal institutions.

#### 1.4.3 Juvenile Correctional Rehabilitation

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

Poor Rehabilitation Approach in Penal Institutions has been a major problem in most penal institutions. A study conducted by Dissel (2008) in South Africa on rehabilitation and reintegration in African prisons, established that, recidivism still remains high because of the type of rehabilitation offered is not effective and also it is nonexistent. This is support by Gaum et al. (2006) who established that the type of rehabilitation being offered does not have a positive impact on the juveniles. Also the study goes further to explain that rehabilitation has concentrated more on the process of rehabilitation and not the outcome.

Dissel (2008) further established that correctional systems provide need-based interventions but are not well structured to take the offenders through the rehabilitation process. The study findings indicated that the personnel are not trained to effectively rehabilitate the juveniles. The study pointed out that this situation continues and is still a challenge because the same approaches in controlling juvenile delinquency are applied to all the offenders. However, this study was done in South Africa and there can be variance in findings because of the differences in regions. Thus, the present study sought to find out the challenges contributing to the negative outcome of rehabilitation approaches.

Lack of Enough Resources in Penal Institution has also been a major challenge in these institutions. A study conducted by Otukho (2018) on situational analysis of youth correctional and training rehabilitation center aimed at establishing the effectiveness or rehabilitation programmes at Kamiti rehabilitation center. The study findings found that the institution lacked adequate resources to enable effective training of the juveniles. Secondly, the results showed that the institution lacked

modern training equipment's and facilities to train the juveniles. It was also found out that there were inadequate skilled personnel to take the juveniles through the rehabilitation process. In this study, data was collected through observation, key informant interviews and document review. The current study used questionnaires, interview guides, FDGs and observation checklists. The difference in data collection tools could bring a difference hence this present.

A report conducted in South African Department of Correctional Services in (2014) pointed out that 10% of offenders committed in correctional institutions were receiving neither rehabilitation programmes nor reintegration programmes. The report went further to establish that most of correctional institutions were overcrowded where these huge population made the rehabilitation centers to experience strain in terms of resources. The present study sought to establish whether lack of resources was a major hindrance in effective rehabilitation of juveniles within penal institutions in Kakamega County, Kenya.

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

Government of Kenya (2005) on Juvenile Justice System pointed out that aftercare and exit programmes should be applied in juvenile correctional institutions in order to reduce case of recidivism. It goes on to explain that the provided after care programmes should improve the quality of life for those released into the society by providing them with good housing, family support and securing employment opportunities for them. This is not the case in Kenyan correctional institutions where juveniles are sent out these institutions without any support, care and assistance from the government hence the current study.

According to Irungu (2019), without after prison plan, crime levels will never decrease. The article established that the Kenyan government does not have after care policies and programmes to assist in reducing crime. The articles also pointed out that 75% of individuals released from the prison are likely to commit other crimes and 50% had higher chances of returning to the prison.

However, majority of youth sent back to the society return back to the justice system at an alarming rate because the systems the systems that reintegrate them in the society are dysfunctional. The current study took a similar approach by establishing whether after care and exit programmes existing in penal institutions.

## 1.5 Theoretical Framework

The study was guided by the theoretical framework which was based on Social Learning Theory.

### 1.5.1 Social Learning Theory

The social learning theory of Albert Bandura (1977) focus on the individuals conditioning processes which proposes that observational learning can occur in relation to three models. These include live model in which an actual person is demonstrating the desired behavior; verbal instruction in which an individual describes the desired behavior in detail and instructs the participant on how to engage in the behavior and symbolic in which modeling occurs by means of the media including movies, television, internet, literature and radio. This type of modeling involves a real or fictional character demonstrating the behavior (Bandura, 1977). Individuals can learn behavior from the surrounding environment they are in as a result of observation others. Children can observe various behaviors of others and learn how to model the desired behavior (McLeod, 2011). This is considered a successful method of learning (Feist, Feist & Roberts, 2013).

The theory is based on how an individual conforms and accepts the rules, laws and morals of society. When there are positive role models within the home and community the individual is able to learn positive ways of achieving goals. When there is violence in the home the individual learns that violence is the only available way of coping with frustrations. This means that the more positive the environment a child is placed in the more likely s/he is able to conform to society and become a non-delinquent (Champion, 2004).

According to Feist et al. (2013), individuals have the capacity to learn various behaviors and attitude in multiple environments. Learning involves observation, extraction of information from those observing and making decisions on the performance of the behavior. Learning can also occur without observable changes in a person's behavior. People believe that they can observe behavior and learn from that e.g. parents watch their own children and see the influence of other children on their own children, they could also see what kind of effect these behaviors have on their own children.

Although the approach appears less mechanistic than behaviorism, social learning theorists generally do not believe in free will and take a deterministic view of human behavior. Their emphasis on the role of cognitive and motivational factors may appear to give freedom of

choice. A role in behavior should be remembered that a person’s motivation is the product of learning that took place at an earlier time and that therefore their ‘choices’ are not free. They share with the behaviorists a tendency to favor the nature side of the nature-nature debate although it is generally assumed that the capacity for observational learning must be innate. Like behaviorism and other scientific approaches to psychology, social learning theory is a representation of concepts /constructs of interest in a study, their observable manifestations and the interrelationships among and between them in its outlook and holds the similarities between people to be more important than the differences. Along with the homological outlook comes a reductionist approach to explaining behavior, whereby even the most complex things that people do are explained in terms of relatively simple fundamental processes of learning. Regarding this study, social learning was used to make us understand why there is increase of delinquent acts in our juvenile penal institutions.

**1.6 Methodology**

Descriptive research design sought to evaluate the effectiveness of rehabilitation programmes in management of juvenile delinquency within penal institutions. Descriptive research design used was guided by Mugenda (2008) who noted that descriptive research design are mostly used in examining social phenomenon which exist in the community. The study population comprised 279 juveniles, 36 key informants, 10 reformed juveniles and 10 relapsed juveniles. Primary data was collected by use of questionnaires, interviews, FGDs and observation checklists. Purposive sampling was used to sample key informants and random sampling was used for sampling committed juveniles. Snowball sampling was used to sample relapsed juveniles and convenience sampling was used to sample reformed juveniles. Secondary data was collected through journals, manuals and written records. The study quantitative data was analyzed by use of descriptive statistics by frequencies and percentages. Qualitative data analysis and interpretation used voice, narrative analysis and data coding. The analyzed data was displayed inform of graphs, tables and pie charts. The data collected was edited to enable competences, credibility and consistency.

**1.7 Findings**

*1.7.1 Duration of Rehabilitation Programmes in Juvenile Penal Institutions*

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

According to the prison Act CAP 90 of the laws of Kenya (2010), it calls for juvenile penal institutions to hold

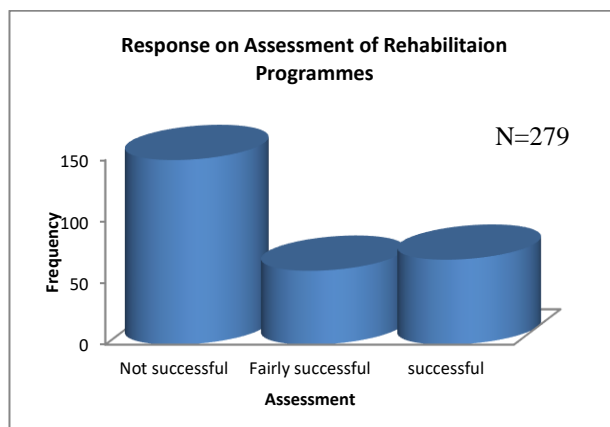
juveniles for a maximum period of 3 years. Interview established the juveniles were committed for a period of three years. It was revealed that the length of rehabilitation can promote positive behavior change among committed juveniles. One probation officer indicated that;

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

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

*1.7.2 Assessment of Rehabilitation Programmes in Juvenile Penal Institutions*

The study sought to establish how the respondents in the study perceived rehabilitation programmes that were available in penal institutions. The results were indicated in Figure 1.



**Figure 1:** Responses on Assessment of Rehabilitation Programmes Source: Field data, 2019

Results in Figure 1 show that 69(24.7%) of the respondents indicated that the programmes were successful. Juveniles at 60(21.5%) indicated that the programmes were fairly successful while 150(53.8%) of the juveniles perceived the programmes were not successful.

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

there was a positive relationship between rehabilitation programmes and juvenile delinquency. This means that when penal institutions have enough learning materials/facilities it can influence the attitude of the juvenile coming back in this institution in future leading to effective rehabilitation.

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

1.7.3 Impact of Physical and Human Environment on Rehabilitation Process

The study sought to establish whether the physical and human environment had any impact on the rehabilitation process. The results were shown in Figure 2.

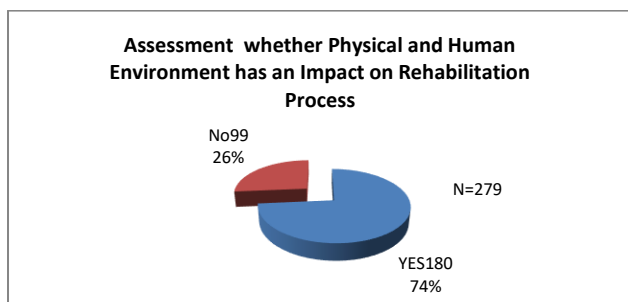


Figure 2: Assessment whether Physical and Human Environments had an Impact on Rehabilitation Programmes Source: Field data, 2019

Figure 2 shows that 180(74%) of the juveniles indicated that rehabilitation programmes were affected by the physical and human environment. Juveniles 99(26%) indicated that rehabilitation programmes were not affected by the physical and human environment. The study found out that the physical and human environment had a negative impact on rehabilitation process.

Interview by social workers established that rehabilitation process was negatively affected by the physical and human environment. This means that the environment surrounding penal institutions was not conducive in rehabilitating juveniles which was through the high levels of recidivism in penal institutions. This was supported by the Social learning theory by Albert Bandura

Cunia (2007) which pointed out that people are driven by external factors to learn a particular behavior. This finding concurs with Ndombi (2014) in a study on the impact of rehabilitation programmes on recidivism in Kenya. She found out that the environment in penal institutions had a negative effect on the rate of recidivism.

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

We used to interact with other offenders on which means they applied while stealing. From these interactions we could learn new tactics for more serious offenses. (FGD, Kakamega, 14/7/2019).

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

1.7.4 Factors hindering Rehabilitation Programmes in Penal Institutions

The study sought to establish whether there were factors hindering the effectiveness of the rehabilitation process. The results were indicated shown in Table 1.

Table 5.1 Factors hindering Rehabilitation Programmes in Penal Institutions

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

Source: Field data, 2019

The results in Table 1 shows that 95(34.1%) of the rehabilitation were hindered by the poor rehabilitation approach. Also 64(22.9%) of the rehabilitation programmes were hindered by lack of resources while 120(43.0%) was hindered by lack of after care services. The study found out that lack of after care services hindered the effectiveness of rehabilitation programmes.

Interview with managers established that penal institutions were greatly affected by lack of after care programmes. They revealed that the juveniles were taken through the available programmes just because it was a requirement from the government. Dissel (2008) supports this finding where he found out that recidivism rates have continuously remained high because of the type of rehabilitation that existed in penal institutions. Gaum et al. (2006) also concurs with this finding where he found out that rehabilitation programs were not effective because rehabilitation programmes continue to concentrate on the process than the results.

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

1.7.5 Whether the Juveniles have reformed as expected

Juveniles were asked whether they had reformed for being committed in penal institutions. It was significant to establish the effectiveness of rehabilitation programmes because there were higher numbers of reoffending and increased cases of delinquency among the juveniles. The response was as indicated in Figure 3.

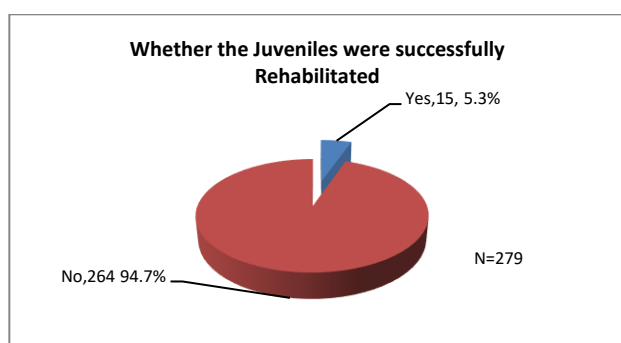


Figure 3: Successful Rehabilitation of Juveniles by Penal Institutions Source: Field data, 2019

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

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

The Riyadh Guidelines concerning the rights of the juveniles stated in rule 79 proposes that the treatment programmes in penal institutions should focus towards their reintegration into the society. For example, juveniles who were in secondary level did not benefit from penal education the programmes. They felt the primary education was a waste of time because they had already passed through that system. Those who were in secondary spent more time in the gardens which made the process of rehabilitation to be more difficult for them. Interview by teachers revealed that rehabilitation programmes did not benefit the juveniles. They said this

was so because of lack of enough facilities, juveniles missing classes or workshops while working on the farms or doing manual work and most of the programmes scheduled on the timetable never existed. Also the parents of the juveniles were never involved in rehabilitating their children which was the major challenge for the negative outcome of the rehabilitation process. Kikvi (2011) finding revealed that workers in penal institutions never involved parents of the juveniles in the rehabilitation process. One of the teachers stated that:

The training is not effective since it does not meet the current job market. The available programmes face many challenges which makes them to produce poor results for example lack of materials to be used in workshops (interview, Teacher, Kakamega Rehabilitation School, 12/7/2019).

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

FGDs carried out among relapsed and reformed juveniles revealed that the juveniles did not fully benefit from the available rehabilitation programmes. They said that penal institutions never provided them with skills and discipline, available programmes were affected by fewer employed staff, for example when a teacher for a specific subject missed to come for lesson the juveniles would spend the time idling or loitering around in the compound. They also said that most of the delinquents were given manual work like grazing cows and working in the garden.

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

1.7.6 Needs for Introduction of a New Approach to Reduce Recidivism in Kakamega County, Kenya

Restorative justice has been seen to be an effective way of reducing delinquency. It helps to solve the harm brought about by the crime by not punishing the offender. Sherman (2015) support this by establishing that restorative programs such as victim-offender mediation and community impact are effective ways of reducing recidivism on juvenile offenders. A study conducted by Bouffard et al. (2017) on effectiveness of restorative justice it was found to be an appropriate way of managing juvenile delinquency. This promotes the

healing process for the offender when the community comes together to support the victim and the offender rehabilitation process.

Furthermore, Ward and Maruna, (2007) found out that good lives Model should guide interventions during offender rehabilitation. According to Ward & Maruna, 2007 GML can reduce the likelihood of committing more crimes being committed. Lindsey et al. (2007) showed that GML focus on building the capacities a part from managing the risk. Good lives model also promotes offender long term reintegration goals Whitehead et al. (2007).

### 1.8 Ethical Consideration

Mugenda (2008) suggests that the rights and welfare of participants should be a major ethical obligation for all parties involved in research study. For the research to be carried out, the researcher ensured strict observation of the code of ethics that this study follows. The researcher got official permission from, Masinde Muliro University of science and technology, National Council for Science, Technology and Innovation (NACOSTI) and State Department of Correctional Services Respondents were given an introductory letter for them to participate in the study. With regard to privacy and sensitivity of juvenile criminal matters, the respondents were assured of their confidentiality regarding the information they provide. Besides, no record of names or addresses of respondents were kept and the research was treated to be used strictly for academic purposes. Also there was a parental informal consent that the parents were required to fill in order to allow their children take part in this study.

### 1.9 Funding

The researchers used funds from their income.

### 2.0 Conclusion

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

#### 2.1 Recommendation

Basing on the findings and conclusions drawn for this study,

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

- iii). Correctional institutions should introduce tools assessment in order to match the treatment and program.

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