THE RELATIONSHIP BETWEEN DYSFUNCTIONAL FAMILY, SUBSTANCE ABUSE, EMOTIONAL INTELLIGENCE AND RECIDIVISM AMONG YOUNG ADULT INMATES IN AGODI CORRECTIONAL CENTRE, IBADAN, NIGERIA

Solomon Adekunle Odedokun[i]
Department of Counselling
and Human Development Studies,
University of Ibadan,
Nigeria

Abstract:
Scholars in recent times are developing keen interests in recidivism. This is because the rate at which it is rising is worrisome. Recidivism is not only a problem to a recidivist but also to his/her family members, the society and to the nation. It leads to a waste of time and potential on the part of the individual recidivist and also funds and resources (human and capital) on the part of the nation which if not well handled, could lead to the death of the offenders. This study, therefore, investigated the relationship between family dysfunction, substance abuse, social support, emotional intelligence and recidivism. One hundred and eighty seven (187) participants were chosen among young adult inmates of Agodi correctional facility using simple randomisation. Three research questions were raised and answered for the study. Validated and standardized instruments were used to collect the data. Data collected were analysed using the Multiple Regression Analysis and Pearson Product Moment Correlation at a 0.05 level of significance. The findings revealed a significant relationship between the independent variables and recidivism Based on the findings, it was recommended that mental health professionals should be engaged in the development of packages that will enhance the thorough participation of inmates in therapeutic programs, promote their psychological well-being and reduce their tendencies for reoffending. Family cohesion should not be traded for anything as its consequences are unimaginably destructive. To this end, every family member must unite to achieve it. On drug abuse, government agencies in charge of drugs should intensify their efforts on the misuse of drugs, especially among the young adults as this would not only promote healthy living but reduce criminal behaviours and recidivism.

Keywords: recidivism, substance abuse, emotional intelligence, dysfunctional family

[i] Correspondence: email kunleodedokun@yahoo.com

1. Introduction

One of the main concerns in correctional systems by every stakeholder is the rate of recidivism among released offenders (James, 2015). In the last few years, the rate of recidivism has grown exponentially with the advancement of rehabilitation programs and reintegration facilities. It does not only pose a problem to the correctional system of a state but it also affects the society in general as the safety of the citizenry is not guaranteed. Recidivism is not only a problem for the individual involved but for the family members, the society and the nation at large. Recidivism encompasses re-arrest, resistance to rehabilitation, repeat offending, re-conviction re-admission, re-incarceration, and repetitious criminal tendencies among others. In broad terms, recidivism means relapse into a crime and criminal lifestyle or activities by an offender who had once or more times been processed through the penal system. There have been various programs and systems put in place for the inmates by various organisations and the government to ensure an adequate re-entry into the society as well as their normal daily work and family activities. However, statistics have shown that 75% of ex-offenders return to the correctional facility within 2 to 3 years of their release (Miller and Miller, 2015). This is thus an alarming issue in the criminal justice system (Cooper, Durose and Synder, 2014).

Although a global phenomenon, recidivism seems to be one of the serious challenges not only facing the Nigerian prison system but also the country at large. It has been admitted that the rate at which released inmates return to the prison a few months after release has attracted the attention and interest of criminologists, sociologists and scholars from other disciplines who now doubt the ideal functions of the prison institution (Abrifor, 2012). Statistics from Nigerian prisons show that over 60% of inmates are recidivists, and this is an indication that the prison as a reformatory or rehabilitation home has failed in correcting the antisocial behaviour of inmates (Chukwumerije, 2012). Again, life in Nigerian prison is so regimented to the extent that it appears that the primary purpose is punitive. Once as put succinctly by Chiemeka (2005), is that the current state of affairs of prisons can only take criminals off the street for a while, it seems that they do little, if anything to deter crime in the long term. Upon release, the ex-offender's way of life after reintegration is distorted because of factors like unemployment, hunger, shelter, social acceptance, and survival in the harsh socio-economic situation of the country, to mention but a few. While all these are not enough reasons to go back to prison, they are issues that cannot be swept under the carpet. This study, therefore, focuses on the relationship between family dysfunction, substance abuse, emotional intelligence and recidivism among young adults in Agodi Correctional Centre, Ibadan, Nigeria.

A dysfunctional family is one of the relevant variables in this study. The family members, namely; the parents are the role models for the perception of positive identification of the children and they impose their own parenting styles which could be authoritative, permissive, democratic style or indifferent. A dysfunctional family is

considered as one which is not able to fulfil the obligations which ensure proper development, assistance, care and protection of the children. The family is a complex system that regulates changes. In literature, there are different meanings of family. The functional definition focuses on the main functions of a family. It is based on the importance of human reproduction and highlights the fact that children need nurturing for a relatively long period of time. Functional theories analyse the effectiveness of accomplishing required functions by families. If such functions are not performed, these structures are called dysfunctional families.

Dysfunctional family members have common features and behavioural patterns as a result of their experiences within the family structure. This tends to dysfunctional or maladjusted behaviours like excessive gambling, drinking, smoking, sex offending, pedophilic tendencies, bullying, drug addiction, juvenile delinquency, gang membership etc. Emotional Support is another important purpose of a family. All the members of a family assist one another in solving their personal and social problems. Family upbringing determines the family lifestyle. Lastly, the family also takes care of child socialization and instils basic values in young children such as socially ideal behaviours and culture, which establish their personality, communication skills, habits, manners and of course, complete socialisation. When an individual is, therefore, raised in a dysfunctional family where love, trust, faith in serving others, emotional bonding and social support, and respect for one another are missing but rather where maladjustment behaviours like excessive gambling, drinking, smoking, sex offending, possibly including paedophilia, bullying, drug addict, juvenile delinquency are reinforced, there is a great tendency for deviance which could lead to crimes, prison sentence and eventually recidivism.

In Nigeria, many families are disjointed as a result of poverty, harsh socio-economic challenges, job losses and insecurity which has led to broken homes separated spouses, divorces, broken marriages, inability to provide for family members, inability to provide educational facilities for the children absence of supportive and monitoring roles collapse of family systems, increased emotional, physical and sexual abuse and wife/ husband battery etc. All these if not well handled could promote family dysfunction/disintegration and could lead to criminal behaviours and ultimately recidivism among the children and young adults. Extensive research has been conducted to understand the critical roles of family relationships within the family which may play a significant role in predicting an individual's future involvement in crime and a risk of recidivism. The often-hypothesized theory states that individuals coming from supportive and enriching homes, characterized by positive and loving familial relationships, stable living environment and regard are less likely to pursue a life of crime (Petrosino, Derzon and Lavenberg, 2009). It can then be hypothesized that an individual raised in a dysfunctional family environment has the tendency to engage in criminal behaviour. In view of the above, this study, therefore, seeks to investigate the influence of dysfunctional families on recidivism among the young adults in Agodi Correctional Centre, Ibadan, Ibadan.

Another variable of interest in this study is Drug Abuse. The history of human race has also been the history of drug abuse (Maithya, 2009). In itself, the use of drugs does not constitute evil; in fact, some drugs have been a medical blessing (Maithya, 2009). Since, time immemorial, herbs, roots, and bark leaves have been used to relieve pain and help control diseases. Unfortunately, certain drugs that initially produced enticing effects, such as a sense of feeling good, elation, serenity and power have evolved into a problem of dependence and abuse. Substance abuse is the use of tobacco, alcohol, illegal drugs, prescription drugs or other substances in ways not acceptable to the overall health of the individual which makes them commit offences that could lead them to prison.

Drug abuse is a global phenomenon that poses a great danger to the lives of individuals, society, and the nation. Of major concern is that children and young adults seem to be targeted as the new market for the drug industry globally. Drugs and substance abuse has become the focus of research and preventive activities in developed countries for decades. Africa has not been spared from the abuse of drugs by the youth. The continent, over recent years, has experienced an upsurge in the production, distribution and consumption of drugs with the youth and young adults being mostly affected.

Substance abuse causes changes in an organism's physiology or psychology when consumed. Psychoactive substances are chemical substances that affect the function of the central nervous system, altering perception, mood or consciousness. These substances abused are divided into different groups like: stimulants, depressants, antidepressants, anxiolytics, antipsychotics, and hallucinogens. All forms of substance abuse can have potential side effects. Abuse of several psychoactive substances can cause the psychological or physical addict.

Empirical studies documenting the relationship between community-based substance abuse treatment and recidivism have been widespread. Most studies have been state-level evaluations focused on assessing the deterrent effect of specific substance abuse treatment modalities on recidivism. Sinha, Easton, and Kemp, 2003). When an individual is involved in substance abuse there is a likelihood of such an individual misbehaving or doing what he would not have naturally done when not under the influence of substance abuse. For example, the committing of criminal activities. This is because substances like stimulants have psychopharmacological effects that can increase the likelihood of engaging in criminal behaviour (Cartier, Farabee Prendergast, 2006). In a study conducted by the Bureau of Justice Statistics (2005), it was found that drug offenders were the second most likely group to re-offend after property offenders. In another empirical finding, Caudy, Folk, Stuewig Wooditch, Nartinez Maass, Tangney and Taxman (2015) found out that substance misuse moderates the relationship between criminal thinking and recidivism Lastly, in a study by Bonta, Law and Hamson (1998) and Larney, Martire (2010), the researchers found out that substance abuse is a strong factor affecting criminal recidivism among participants in their studies.

It is not a new thing in Nigeria today to see men and women especially young adults engaging in substance abuse in every corner without any restriction. The young

adults take pride in this new normal and when they lose their senses as a result of substances taken because it causes changes in their physiological makeup, it makes them behave in a manner which ordinarily they would not have and this could lead to criminal behaviours which at the end of the day ends in recidivism. In view of the above, assertions from different scholars, this study investigates the influence of substance abuse on recidivism among young adults in Agodi Correctional Centre, Ibadan.

Emotional intelligence (EI) is the last variable in this study. It is the capacity to understand and manage emotions. Mayer and Salovey (1997) define it as the ability to perceive emotion, integrate emotion to facilitate thought, understand emotions, and regulate emotions to promote personal growth. They identified two areas of EI: experiential (ability to perceive, respond, and manipulate emotional information without necessarily understanding it) and strategic (ability to understand and manage emotions without necessarily perceiving feelings well or fully experiencing them) (Mayer and Salovey, 1997). Bar-On, the originator of the term "*emotion quotient*," possessing a slightly different outlook, defines EI as being concerned with understanding oneself and others, relating to people, and adapting to and coping with the immediate surroundings to be more successful in dealing with environmental demands (Bar-On, 1997). Goleman described a functional view of EI stating that the benefits of EI are to motivate individuals, assist with impulse control and regulation of mood, and allow individuals to persist in situations in which they encounter barriers to success (Goleman, 2008). Goleman's model outlines four main EI constructs. The first, self-awareness is the ability to read one's emotions and recognize their impact while using gut feelings to guide decisions. The second, self-management involves controlling one's emotions and impulses and adapting to changing circumstances. The third, social awareness implies the ability to sense, understand, and react to others' emotions while comprehending social networks. Finally, relationship management which includes the ability to inspire, influence, and develop others while managing conflict (Goleman, 1998). Collectively, these factors help individuals function effectively on a daily basis and in this respect, EI can be conceptualized as a person's "*success-oriented traits*" (Harrod and Scheer, 2005). The construct of EI is important because it provides a framework to understand how emotional states affect social functioning, and it may have a predictive value above and beyond that of cognitive intelligence with regard to real-life outcomes (Schulze, Roberts, Zeidner and Matthew, 2005).

Emotional Intelligence is deeply related to aggression and offending (Hayes and O'Reill, 2013 and García-Sancho, and Salguero, 2014). Persons with high EI levels are more able to moderate their emotions and are less impulsive. On the other hand, individuals with low EI levels are more prone to risky behaviours. They also have a hard time understanding situations from the perspective of others and, therefore, tend to be less empathetic (Henley and Long, 1999). Some studies, consistently report EI deficits in criminals (Qualter, Ireland and Gardner, 2010 and Strüber, Lück and Roth, 2008). In addition, some studies indicate that offenders are deficient in subcomponents of EI such as empathy, (Kirsch and Becker 2007) impulse control (Strüber, Lück and Roth, 2008) and

self-regard (Martin, 1985). It can then be hypothesised that, an individual with higher EI levels will have a better ability to empathise with others and not rob them or afflict injury on them, therefore, becomes an organized individual. Also, he will be able to put himself in the shoes of others. He will also have great impulse control which will restrain him from committing crimes and finally have good self-worth and regards for himself. But for people with low EI, reverses the case as this could lead them to commit crimes over and over again, hence, recidivism. This study, therefore, focuses on the relationship between dysfunctional family, substance abuse, emotional intelligence and recidivism among young adults in Agodi Correctional Centre, Ibadan, Nigeria.

2. Research Questions

The following are the hypothetical questions on which this study is based;
1) What is the significant relationship between dysfunctional family, substance abuse, emotional intelligence, and recidivism among young adult inmates of Agodi correctional facility?
2) What is the joint contribution of a dysfunctional family, substance abuse and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility?
3) What is the relative contribution of a dysfunctional family, substance abuse and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility?

3. Research Design

The descriptive survey design of correlational type was adopted for this study from which the selected sample portion draws inference to its population. The ability of the method to scrutinise the accuracy of the study phenomenon as imbibed in the respondents and provision of precise description of responses without any form of manipulation remains the motivation is the choice of the design.

3.1 Population
The target population for this study consists of young adult inmates of Agodi Correctional Centre, Ibadan, Nigeria.

3.2 Sample and Sampling Technique
One hundred and eighty seven (187) young adult inmates were randomly selected from Agodi correctional facility.

3.3 Instrumentation
The McMaster Family Assessment Device–General Functioning Subscale (FAD-GF) by Epstein, Baldwin & Bishop (1983) was used in this study. Participants were required to

answer 12 items using a 4-point Likert scale ranging from 1 (strongly disagree) to 4 (strongly agree). Two of the sample items are "We cannot talk to each other about sadness we feel" (negative item), and "We are able to make decisions about how to solve problems" (positive item). A mean score is computed by averaging the item scores after reverse scoring six negatively worded items. Higher scores indicate a higher level of healthy family functioning.

The Drug Abuse Screening Test (DAST) developed by Skinner (1982) was used to collect information on the substance abuse of the participants in this study. The scale was developed to provide a brief instrument for clinical screening and treatment evaluation. The scale has a variety of items consisting of 10 items and each item was rated using two-point Likert scoring scale. Sample item includes: "have you used drugs other than those required for medical reasons?" and "have you lost friends because of your use of drugs"? The developers reported a reliability of 0.88.

The Emotional Intelligence scale developed by Afolabi (2016) was adopted for this study. The scale was developed to measure the emotional feelings of the participants. The scale consisted of ten items and each item was rated using five-point Likert scale which ranges from "Very right" = 4 to "Very wrong" = 1. Two sample items are "I am good at reading people's feelings" and "I enjoy the company of my friends". The developers reported a reliability of 0.80.

3.4 Data Analysis

The researcher made use of Statistical Package of Social Sciences (SPSS) version 21.0 to analyse the data collected for the study. The data were later subjected to Multiple Regression Analysis and Pearson Product Moment Correlation at a 0.05 level of significance. A Frequency table was used to analyse the demographic characteristics of respondents. Multiple regression analysis was used to analyse the joint contribution and the relative contribution of the independent variables to the dependent variable while Pearson Product Moment Correlation was used to determine the relationship between the independent and the dependent variables.

4. Results

Research Question One: What is the significant relationship between substance abuse, social support, emotional intelligence, and recidivism among young adult inmates of Agodi correctional Centre?

Table 1: Summary of correlation matrix showing the relationship between the study variables

Variables	1	2	3	4	5	6	7	Mean $\overline{X}$	SD
Recidivism	1.000							26.95	8.54
Substance abuse	.341**	1.000						15.92	2.56
Emotional intelligence	.171	.675	.493	.260	.471	1.000		14.47	2.22
Dysfunctional family	.877	.026	.705	.880	.743	.085	1.000	31.20	7.57

Table 1 above reveals the inter-correlational matrix on the relationship that exists between substance abuse, social support, emotional intelligence and recidivism among young adult inmates of Agodi correctional Centre. Substance abuse (r =.341, p<0.05) has a significant positive relationship with recidivism. Also, Dysfunctional family (r =.877, p<0.05) has a significant positive relationship with recidivism and lastly, emotional intelligence (r =.171, p<0.05) has a significant positive relationship with recidivism. This implies that substance abuse, dysfunctional family and emotional intelligence play a significant role in recidivism among young adult inmates of Agodi correctional facility.

Research Question Two: What is the joint contribution of substance abuse, social support and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility?

Table 2: Multiple Regression Analysis on Recidivism

Multiple R = .974					
Multiple R^2 = .948					
Multiple R^2(adjusted) = .946					
Standard error of estimate = 1.97758					
Model	**Sum of Squares**	**Df**	**Mean Square**	**F**	**Sig.**
Regression	13620.709	2	2270.118	580.471	.000[b]
Residual	746.967	184	3.911		
Total	14367.677	187			

Table 2 above shows the joint contribution of substance abuse, dysfunctional family and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility. The value of R =.974, while R^2 = .948. This suggests that all the factors combined together accounted for (Adj.R^2= .946) variance in the prediction of recidivism. The other factors accounting for 94.8% variance in the prediction of recidivism are beyond the scope of this study. The ANOVA result from the regression analysis indicates that there was a significant joint contribution of substance abuse, dysfunctional family and emotional intelligence to recidivism, F (3/208) =1.97758, p<0.05) among young adult inmates of Agodi correctional facility.

Research Question Three: What is the relative contribution of substance abuse, dysfunctional family and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility?

Table 3: Relative Contribution of Each of the
Independent Factors to the Prediction of Recidivism

Coefficients[a]						
Model		**Unstandardized Coefficients**		**Standardized Coefficients**	**T**	**Sig.**
		B	**Std. Error**	**Beta**		
	(Constant)	-4.018	1.222		-3.287	.001
	Substance abuse	-.402	.085	.120	4.750	.000
	Emotional intelligence	-.034	.050	.130	.670	.045
	Dysfunctional family	-.029	.086	.107	.334	.003

Table 3 above revealed the relative contribution of each substance abuse, dysfunctional family and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility; substance abuse (β = .120, p<0.05) had a significant relative contribution to recidivism, dysfunctional family (β = .130, p<0.05) had a significant relative contribution to recidivism and emotional intelligence (β = .107, p<0.05) had a significant relative contribution to recidivism among young adult inmates of Agodi correctional facility. That is, substance abuse, dysfunctional family and emotional intelligence predicted recidivism among young adult inmates of Agodi correctional facility. In terms of the magnitude of contribution, the dysfunctional family made the most significant contribution to recidivism among young adult inmates of Agodi correctional facility, followed by substance abuse and then, emotional intelligence.

5. Discussion

The first research question examined the significant relationship between substance abuse, social support, emotional intelligence, and recidivism among young adult inmates of Agodi correctional facility. The result revealed that all the independent factors; substance abuse, dysfunctional family and lack of emotional intelligence positively correlated with recidivism among young adult inmates of Agodi correctional facility. This implies that substance abuse, lack of social support, and emotional intelligence play a significant role in recidivism among young adult inmates of Agodi correctional facility.

For substance abuse and recidivism, this finding is in line with a study carried out by Chaiken and Johnson (1998) that noted that there is substantial evidence that substance abuse, or an arrest for a drug offence, increases the chances for probationer recidivism. Olson and Lurigio (2000) also found that probationers with a history of drug abuse were twice as likely to violate their probation or have it revoked and 60 percent more likely to be arrested for a new crime while on probation when compared to individuals without a history of drug abuse. Also, Vito et al. (1990) found that those who successfully completed generalised drug treatment and testing program were less likely to be reincarcerated for technical violations compared to those who left the program prematurely or did not participate in the program. A possible justification for the findings between substance abuse and recidivism could be that, inmates may be suffering from

chronic substance addiction that they find extremely difficult to let go. Substance addiction amongst inmates is a critical situation that must be addressed before other correctional measures are administered, else, professional efforts for personality adjustment and desensitization of criminal behaviour will continue to prove abortive leading to recidivism.

On dysfunctional family, the result revealed that a dysfunctional or disjointed family is a critical factor predisposing young adults to recidivism. This is in consonance with the work of Idowu & Muhammed (2019), when they opined that family instability/disintegration buffers recidivism in juvenile recidivists in a correctional centre in Ondo State, Nigeria. Again, Gucwa-Porębska in a research on criminal behaviours and recidivism among adult inmates found out that dysfunctionality of the family environment is one of the reasons for recidivism (Gucwa-Porębska, 2009). When an individual is, therefore, raised in a dysfunctional family where love, trust, faith in serving others, emotional bonding and social support, and respect for one another are missing there is a great tendency to misbehave which could lead to crimes and finally incarceration and recidivism. In Nigeria, many families are disjointed as a result of poverty, harsh socio-economic challenges, job losses and insecurity which has led to broken homes separated spouses, divorces, broken marriages, inability to provide for family members, inability to provide educational facilities for the children absence of supportive and monitoring roles collapse of family systems, increased emotional, physical and sexual abuse and wife/ husband battery etc. All these if not well handled could promote family dysfunction/disintegration and could lead to criminal behaviours and ultimately recidivism among the children and young adults.

For the role of emotional intelligence on recidivism in this study, the findings go in line with the finding of Gendreau (1996) who opined that individuals with low emotional intelligence levels are more prone to risky or criminal behaviours. The study also declared that individuals without a significant level of emotional intelligence have a hard time understanding situations from the perspective of others and, therefore, tend to be less empathetic which in turn is characterised by behaviours that are hurtful and criminal. It could be hypothesised that individuals who lack emotional intelligence factors such as affection, understanding, self-evaluation, and analytical evaluation of circumstances amongst other characteristics will lack adequate coping mechanisms in dealing with tough circumstances. The present economy is characterised by inflations, reduced income, and unemployment therefore, an individual who lacks emotional intelligence and adjustment may find it difficult to cope with such menace and hurting another (criminal behaviour) may be their only chance to survive.

The second research question focused on the joint contribution of a dysfunctional family, substance abuse and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility. The result revealed that there was a significant joint contribution of the independent variables (substance abuse, dysfunctional family and emotional intelligence) to recidivism among young adult inmates of Agodi correctional

facility. In other words, the combination of all the independent variables has a strong contribution to recidivism among young adult inmates of Agodi correctional facility.

The third research question was directed at the investigation of the relative contribution of substance abuse, dysfunctional family and emotional intelligence to recidivism among young adult inmates of Agodi correctional facility. The study revealed that substance abuse, dysfunctional family and emotional intelligence all had relative contributions to recidivism among young adult inmates of Agodi correctional facility. In terms of the magnitude of contribution, the dysfunctional family made the most significant contribution to recidivism among young adult inmates of Agodi correctional facility, followed by substance abuse, and finally, emotional intelligence. This finding is in line with the study of Gendreau (1996); Olson and Lurigio (2000); Steinberg and Monahan (2007); Panuccio, et al. (2012) who in their independent studies found out that the factors in this study have independent contributions to recidivism.

A dysfunctional family may have had the highest contribution to recidivism because it is a critical factor that could lead to or moderate other factors in this study. An individual who is adequately supported, cared for and loved by his/her significant other tends to adjust properly to the environment. Such individuals, if under proper monitoring and support may have no reason to get involved in substance use and may display emotional intelligence which negates criminal behaviours and recidivism. A proper sense of belonging which may be derived from a good family and social support may influence or desensitise criminal and recidivistic tendencies. This explanation may have been the reason why the dysfunctional family has been rated as the highest contributor to recidivism. The assertion of emotional intelligence in the prediction of recidivism may be justified by the fact that the rise of uncontrolled and unregulated emotions among young adults could lead to EI deficits, and ultimately resulted to recidivism. Substance abuse seems to have a direct link with recidivism as untreated substance abuse offenders are more likely to relapse to drug abuse and return to criminal activities and recidivism than treated offenders

6. Conclusion

Based on the findings of this study, the following are the conclusions: Substance abuse was identified as a critical factor that greatly affects the rates of recidivism among inmates. Emotional intelligence is also one of the predictors of recidivism. The rise of uncontrolled and unregulated emotions among young adults inadequately addressed led to EI deficits, and ultimately resulted in recidivism and finally, when an individual is, therefore, raised in a dysfunctional family where love, trust, faith in serving others, emotional bonding and social support and respect for one another are missing there is a great tendency to misbehave which could lead to crimes and finally incarceration and recidivism.

6.1 Recommendations

In light of the findings, the following recommendations have been made:

Mental health professionals should be engaged in the development of packages that will enhance the thorough participation of inmates in therapeutic programs, promote their psychological well-being and reduce their tendencies for reoffending Families and significant others of offenders should be administered family therapy towards the sensitisation of their roles in the adjustment of inmates during and after incarceration as they remain a critical stakeholder in the maintenance of adequate psychological health of the inmates and finally, family cohesion should not be traded for anything as its consequences are unimaginably destroying. To this end, every family member must unite to achieve it. On drug abuse, government agencies in charge of drugs should intensify their efforts on the misuse of drugs, especially among the young adults as this would not only promote healthy living but reduce criminal behaviours and recidivism.

Conflict of Interest Statement

The author declares no conflicts of interest.

About the Author

Solomon Adekunle Odedokun is a Senior Lecturer in the Department of Counselling and Human Development Studies, University of Ibadan, Nigeria. His research interests include police behaviours, emotional intelligence and correctional psychology. orcid.org/0000-0003-2891-7446

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