



Period of imprisonment and mental well-being of female prisoners inhabitant of Lucknow Jail, UP, India

Pratibha Mitra and Shalini Agarwal

Department of Human Development and Family Studies, School for Home Science, B.B.A.U., Lucknow, India
snmmitra57@gmail.com

Available online at: www.isca.in, www.isca.me

Received 5th October 2016, revised 10th January 2017, accepted 21st January 2017

Abstract

Present study intends to assess the mental well being of female prisoners in Lucknow jail. This study was designed for disruptive methods. The sample of study was consisted of 120 female prisoners in jail. The random sampling technique was used to select the sample from the jail. Present studies were identified such as year of imprisonment, convicted period of imprisonment, and mental well being of female prisoners. 66.7% of the total female inmates were 5-10 years of imprisonment. Some of the inmates (9.2%) were 15-20 years of imprisonment. Of the total female inmates under the above 20 years 78.3% were convicted period of imprisonment. 21.7% inmates are 5-20 years convicted period of imprisonment. The result was found that there exists no relationship between years of imprisonment of female prisoners or convicted period of imprisonment and mental well-being the conclusion was found significant and null hypothesis was rejected.

Keywords: Imprisonment, Period, Mental well being, Prisoner, Convicted period.

Introduction

Prisoners are more susceptible for poor well-being due to number of reasons. First of all those who have committed severe crimes such as murder, robbery and rape are punished by court and they have to reside in prison for long period of time. At the entrance of jail they get estranged from their family and they know they have to wait for the long period of time to obtain reunion with the family¹. After family we get support, happiness, company, help, recommendation and many more from our friends. But in the case of criminals' imprisonment grab this support system from them. This isolation leaves most damaging effect on prisoners then the jail setting.

It appears to us there is a misconception that a prisoner serving a life sentence has an indefeasible right to be released on completion of either fourteen years or twenty years Imprisonment. The prisoner has no such right. A convict undergoing life imprisonment is expected to remain in custody till the end of his life, subject to any remission granted by the appropriate government. In the case of a person proved or declared guilty of an offence undergoing life incarceration, he will be in under observation for an unfixed time period. Therefore, release acquire by or apportion to such an essence prisoner are only social or imperial. There is no such thing as life imprisonment being for 14 or 20 years. That is a misconception spread out in India, for reason explained below. India's Supreme Court has already clarified that being remand factors are the convict in penal institution till spire her life². There is not also nothing as day and night being counted as two days, nor does good behaviour mean automatic reduction in sentence. If a prison experience low mental well-being over a long period of

time, he/she is more likely to develop a mental health problem. However, one still has periods of good wellbeing, where they are able to manage their condition and life without becoming unwell. If a prison is facing uncompromising time, talk about the procedure they feeling person of influence whom they have information and assurance can usually help. Mental health is not simply the absence of mental illness. Mental health refers to the capacity of individuals and groups to interact with one another and their environment in ways that promote subjective wellbeing, optimal development and use of mental abilities and the achievement of individual and collective goals consistent with justice.

Mental health is one of God's greatest gifts to mankind. Conversely mental illness has debilitating effects not only on one's life but affects others in the environment as well. This becomes all the more detrimental to society at large if it assumes the form of a negative and hostile reaction towards the world. Society at large does not condone criminal acts and the perpetrators of such acts, are loathed and labelled as 'evil'³. Third world countries rarely consider the possibility of a mental health issue while punishing a wrongdoer. There is endless debate even in other parts of the globe over the plea for insanity and its proper punishment, especially in cases of murder. The more brutal the crime is considered, the more severe its consequences are in the public eye. Gender discrimination comes into play in societal perception of crimes committed by women.

The nature of the crime committed is also of immense importance here. Historically the nature of crimes committed by women has been diverse, but the population convicted of

criminal offences has remained proportionately significantly smaller as compared to their male counterparts. Hence their importance has often been neglected. Women inmates and offenders convicted of serious crimes now constitute a still smaller but rapidly growing number around the globe.

Certain common factors can be outlined with respect to prisoners in jail settings. Social exclusion in early life along with a greater incidence of mental health care needs, substance abuse and worse physical health are some of the common denominators in prisoners. Disturbances in relationships early in life along with poor financial background and exposure to aggressive patterns of upbringing have generally been the most favoured psychosocial attributes for the making of an offender. Female convicts show a similar trend related to life circumstances. Some of the common predisposing factors linked with later life illegal activities by women include a history of domestic or partner abuse and even sexual assault, especially in the case of the women and girls who support drug habits with the sex trade, becoming victims as well as defendants in the process.

Outcome of the style of living of some women have had before entering the prison system, their time in prison might be the first time in their lives that they have had access to healthcare, social support and counseling. The prison service should pay careful attention to women's special needs, including specific health care needs, and guarantee a gender sensitive system of care while recognizing the opportunity for empowerment and supporting healthy choices many prisoners have experienced violence in their time before or in prison, often gender based violence from their intimate partners. Three times as many women as men report that they have experienced violence, either physical or sexual, before their imprisonment. Women who have experienced violence and abuse before their imprisonment may have low self esteem and poor skills and suffer from a lack of confidence. Violence and abuse are also associated with poor outcomes in terms of mental and physical health problems, including reproductive health problems⁴.

Aspects of the prison rules as well as traumatic involvements in childhood and adulthood, mental health problems and absence of social support are accessory with suicidal behaviour. Most of the women in prison self-harm than commit suicide⁵.

The nature of crimes committed by women has been diversified, but the population convicted of criminal offences has been significantly smaller as compared to their male counterparts. Hence importance of female prisoners has been neglected⁶. As per the experts in the field of Physico-Psychiatric Research, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruit fully, and is able to make a contribution to her or his community⁷. The

human body reacts to stressors in a very indefinite way. Whether a person is going through a divorce or is late for an important meeting, the physiological response is the same. Whereas, psychosomatic range of the stress inflect with the investigation of a situation that person is in as any stress or depends on personality judgements. These types of judgement changes depend upon individual's involvements with his/her life. A human body's react to constant stress can be comprehensive; it intimates an exhibition of various types of stress that can have different health consequences.

The word "Prison" is synonym of the word 'Jail' or 'Gaol' or 'Prison', has been defined as a place properly arranged and equipped for reception of persons who by legal process are committed to it for safe custody while awaiting trial or for punishment⁸.

Female prisoners lack legal awareness as they are illiterate and uneducated. Another reason behind female committing crime is domestic violence. In some family women are only doing household chores and they have no income source. They are the victims of husband beating. Imbalance in family structure creates space for domestic violence. The breakdown of the marriage relationship is a serious psychological blow to female and it will make psychological crisis and if this psychological crisis is not resolved in timely can cause women's to commit crime in the society.

Societal changes have contributed an increase in crime load. Female crime by definition refers to the crime committed by the females. It corresponds with the male crime and classification of crime which is made from an gender perspective. The requirements of female prisoners are different from the male prisoners. Women crimes have increased rampantly and so single reason can be held responsible. Women have always been exploited. Psychological and physiological behaviour of female offenders were usually viewed as pathological distortions or departures from the normal, inherent nature of female. More freedom has been given to them to get into new position and new roles, thereby giving them new opportunity for participation in crime. Double standard maintained by female had also helped in creation of crimes because it leads to frustration and desire on their part. Women criminality is being impacted by greater restriction and social roles. It is likely to increase female crime due to reduction of restraints education girls and women will be willing than ever to challenge the traditions. The main causes of frustration and ultimate crimes are due to interpersonal relationship with husband and other family members, husband's extra family relations, denial of basic needs such as affection, security and etc. Mainly housewives are convicted for minor thefts as they lack money to be able to buy things. They steal so as to fulfil those budgets requirements. The main indicator to measure the moral standards of a community is female crime. The number and proportions of crimes committed by female are less than male. Yet we have to understand women in crime. Male are more

violent and tend to involve in various crimes compared to female. The gender approach to understanding female is less due to gender differentiations. Due to difference in emotional, psychological factors between males and females portrait that males are involved in heinous and more in crimes than female. Female prisoners comprise of small segment of all people in prison.

Objectives: i. To study socio economic profile of the women prisoners inhabitant of Lucknow jail. ii. To do situational analysis of women prisoners of Lucknow jail. iii. Assessment of mental wellbeing of female prisoners of Lucknow jail. iv. To study relationship between selected independent and dependant variables.

Hypothesis: i. There exists no relationship between years of imprisonment of female prisoners and mental well-being. ii. There exists no relationship between convicted period of female prisoners and mental well-being.

Methodology

Research design: Research design is a logical task and is taken to ensure that the avoidance collected enables to answer question or to test theories as unambiguously as possible. The research design followed in present study was descriptive research design. Descriptive nature for used for data collection in the present study “Mental well-being of female prisoner’s inhabitant of Lucknow jail”. Descriptive research is conclusive in nature, as opposed to exploratory. This means that descriptive research gathers quantifiable information that can be used for statistical inference on target audience through data analysis. As a consequence this type of research takes the form of closed-ended questions, which limits its ability to provide unique insights. However, used properly it can help an organization better define and measure the significance of something about a group of respondents and the population they represent. When it comes to online surveying, descriptive is by far the most commonly used form of research. Most often, organizations will use it as a method to reveal and measure the strength of a target group’s opinion, attitude, or behaviour with regards to a given subject. This information could then be studied at face value, measuring trends over time, or for more advanced data analysis like drawing correlations, segmentation, bench marking and other statistical techniques.

Local of the study: The present study was conducted in Nari Bandi Niketan, Gosaiganj Mohanlalganj, Lucknow jail.

Sampling procedure: The samples for the study consist of 120 female prisoners of Lucknow jail. The random sampling techniques were used to select the sample from the selected Lucknow jail. Random sampling focused on sampling methods where section that were considered based on the determination of the researcher. The essential purpose of random sampling was focused on special attribute of a society that are of

interested which was full permit to answer for research questions.

Selection of variables: Based on the available literature variables for the present study were identified. Independent and dependent variable incorporated in the present study are presented as; Independent Variables year of imprisonment, convicted period of imprisonment, arrested earlier. Dependent Variables - Mental well-being.

Dependent variables and their operational definition: The dependant variable is the factor that is measured to determine the effect of independent variable. In the present study assessment of mental well-being were considered as dependent variables. Mental well-being relates to a person’s psychological functioning, life satisfaction and ability to develop and maintain mutually benefiting relationship. Psychological wellbeing includes the ability to maintain a sense of autonomy, self satisfaction endure mental health is more than evaluate and prohibit mental illness. Mental illness is a indication to enclose mental disorder these are illness which change emotion, change and the strength of behaviour capable and judiciously. Parsimonious overview of well being core on the mental observation of happiness and life satisfaction. Educational overview of well being core on psychological useful good relationship with others and self awareness. Individual inherent development of satisfied results in actual working in life and caparison in large area of cognitive aspects of mental health.

Tools and techniques: i. To carry out the present study the following tools were used. A self-structured pre-tested interview schedule to collect general and specific information about the respondent. ii. Warwick Edinburgh mental well-being scale year (2006) was used to assess the mental well-being of female prisoners of Lucknow jail. iii. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) include 14 feature that present to an characteristic statements of mental well being (thoughts and feelings) in the earlier two weeks. Respondents are invented on a 5 points scale ranging from ‘none of the time’ to ‘all of the time’. All features is easily frame and well adjusted they coating better but not all aspect of mental well being enclose both parsimonious and overview happiness. Those area are not include spirituality or purpose in life. WEMWBS purpose of observed mental well being itself and not the explanation of mental well being. Which include flexibility, skills in relationship, emulation management and problem solving, as well as socio-economic elements such as poverty, domestic violence, terrorize, unemployment, stigma, racism and other system of social prevention.

Construct Validity: Considers the extent to which there are logical relationship between the scale and other scales or factors know to affect the concept being measured validation of WEMWBS was assessed by testing correlation between WEMWBS and other scales that measure aspects of mental health, as well as scales that observed general health and

feelings or emotions. Correlation were conservative large between WEMWBS and the scale of psychological well being fulfillment of life, positive and negative change of scale actual subscale and the WHO five well being indication.

Internal consistency: It examine the duration to which WEMWBS's features are focused on estimate mental wellbeing. Scores range from 0 to 1 and are observed by Cronbach's alpha coefficient. The larger than the co-efficient they also deeply correlated the features in the scale for WEMWBS. Cronbach's alpha coefficient = 0.89

Test-retest reliability: Test-retest reliability is inflexible by measured the correlation between two sets of scores for the same group of people who repeat the test after a set terms of duration. The test-retest reliability score was high for WEMWBS
Correlation = 0.83 after one week (n = 124)

Pre-testing of schedule: The interview schedule was pretested on 10 respondents for validity. This mini study was helpful for assessing the calculated information.

Methods of data collection: The data was collected through in depth face to face interview to elicit the required information from the female prisoners. The sample was identified and permission was sought from them to conduct the study. Efforts were made to maintain the accuracy precisions and relevance of the answer.

Analysis of Data: The data was tabulated, coded and decoded descriptive and relational statistics tools were used to analyse. SPSS (version 20) was used to analyse descriptive and relational statistics. The data analysis was done using descriptive statistics in term of frequency Percentage and ANOVAs test.

Results and discussion

Mental well being of female prisoner's inhabitant of Lucknow jail. The study was the finding of the study as obtained after the analysis of the data collected by interview schedule along with standardized scales. The samples for the study consist of 120 female prisoners of Lucknow jail. The random sampling techniques were used to select the sample from the selected Lucknow jail. The present studies were identified. Independent and dependent variable.

Table-1: Distribution of respondents on the basis of year of imprisonment

Sl. No.	Year of imprisonment	Respondents (N=120)
1	5-10	80(66.7%)
2	11-15	29(24.2%)
3	16-20	11(9.2%)

Data in Table-1 showed that more than half of the of respondents (66.7%) had spent 5- 10 years of imprisonment, (24.4%) respondents had spent in the 10-20 years of imprisonment but very few respondents (9.2%) had spent in 15-20 years of imprisonment.

Table-2: Distribution of respondents on the basis of female prisoners convicted Period of imprisonment

Sl. No.	Convicted Period of Imprisonment	Respondents (N=120)
1	5-20	26(21.7%)
2	20 and Above	94(78.3%)

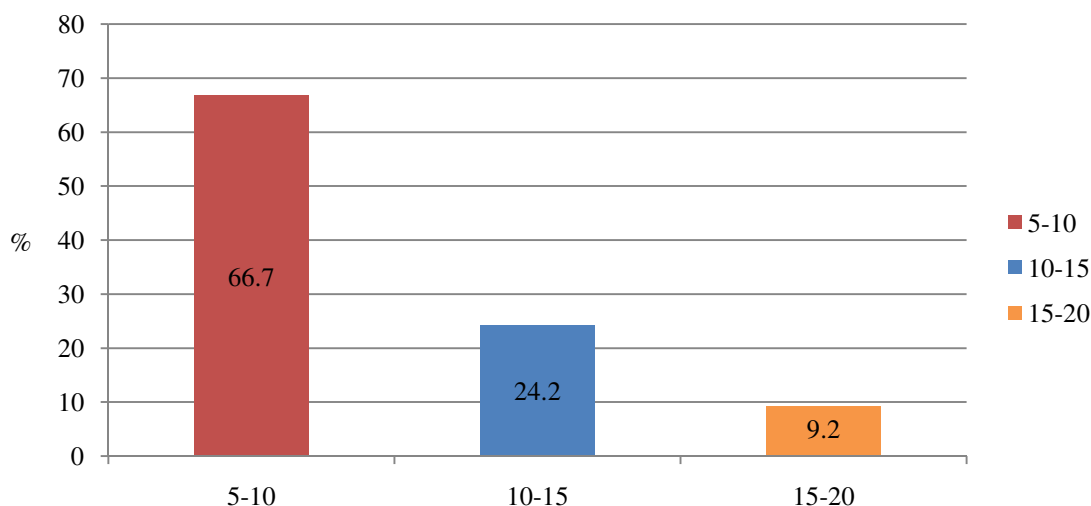


Figure-1: Distribution of the respondents on the basis of years of imprisonment.

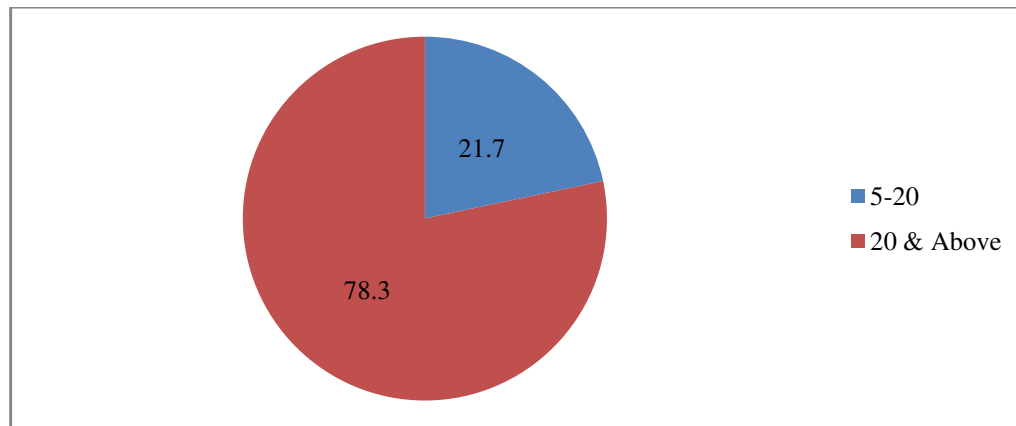


Figure-2: Distribution of respondents of the basis of convicted period of imprisonment

Data in table 2 showed that the majority of respondents 78.3% were in convicted period of imprisonment 20 and above years and 21.7% respondents were in convicted period of imprisonment of 5 – 20 years.

Table-3: Distribution of respondents is of the scores obtained of mental wellbeing scale The Warwick- Edinburgh mental well-being scale.

Sl. No.	Scores (between 14 and 70)	Respondents (120)
1	37	1 (0.8%)
2	40	1 (0.8%)
3	43	1 (0.8%)
4	44	2 (1.7%)
5	45	4 (3.3%)
6	46	12 (10.0%)
7	47	5 (4.2%)
8	48	8 (6.7%)
9	49	4 (3.3%)
10	50	3 (2.5%)
11	51	5 (4.2%)
12	52	2 (1.7%)
13	55	1 (0.8%)
14	57	4 (3.3%)
15	59	1 (0.8%)
16	60	1 (0.8%)
17	62	25 (20.8%)
18	63	7 (5.8%)
19	64	22 (18.3%)
20	65	10 (8.3%)
21	67	1 (0.8%)

According to some statements about felling and thoughts are presented in scores in 14 Minimum scores and 70 Maximum scores.

The total scores obtained by respondents on mental well being scale the scores ranged from 37 to 67. It was clear from that table that 20.8 percent respondents scores 62. While 18.3 percent respondents score 46 the highest and lowest scores 67 and 37 were scored by very few respondents 0.8 percent respondents revealed that majority of respondents 93.3% said that all of the time in felt optimistic about the future. Most of the respondents 77.5% have said that they were all of the time was felt useful and 75% were relaxed were all of the time. While 94.5% said that the all of the time were feelings interested in other people and 1.7 present rarely interested in other people. On the other hand 92.5% respondents said that the all of the time had energy to spare and 90.8% have been dealing with problems well in all of the time. 85% respondents were said that all of the time feeling clearly and 86.7% were feeling good about themselves in all of the time. More than 44.2% of respondent who were said that the sometimes feeling close to other people were 15% are sometimes and feeling confident were 52.5% is all of the time. While 45.8% were respondents said that the sometimes able to make up on my own mind about thing and 95% said that respondents all of the time were feeling loved which is the highest percentage and 0.8% was rarely feeling this. 93.3% said that all of the times were interested in new things and 66.7% respondents said that the all of the times were feeling cheerful and 0.8% was not feeling cheerful.

Testing of hypothesis: Ho: There exists no relationship between years of imprisonment of female prisoners or convicted period of imprisonment and mental well –being.

Data in Table-5 showed that χ^2 value 52.406 was found significant at 0.05 level of significant and 12.439 was found significant at 0.05 level of significant thus, if means that null hypothesis was rejected. It meant that there exists a relationship between the year of imprisonment or convicted period of imprisonment and mental well-being of female prisoners.

Table-4: Distribution of respondents on the basis of mental well-being scale.

Statements	Respondents response (N = 120)			
	Rarely	Sometimes	Often	All the time
I've been feeling optimistic about the future	2(1.7)	5(4.2)	1(.8)	112(93.3)
I've been feeling useful	5(4.2)	14(11.7)	8(6.7)	93(77.5)
I've been feeling relaxed	4(3.3)	18(15.0)	8(6.7)	90(75.0)
I've been feeling interested in other people	2(1.7)	3(2.5)	2(1.7)	113(94.5)
I've been had energy to spare	1(.8)	6(5.0)	2(1.7)	111(92.5)
I've been dealing with problems well	1(.8)	6(5.0)	4(3.3)	109(90.8)
I've been thinking clearly	1(.8)	9(7.5)	8(6.7)	102(85.0)
I've been feeling good about myself	1(.8)	8(6.7)	7(5.8)	104(86.7)
I've been feeling close to other people	8(6.7)	53(44.2)	41(34.2)	18(15.0)
I've been feeling confident	6(5.0)	63(52.5)	41(34.2)	10(8.3)
I've been able to make up my own mind about thing	4(3.3)	55(45.8)	42(35.0)	19(15.8)
I've been feelings loved	2(1.7)	1(.8)	3(2.5)	114(95.0)
I've been interested in new things	1(.8)	6(5.0)	1(.8)	112(93.3)
I've been feeling cheerful	1(.8)	23(19.2)	16(13.3)	80(66.7)

Table-5: chi-square value between independent variable years of imprisonment or convicted period of imprisonment and dependent variable mental well-being.

Variables	Chi-square	df	Sign.	Conclusion
Year of imprisonment	52.406	36	.038	S
Mental well being				
Convicted period of imprisonment	12.439	16	.713	S
Mental well being				

Conclusion

In a sample of 120 female prisoners in a provincial jail, we examined the mental well-being status. We found that while prisoners generally report good overall health, they report a number of mental health issues. The study highlighted the importance of taking into account how healthy prisoners were prior to incarceration when interpreting overall changes in health. Factors such as age, marital status, the combination of prior levels of health and the jail environment appear to exacerbate the mental well-being health problems of prisoners.

Imprisonment is a putting someone in prisoners or lawful punishment, the state of being imprisoned, the act of confining someone in a prison (or as if in a prison) 66.7% of the total female inmates were 5-10 years of imprisonment .some of the inmates (9.2%) were 15-20 years of imprisonment.

A sentence is a decree of punishment. In law, a sentence forms the final explicit act of a judge-ruled process, and also the symbolic principal act connected to his function. The sentence can generally involve a decree of imprisonment, a fine and/or other punishments against a defendant convicted of a crime. Of

the total female inmates under the above 20 years 78.3% were convicted period of imprisonment. 21.7% inmates are 5-20 years convicted period of imprisonment.

References

1. Zadeh Z., Ahmad K.B. (2012). Mental health issues of women prisoners in Karachi Pakistan. *International Journal of Humanities and Social Science*, 2(14), 310-318.
2. Mohammed Mansoor, Syed Khalid Perwez, TNVR Swamy and H Ramaseshan (2015). A critical review on role of prison environment on stress and psychiatric problems among prisoners. *Mediterranean Journal of Social Sciences*, 6(1s1), 218-223.
3. Motte de. C., Bailey D., Ward J. (2012). How Does Prison Visiting Affect Female Offenders' Mental Health? Implications For Education And Development. *The Journal Of Mental Health Training, Education And Practice*, 7(4), 170-179.
4. Mind (2010). Information needs of women in prison with mental health issues. Retried from www.mind.org.uk/report/2010/pdf/files (accessed 14 January 2016)
5. SP Pandey (2004). Children of women prisoners in jails: A study in Uttar Pradesh. Pundit Govind Ballah Pant institute of studies in rural development, Lucknow.
6. World Health Organization (2015). Mental health: strengthening our response.
7. Women's health east (2013). Women's mental health and wellbeing. An overview document. Retried from <http://www.whe.org.au> (accessed 15 march 2016)
8. Kumari N. (2009). Socio economic profile of women prisoners. *Language in India*, 9(2), 134-259.
9. Ms Sumana Majumdar and Arpita Acharya (2016). Mental health problem among prison population Udaipur, Tripura. *International Journal of Applied Research*, 6(4), 297-300.
10. Baid S. (2015) Mental health and psychiatric morbidity in prisoners. *IOSR Journal of Nursing and Health Science*, 4(9), 67-72.
11. Prakash O., Sharma N., Singh A.P. and Sanger K.S. (2015). Effects of incarceration on well being of prisoners: A study among convicted and undertrials. *The International Journal of Indian Psychology*, 3(1), 155-164.
12. State resource centre for women (2000). women and child development. department, Govt of odisha, 2014-2015, women in prisons-an exploratory study in odisha, 1-101.
13. Shaik A. (2014). Prison in India: An overview. *Indian Journal of Applied Research*, 4, 530-536.
14. Shereen Sadiq and Razdha Parveen (2014). Imprisonment and health issues and concerns. *International Journal of Advanced Research in Management and Social Sciences*, 3(9), 121-140.
15. Seema D. (2013). Women prisoners in Odisha: A socio-culture study. M.sc. thesis, *International Journal of Humanities and Social Science*, National Institute of Technology Rourkela Odisha, India.
16. Mind (2013). How to improve and maintain your mental wellbeing.
17. Cherie A. (2012). Mental health in prison: A trauma perspective on importation and deprivation. *International Journal of Criminology and Sociological Theory*, 5(2), 886-894.
18. Sinha S. (2010). Adjustment and mental health problem in prisoners. *Industrial Psychiatry Journal*, 19(2), 101-104.