

Socio-Demographic Correlates of Prisoners' Psychological Wellbeing in Wamba Correctional Service Centre Nasarawa State, Nigeria.

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Abstract

The study investigated the influence of sociodemographic variables such as marital status and length of stay or duration of imprisonment on inmates psychological wellbeing in Wamba Correctional Services Centre, Nasarawa State, Nigeria. The participants consisted of 98 male prison inmates (never married 32; Married 66) from the Correctional Service Centre, Wamba which is the area for this study. The 98 participants responded to the Ryff's psychological wellbeing scale. Institutional approval was obtained from the correctional institution authorities. Two hypotheses were proposed and tested by means of simple statistical techniques (t-test) using mean and standard deviation and one-way ANOVA for the data analysis. Result of the t-test showed a non-statistically significant difference between the single and married inmates within the correctional centre environment in term of psychological wellbeing. This implied that single inmates do not have a better psychological wellbeing when compared to married inmates. The result from the one-way ANOVA revealed a non-statistically significant difference between the psychological wellbeing of inmates serving long sentence and other inmates (short sentence and awaiting trial). Hence, the two hypotheses were rejected. The study concluded that prisoners' psychological wellbeing has nothing to do with their socio-demographic variables. Based on the findings, the study recommended that correctional services centres should be more habitable and accommodating so that inmates can continue to have or develop a better psychological wellbeing while serving their terms of imprisonment.

Keywords: Correctional Service Centre, Correlates, Prisoners, Psychological Well-being and Socio-demographic.

Introduction

People who are incarcerated for one offense or the other may have issues that will affect their psychological well-being. For example, finding oneself in a cell that houses many inmates may lead to inmates having issues with their sleep and personality traits or dispositions which may subsequently affect their psychological well-being.

Psychological well-being of prison inmates is an important research field; thus this issue increasingly receives global concern. Taking the UK as an example, the UK Psychiatric Morbidity Survey 2012, reported significant increases in anxiety and depression among the inmates aged from 18 to 24 years. Rich and White cited in Baidawi (2015) identified

positive mental health services as a protective role against health risk behaviours, but negative mental health would result in risky behaviours among inmates. In addition, a large number of cross-sectional evidence shows that individuals having much depression and hopelessness tends to be less physically active and has more negative feelings, such as suicidal thoughts Rich and White in (Baidawi, 2015).

Macaskill, Robins and Byrne (2010) studied the inmates from prison in the UK, and found rates of mental illness among inmates are same as that of the general population, whereas only 5.1% of them can receive treatment. Therefore, easier access to specialist treatment is in great need among inmates. By contrast, some extant study findings showed that Hong Kong prison inmates are more vulnerable than their peers regarding mental disorders, because their health is poorer and they have higher rates of depression and anxiety.

Prison inmates are five times more likely to be recognized with mental health issues. The different context determines the different study research results, and thus studying inmates' psychological well-being should be closely related to the specific context. There are a variety of factors influencing prison inmates' mental health. For prison inmates, their failure to meet basic physical activity guidelines and increasing sedentary behaviours are significant factors. Among a wide variety of variables, psychological wellbeing is a significant factor, and wellbeing disorder frequently co-occurs with mental health problems.

Many studies have reported sex differences in personality traits, and the prevalence of insomnia and depression. Several studies have reported a relationship between personality traits and wellbeing in Caucasians. Lichstein, Damian and Roberts (2000) have documented racial differences in psychological wellbeing. Although there are several studies in Asian, most of them have been conducted among adolescents, university students, or small samples. Besides, they focused on only the neuroticism. It needs to be examined whether the psychological wellbeing would be related with the five factors of personality in broad range of age. The prison environment houses varieties of offenders based on their offenses as well as their socio-demographic classifications in terms of gender, age, marital status, length of stay or duration of imprisonment among others. Studying inmates psychological well-being matters a lot in today's prison system variables. This is because there are always issues of constant uprising and delay sentences across the prison system most especially the issue of overcrowding (Awopetu, 2014), and inmates have to adjust to such surrounding in other to live the life of prison. As a result, their Psychological well-being will seriously be affected. This study therefore investigated the psychological well-being of inmates with respect to some of their demographic variables such as marital status, sex and length of stay or duration of imprisonment.

Hypotheses

This study is guided by the following hypotheses;

- i. Inmates who are single will have better psychological well-being than those who are married.
- ii. Inmates serving long period of imprisonment are likely to have different psychological wellbeing with others in the correctional service environment.

Literature Review

Psychological Wellbeing

Psychological well-being is simultaneously the absence of the crippling elements of the human experience such as depression, anxiety, anger, fear and the presence of enabling one's positive emotions, meaning, healthy relationships, environmental mastery, engagement and self-actualization. Psychological wellbeing is above and beyond the absence of psychological ill-being and it considers a broader spectrum of constructs than what is traditionally conceived of as happiness (Seligman & Csikszentmihalyi, 2000). Rachel, Annette, Jan and Lalage (2012) noted that psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events (Rachel, Annette, Jan & Lalage, 2012).

Psychological well-being is a term which has different meanings to different people. According to Levi and Maslow (1987) well-being is a dynamic state characterized by a reasonable amount of harmony between an individual's abilities, needs and expectations, and environmental demands and opportunities. In their systematic review of the definitions (Pollard & Lee, 2003) describe well-being as a "complex, multi-faceted construct that has continued to elude the researchers' attempt to define and measure it." Broadly speaking, well-being has been defined from two perspectives. The clinical perspective has generally operationalized well-being as the absence of negative conditions such as depression, distress or anxiety whereas the psychological perspective defines well-being as the prevalence of positive self attributes (Ryff & Singer, 1996; Seifert, 2005). It is a person's evaluative reactions to his or her life, either in terms of life satisfaction, 'cognitive evaluations' or affect 'ongoing emotional reactions' (Kashdan, Biswas, Diener & King, 2008). In general terms, it can be defined as the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry etc. It emphasizes positive characteristics of growth and development. (Seifert, 2005) gave a multidimensional model of well-being which included six distinct components of positive psychological functioning. In combination these dimensions encompass a breadth of wellness that includes positive evaluations of oneself and one's past life despite the

awareness of their limitations (self-acceptance), a sense of continued growth and development as a person (personal growth), the belief that one's life is purposeful and meaningful (purpose in life), the possession of quality relations with others (positive relations with others), the capacity to manage effectively one's life and surrounding world (environmental mastery), and a sense of self-determination (autonomy). Each dimension of Ryff's psychological well-being model reflects different challenges that individuals face in their lives. The components conceptualized by (Seifert, 2005) are;

- i. **Autonomy:** Autonomy is characterized by an individual's self-determination and his independence in making his own decisions. It also refers to self-evaluation by personal standards and regulating behaviour from within.
- ii. **Environmental Mastery:** This places emphasis on creating a surrounding context that suits one's personal needs and capacities. It also involves managing the environment by controlling complex situations and making effective use of opportunities.
- iii. **Personal Growth:** This dimension is characterized by a feeling of continued development of an individual's potential and viewing one's self as growing and open to new experiences. It is basically concerned with self-realization of an individual.
- iv. **Positive Relations with Others:** This dimension emphasizes having warm and trusting relationships with others, having feelings of empathy, affection and intimacy towards others.
- v. **Purpose in Life:** Creating meaning and direction in life is central to this dimension. Having goals in one's life and a sense of direction that makes life more meaningful and gives it a purpose.
- vi. **Self-Acceptance:** It is a kind of self-evaluation that involves awareness and acceptance of both personal strengths and weaknesses.

Theoretical Framework

This study is anchored on the six-factor model of Psychological Well-being. The theory was developed by Carol Ryff in (Gao & McLellan, 2018) which determines six factors that contribute to an individual's psychological well-being, contentment, and happiness (Seifert, 2005). According to Ryff in Gao & McLellan (2018), Ryff's model is not based on merely feeling happy, but is based on Aristotle's Nicomachean Ethics, "where the goal of life is not feeling good, but is instead about living virtuously." Six factors are considered key-elements of psychological well-being as listed above.

Psychological well-being may be defined as one's emotional and cognitive evaluations of his or her own life (Kashdan, Biswas, Diener & King, 2008). These evaluations include one's mood, emotional reactions to events and judgment about life satisfaction. Psychological well-being is the outcome of experiences and interactions relating to various

aspects of our being. It is influenced by life events, personality characteristics (Kashdan, Biswas, Diener & King, 2008), personal goals, perceived social support, the type of attributions one makes, etc. The personality of the individual is crucial in this regard. Personality refers to the enduring styles of thinking and behaving when interacting with the world. It relates to unique and relatively qualities that characterize behaviour and thought. Since personality is a core factor which determines our reactions and adjustments, psychological well-being during such a stressed phase as adolescence should be studied within its perspective.

The Dynamic Equilibrium model assert that individuals have a distinct average amount of well-being that is determined by his/her personality (Christopher *et al*, 2011). According to them, people with extraverted personalities, for example, are more likely to experience certain events as compared to those who are most introverted. These events, in turn, affect one's baseline level of psychological well-being. While unusual events may shift an individual above or below his level, the Dynamic Equilibrium Model suggests that the individual will return to their baseline level as the circumstances normalize (Kashdan, Biswas, Diener & King, 2008).

This work is relevant to the study under investigation because of individuals strive for a life defined by affiliation, intimacy and contributing to one's community can be described as aspiring to fulfil their intrinsic psychological needs.

The limitation of Ryff scales is that it relies on self-reported assessments of psychological wellbeing. As with all self-report instruments, inmates may respond in ways that are socially desirable rather than reveal their actual response to each statement. A final limitation is that the validity of the instrument has been tested not on gender (both male and female) inmates, but on males' inmates only. While this is a limitation, given the ever-growing proportion of females' inmates within Correctional Centre, though this is of minor concern.

Marital Status and Prisoners' Psychological Wellbeing

The issue of whether being a single or married prison inmate affects prisoners' responses to the prison environmental changes, challenges or situations has been investigated by researchers both in Nigeria and other parts of the world. Awopetu (2014), used a cross sectional survey design and sampled 980 prison inmates from Agodi, Ilesha and Ado prisons in South West Nigeria and examined the influence of demographic variables and prison overcrowding on inmates psychological well-being. One of the variables studied was marital status of the prison inmates in which 557 were single inmates, 270 are married and about 71 were divorced inmates. Though, she explained that 82 inmates could not indicate their marital status. The researcher administered a self-constructed Prison Overcrowding Questionnaire designed to measure amount of privacy, demands upon

attention and social withdrawal among others. While the General Health Questionnaire was also administered to tap information on the psychological well-being of the inmates.

Additionally, the researcher employed the multiple regression statistics to analysed the data on marital status (single and married) alongside with other demographic variables such as age, duration of stay, category of prison. From the results obtained, it shows that prisoners who are married had higher psychological well-being than prisoners who were single. This is represented by the "Beta" ($\beta = .14, p < .01$). This implies that difference exist on how inmates respond to the prison environment based on their marital status (Tafida, Nweze, & Udegbe, 2018).

Several studies have revealed the influence of marital status on prisoner's psychological well-being. For example, studies by Gove (1972); Tudor (1973); Radloff and Essex (1975) garnered additional evidence that marriage was more of a mental health benefit for men than women in terms of psychological distress. Yet most studies and reviews done since the early 1970s have concluded that a mental health advantage exists for both married men and married women in contrast to their unmarried peers (Gore & Mangione, 1983; Gove, Highes & Style, 1983; Gove, Hernandez & Puente, 1990; Mirowsky & Ross, 1989; Pearlin & Johnson, 1977). Unmarried are not, however, all equally distressed; formerly married persons report more distress than never-married persons (Pearlin & Johnson, 1977).

Global happiness, the most commonly examined measure of positive psychological well-being, also has been consistently related to marital status; married men and women exhibit an advantage compared with their unmarried peers (Glenn & Kumari, 1975, Lee, Seccombe & Shehan, 1991). However, national trend data from the General Social Survey spanning the 1970s and the 1980s have revealed a narrowing of the happiness gap between the married and the never-married. This trend was noted particularly for men and for younger adults (ages 25-39 years).

Between 1972 and 1982, there was a significant increase in the proportion of never-married men who indicated that they were "very happy," as well as a significant decrease in the proportion of younger married women during this period who indicated high levels of positive well-being (Glenn & Weaver, 1979). Lee, Seccombe and Shehan (1991) extended this period analysis to 1989 and found that the gap increased somewhat during 1987 and 1988, but then diminished again in 1989. The changes found in happiness by marital status were most pronounced among young adults (for women aged 20-25 years and for men aged 26-39 years). A less robust effect was also found for women aged 26-39 years.

Duration of Imprisonment and Prisoners' Psychological Well-Being

Duration of imprisonment is a period of serving prison terms as imposed by the court which ranges from less than one year which is considered as short term imprisonment to one year

and above as longer period of serving prison sentence or term. It also varies according to the law of a country.

Thompson and Loper (2005) opined that psychological wellbeing patterns in incarcerated women with difference on sentence duration examined both prisoners who are serving long term, medium term and shorter term. Their findings revealed that prisoners who are serving long term and medium term reported poor adjustment and committed more non-violent institutional offences than prisoner who were on short term imprisonment.

Also, the study by Mackenzi and Goodstein (1985) showed differences in sentence duration. The researchers compared long term and short term inmates from the large maximum security prisons and measured their level of stress (anxiety, depression, psychosomatic illnesses, and fear), psychological wellbeing (prisonization) criminal history, self-esteem and demographic characteristics. The results of their study showed that prisoners who were new to prison and anticipated serving long prison term were found to report higher levels of stress and lower self-esteem than prisoners who had already completed long terms in prison. In addition, the study found that short-term inmates that were new to prison also reported less depression and few psychosomatic illnesses as compared to those who are new inmates with long sentences.

Thompson and Loper (2005) studied the psychological wellbeing patterns in incarcerated women with differences on sentence length. They adopted a survey research design and randomly selected a total of 692 female inmates serving different length of imprisonment ranging from short term (prisoners convicted for a period of less than 2 years to 10 years) and long term imprisonment (prisoners convicted for a period of 10 years and above). Furthermore, the study measured the variables through two separate instruments such as the Brief Symptom Inventory and the prison psychological wellbeing questionnaire whereas the prison records were used to get valid information on institutional misconduct.

In terms of the finding of the study, prisoners who were serving both medium and long terms imprisonment reported poor psychological wellbeing and committed more non-violent institutional offenses than prisoners who were on short term imprisonment. The result further revealed that sentence duration has no any significant relationship with the emotional aspect of psychological wellbeing of the prisoners.

Mackenzie and Goodstein (1985) compared long term and short term inmates from three large maximum security prison and reported their levels of stress (anxiety, depression, psychosomatic illness, fear), psychological wellbeing (prisonization), criminal history, self-esteem and demographic characteristics.

Their findings revealed that inmates who are new to prison and anticipated serving long prison terms were found to report higher levels of stress and lower self-esteem than inmates who had already completed long terms in prison. In addition, short term inmates that were

new to prison also reported less depression and few psychosomatic illnesses as compared to those who are new inmates with long sentences.

Also, World Prison Brief (2017) reported that 68, 259 persons were reportedly held in 240 facilities with an official capacity of 50,153 which is 26.5% increase that is making the occupancy rate of 126.5%. However, some reports put occupancy rates at 800%. Female prisoners make up about 2% of prisoners and another 2% are juvenile offenders; an estimated 67.9–77% of inmates in Nigerian prisons are classified as ATPs (Institute for Criminal Policy Research, 2014; World Prison Brief, 2017). Prison conditions are deplorable with inadequate, degrading infrastructure. Overcrowding is a common issue of concern across facilities and so is food and water shortages, inadequate medical supplies, inhumane treatments and extortions have also been reported (Editorial, 2016). Efforts by the federal and state government authorities to reduce the proportion of inmates with Awaiting Trial Person (ATP) status and improve prison conditions are reported in the media but improvements are yet to be seen. In many cases, ATPs stay years beyond the 2–3 months ceiling fixed by the 1999 Nigerian Constitution, thus a breach of human rights is underscored. If a detained person finally receives court hearing and subsequently sentenced to prison, the years served as awaiting trial is normally counted as time already served. Again, the Nigerian Constitution provides that persons detained unlawfully be compensated and publicly apologized to upon release. However, compensations and apologies are rarely observed (Amnesty International, 2015).

However, in another study by (Prakash, Sharma, Singh & Sanger, 2015), Sharma, Singh and Sanger (2015) that compared convicted prisoners and those under trials (awaiting trials) from Birsa Munda Central Jail, Hotwar, Ranchi in India employed cross sectional design and selected 86 participants through a purposive sampling technique. The participants consist of 36 convicted prisoners and 50 under trials and compared the effect of incarceration on their wellbeing. Their participants were aged 25 – 45 years.

The study administered the Personality General Index General Well-being Measure (PGIGWBM) while chi-square test was used to compare the groups. The result of their findings suggest that under trials inmates reported poor or lower well-being compared to those convicted which is represented by ($t = .277$, $p > .05$). The study concluded that incarceration have a great and significant effect on the lives of some prisoners and therefore urged the prison authority to take measures to cater for the welfare of the prisoners for effective psychological wellbeing.

Materials and Methods

The study adopted the survey design approach. Also, the statistics used in analysing the data include the t-test for independent sample and One-way ANOVA. The participants were drawn from Nigerian Correctional Service Centre, Wamba, Nasarawa State, Nigeria.

They were selected using a systematic random sampling technique through inmates' records of 286 inmates as at the time of the study. A total of ninety-eight (98) prison inmates participated in the study; the inmates were all males. In terms of age classifications, 29.6% were within the ages of 18-25 years, 42.9% were aged 26-35 years while those that fell within the age of 36 years and above were 27.6%.

In terms of the marital status of participants, 32.7% were single, 42.9% were married and 24.5% were divorced/separated. With respect to the term of imprisonment, 15.3% were in prison for short term, 35.7% stayed for a long term in prison and 49.0% stayed in prison on awaiting trial (Table 1).

Table 1: Demographic Characteristics of Participants

VARIABLES	FREQUENCY	PERCENTAGES
Gender	Male	98
	Female	0
	Total	98
Age	18-25 Years	29
	26-35 Years	42
	36Years Above	27
	Total	98
Marital Status	Single	32
	Married	42
	Divorced/Separated	24
	Total	98
Term of Imprisonment	Short Term	15
	Long Team	35
	Awaiting Trial	48
	Total	98
Religion	Islam	29
	Christianity	69
	Total	98
Education	No Education	6
	Primary	13
	Secondary	31
	Tertiary	48
	Total	98

Methods of Data Collection

The Ryff's psychological well-being was administered to the participant and it describe below:

Ryff's Psychological Well-Being Scale

This is a 42 item scale designed to measure psychological well-being of people in six different domains of autonomy, environmental mastery, personal growth, positive relations, purpose in life and self-acceptance. The instrument has five responses style ranging from 1-5, where 1 indicates strong disagreement and 5 indicates strong agreement. The Ryff scale is based on six factors, specifically, autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Higher total scores indicate higher psychological well-being. The following are explanations of each criterion, and an example statement from the Ryff inventory to measure each criterion. Ryffs provided the original reliability coefficient of the instrument .85 and the researchers further provided reliability of the instrument to be .84.

Procedure

Before proceeding with the study, Officer in-Charge of Nigerian Correctional Service Centre Wamba granted approval. After approval, participants were briefed on the purpose of the study and the need for their voluntary participation. The researcher assured the inmates that their responses would be confidential and anonymous. The Correctional Officers assisted in the administration of the instruments.

Results of the Findings

Difference between the Psychological Wellbeing between Single and Married Prison Inmates.

Table 2: Difference between Single and Married Inmates' Psychological Wellbeing

Loss of Love ones	N	Mean	SD	df	T	P
Single	32	142.41	28.426	72	0.678	0.500
Married	42	136.81	39.517			

Sig. Level: $P > .05$

Table 2 presents the mean and standard deviation scores on the difference between single and married inmates' psychological wellbeing. The results revealed that, single inmates ($\bar{x} = 142.41$; $SD = 28.426$) and married inmates ($\bar{x} = 136.81$; $SD = 39.517$). Furthermore, the analysis revealed a no statistically significant; $t(72) = 0.678$, $P > 0.05$ NS difference between single and married inmates' psychological wellbeing. Thus, the null hypothesis was rejected.

Hypothesis 1: Inmates who are single will have better psychological wellbeing than those who are married. This hypothesis was tested using Independent Sample t-test in the tables 2. The analysis revealed a no statistically significant, Hence, the hypothesis was rejected. That is both never-married and married inmates have the same psychological wellbeing.

Table 3: Means and Standard Deviations of Inmate Term of Imprisonment

Term of Imprisonment	N	Mean	Standard Deviation
Short Term	15	155.07	33.124
Long Term	35	144.94	33.661
Awaiting Trail	48	139.75	34.824
Total	98	143.95	34.225

Table 3 presents the mean and standard deviation scores of the inmate's term of imprisonment on psychological wellbeing. The results revealed a not statistical difference between the mean and standard deviation of the inmates (short term, long term and awaiting trial) that short term (M= 155.07; SD= 33.124); long term (M= 144.94; SD= 33.661) and awaiting trail (M= 139.75; SD= 34.824). hence, the null hypothesis was rejected.

Difference between the Psychological Wellbeing of Inmates serving Prison Sentence and others in the correctional service environment.

Table 4: Results of One-Way ANOVA on the Psychological Wellbeing of Inmates in terms of their duration of imprisonment.

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	2734.926	2	1367.463	1.172	.314
Within Groups	110883.819	95	1167.198		
Total	113618.745	97			

Table 4 presents the result of the One-way ANOVA which revealed a no statistically significant $F(2,95) = 1.172, P > .05$ NS difference in the psychological wellbeing of inmates across the term of imprisonment. In other words, the hypothesis was rejected in this study.

Hypothesis 2: Inmates serving long period of imprisonment are likely to have different psychological wellbeing with others in the correctional service environment. This hypothesis was tested using Analysis of Variance (ANOVA) in the tables 3 and 4. The analysis prostrated a non-significant difference between the mean and standard deviation of the inmates sentence to long period of time and others (inmates with short period and those awaiting trial). Hence, the hypothesis was rejected. This implies that all inmates (sentence or awaiting trial) in the correctional centre environment have the same psychological wellbeing irrespective of the duration of imprisonment.

Discussion of Findings

The present study investigates the socio-demographic correlates of prisoners' psychological wellbeing in Wamba Correctional Service Centre Nasarawa State, Nigeria. Two hypotheses were proposed. The findings of this study were discussed based on the already highlighted hypotheses.

i. Difference of Psychological Wellbeing between Single and Married Inmates:

The first hypothesis stated that inmates who are single will have better psychological wellbeing than married inmates. The findings of this study revealed that inmates who are single do not have better psychological wellbeing than those who are married. Similarly, the analysis revealed that there is no statistically significant difference between single and married inmates' in terms of psychological wellbeing. Thus, the hypothesis was rejected in this study. This is in disagreement with previous studies by Gove (1972), Gove and Tudor (1973), and Radloff (1975), who observed differences in relations to how married and single inmates responded to prison environment. A study that was conducted by Gove (1972), Gove and Tudor (1973), and Radloff (1975) garnered additional evidence that marriage was more of a mental health benefit for men than women in terms of psychological distress. Yet most studies and reviews done since the early 1970s have concluded that a mental health advantage exists for both married men and married women in contrast to their unmarried peers (Gore & Mangione, 1983; Gove, Hughes & Style, 1983; Gove, 1990; Mirowsky & Ross, 1989; Pearlin & Johnson, 1977). Unmarried are not, however, all equally distressed; formerly married persons report more distress than never-married persons (Pearlin & Johnson, 1977). In contrast to this, Awopetu, (2014) compared 557 single inmates and 270 married inmates on the psychological wellbeing within the prison environment. Her findings showed that married prison inmates had higher psychological wellbeing than single prison inmates. One plausible explanation for nondifference of the psychological wellbeing of inmates (both married and unmarried) in the present study may be the number of participants used in the study which consisted of 32 single (never married) prison inmates and 66 married (married, divorced/ separated) prison inmates. Given the mixed nature of the previous findings Awopetu, (2014) on marital status and inmates psychological wellbeing, another explanation may be as a result of other confounding factors that the study could not isolate.

ii. Difference of Psychological Wellbeing between Inmates who are serving long period and others:

The second hypothesis which stated that Inmates serving long period of imprisonment are likely to have different psychological wellbeing with others in the correctional service environment. The study revealed that the inmates serving different types of prison terms did not differ in their psychological well-

being. Whereby the result showed long term and other (short-term and awaiting trial) prisoners did not differ on their patterns of overall psychological well-being and therefore the hypothesis was rejected. Further analysis revealed that there is no statistically significant difference in the psychological wellbeing of prison inmates across the duration of imprisonment. This is in contrast with a study conducted by (Charles et al, 2017) which noted that events and concerns in the outside world continue to have an effect on the life and wellbeing of incarcerated persons as they border about family, children etc. particularly worse is prisoners sentenced for long period and those awaiting trial as they continue to face mounting anxiety from the long period and uncertainties in their situations respectively.

Conclusion

The study has investigated the socio-demographic correlates of prisoners' psychological wellbeing in Wamba Correctional Service Centre Nasarawa State, Nigeria.

The study concluded that:

- a. Both single and married prison inmates have comparable level of psychological wellbeing.
- b. Similarly, inmates who are serving long prison sentence do not differ in any way in term of their psychological wellbeing compare to other inmates (those serving shorter prison sentence as well as those on awaiting trial) in the correctional service environment

Recommendations

Based on the findings, the study makes the following recommendations;

- i. To meet the challenges of modern day correctional service centres, it is important that government should design modern correctional service centre that cater for the psychological well-being of the inmates. This will help the inmates to explore their personalities and to serve their terms of imprisonment without any harm to their psychological well-beings.
- ii. There is urgent need for increase in the application of psychological services to inmates in Nigerian Correction Service Centres.
- iii. Inmates should be made to appreciate their surrounding so that they can continue to have positive psychological well-being. iv. All inmates diagnosed with distorted psychological well-being should be offered psychological help from psychological service units.
- iv. The stakeholders in the administration of criminal justice in Nigeria should employ more forensic psychologists into the system. Those psychologists will consistently counsel inmates with issues of psychological well-being, consult lawyers and psychologically analyse inmates to determine their well-being.

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