The Relationship between Some Components of Prisoner’s Psychological Well-Being and Duration in Prison in Hosssana Correctional Center

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Abstract

This study was design to address the relationship between duration in prison and some components of psychological well-being (i.e. self-awareness, stress and stress coping) among prisoners in Hosanna town correctional center. To meet this objective, the researcher drew 70 out of 2000 populations who were pursuing their life in 2012 E.C was selected as the sample participants of the study by using systematic random sampling technique by making use of random numbers. The reason why the researcher uses this technique is, in order to give equal chance to the targeted population and to avoid research bias. A point Likert type scale questionnaire was used to address the relationship between duration in prison and some components of psychological well-being. The basic research questions of this paper was first, what are the relationship between the year of stay in prison and the levels of self-awareness, stress and stress coping among prisoners second, is there a gender difference on self-awareness, stress and stress coping among prisoners third, are there relationship between prisoner's psychological well-being and their age. The data were analyzed through percentage, correlation; T-test and ANOVA. The result revealed that there is no significant relationship between some components of psychological well-being (i.e. self-awareness, stress and stress coping) and age among prisoners. The study also revealed that there is significant difference between male and female prisoners on the components of psychological well-beings (i.e. self-awareness, stress and stress coping). As well as it shows significance relationship between duration of stay in prison and the components of psychological well-being (i.e. self-awareness, stress and stress coping) among the prisoners of Hosanna town. The study suggested that it is advisable to create favorable conditions for the prisoner to develop a sense of good interaction when he/she is in the prison or/and after return to the society and they should be done by practicing different physical exercise going in concordance with flexible plane of schedules. Finally, the correctional center should develop sense of belongings and coordination among offender to minimize stress and conflict in the correctional center.

Keywords: Components; Prisoner’s Psychological Well-Being, Duration in Prison.

INTRODUCTION

Background of the study

Human beings are sociable creatures and we have developed many ways to communicate our messages, thoughts and feelings with each other. Not all psychological and psychiatric problems and disorder are significantly more prevalent in prisons, So-called mood disorder (i.e. disorders in the affective spectrum including depression, melancholy, and adjustment disorder) are generally found with comparable or a little higher frequency in prison study than in the general population [1]. Although the differences between studies are quit large, and several found a high prevalence of major depression [2]. A composite of research findings depicts people with low self-awareness as uncertain and confused about themselves. Oriented towards avoiding risk and potential loss, shy, modest and emotionally label (and having tendencies towards depression and anxiety). Transitive readily to other people’s influence, and lacking confidence in themselves [3].

Empirically, some investigators have sought to find their inner core of self-doubt and reported that they couldn’t do so. Jannkowski [4] concluded that members of violent gangs to not carry around a load of inner in securities. (Like stress and stress coping, low self-awareness and social anxiety). Depending on above concepts, the researcher will be going to show the relationship between prisoner’s psychological well-being and duration in prison among prisoners of...
hosanna town, and the researcher will look in to the exits gender difference among the prisoner’s evel of self-awareness, stress and stress coping.

Psychological well-being problems of prisoners in the research like self-awareness, stress and stress coping are the variables of interest. Self-awareness involves conscious awareness of one’s own thoughts, behavior’s, feelings and traits (cherry, 2018A). People who lack self-awareness and people who have no idea what is the value of knowing oneself for the sake of their future appear to be at risk for experiencing a number of psychological and social problems. Some evidence suggests that deficits in self-awareness are related to drug abuse, criminal activity and delinquency [5, 6]. In an impressive longitudinal study of prisoners in the Canadian correctional system, Zamble and Porporino [7] found no reliable relationship between lengths of imprisoned and Psychological well-being. On the other hand, self-awareness has frequently been viewed as an important target of intervention with in criminal populations [8]. Many program designers have assumed that self-awareness is an important outcome and that a side-benefit of their offender programming efforts is an increase in this highly desirable personal state [10]. An interesting research project reported by Bryson and Groves [9] illustrates the perception of many correctional program designers regarding offender self-awareness.

Even though the above studies focused on prisoner’s self-awareness and stress and stress coping problems related to their site and benefits they have on prisoners psychological and social well-being, they did not show detailed information about the gender difference on self-awareness, stress and stress coping and some components of psychological well-being (i.e. self-awareness, stress and stress coping) among prisoners in Hosanna town. However, unlike the above researches, the present study is aimed at studying the relationship between some components of psychological well-being (i.e. self-awareness, stress and stress coping mechanism) among prisoners of Hosanna town in correction center.

Purpose of the study
The purpose of the study is to assess the relationship between prison's psychological well-being and duration in prison, in Hosannas town correctional center. The study intends to broaden knowledge for researcher practitioners (i.e. student researchers) to experience/practice on how research is conducted and specific techniques on the process of research endeavor. Furthermore, it is important for correction employees to increase their knowledge of self-awareness, stress and stress coping among prisoners to the extent and to take action when necessary on the issue of prisoners.

MATERIAL AND METHODS
The design was descriptive and explanatory type of method was employed. The descriptive type will be used to describe the relationship between some components of psychological well-being among prisoners. While, explanatory type was used to explain the behavior of prisoners in detail. The study was conducted in Hosanna town, which is located 230 km of Addis Ababa; inhabitants of the town are from the southern region. To meet this objective, the researcher drew 70 out of 2000 populations who were pursuing their life in 2012 E.C was selected as the sample participants of the study by using systematic random sampling technique by making use of random numbers to give equal chance to the targeted population and to avoid research bias. The data collection tools were Likert type questionnaire. The instrument has different parts such as fellow, demographic background of respondents (age, sex marital status, year of stay in prison, birth order and educational background/statues), Self-awareness (Rosenberg), stress and stress coping questions. The data collection procedure is after getting a letter from the department of psychology the researcher (student practitioner) will go to Hosanna town prison and then ask the counselor for help and goes to the colonel to get permission to conduct a research.

Study variables
The predictable variables was in this research are age, sex, marital status, birth order, year of stay in prison and educational status and the consequences/result base on these variables on the components of psychological well-being (i.e self-awareness, stress and stress coping) are used. So, the collected data will be processed and analyzed concurrently by using different statistical techniques SPSS version 20. Specifically, percentage, correlation, T-test and ANOVA techniques will be used to analyze those compute data.
RESULTS AND DISCUSSION

Table-1: Demographic characteristic of study participants

| No | Demographic variable | Number | % |
|----|----------------------|--------|---|
| 1  | Sex                  |        |   |
|    | Male                 | 33     | 33|
|    | female               | 39     | 39|
| 2  | Age                  |        |   |
|    | 18-28                | 33     | 33|
|    | 29-39                | 39     | 39|
|    | 40-50                | 20     | 20|
|    | 50 and above         | 8      | 8 |
| 3  | Religion             |        |   |
|    | Orthodox             | 40     | 40|
|    | Muslim               | 20     | 20|
|    | protestant           | 32     | 32|
|    | other                | 8      | 8 |
| 4  | Educational status   |        |   |
|    | 0-8                  | 29     | 29|
|    | 9-12                 | 39     | 39|
|    | Certificate/diploma  | 12     | 12|
|    | Degree and above     | 20     | 20|
| 5  | Number of family     |        |   |
|    | 2-3                  | 25     | 25|
|    | 4-6                  | 45     | 45|
|    | 7 and above          | 30     | 30|
| 6  | Marital status       |        |   |
|    | Single               | 40     | 40|
|    | Married              | 50     | 50|
|    | Divorced             | 5      | 5 |
|    | widow                | 5      | 5 |
| 7  | Year of stay in prison|       |   |
|    | 1 and below          | 30     | 30|
|    | 2-4                  | 40     | 40|
|    | 4-7                  | 20     | 20|
|    | 7 and above          | 10     | 10|
| 8  | Birth order          |        |   |
|    | First                | 30     | 30|
|    | Middle               | 40     | 40|
|    | Last                 | 15     | 15|
|    | Only one             | 15     | 15|

As indicated in the table one above, the first variable result shows out of 100 respondents 70(70%) are males whereas 30(30%) are females. This shows that most of the respondents were males. A second variable result shows that 33(33%) of the respondents were laid in age of 18-30, 39(39%) of respondents were laid in the average age of 29-39, 20(20%) of respondents were laid in age of 40-50, 8(8%) of respondents were laid in average age of 50 and above. This shows that most of respondents were found in the average age 29-39 years. A third variable result shows that 40(40%) of the respondents are orthodox, 20(20%) of the respondents are Muslims, 32(32%) of the respondents are protestants and 8(8%) of the respondents are from other religions. This shows that most of the respondent’s religion is orthodox. A fourth variable result shows that 29(29%) of respondents were I elementary school level (1-8), 39(39%) of respondents were in high school level (9-12), 12(12%) of respondents were in certificate/diploma level and 20(20%) of the respondents were educated in degree level and greater than degree. This shows that most of A fifth variable result shows that 25(25%) of the respondents have a number of family 2-3, 45(45%) of respondents have a number of family 4-6 and 30(30%) of respondents have a number of family 7 and above. This shows that most of the respondents have a number of families from a range of 4-6. A sixth variable result shows that 40(40%) of the respondents are unmarried, 50(50%) of the respondents are married, 5(5%) of the respondents are divorced and 5(5%) of the respondents are widow. This shows that most of the respondents are married.

A seventh variable result shows that 30(30%) of the respondents stay in prison for 1 and less than 1 years, 40(40%) of the respondents stay in prison from 2-4 years, 20(20%) of the respondents stay in prison from 5-7 years and 10(10%) of the respondents stay in prison for 8 and more than 8 years. This shows that most of the respondents stay in prison from 2-4 years. The last variable result shows that 30(30%) of the respondents are first child in their family, 40(40%) of the respondents are middle child in their family, 15(15%) of the respondents are last child in their family and 15(15%) of the respondents are the only child in their family, this shows that most of the respondents are middle child in their family birth order.

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As shown in the table two, based on the feeling of being a person of worth at least on an equal plane with others 58 (58%) of the respondents strongly agree, 20 (20%) respondents agree, but 10 (10%) and the other 12(12%) of the respondents disagree and strongly disagree respectively. Based on the feeling of having a number of good qualities, 74 (74%) of the respondents strongly agree, and 15(15%) of the respondents also agree. On the other hand, 5(5%) and the rest 5 (5%) of the respondents disagree and strongly disagree that they have respectively. On the feeling of being a failure 25(25%) of the respondents strongly agree and 20(20%) of the respondents also agree, but 10(10%) and 13(13%) of the respondents disagree and strongly disagree respectively. On the feeling of being useless 52(52%) of the respondents strongly agree and 25(25%) of the respondents are agree, but 10(10%) and 13(13%) of the respondents disagree and strongly disagree respectively. On taking positive attitude towards myself 65(65%) of the respondents strongly agree and 20(20%) of the respondents are agree, but 5(5%) and 10(10%) of the respondents disagree and strongly disagree respectively. Based on the feeling of not good at all 40(40%) of the respondents strongly agree and 30(30%) of the respondents disagree, but 25(25%) and 10(10%) of the respondents agree, but 20(20%) and 10(10%) of the respondents strongly agree respectively. Based on the feeling of not having much to be proud of 74(74%) of the respondents strongly agree and 27(27%) of the respondents are agree, but 24(24%) and 23(23%) of the respondents disagree and strongly disagree respectively. 

Table-2: Self-awareness scale evaluation for study participants

| NO | Decision alternative | Strongly Agree | Agree | Disagree | Strongly Disagree |
|----|---------------------|----------------|-------|----------|------------------|
|    | F= frequency | P= percentage | F | P | F | P | F | P | F | P |
| 1  | I feel that I am a person of worth at least on an equal plane with others | 58 | 58% | 20 | 20% | 10 | 10% | 12 | 12% |
| 2  | I feel that I have a number of good qualities | 74 | 74% | 15 | 15% | 5 | 5% | 6 | 6% |
| 3  | I feel that I am a failure | 25 | 25% | 20 | 20% | 30 | 30% | 25 | 25% |
| 4  | I am able to do many things | 30 | 30% | 40 | 40% | 20 | 20% | 10 | 10% |
| 5  | I feel that I do not have much to be proud of | 24 | 24% | 27 | 27% | 24 | 24% | 23 | 23% |
| 6  | I have positive attitude for my self | 65 | 65% | 20 | 20% | 5 | 5% | 10 | 10% |
| 7  | Generally, I am satisfied with my self | 52 | 52% | 25 | 25% | 10 | 10% | 13 | 13% |
| 8  | I wish I could have more respect for my self | 40 | 40% | 30 | 30% | 20 | 20% | 10 | 10% |
| 9  | Sometimes I certainly feel useless | 20 | 20% | 20 | 20% | 21 | 21% | 39 | 39% |
| 10 | Sometimes I think I am not good at all | 19 | 19% | 21 | 21% | 26 | 26% | 34 | 34% |

Table-3: Stress scale evaluation for study participants

| No | Decision alternative | Never | Almost never | Some times | Fairly often | Very often |
|----|---------------------|-------|--------------|------------|-------------|------------|
|    | F=frequency | P=percentage | F | P | F | P | F | P | F | P |
| 1  | I’ve been upset because of something happened unexpectedly | 20 | 20% | 5 | 5% | 50 | 50% | 14 | 14% | 11 | 11% |
| 2  | I felt that I was unable to control important things in my life | 30 | 30% | 10 | 10% | 25 | 25% | 12 | 12% | 23 | 23% |
| 3  | I felt nervous and stressed | 25 | 25% | 10 | 10% | 35 | 35% | 15 | 15% | 15 | 15% |
| 4  | I feel confident about my ability to handle my personal problems | 15 | 15% | 15 | 15% | 13 | 13% | 37 | 37% | 20 | 20% |
| 5  | I felt that things were going my way | 21 | 21% | 17 | 17% | 26 | 26% | 25 | 25% | 11 | 11% |
| 6  | I couldn’t cope things that I had to do | 40 | 40% | 15 | 15% | 17 | 17% | 16 | 16% | 12 | 12% |
| 7  | I’ve been able to control relationships in my life | 15 | 15% | 5 | 5% | 15 | 15% | 43 | 43% | 22 | 22% |
| 8  | In the last month I felt that I was on top of things | 8 | 8% | 8 | 8% | 24 | 24% | 40 | 40% | 20 | 20% |
| 9  | I’ve been upset because of things that happened outside of my control | 35 | 35% | 15 | 15% | 23 | 23% | 10 | 10% | 17 | 17% |
| 10 | I felt difficulties were pulling up so high that I could not overcome them | 36 | 36% | 23 | 23% | 19 | 19% | 6 | 6% | 16 | 16% |
As indicated in table three, based on being upset because of something happened unexpectedly, 20 (20%) of the respondents says never, 5 (5%) says almost never, 50 (50%) says sometimes, 14 (14%) says fairly often and the rest 11 (11%) says very often. This result shows that most of the respondents say they sometimes feel upset because of something happened unexpectedly.

Based on the feeling of being unable to control important things in their life, 30 (30%) of the respondents says never, 10 (10%) says almost never, 25 (25%) says sometimes, 12 (12%) says fairly often and the rest 23(23%) says very often. This result shows that most of the respondents say they never feel being unable to control important things in their life. Based on feeling nervous and stressed, 25 (25%) of the respondents says never, 5 (10%) says almost never, 35 (35%) says sometimes, 15 (15%) says fairly often and the rest 15 (15%) says very often. This result shows that most of the respondents say they sometimes feel nervous and stressed. On feeling confident about their ability to handle personal problems, 15 (15%) of the respondents says never, 15 (15%) says almost never, 13 (13%) says sometimes, 37 (37%) says fairly often and the rest 20 (20%) says very often. This result shows that most of the respondents say they fairly often feel confident about their ability to handle personal problems. Based on the feeling that things were going their way, 21 (21%) of the respondents says never, 17 (17%) says almost never, 26 (26%) says sometimes, 25 (25%) says fairly often and the rest 11 (11%) says very often. This result shows that most of the respondents say they sometimes feel that things were going their way.

Based on the feeling of not able to cope with all things that they had to do, 40 (40%) of the respondents says never, 15(15%) says almost never, 17 (17%) says sometimes, 16 (16%) says fairly often and the rest 12(12%) says very often. This result shows that most of the respondents said that never feel not able to cope with all things that they had to do. On being able to control relationships in their life, 15 (15%) of the respondents says never, 5 (5%) says almost never, 15(15%) says sometimes, 43 (43%) says fairly often and the rest 22 (22%) says very often. This result shows that most of the respondents say they fairly often feel able to control relationships in their life. Based on the feeling that they were on top of things in the last month, 8 (8%) of the respondents says never, 8 (8%) says almost never, 24(24%) says sometimes, 40(40%) says fairly often and the rest 20 (20%) says very often. This result shows that most of the respondents say they fairly often feel that they were on top of things in the last month.

Based on being upset because of things that happened outside of their control, 35 (35%) of the respondents says never, 15 (15%) says almost never, 23 (23%) says sometimes, 10 (10%) says fairly often and the rest 17 (17%) says very often. This result shows that most of the respondents say they never feel upset because of things that happened outside of their control.

Based on the feeling that difficulties were pulling up so high that they couldn’t overcome them, 36 (36%) of the respondents says never, 23 (23%) says almost never, 19(19%) says sometimes, 6 (6%) says fairly often and the rest 16(16%) says very often. This result shows that most of the respondents say never feel that difficulties were pulling up so high that they couldn’t overcome them.

Table 4: Stress coping mechanism evaluation for study participants

| No | Decision alternative                                                                 | Agree | Strongly Agree | Disagree | Strongly Disagree |
|----|--------------------------------------------------------------------------------------|-------|----------------|----------|-------------------|
|    | F= frequency                                                                         | F     | P              | F        | P                 |
| 1  | I try to avoid situations which force me to be worried                               | 34    | 34%            | 48       | 48%               |
|    | P=percentage                                                                         | 11    | 11%            | 7        | 7%                |
| 2  | I feel free condition in worried conditions                                         | 38    | 38%            | 23       | 23%               |
|    |                                                                                      | 24    | 24%            | 15       | 15%               |
| 3  | It is easy for me to relax when I am with worried situations                          | 16    | 16%            | 13       | 13%               |
|    |                                                                                      | 51    | 51%            | 20       | 20%               |
| 4  | I usually feel comfortable when nervous conditions occurred                         | 21    | 21%            | 7        | 7%                |
|    |                                                                                      | 51    | 51%            | 31       | 31%               |
| 5  | I usually ease when stressful situations happened                                   | 51    | 51%            | 29       | 29%               |
|    |                                                                                      | 14    | 14%            | 6        | 6%                |
| 6  | I try to avoid things that will make up my mind                                      | 34    | 34%            | 26       | 26%               |
|    |                                                                                      | 19    | 19%            | 21       | 21%               |
| 7  | I often went to get away from stressful circumstance                                 | 43    | 43%            | 21       | 21%               |
|    |                                                                                      | 18    | 18%            | 18       | 18%               |
| 8  | I usually feel relaxed when I am still with stressful circumstances                  | 40    | 40%            | 19       | 19%               |
|    |                                                                                      | 24    | 24%            | 17       | 17%               |
| 9  | I usually feel comfortable when I am living in uncomfortable environment             | 30    | 30%            | 9        | 9%                |
|    |                                                                                      | 47    | 47%            | 8        | 8%                |
| 10 | I often feel nervous stressed with psychological behavior which causes stress        | 49    | 49%            | 18       | 18%               |
|    |                                                                                      | 19    | 19%            | 14       | 14%               |
As indicated in the table four, based on trying to avoid situations which force them to be worried, 34(34%) of the respondents agree, 48 (48%) respondents strongly agree, but 11 (11%) and the other 7(7%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents strongly agree. Based on feeling free condition in worried situations, 38 (38%) of the respondents agree, and 23(23%) strongly agree. On the other hand, 24(24%) and 15(15%) of the respondents disagree and strongly disagree that they have respectively. This shows that most of the respondents agree. Based on being easy for them to relax when they are with worried situations, 16(16%) of the respondents agree and 13(13%) of the respondents strongly agree. On the other hand, 51(51%) and 20(20%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents disagree. On the feeling comfortable when nervous conditions happened, 11(11%) of the respondents agree on that they are and 7(7%) of the respondents strongly agree, but 51(51%) and 31(31%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents disagree. Based on making ease when stressful situations happened usually, 51 (51%) of the respondents agree and 29(29%) of the respondents strongly agree, but 14(14%) and 6(6%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents agree. Based on trying to avoid things that will make up their minds, 34(34%) of the respondents agree and 26(26%) of the respondents strongly agree, but 19(19%) and 21(21%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents disagree. Based on getting away from stressful circumstances, 43(43%) of the respondents agree and 21(21%) of the respondents strongly agree, but 18(18%) and 18(18%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents agree.

Based on the feeling of getting relaxed when they are still with stressful circumstances, 40(40%) of the respondents strongly agree and 19(19%) of the respondents are agree, but 24(24%) and 17(17%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents agree. On the feeling of comfortability when they are living in uncomfortable environment, 30(30%) of the respondents agree and 9(9%) of the respondents strongly agree, but 47(47%) and 8(8%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents disagree. Based on the feeling of being nervous with psychological behavior which causes stress, 49(49%) of the respondents agree and 18(18%) of the respondents strongly agree, but 19(19%) and 14(14%) of the respondents disagree and strongly disagree respectively. This shows that most of the respondents agree.

**DISCUSSION**

The Relationship between Duration in Prison and Self-Awareness, Stress and Stress Coping

The result indicated that the relationship between duration in prison and psychological reactions to imprisonment, within the strongest emotional stress reactions. Emotional stress can be expressed or practiced in many ways, Anxiety is one of them. Anxiety is usually quite low and some acceptance of prison life is generally gained [11]. Also the result indicated that there is a significance relationship between duration in prison and some components of psychological well-being (i.e. Self-awareness, stress and stress coping) among the prisoners. From the rest two components (self-awareness and stress coping) stress has a negatively correlated with duration in prison. Some evidences suggest that defects in self-awareness skill are related to life in prison [5, 6].

The findings of the present study manifested that the relationship between lengths of imprisoned and intimates stress coping. Results of the correlation analyses revealed that there is no significant relationship between any of the stress coping mechanism and length of imprison. In contrary, an impression longitudinal study of prisoners in the Canadian correctional system, Zambel and Porprino [7] also found to reliable relationship between imprisoned length and any measure of adaptation. In addition, there has been some research on the relationship between self-awareness and prisoners. However, generally there have been inconsistent finding in studies which have been examined the relationship between self-awareness and life in prison. In their major review of predominators, Roos and Fabiano [12], identified only a small number of studies reporting lower self-awareness in offender samples prior to 1980. However, they argued that the lake between prisoners and self-awareness many operate through locus of control. Since many prisoners are externally oriented in their ability to affect change or have control in tier environment (i.e. internal control). Studies on stress said that prisoners are uncomfortable and stressful environment [13-17]. The person who suffers the acute pair of imprisonment necessarily manifests psychological discomforts such as post-traumatic stress disorder or other forms of disability may be in the form of diminished sense of self-worth and personal value. These psychological problems effects of life in prison vary from individual to individual [18].

**Gender Difference on Prisoners Level of Stress, Self-Awareness and Stress Coping**

As the findings, indicate that there is a statistical significance difference in gender of prisoner’s level of stress and self-awareness. Similarly, Tolin and Fao [19], indicate that females are more likely to develop Post traumatic stress disorder and trauma than men. PTSD is prevalent, among the female prisoners. Furthermore, a review of the Literature by Maloney,
van deh Burgh and mover [20], found that trauma experienced by female in prison strongly in fluencies offending behavior. In contrary to that, this study shows no difference between male and female to develop stress and the other components of psychological well-being (i.e. self-awareness and stress coping).

The Relationship between Age of Prisoners and Self-Awareness, Stress and Stress Coping

Finally, as the findings, indicate that there is a relationship between age of prisoners and self-awareness. Similarly, Richard Mccorkle [21], revealed that younger prisoners aged twenty-five or below is initially move resistant to the prison structure which makes them more likely to be stress than older inmates who assume passive avoidance roles in prison. However, it has been suggested that after the initial shock of imprisonment, younger inmates tend to demonstrate increasingly level of conformity over time [11]. In contrary, the study on the components of psychological well-being (i.e. self-awareness stress coping and stress) shows no significant relationship between these components and age of prisoners.

CONCLUSIONS

Depending on the findings on the study of the following concluding notes were made:

- There is significant difference between male and female prisoners on the components of psychological well-beings (i.e. self-awareness, stress and stress coping).
- As well as it shows significance relationship between duration of stay in prison and the components of psychological well-being (i.e. self-awareness, stress and stress coping) among the prisoners of Hosanna town. Based on this from the components of psychological well-being studied in this research stress has inverse relationship with duration in prison (i.e. as the length of imprisonment increases the prisoner’s adaptation to stress increases and the level of stress decreases).

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