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RESEARCH TOPIC

**THE EFFECTIVENESS OF REHABILITATION OF FEMALE PRISONERS IN
ZIMBABWE. THE CASE OF CHIKURUBI FEMALE PRISON.**

BY

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DEDICATION

This work is dedicated to my mother Mrs P Magadzire who has inspired me and guided me through her commitment in attaining excellence, to my late father Mr F Magadzire who always wanted this and to my sisters Ruth, Melisa ,Milnah and my friend Valerie they have inspired me undoubtedly to be original and to always aim for the best in all accomplishments thank you guys.

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ABSTRACT

The purpose of this research was to examine the effectiveness of rehabilitation of female prisoner in Zimbabwe in case of Chikurubi Female Prison. In particular this includes the rehabilitation mechanisms which were introduced at Chikurubi with the purpose of reforming inmates and to prepare them for the reintegration process. The rehabilitation mechanisms include vocational training which involves programmes such as hairdressing, cosmetology, chicken rearing, tailoring, secretariat, knitting and cooking and hospitality also psychosocial rehabilitation which includes counselling services, recreational activities which involves dramas, different sports and traditional dance, spiritual activities which involves bible study, choral singing and spiritual counselling and education activities which involves the provision of education from primary to tertiary level. Particular attention was given to examine the plight of female prisoners in Zimbabwe and this involves stigmatization, victimization lack of access to medical facilities, lack of pre natal and post natal care for pregnant mothers and nursing mothers and also the successes and challenges of the rehabilitation mechanisms. Only a sample of 50 women which involved the inmates, ex inmates and rehabilitation officers were selected as respondents. Semi-structured questionnaires and interviews were used to collect the information from the selected respondents. The results were based on the information captured in the questionnaires and qualitative face to face interactions. The research acknowledged that rehabilitation mechanisms have managed to be good and helpful to the inmates, also they are helpful in preparing inmates for pre-release and the equip inmates with new skills to search for employment. This alluded that some of the respondents were a living testimony of this process. However they were enormous challenges which is hindering the effectiveness of rehabilitation of female prisoners and this includes presidential pardon, lack of resources, county's economic hardships, lack of a robust monitoring and evaluation of the rehabilitation mechanisms and lack of a budget allocation for the implementation of the rehabilitation programmes just to mention but a few.

ACRONYMES

NGOs.....Non-Governmental Organisations

UNAFEI.....United Nations Asian and Far East Institute

UNDOC.....United Nations Office of Drugs and Crime

UNSMR.....United Nations Standard for Minimum Rules

ZACRO..... Zimbabwe Association for Crime Prevention and Rehabilitation of
The Offender

ZIMAFEP.....Zimbabwe Association of Female Prisoners

ZLHR.....Zimbabwe Lawyers for Human Rights

ZPCS..... Zimbabwe Prison and Correctional Services

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Introduction

The effectiveness of the rehabilitation of female prisoners is a panacea to a successful re integration process of the inmate after release as propounded by Mujuru (2011) that rehabilitation is important for a successful re integration because it brings economic and social benefits to the country. However a few have been said on the factors that is hindering a successful rehabilitation of female prisoners. The UN met in (2012) to discuss to the minimum that could be given to female prisoners. The UN basic principle for the treatment of prisoners explain that all the prisoners are entitled to basic human rights states however began to deprive the rights of the inmates in Prison. Moreso despite the adoption of the international value of incarceration the living conditions of Zimbabwe's prisons is explained by ZACRO (2010) as not suitable of human habitation. According to Pemberton (2013) depriving a human being from liberty especially females is a very severe punishment.

In line with its mission statement ZPCS introduced rehabilitation mechanisms with the mandate of reforming the inmate so that after release the inmate can stay away from criminal behaviour, also for re integration with the community and to use the skills acquired in prison for employment purposes. Rehabilitation is important to female prisoners because it reduces the rate of recidivism as inmates would have reform and leave the criminal path and also it enable inmates to be well equipped with skills to search for employment and to be self-employed as according to ZACRO (2008) most women in prison are from poor families so they end up engaging themselves in informal sector which is illegal to take of the children, parents, brothers and sisters According to Fili (2013) female prison rehabilitation attains functional ability which capacitates social situations of their needs and the right to participate in development society. The rehabilitation mechanisms included vocational training, psychosocial rehabilitation, recreational activities, spiritual activities and educational programmes. According to Kusada and Gxubane (2014) rehabilitation of female prisoners

comprises of various issues such as educational programmes, vocational training, recreational activities and psychosocial services. The research therefore sought to examine an imperative in depth knowledge of the effective rehabilitation of female prisoners in Zimbabwe at Chikurubi Female Prison which is one of the largest female prisons in the country and reasons which is causing the inmates to go back to prison after finishing their term or after the presidential pardon despite having the rehabilitation mechanisms.

Background of the study

According to Musango (2014) rehabilitation concept emerged from the western correctional system and was adopted by Zimbabwe and other African countries with the main hope to transform prisoners and to eliminate criminal behaviour. This adoption was facilitated by the UN, SADC and advocacy from NGOs. This was after the realisation that the number of inmates was increasing and also the African countries were using punitive measure to treat inmates. NGOs began to rise up to protest against ill treatment of the prisoners. Female prisoners were being sexually assaulted, tortured, deprived of rights to medical care, pregnant mothers were denied prenatal and post natal care thus suppressing their rights. The UN also intervened in the promotion of prisoners' rights by states which resulted in creation of the minimum standard rules for the treatment of prisoners. NGOs then began to spread globally in a bid to ensure that states were abiding to the protection and fair treatment of the inmates in prison.

According to Tsvakai (2013) rehabilitation is connected to reintegration, which is a process of returning an inmate to the society after imprisonment. Moreso Dissel (2008) further explained the need for full and active participation of ex-prisoners in the community as a law abiding citizen. This process of rehabilitation is done whilst in prison

In Kenya and Tanzania officials are much focused on changing the sentencing plan by legal officers as a way of effective rehabilitation policy implementation. Moreover in South Africa prisons are being turned from prisons to rehabilitation centers. The Ouagadous Declaration on hastening penalty and prison reform in Africa held in Berkina Faso in 2002 recommended rehabilitation and promotion of re integration of convicted person.

According to Dissel (2005) in South Africa vocational skills training are ready available to prisoners in terms of which prisoners are evaluated and issued with qualification by the sector

of education and training authority to assist the development of their employment related skills. In Tanzania about 52% of convicted inmates partake in agriculture to equip prisoners with life skills beyond prison bars. Furthermore in Botswana the vocational rehabilitation activities focus on mat making, sewing, knitting, cleaning, vegetable gardening, literacy education and religious activities.

In Zimbabwe the government have adopted the UNSMR for the treatment of prisoners and have introduced various rehabilitation programmes at Chikurubi Female Prison vocational training which involves programmes such as hairdressing, cosmetology, secretariat, tailoring, knitting, cooking and hospitality, also psychosocial rehabilitation which consist of counselling programmes, educational programmes were inmates receive education from primary level to tertiary level, spiritual activities which involves bible study, spiritual counselling and choral singing ,also recreational activities which involve dramas, traditional dance and sports. The rehabilitation mechanisms have managed to be good and helpful to both the inmates which were waiting for release and the ex-inmate were able to re integrate with the society also the rehabilitation mechanisms were good for the pre-release of the inmates and they were helpful in the sense that inmate gained new and skills to search for employment. However there are enormous challenges which are affecting a success female prisoner rehabilitation and this include lack of resources, lack of prioritization, presidential amnesty, lack of monitoring and evaluation of the rehabilitation mechanisms, lack of budget allocation to rehabilitation mechanism just to mention but a few.

The Committee on human rights and state of prison presented on the 7th Parliament of Zimbabwe (2011) exposes that living conditions of prisoners in the cross section of prison institution in Harare including Chikurubi Female Prison are worsening due to budgetary constraints. Rights and State of prison notes an accurate shortage of basic needs of prisoners which include shortages of water, poor diet, unavailability of drugs for sick prisoners, poor

and lack of sanitary facilities. Prisoners are issued with one blanket and in most cases, blankets are torn.

Furthermore ZPCS duty is centred on the human dignity and rehabilitation of prisoner and reintegration into the society. Correctional Services play a crucial role in rebuilding of peace structure and play a crucial part in forming on societies as reported by Brahimi Report (2000). According to the UN standard minimum rules for the treatment of prisoners (1957) adopted as Mandela Rules (2015) viewed as best practise , “People came to prison as a sentence and not to be punished” meaning whatever the treatment during the imprisonment should be designed on the best interest of the prisoner. Parliament of Zimbabwe Committee on the state of prisons (2011) describes rehabilitation in prison situation that it is to return and help individual or a group of prisoners socially, physically and psychologically to abide by socially acceptance norm and ethics. There are different mechanisms used on prisoners in an effort to rehabilitate and make them reform (Schartmueller, 2012). Varieties of programmes were introduced in prisons for inmates to take part in such as vocational training, counselling sessions and sports and culture.

Statement of the Problem

The research seeks to examine the effectiveness of rehabilitation of female prisoners at Chikurubi Female Prison. Rehabilitation process enables the inmate to reform and to stay away from criminal behaviour after release also it curbs recidivism. However there are challenges which is hindering the effective rehabilitation of female prisoners and this include lack of budget allocation as a result of the economic hardships of the country the money of rehabilitation programmes is channelled to the wellbeing of inmates, lack of resources to cater for the rehabilitation programmes and the current economic situation of the country as propounded by Chinamasa (2011) the factors that are affecting the public policy of the county also affects effective rehabilitation of female prisoners and lack of monitoring and evaluation of the activities just to mention but a few. Rehabilitation mechanisms introduced at Chikurubi include vocational training which consist of hairdressing, cosmetology, tailoring, knitting also psychosocial rehabilitation which involves counselling activities, recreational activities which involves sports, drama and traditional dance just to mention but a few, educational programmes were inmates get access of education from primary level to tertiary level and spiritual activities which consist of bible studying, spiritual counselling and gospel choir only to mention but a few. These rehabilitation mechanisms equip the prisoner with life skills so that after release the inmate is able to reintegrate with the society and use the skills to search for a job. As a result most female prisoners committed a crime because of poverty and economic hardships problem of the country, some as a result of lack of knowledge so because of rehabilitation process they can reform. This research sought to examine the reasons why despite having the rehabilitation mechanisms the number of women going back to prison again after release and after the presidential pardon is also increasing. Henceforth the research seeks to unearth the challenges which are hindering the effectiveness of rehabilitation of female prisoners.

Conceptual Framework

Female Prisoner can be conceptualised as any women who has committed a crime for which she had been sentenced or still to be by a judge or magistrate in a court of law and she is under the state custody.

According to the Parliament of Zimbabwe Committee on state prisons (2011) rehabilitation process in context of prison can be conceptualised as restoring and helping an individual or a group of prisoners socially, physically and psychologically by edging them to abide socially by acceptable norms and ethics. Moreso according to ZACRO (2010) Rehabilitation can be conceptualised as the process of restoring inmates from a criminal path to a normal life by equipping the inmates with life skills so that upon release the inmate can be able to search for employment or to be self-employed to sustain herself for a successful re integration with the society.

Rehabilitation mechanisms can be conceptualised as programmes and activities which helps the inmates to reform and to stay away from criminal behaviour and this include vocational training were an inmate is trained in skills such as hairdressing, tailoring, secretariat, chicken rearing and cooking, hospitality, cosmologies and knitting of jerseys. This will enables the inmate to be self-sustain and look for a job after release.

Furthermore there is psychosocial rehabilitation mechanism were inmates receive counselling some inmate will be grief stricken so through counselling they are able to spill out their emotions and this will help on the reintegrating process.

Spiritual activities this is where inmates receive spiritual counselling through the opening of religious scriptures, bible studies and gospel choirs. During spiritual programme some inmates are baptized. This is because some committed crimes because of grief and cults. Henceforth spiritual counselling moves an inmate to the goal of rehabilitation.

Recreational activities enables inmates the right to physical exercise. This equips inmates with skills for a living. Recreational activities involve dramas, sports such as netball, volleyball and soccer, traditional dances and choral group singing. This enables the inmates to be equipped in the art industry after release.

Education is another rehabilitation mechanism where inmates receive education from primary level to tertiary level. This is because some committed crimes because of lack of knowledge and this keeps inmates pre occupied. Moreso this enables the inmate to have qualifications to look for a job after release and others to upgrade their education whilst in prison.

THEORETICAL FRAMEWORK

In this research the researcher used the capability approach by Amartya Sen. Sen (1985) described Capability Approach as an economic theory that emerged in the 1980s as a substitute approach to welfare economics. Capability Approach helps to explain on what individuals are capable of doing regardless of their position in the society. This allows them to be able to provide for themselves as well as their families and improving their wellbeing. In Capability Approach theory Sen (1985) believes that everyone both men and women should be given an opportunity to engage in different activities to boost their economic life as well as improving their social life.

Henceforth as proposed by Sen females in prison are given an opportunity through the introduced rehabilitation mechanism which are vocational training which include activities such as tailoring, cosmetology, secretariat, chicken rearing, cooking and hospitality and hairdressing, psychosocial rehabilitation which include counselling, spiritual activities which include bible studying, spiritual counselling and attending church service, recreational activities which include sports, traditional dance and dramas and educational programmes just to mention but a few to improve their social life. This helps the inmates during their re integration with the society.

Capability Approach expresses the real prominence of freedom in assessing a person's advantage. According to Evans, (2002), Sen. freedom intends in increasing citizen's access and opportunities to things they value henceforth freedom means in increasing to female prisoners at Chikurubi as they are given opportunities to be equipped with life skills which they value the most. Sen challenges the concept of measuring development by economic

growth rather it should be measured by the capability of how people are able to provide for themselves. Hereafter if female inmates have opportunities to rehabilitation programmes they are able to develop life skills after release and build their character to reform and stay away from criminal behaviour their welfare and wellbeing will be improved hence development.

Capability Approach encourages individual differences on ability to transform resources into valuable activities. Different introduced rehabilitation mechanisms introduced at Chikurubi female prison with the help of its stakeholder such as ZACRO,FPST,PFZ , Churches and the community allows inmates to have an effective rehabilitation and with a wide range of selection.

Amartya Sen gave emphasis on the importance of education gaps and to remove enormous disparities in the education access so with the education programme as part of rehabilitation female prisoners are able to get access to education since some of them commit crimes because of lack of knowledge.

Objectives of Study

- To examine the plight of female prisoners in Zimbabwe.
- To examine the effectiveness of rehabilitation mechanisms introduced at Chikurubi highlighting the successes and challenges encountered.
- To provide suggestions that can be adopted by Chikurubi Female Prison so that it becomes effective in the rehabilitation of women.

Research Questions

- What is the plight of women prisoners in Zimbabwe?
- How effective are rehabilitation mechanisms introduced at Chikurubi Female Prison and what are the successes and failures of the mechanisms?
- What are the strategies that can be adopted for rehabilitation mechanisms to be successful?

Significance of Study

The desire to examine the effectiveness of rehabilitation of women instigated this research as very little has been said as women face a lot of plight as female prisoners in Zimbabwe. Chikurubi female Prison was selected because it is the largest female prison in Zimbabwe. According to ZPCS Rehabilitation Statistics (2005-2014) 99% of rehabilitation programmes are introduced at Chikurubi Female Prison and 1% is shared among Shurungwi and Mlonlozi Female Prison. The research will help the government and its arm ZPCS to adopt strategies that can be adopted for rehabilitation to be a success and to come up with solutions and

policies to safeguard the wellbeing of female prisoners. It will also benefit the academia on knowing the effectiveness of rehabilitation of female prisoners and its role to development.

Limitation of study

The closed nature of prison and the bureaucratic system nature of the government are the limitations which were faced by the researcher and this resulted in spending a lot of money for bus fare without getting tangible information. Moreover the fact that prisons are naturally closed and high security in Zimbabwe implies that people are not free to discuss issues that are perceived as negative and the stigma attached limited the researcher in accessing information from individual repeat prisoners. However the researcher was able to be patient in order to under the study.

Research Methodology

A qualitative research design was used in the study by the researcher. Research design according to Bhattacharyya (2003) is the narrative of methods as well as techniques of obtaining the data required to carry out a research study. In this case the researcher chooses the qualitative hypothesis so as to closely intermingle the in depth with the participants to access their view and beliefs to the rehabilitation programmes introduced at Chikurubi. Qualitative methodology examines human behaviour through the use of interviews and questionnaires that seek to establish the reason that governs such behaviour. The research methodology consists of understanding experiences, perception and attitude of people towards a particular behaviour or social aspect of life (Castellan, 2010). This made the method appropriate to this study.

Research Design

The case study examined an in depth purposive samples. In this case the researcher used Chikurubi female prison which is the largest female prison in Zimbabwe. There are three female prisons in Zimbabwe which are Chikurubi Female Prison, Shurungwi Female Prison and Mlondolozhi female Prison the rest are satellite prisons. According to ZPCS Rehabilitation Statistics (2005-2014) 99% of the rehabilitation programmes for female prisoners are implemented at Chikurubi Female Prisoners 1 % is shared among Shurungwi and Mlondolozhi. Chikurubi Female Prison is in proximity to the researcher's residence.

Data Gathering Instruments

Below are data gathering tools which were used by the researcher are questionnaire and interview. These are of paramount important in the study.

Questionnaires

According to Green et al (2004) defines questionnaire as a set of questions that are used to get information from respondents in the population under study. Questionnaires enabled respondents to reply to questions without any pressure and not affecting any form of their everyday routine. The researcher made use of both open and closed ended questions. Open-ended questions allowed respondents to include more information and permitted individual questions and closed ended questions, allowed the clarification of questions elected by respondents. The questionnaires were used to gather information and data. However some respondents misinterpreted some questions and had no room to give supplementary information, which to some extent limited the findings of the study.

Interviews

Interviews are verbal methods of questionnaires. The researcher interviewed 30 female inmates who committed different crimes and were serving different years the others were still awaiting for trial and 5 ex inmates and 5 rehabilitation officers. According to Babbie and Mouton (2001) face to face interview generally return fewer incomplete answers, they guide the person through the questioning, maintain affinity with the respondent and have higher control over the interview process. The researcher used structured questions which comprised of series of questions that intended to stimulate specific answers on the part of the respondent. This directed the researcher from not deviating from her pre-selected questions. However some female inmate respondents were not feeling free to articulate some information that was sensitive because of the presence of officers, which also limit the research findings.

Sampling

According to Zimkund (2000) describes sampling as a method of selecting individuals to take part in the research. Cohen and Manion (1994) defined sampling as a procedure of selecting number of individuals for a study in a way that the individuals represent the larger group from which they were selected. The researcher used a sample of thirty female prisoners who committed different crimes, serving different years and the others were awaiting trial, 5 inmates and five rehabilitation officers from the target population. The selected individuals represented the population under the study. This was manageable and time serving. It was difficult for the researcher to study the whole target population.

Sampling Method

The researcher adopted non-probability sampling technique which is purposive in nature in the study. Purposive sampling was judgemental, selective and subjective when respondents were selected according to the purpose of study. With the type of sampling the researcher was able to gain a deeper insight of the perception of the inmates regarding the rehabilitation services that were offered. The respondents were selected according to their credibility to generate useful data of the study hence using purposive sampling procedure. Furthermore the researcher used prison nominal register to get access to the ex-inmates.

Target Population

According to Sallice (2000) a population is all characters with specific characteristics from which the researcher would like of a study to be generalizable. The researcher identified thirty female inmates who committed different crimes who had stayed for different years in the prison including some who were still waiting for trial, five ex inmates and five rehabilitation officers. These were the target population of the researcher in the study.

Ethical Considerations

The researcher safeguarded that ethical requirements were maintained in the study, the researcher sought permission from the prisons authorities. Furthermore in the collection of data there was confidentiality by ensuring the respondents of their privacy and that the names will not be disclosed. The researcher assured the respondents of the concealment of the information that they give.

Literature Review

This section reviewed the literature on the effectiveness of rehabilitation of female prisoners. According to the Parliament Report (2011) ZPCS struggles to manage prisons in likelihood that there should be non-discriminatory regardless of gender, activities should aim towards reintegrate just to mention a few. SMR (1997) explains that there is need for appropriate means to be used that includes religious care in the countries where it is possible, education, vocational training and training social and physical casework. According to Hofman (2008) rehabilitation is a procedure of knowing to be oneself and to be known as a unique person meaningful to others because of both differences and mutual ground. Therefore a good rehabilitation programmes are ones that creates a sense of self ness for the participation and impart a belief of sense of belonging.

Muntingh (2005) explained an essential goal of rehabilitation that should be of the re integration of prisoners back to the society after their term of sentence. This integration does not only give educational life skills training but also mental and physical health which is crucial for the minimum rules to be achieved with the community by providing skills for growth. It is key that even though the legislature and international instrument and norms are guiding principles to the treatment of prisoners the effectiveness varies with the availability of adequate resources (Parliament of Zimbabwe Reports 2011). According to Dissel (2001) women are involved in cooking, cleaning and taking care of the warden dogs.

Therefore, it is difficult to see how the work done by inmates contributes to their development. Female inmates at Chikurubi committed different crimes but most of them are related to the economy due to economic hardships in the country they committed economic linked crimes such as fraud and theft. Proper implementation of rehabilitation programmes is disadvantaged with lack of finance and resources. According to Chinamasa (2011) issues

that affects the public policy in Zimbabwe are generally the same issues that concerns successful implementation of prisoners rehabilitation policies in the prisons. The broad issues that concern the various stages of female prisoner's rehabilitation policies are but not limited to economic, professional, and technological and the social environment in a country. According to Callen et al (2011) there are various economic and social problems that are linked to the prison and community through the way prisoners are treated during custody. This also determines how the communities are coping in helping prisoners.

According to Dissel (2001) where there is extreme poverty there is a result increase in blue colour jobs which suggest an increase in incarcerated which leads to overcrowding in prisons (Sokwanele ,2009). Furthermore in Zimbabwe there is severe absence of research on inmates and rehabilitation programmes. According to United Nation Asia and the Far East Institute of Offender (2007) rehabilitation programs in Zimbabwe prisons are mostly agro based for example maize production ,poultry farming ,dairy farming and cattle ranching for adult prisoners this also includes female prisoners.

Furthermore according to UNAFEI (2007) specific rehabilitation mechanisms are missing in the system one such example is cognitive behavioural therapy and the same time prisoner officers do not have specialized training in correctional services. This is also supported by Dissel (2007) who explained that African Prisons rehabilitation is more focused on spiritual development, vocational training and educational development rather than on the behavioural and psychological aspect of rehabilitation. It is the attention of the government and the society to appraise the effectiveness of rehabilitation policies against proposed objectives so that a way forward is established. According to Rupande and Ndone (2014) in their analysis of rehabilitation strategies to reform prisoners for the government to succeed in reforming

prisoners and dealing with the problem of recidivism the programmes should align to , social, cultural and family values to be more effective and sustainable.

The observation of the research is that economic hardships, shortages of resources presidential pardon just to mention but a few are the biggest impediment towards achieving a successful rehabilitation and reintegration. In creating a society that has rehabilitation system for sustainable development. Zimbabwe Lawyers for Human Rights (2013) report in conjunction with the Law Society of Zimbabwe (2013) submission entitled “Retrial Detention Zimbabwe “discovered the gaps in rehabilitation shortcomings in the Prison Act with regards to rehabilitation of female prisoners explaining that the Prison Act is Silent on the issues of rehabilitation. More so the Prison Act does not include rehabilitation as a core business of the Prison Services where an inmate is expected to come out of prison with the skills that she can use to re integrate with the society.

According to the UK House of Common Report (2006) it is necessary to carry out an inquiry into the rehabilitation of female prisoners as a law abiding and useful member of community. The way to attain an effective rehabilitation of female prisoners is to ensure that upon release prisoners has the skills to search for work and have a home to go. As a result of different of recent official report and government initiatives, a basic policy framework is now largely in place which could make possible the more effective rehabilitation of female prisoners. According to the UK Common Report (2006) however the implementation has been irregular.

Rehabilitation is a process thus there should be a principal coordination of activities of the correctional services and well-coordinated effort to continuously monitor the implementation and adequate resources to ensure an effectiveness of female rehabilitation. This suggest that there should be a whole Ministry in charge of the correctional services that deals with issues

of finance and total rehabilitation of prisoners as opposed by the current situation in Zimbabwe correction services lay under the Ministry of Justice ,Legal and Parliamentary Affairs.

According to Zimbabwe Female Prisoner Support Trust (2014) “Zimbabwe Prison and Correctional Services lack the ability to follow up on former inmates .this gap creates a non-extension of rehabilitation programmes and contributes a higher level of ex-convicts returning to criminal behaviour and coming back to the prison”. Rehabilitation is a process and it takes all partial involvement on common ground and by giving a prisoner a second chance.

According to Herbig and Hesselink (2017) the essential to provide reintegration to prisoners is to change the inmate behaviour of going back to prison and the development to the human beings. According to USIS (1998) Education for prisoners is essential, not only as a basic human right but in order to break down the cycle of going back to the prison again by providing qualifications and skills for employment on release (Department of Business, Innovation & Skills [BIS], 2006) and by providing social and human capital (Gerald,2008; Schuller,2009;Hughes,2007). Inmates who would have obtained education upon release are able to seek for employment.

Female Prisoner who has been pardoned by the presidential amnesty without finishing their rehabilitation programmes hinders an effectiveness of rehabilitation. According ZPCS (2018) in March The President of Zimbabwe Emerson Mnangangwa pardoned 2000 prisoners 87 were women, but as much as 30 of them were back behind bars within three months on similar or the same crime. This was because the inmate could not finish their rehabilitation programmes because there were pardoned during the course of the rehabilitation programmes as well as lack of monitoring of rehabilitation programmes since rehabilitation is a process.

To add on, programs offered should be able to provide inmates with information that will assist early entrance into the community programs, performance changes and connection to outside resource (Anonymous, 2008). For the effectiveness of programs offered, inmates should be allowed to take part in programs, which do match their sentence.

Chapter 1

The plight of Female Prisoners In Zimbabwe

Introduction

This chapter will look at an overview of the plight of female prisoners in Zimbabwe and the challenges that they face as female prisoners. According to Vetten (2008) a brief to the difficult prison conditions in Zimbabwe as far as women prisoners are concerned as being a lack of provision for women needs related to menstruation ,pregnancy and child birth and poor visitation rights and access to children and family among others. The chapter will look at all the female prisons in Zimbabwe which includes Chikurubi, Shurungwi, Mlondlozi and other satellite prisons which accommodates female inmates in the country.

An Overview

Female Prisoners have different challenges compared to their male counterparts. According to UNODC (2008) many female prisoners suffer from the obstacles of raising young children living with them in prison, post confinement stigmatization and sexual and physical abuse, inadequate provision of gender specific health care services, lack of guidance on the treatment of children living with their mothers in prison and the specific safety concern of women prisoners. There are no pre and post release programmes which lead to problems such as stigmatization and discrimination that women face once released from prison. According to ZACRO (2010) on judgement and sentencing, prisoners lose some rights and privileges but hold basic rights.

Furthermore women in prison faces many problems some resulting from their life prior to imprisonment, others resulting from their imprisonment itself. According to ZLFHR (2014)

Zimbabwe has only 3 fully furnished female prisons in the country which are Chikurubi, Shurungwi and Mhlondlozi and all other prison have a section that has been set aside for women and the other conditions are not favourable for female inmates. Women prison experience victimization, unstable family life and continuation abuse. According to Bloom and Covington (1998) there are numerous critical challenges faced by women in prison and most are unmet in the prison environment. ZPCS do not take into account the importance of mother child relationship in designing policy for women in prison. According to Porter and Wright (2003) cancelling of parental rights also affects prison mothers. Pregnancy and reproductive health needs are another abandoned area of health care.

According to Bloom and Cavington (2000) problems of pregnant inmates include lack of prenatal and post natal care, inadequate education regarding child birth and parent and little or no preparation for the mother's separation from the infant after delivery. The researcher observed that female inmates are a difficult group of disadvantaged people with specific needs relating to education, health and emotional support.

Challenges Faced by Female Prisoners

Prenatal and Post Natal Care

Female prisoners in Zimbabwe are not given pre natal and post natal care for pregnant mothers and nursing mothers as shared by one of the respondents who entered the prison without knowing she was 2 months pregnant and spent 2 years in prison after found in possession of stolen goods, *"I tolerated all the agony while serving on a diet of most which was the same as other female prisoner.....the joy of motherhood are lost by the ridiculous conditions that prevail in prison because they are unsuitable for pregnant mothers."* The researcher acknowledged that pregnant mothers are treated just like other inmates there are not given special conditions they sleep on the mat with one blanket and when she give birth

that's when she is topped with another blanket. Furthermore respondents acknowledged that the pregnant female inmates are not given regular check-ups.

According to Pastor Gezi of Prison fellowship Zimbabwe one of the Organization that help female inmates ,Prisons should be correctional facilities not torture of basic female rights. The findings indicated that the pregnant mothers as well as the nursing mothers have no special diet.

Furthermore respondents acknowledged that they are inhuman treatment which prevails both in prison and the institutions they go for delivery. Pregnant women are transported to outside medical facilities such as Parirenyatwa Group of Hospital, Shurungwi general hospital and Gweru general hospital to give birth because Female Prison are not medically equipped to safely provide such services. Moreover they is shortage of transport in prison to transport expecting mothers to general hospital this becomes a challenge to the inmate as the inmate will not be attended immediately they end up delivering at the prison and result in some delivery complications. According to Young (1998) this transportation often results in various medical and mental health complications that security precaution increase in woman's risk of injury and stress. When expecting mothers have given birth they are only given 48 hours and then they are returned back to the prison.

According to Acoca (1998) there are insufficiencies in the availability of prenatal and post natal care, pre natal nutrition, allocation of methadone maintenance and education support for child birth and rearing. Nursing mothers need particular healthy facilities which are often unavailable at the female prisons. Moreso they also require particular consideration in terms of medical and dietary requirements. Furthermore expecting mothers are not given regular check-ups because of shortage of resources this can result in delivery complications.

Lack of Access to medical facilities

Female Prisoners in Zimbabwe lack access to medical facilities. The inmates receive fewer health cares. The prisons clinics services are characterised by essential medicines stock outs, lack of routine medical check-ups for expecting mothers and limited availability of equipment such as thermometers, sphygmomameter and machine to taste diabetes Findings acknowledged that women in prison have more specific health issues and the most prominent are related to reproductive health such as menstruation, menopause, pregnancy and breast feeding but in Zimbabwe prisons women have little or no access to adequate facilities that can met their accommodation or health needs which is a challenge to the inmates. According to Maruschak and Beck (1997) women health issues are worse more than those of imprisoned male.

Furthermore doctors only come twice per month or sometimes once per month, during the month there will be a sister in charge. Moreso there is shortage of drugs within the prisons medical facilities. Furthermore inmates who suffer from high blood pressure and diabetes are not given medicines which are provided by their relatives which pay visits during the family week visit which is done every month. There is only the provision of ARVs which donated by NGOs such ZACRO given to those who are living with HIV and AIDS One of the females shared that, *“when you visit the clinic you are only given some paracetamol which are stop pains despite the pain that you will be going through..... I once visited the clinic with a tooth ache and I was given paracetamols which was not useful to me and I was told to come back after 3 weeks to see a doctor the pain was unbearable for me .”*

The prison health care shows little or no concern to the female inmates. According to ZHRC (2017) on prisons monitoring report there is shortage of staff within Chikurubi health facilities and drugs are in short supply with only the availability of pain killers such as

paracetamol which is not effective particularly for cases where a patient is experiencing pain. Additionally prisoners will be lying in pain on the floor some ignored and unattended some will said to be pretending and also because of shortage of staff. However adequate health facilities for women prisoners remain mandated under SDGs. There are accounts when expecting women are forced to deliver the baby in the cells as a result of lack to access to health facilities. There is shortage of transport to transport the expecting mothers to hospital. Moreso finding acknowledged that there is only one ambulance in every province where female prison are located so expecting mothers lack access to health facilities to deliver the baby henceforth they end up delivering in the cells and this causes a lot of complications to both the mother and the baby.

Bullying

Bullying is another plight which female prisoners face in Zimbabwe on their first entry to the prison they are not given the induction process on how to adapt with the prison environment which is a challenge for female inmates. Furthermore this results in bullying from both the prison officers and the other fellow inmates who are already in the prison. According to Tosh (1982) if you do not bully someone at the very least someone will bully you hence forth this will result in some inmate working for their fellow senior inmates who had spent a long time in prison because of delay of trials and due to long sentence.

On findings the researcher acknowledged that there is also bullying as result that some female prisoners never receive visitors on family week visit on every month so those who do not receive visitors have to work for those who receive visitors in order to have some basic needs such as sanitary wear and soap for bathing and for laundry. Those who work for others are named “*ana mabrasho.*”

Mother and children Separation

According to Bloom and Owen (2000) mothers in prison face multiple of challenges in maintaining relationships with their children and encounter problems created both by the correctional system and child welfare agencies. The researcher observed that very young children accompany their mothers to the prison but the exact age are vague and subject to decision. Mothers are the sole care givers of their children so when they are imprisoned some children stay with the relatives typically grandparents and a small percentage of the other without anywhere to go is placed on the child social welfare.

This condition is contagious to the problem of maintaining contact with the family. Some of the inmates alluded that they never received any visit from their children in this circumstances not only the children are separated from their mother but also for the siblings are to be separated from each other. This will increase the shock of the family break up henceforth giving the mother a challenge on the ways that can be adapted to re mend the broken family after release. This challenge affects the mother in attending the rehabilitation mechanism which are introduced within the prison so that she can reform and stay away from criminal behaviour.

Children outside prison are a cause of great distress to their mothers who are disturbed about the separation. According to Baunach (1985) imprisoned females split-up from their children is one of the most difficult aspects of imprisonment as mothers worry about what is happening to the children during their absence and how are they living without a mother. According to Garda Coll et al (1998) the struggle for survival in response to the grief, loss, shame and guilty that women feel about their roles as mothers. Moreso findings have alluded that when a mother is imprisoned her family will often break up resulting in many children

ending up in the state care institutions or alternative care also imprisonment of far from home also complicates women's resettlement after release.

Conjugal Rights

The deprivation of conjugal rights for married couples is another plight faced by female inmates in Zimbabwe. Couples who are legally married are usually denied sexual intimacy during family visit. They are unable to take part in the day to day interactions experiences and sharing which sustain marital and other intimacy adult responsibilities. According to Daniel and Barnet (1981) it is difficulties in adjusting to separation and loss, it have led to depression and other mental health problems among prisoners. Loneliness and missing each other and of other feeling about life partners honesty and faithfulness are common. According to Permberton (2013) supressing a human being of liberty especially the female gender is a very severe punishment.

Furthermore sexual deprivation places pressure on prisoners towards homo sexuality satisfaction of one's sexual needs. It also involves a cry for the benevolence of a woman also loss of freedom suggest that prisoners are under the control of officials. Furthermore the deprivation of female rights led to infidelity between the couple some husbands end up moving on by marrying second wives. This will also affect the female inmate within the prison as the husband will no longer be paying a visit. According to ZPCS August report on family visit show at Chikurubi Female Prison there was only one husband who came to visit his wife and also there were few at both Shurungwi and Mlondlozi. Moreover deprivation of conjugal right is a challenge which is faced by female prisoners and it will also haunt them even after release and this will also increase the rate recidivism as it will cause domestic violence after the inmate is released.

Lack of support and attention to support family ties

The researcher observed that many women that goes back in prison have the challenge that their children have been taken away when they were incarcerated so when they are released they have nothing and they do not have the reason to live since mothers are the primary caregivers of the children. This is because most women committed crimes that include theft and robbery as a result of economic hardships that they were single mothers, the head of their families and bread winners to take care of their families. Furthermore with the absence of children they find no reason to leave so they will end up committing another crime justifying that it is of best interest to stay in prison.

The findings indicated that many of the respondents are mothers and usually primary caregivers for their children. The small number of captive mothers meaning that there are fewer female prisons in Zimbabwe and these results in women often being imprisoned further away from their homes and having limited opportunity for interaction with their children. This causes difficulties for the women to continue maintaining the family ties especially with the children. Some women come from poor background families which is the reason of committing the crime so the family will not have money for transport to visit the inmate on family week visits which is done every month so this will give inmate a conclusion of being neglected. Family visit is part of the rehabilitation process of the prisoner so lack of support of family ties becomes a challenge for the female prisoner.

Victimization

Victimization is another challenge faced by female inmates in Zimbabwe. According to Tosh (1982) victimization involve verbal skill full use and other forms of guidance by changing their social structure and environment or physical environment. According to Dangwal (2004) female inmates are subjected to the most shameful experiences which leave them to

what little dignity and self-respect when they reached the prison. Victimization lead to feeling helplessness, depression, physical injury, disruption of social relationships, damage self-image and this increases difficulties in adjusting to the society after release. According to Bartel and Bartool (1994) as a result of victimization after the early shock of imprisonment young female inmates tend to demonstrate increasing levels of conformity over time. Furthermore there is physical and psychological victimization this includes assault homicide and homosexual rape this take place due to many factors these includes inadequate supervision by staff members. According to Tosh (1982) the violent prone of housing prisoners is contiguity to relatively defenceless victim and high levels of tension generated between the individuals exasperate the problem.

Prison Effects

The effect of prison is another challenge faced by female prisoners in Zimbabwe. Prisons are often regarded as the scenes of brutality, violence and stress. Female prisoners are faced with incidence of violence and are always concerned for their safety. Finding acknowledged that prison effects are not an emotional psychological focus but rather a psychological manner. According to Tosh (1982) when in prison, prisoners must determine the way of passing the time since the time appears endless. The prison environment is usually hostile to female inmates and it affects the inmate emotionally. The main source of stress would include the loss of contact with family and friends outside the prison. There is also the fear of deterioration in prison this results in the prisoners resisting to reform hence coming back to prison.

Confinement

The confinement is another challenge faced by female prisoners in Zimbabwe. This is limited to certain psychological deprivation. This includes the loss of liberty were prisoners

experience a limitation of movement. There is also the pain to moral rejection. According to Johnson (1996) confinement indicates that the prisoner is not trusted or respected therefore she should not be able to move freely. One of the respondents who is a nursing mother said: “*on the time of my labour I was transferred to Parirenyatwa Hospital in handcuffs both in hands and legs it was so embracing and was in pain could not move freely this affected me psychologically.*”

Lack of sanitary wear

The unavailability of sanitary wear is another challenge faced by female prisoners in Zimbabwe. The respondents at Chikurubi alluded that despite having reported donations of toiletries for women by various organisations, they never received such products, only those who are frequently visited by their relatives have access to these commodities. Then in turn those who are visited employ those indeed for such products to work for them for example to do laundry for them and return for sanitary wear.

Furthermore female prisoners are given only one or a pad a day and some half a pad for the day regarding of their flow. The findings acknowledged female prisoners resort using pieces of blanket, woollen hats meant for babies who are in prison with their mothers and these are mostly stolen from washing lines. One of the respondents shared “*we end up tearing blanket on the fence Material is very rough it scratch our skin Some used newspapers by rubbing them to make them soft and permeable Others bath frequently during the day to save embracement that is if there is water because water is a challenge.*” In addition one of the respondents shared that “*when we have been locked up for the day we chose not to change pads and use the waste bucket so as not to expose fellow inmates to the smell of bloodthese buckets could also overflow and sometimes we can be splashed with bodily*

waste when using them while babies who crawled about at night risk coming in contact with contents.”

Mothers with children in prison

The female prisoners who are serving with their children faces challenges that the provisions of their children are not met. According to ZHRC (2017) on its monitoring report on prison conditions in Zimbabwe there were no facilities in place of children accompanying their mothers in prison which is harmful to the welfare, physical and mental development of the child. According to ZACRO (2014) ZPCS is impotent to provide clothing and for young children living with their mothers and this affects the mother the most because mothers play a crucial role in the lives of their babies moreover this is a challenge to the mother in the sense that the child wellbeing lacks social skills and attempts to re integrate with the society because of complex fear and confusion. Mothers living with their children faces a lot of problems as there is lack of consistency meals which affects the children also the children lack a balance diet and it result in malnutrition hence forth this affects the mother as she has to take care of the child when he or she is sick. Furthermore this became a challenge to the mother as the mother will miss the rehabilitation programmes.

Abuse

The threat to both physical and sexual gender violence is a common challenge faced by women in prison in Zimbabwe. The women are sexually abused by their senior inmates and other prison officers. Finding alluded that there is shortage of transport within the prison premises for example at Chikurubi there is only one van which accommodates the maximum prison which for men and the Chikurubi female prison so during the time of going to court both the female and the male prisoners share the same van and during the process female prisoners are verbally sexually abused by both the male prisoners and the prisoner officers.

Furthermore findings also acknowledged that there are senior inmates who will be detained for a long time and they will be waiting for their sentence, and they are other inmates who will be in prison for a long time because of their sentence this inmate will also abuse the new inmates sexually by making them their husbands or wives through homosexuality. Moreso there are some inmates who had been abandoned by their relatives and they do not receive visitors, they are homo sexually abused by inmates who frequently receive visitors in exchange of basic needs such as soap and sanitary wear. Some respondents acknowledged that they are physically abused by prison offices as they call them with some sort of names. Those who are in remand waiting for their trial they are beaten without any justification. Moreso according to UNODC (2008) women in remand faces sexual abuse and other form of abuse which is used as a tool to make them confess to the crimes they never committed.

Furthermore expecting mothers also faces physical abuse to the health facilities they go for the delivery of the baby they are forced to walk to the maternity ward even though they are in pain. One of the respondents shared that “ *a female prisoner who will be delivering the baby at a public institution only need to pray to God for the delivery to be quick so that she goes back to the prison because the physical abuse she receives is unbearable.*”

Nutrition

Lack of inconsistency meals is another challenge faced by female prisoners in Zimbabwe. Inmates receive inadequate food, protein is mostly entirely absent from their diet some respondents were suffering from malnutrition. The respondents acknowledged that they eat meat once in six month or so. More so the respondents also acknowledged that the meat they rely on was the game meat which is donated by wild life management besides that the prisoners survive on a meal of sadza and vegetables such as spinach both in the afternoon and the evening. Lunch is served at 1 o'clock whereas supper is served at 4 o'clock and then the

inmates will be locked up till tomorrow at 7 o'clock in the morning. Furthermore nursing mothers and pregnant mothers who require a special diet are treated just like other inmates. They also rely on sadza and spinach which is not for their conditions. Furthermore children living with their mothers have no share ratio of food, they eat on their mothers share portion which is innutritious henceforth they are exposed to diseases such as kwashiorkor.

According to Machingauta (2014) the diet does not change for nursing mothers owing to severe food shortages that have been affecting the prisons, nursing mothers have been identified to be severely malnourished while women who are arrested while pregnant do not have adequate nutrients to sustain the babies in good health. One of the respondents shared *“to God be the glory Because with the kind of food that I eat here it's his mercy that I cannot develop illness.... There is no proper food here.”* Moreover inmates who suffer from diseases such as diabetes, high blood pressure HIV and AIDS do not have a special diet which they require. According to ZACRO (2008) the main problem with Zimbabwe prison was that nutritious food was not available this was necessary to boost immunity of inmates affected by the pandemic. The shortage of food in most prisons remained a scenario undermining diseases mitigation programmes in the prisons.

Stigmatization

Stigmatization is a challenge which is faced by female prisoners in Zimbabwe. Some respondents alluded that they face stigmatization in the sense that no one of their relatives visit them in prison some will be abandoned by their relatives because of the crime which they committed. Most of the inmates that face stigmatization are the pregnant mothers who are transported to general hospitals to give delivery of their babies when they are due.

The expecting mothers face stigmatization starting from the officers, nurses and the community which they met on delivery one of the respondents who was arrested when he

was pregnant shared *“when my time was due I was transferred to Parirenyatwa Group of Hospitals where I was met with my own story from both the health professionals and other expecting mothers who instantly stigmatize me..... the nurses utter of sorts of words ‘imi mbavha munozvarireiko?’ (Which means why you thieves give birth?) I was in pain but I was made to walk all the way to the labour ward with my handcuff..... I only got attention from the nurses when the baby’s head was out.”* In addition other women also shared her story *“..... I was only one prisoner in the maternity ward and I shared a ward with 5 other expecting when I reached the ward the other expecting ladies started packing their bags and belongings and they were saying we should keep our goods safe because they is a thief in here no one wanted to talk to me I felt so bad.....”*

Shortage of clothing

According to ZACRO report (2014) Zimbabwe prison is unable to provide adequate clothing for its prisoners. Shortage of clothing is another problem which is faced by female prisoners in Zimbabwe. Women prisoners when entering the prison they are given 3 sets of yellow dresses, a jersey and a sun hat. There are not give under garments .one of the respondents shared that *“we are not given under garments which are essential for a female so we end up tearing the uniforms which we are given and we sew undergarments....”* Furthermore mothers serving with their children also faces the challenge of clothes for their children some mothers end up using old prison blankets and uniforms as a well of substituting the napkin. According to ZACRO (2008) women serving with their children in prison are mostly affected with regards of shortage of clothing. The findings showed that despite having vocational training programmes were women practise knitting of jerseys and tailoring so that they are able to knit their jerseys for cold temperatures and to sew their uniforms for protection there is lack of adequate resources to purchase the material needed. Some of the women wore torn clothes. One of the female prisoners at Shurungwi female prison shared *“in order not to*

humiliate myself I have to put a chigamba (to put a different material on the uniform) to close where it is torn.”

Delay of the trial

Female prisoners in Zimbabwe faces challenge in the delaying of trial as there spent long time in remand. Findings acknowledged that most women who committed crime in Zimbabwe are from poor families and marginalised sectors of the community also most of them are the head of the families; some committed crime because there wanted to take of the family. Thus the majority of women who are detained do not have the economic means to have a lawyer henceforth the lack of legal representation lead to immense delays in the court process. This affects the inmate physically and emotionally as many challenges occur such as abuse in waiting for trial. According to UNODC (2008) women faces sexually abuse and other forms of violence in the delay of trial which may be used to force them to confess to offenses they have no committed.

Lack of Access to Education

Women prisoners in Zimbabwe faces lack of access to education as there is no inadequate text books, lack resources to pay for the examination fees. According to ZACRO (2008) report the ZPCS department is facing the shortage of staff rather the inmates teach themselves which is a challenge.

Conclusion

To sum up the chapter female prisoners are the most vulnerable group in Zimbabwe as they face enormous challenges.as propounded by Bloom and Owen (2000) mothers in prison faces a lot of challenges which include maintaining relationships with their children and encounter obstacle during the process. The plight of women and the challenges that they face as female prisoners is inter linked with the obstacle which affects the effectiveness of

rehabilitation which are practised in prison. The challenges which the women face as prisoners include lack of access to education, lack of access to health facilities, lack of pre natal and post natal care, victimization, stigmatization, separation from children and mothers living with their children are also affected by the problems that their children face just to mention but a few. Most of challenges are as a result of economic challenges and lack of resources. According to Chinamasa (2011) the factors that are affecting the public policy also affects the prisoners challenges.

Chapter 2

The Effectiveness of Rehabilitation Mechanisms At Chikurubi Female Prison

Introduction

The chapter presents an analysis of the data collected and findings arrived at from the different interviews with the targeted sample. The findings present the rehabilitation mechanisms introduced at Chikurubi female Prison. The findings also present the successes of the rehabilitation mechanisms to the prisoners as well as the challenges which hinders the effectiveness of the rehabilitation process. The findings presents the effectiveness of these rehabilitation mechanisms to the female prisoners. 30 female inmates, who committed different crimes ,erving different years and others were waiting for trial, 5 ex inmates and 5 rehabilitation officers participated as the respondents in the research.

The Rehabilitation Mechanisms Introduced At Chikurubi Female Prison

The research respondents acknowledged that there are different rehabilitation mechanisms which were introduced at Chikurubi Female Prison and this include vocational training, psychosocial rehabilitation, recreational activities, spiritual programmes, life support skills and education programme. According to Kusada and Gxubane (2014) rehabilitation of female prisoners involves various issues such as educational programmes, vocational training, recreational activities and psychosocial services. According to MC Neil (2012) there are different skills that are identified in prisoner's rehabilitation which include psychological, moral and social rehabilitation. One of the respondents who is serving 5 years in prison because of fraud said: *"it's now 4 years since lm here and lm involved in a lot of programmes which include dressing making, counselling sessions, hairdressing and knitting."* She further

explained that she committed the crime because she wanted to take care of her children because she is a single mother.

Vocational Training

Chikurubi female prison introduced vocational training as a rehabilitation mechanism. According to ZACRO (2008) most imprisoned women are from poor families so they end up engaging themselves in informal sectors which is illegal to take care of the children, brothers, sisters and parents. Female prisoners alluded that they are involved in vocational training and they participate in hairdressing, tailoring where they sew prison uniform and their under garments, cooking and hospitality, decoration, secretariat, vegetable gardening, chicken rearing, knitting and beauty and manicure. These skills are used upon release while at the same time keeping them occupied during their stay. Most of the respondents committed crimes, because of the economic crisis of the country. ZPCS introduced the vocational training so that on release the inmate is equipped for the betterment of the community and the country at large.

Some of the respondents were unemployed at the time of arrest for those who were employed incarceration may also result in the disturbance or loss of employment. Therefore, existing skills can be gnarled or become out dated and vocational skills training will allow for the existing skills to be upgraded. One of the respondents an ex inmate who had visited her fellow counterparts said: *“.....I was a driver and I heard an accident .I was pleaded guilty and charged 2years in prison.....my licence was cancelled and I was prohibited to drive at first I thought I had lost everything but during my stay here at Chikurubi I attended vocational training classes and after release I was able to open my own salon”*. She also goes on to testify that: *“before I was convicted I never know how to plait.”*

ZPCS is working in accordance with the SMR (1977) which stipulates that vocational training should be provided to prisoners as to prepare them for the life after release and the skills taught should be similar to those that are applicable outside of prison. According to ZPCS rehabilitation document (2005) explains that vocational training is effective when inmates are involved in workshops activities where the primary function is to provide prisoners with the skills and qualifications needed for employment.



Figure 1: Female inmates practising tailoring as rehabilitation process. Source ZPCS photographic section

Furthermore according to officer in charge of prison workshop addressing members of parliament (2011) indicated that vocational training has been a valuable instrument to rehabilitate prisoners. This is because they are given and exposed to skills which are needed for built-up in development and the job market in various section of the economy. A 40 year old respondent who is serving 5 years in prison due to armed robbery in an interview said: *“I thought robbery was the only way to make money for survival but I was wrong, before I was convicted at my homestead I used to see other ladies of my age practising vegetable gardening and chicken rearing as way of surviving and I always laughed at them telling them*

they do not know how to make quick money.” Additionally she further said: “but when I entered Chikurubi and joined vocational training it changed my way of thinking completely and I cannot wait for my release so that I can go and practise vegetable gardening and chicken rearing as a way for survival since agriculture is the back bone of the economy.”

The Prison efforts is to give prisoners gainful skills which have been the adoption of concepts to develop prison workshop. At Chikurubi female prison, prisoners are involved in various workshop activities that include dressmaking, hairdressing and knitting to mention but a few. There is a salon, which is running at Chikurubi female Prison as part of vocational training. Some members of the community travel to the prison for their hair do. One of the respondents said: *“You pay \$7 for braids and \$5 for weaves but you pay it to the government if you are satisfied to the extent that you think that the hair do is not worth the amount you are not allowed to give us money but rather you are permitted to bring some things which are essential for women such as sanitary wear and soap to mention but a few”*. The whole idea is to equip inmates and help them live a sustainable life fending for their family on release. One of the respondent who was serving 1 year 6 months because of assault said: *“I fought with my friend because she did not want to give me my money as I wanted to use the money to buy a jersey for my son during winter but you know what coming here was a blessing in disguise as through vocational training I now know knitting of jerseys.”* Their successful re integration of ex-prisoners has a benefit to the society.

According to Mujuru (2011) an effective reintegration of ex inmates has economic and social benefits to the community and a country at large. The country has limited resource therefore, prisoners should be prepared for successful release and be integrated into the community as dynamic persons who can contribute using the various skills acquired in prison for the development of the country.

The attainment of various life skills helps the female prisoners to restore lost hope, dignity and self-esteem. One of the respondents being interviewed who is serving 3 years of fraud confidently said: *“When I entered Chikurubi Female Prison I felt as though I lost everything my life was shattered but when I joined vocational training I did dressmaking I’m now a good tailor I’m waiting for my release so that I can show the world”*. The successful repented ex female prisoners are largely given opportunities and support by the private sector and NGOs which has benefited for both the society and the government. One of the ex-inmate who served 3 years at Chikurubi said: *“I give a vote of thank you to the vocational training at Chikurubi with the help of ZACRO I was able to start my own salon”*.

According to Parliament Report (2011) the nature of skills attained in prison workshop can benefit the prison to get into partnership this is also good and building relations with industry so that upon release the prisoners may be already linked to prospective employer’s. Some get employment while some may be capacitated for self-employment.

After release inmate who would have taken part in vocational training, have higher chances of obtaining employment. According to Davies et al (2013), vocational training activities have a vital positive effect on the chances of obtaining employment. UNODC (2008) noted that prison authority can contribute significantly to the social integration of women prisoners but providing and facilitating adequate and equal opportunities for vocational training which aim at finding gainful employment upon release. A 24-year-old respondent said who is serving 6 years due to robbery: *“I cannot wait for my release as am now equipped to go and leave in this hard economic crisis, I want to start my own kitchen or a small restaurant because through vocational training I’m now equipped for cooking and hospitality”*. Additionally she further said: *“as a women I knew how to cook before but only for a few but here at Chikurubi I was trained to cook, not only to cook but also hospitality for a large population of about 300 people.”*

Psychosocial Rehabilitation

According to Goffman (1963) women inmates experience disgrace and stigmatization of being in prison. There is gender complex involvement that offers inmates with practical and emotional support in meeting familiar responsibility and relation commitment are particularly significant to female prisoners. According to Palmer (1975) rehabilitation is imperfect without psycho social counselling some respondent mention that they were involved in some form of counselling. A woman who was serving 10 years for murder said: *“I have been receiving pre-release counselling and this has been useful to prepare to go back to the society, I prepared that some people are not going to accept me including my family because of the crime I committed but now I changed and counselling is helping me to prepare for that.”* In addition she also said that: *“the rehabilitation officers arranged that I meet with the family of the deceased to ask for forgiveness and I am ready to go home.”*

According to Howel and Day (1999) rehabilitation programmes that are planned in a way that target psychological factors and have functional relationship with the crime needs are likely to result in better outcomes than those which are not. The Ougadougou Declaration (2002) emphasizes the need to provide psychological support to female prisoners. Chikurubi Female Prison has focused their effort on reorienting the attitude of female prisoners as a starting point in form of moral support (Tapscoot, 2008). Furthermore, according to Tapscoot (2008) moral support involves interaction between the victim and the prisoner and their respective families. This helps the prisoner to take responsibility and their actions and acknowledge the consequences of their action on others. One of the ex-inmates who was serving 10 years in prison because of murder was pardoned by the president in May 2018 who had visited her friends who were still in the prison said: *“when I was charged of murder I thought of making revenge to my husband as he was the one who had told me to call his friend and the following day the friend was found dead and all the evidences pointed fingers at me yet I did not have the*

clue on what had happened but during my stay at Chikurubi I received counselling sessionwhen I was released I did not have time to take any revenge I re integrated with my family so well.” According to Relie et al (2014) moral rehabilitation demands for the growth of a good professional relationship and this begins when one is interested in understanding the prisoner from a broader perspective.

According to Machingauta (2014) families and other stakeholders such as religious leaders and friends have also an duty in making sure that the environment is conducive for counselling services. Some respondent alluded that support in psychosocial activities is a key to the success of any moral rehabilitation.

Spiritual Programmes

Spiritual activities are another rehabilitation mechanism introduced at Chikurubi Female Prison. Spiritual programmes involves church services, bible study, mentorship by the pastor and choir in which they sing religious songs. There are religious manifest in the prison with the present of the Chaplin who comes in every Sunday. Religious programmes are confirmed to be very helpful at Chikurubi Female Prison. Prison Chaplain go as far as baptising inmates into testifying that they have reformed and want repentance because of the religious teaching they receive. This also prepares them to fight stigma and discrimination that they receive after release. One of the respondent who is a 22 year old girl who neglected her two children and practised prostitution for survival said: *“when I came to prison I hated my sons so much and I blamed them for my condition but Im now a changed person I now love my children as written in the bible that children are a gift from God and with the help of churches and the Chaplin I now look forward to reconcile with them.”*

According to Skosana (2000) religion is a significant part of a person’s life and therefore could play a crucial part in the rehabilitation of female prisoners. According to Dissel (2007)

religious personnel's also plays an important role in the spiritual development of female prisoners and also provide on-going support and guidance. ZPCS is fulfilling the UN SMR (1977) rules which states prisoners shall have access to religious practitioners of their choice, they should be able to attend services of their choice and that inmates should be able to satisfy the needs of the religious life. Respondents acknowledged that different churches Methodist in Zimbabwe, AFM, UFCIC, ZAOGA, Salvation Army to mention but a few visited the prison. One of the respondents said: *“before I came here I did not believe in Jesus I thought going to church is just a way of showing off your money by pledging and also I believed that the church is there to take your money...I was baptised here at Chikurubi that's where I received Jesus Christ and I cannot wait for my release so that I can continue fellowship in Jesus.”*

Furthermore the other respondent further goes to say that: *“.....I never knew that I have a gift in singing but when I joined the church services here at Chikurubi I discovered my talent and I joined a choral group which is called women of substances this group has received support from leading female gospels such as Fungisai Zvakavapano Mashavave and currently with the help of the chaplin and other prison stakeholders we are in the process of recording our songs.”*

Nursing mothers and mentally ill inmates have a privileges of being visited by prominent gospel artist such Fungisai Zvakavapao Mashavave , Shingisai Suluma and Mechanic Manyeruke who meet them to encourage and try to restore hope in them through gospel music and hand cuts. Furthermore several church groups of women also visit the female prison and provide spiritual counselling. One of the respondents commenting on the visiting of Prophetess Ruth Makandiwa wife of Prophet Emmanuel Makandiwa the leader of United Family Christian Church on her birthday on 4th of September said that: *“ at least my hope is restored ,for I have sinned and on top of that people of God remembers us ,surely our God is*

a merciful God.” According to Musango (2014) the women are more grateful to such motions and use these opportunities to reform. Prominent world female evangelist Joyce Meyer has been at Chikurubi Female prisoners to help and assist in the encouraging behaviours change among inmates through various teachings. One of the respondent who was convicted for 2 years because indecent assault said: *“I cannot wait for my release if other women can preach like this why can I not I was blessed and it really motivated me.”*

Moreover due to experience of other prisoners who have selected to return back to the prison because of the stigmatization and victimization they receive on release, they feel that joining church denomination will give them a safe haven on release. One of the respondents who was pardoned by the president in May 2018 had returned back in the prison for committing another crime shared *“... before I was pardoned by the president in May 2018 I was charged of infanticide because I had killed my own childwhen the president pardoned I thought the community will accept me but to my surprise my biological parents disowned me I had nowhere to go and I decided to join a gang of thieves for a survivalI knew involving myself in this will led me to come back to prison which was a better place rather than outside..... And here I joined a church which is now my hope and my relatives after my release.”*

According to Chaplin general (2011) the church has always been a vehicle for better moral and societal values as well as improved standards of living in the communities therefore engaging them to prisoners because they are of great value and help.

Recreational Activities

Recreational activities offered to inmates at Chikurubi female prison are generally the traditional ones. Female Prisoners are mainly involved in soccer, netball, volleyball, traditional dance. The teams are categorised depending with the classification of prison as

well as length of sentence. According to UN SMR (1977) prisoners have got the right to physical exercise. Chikurubi Female Prisoners are involved in dance and music as a form of moral rehabilitation. According to Musango 2014) music and dancing is a custom of skills training since some makes a living of it can release a breakthrough in the industry.



Figure 2: Recreational activities at Chikurubi Female Prison. Source ZPCS Photographic Section

The recreational activities such as traditional dance and choir offer a change to the respondents to explore and develop talents that they may not have known. One of the respondents asserted that: *“for the past 4 years I have been doing traditional dance and the group is called Chimbangabanga I love dancing our cultural songs very much.”* According to Thinane (2010) sports and recreational activities help in firing tension linked with being in imprisonment and this encourages prisoners to develop skills and interest related to specific sports. The findings alluded that the Prison Officer partake in the sporting activities and recreational programmes for example a team of netball which consist of both inmates and

officers against the other team and also it can be the inmates against the Prison Officers.



Figure 3: Music and dance recreational activities at Chikurubi Female Prison: Source by G Musango Thesis 2013.

According to prisons Report (2013) at Chikurubi Female Prison there is a choral group which is called women of substance this group had proved to be a successful group with the main aim of rehabilitating female inmate recreationally. The respondents also allude that the prisoners come together and compete in various sporting disciplines every year and the grand completion in September when celebrating National Prison day together with other Correctional Authorities over the world.

Education Activities

The educational programme is another rehabilitation mechanism introduced at Chikurubi Female Prison. The respondents acknowledged that they are offered an opportunity to undergo from basic to tertiary education that is from primary level to secondary and then tertiary. There are quite a number of institutions that offer long distance courses and arrangements are made with these to enable inmates to sit for examination. This programme

was designed to provide academic education to inmates who showed some academic deficit. The trained teachers who have various expertise and who oversee the implementation of the education programme in prison work with the Ministry of Primary and Secondary Education and ministry of tertiary education for supervision of lessons and examination. One of the respondents shared *“I entered the prison with a degree in business Administration now with the help of rehabilitation officers under educational programmes Im pursuing with my master’s degree in business Administration with the University of Zimbabwe.”* Furthermore another respondent shared *“it’s now 3 years Im hear When I first came I did not know how to read and write anything but because of the educational programmes introduced here I now know how to read and write other words and also my name... am now in grade 3and Im looking forward to sit for my grade 7.”*

According to Prison statistics in (2014) 2 female prisoners sat for their grade seven examinations and 3 for their ordinary level examinations. The programme still faces lack of appropriate facilities. According to Siegel (1997) inmates who receive education are 20% less likely to return to prison. According to Kampala Declaration on Prison conditions in Africa (1996) match that rehabilitation facilitates social reintegration through allowing prisoners access to education which equips them for employment opportunities.

Life Skills

Chikurubi Female Prison introduced life skills as a rehabilitation mechanism. The respondents mentioned that they are equipped with knowledge about HIV and AIDS ,breast cancer and tuberculosis among others. The life skills are provided by various stakeholders such as NGOs. One of the respondents said: *“we have programmes like new life which coordinated by ZACRO and Im a peer educator I help with different life skills programme.”* Additionally another respondent said: *“I am a peer educator in life skills programme for HIV*

and AIDS also breast cancer lm helping in teaching about HIV, AIDS and breast cancer and l encourage my fellow inmates to get tested and also to go for cancer screening.” This seems that peer education affords the respondents a chance to have positive impact on one another’s lives. Furthermore findings acknowledged that female prisoners commit crimes because they lack skills and knowledge that can facilitate their employment opportunities so with these skills such as peer education which enables the inmate the best position to encourage health behaviour to each other and even after release the inmate will be able to encourage the community with this life skill.

Successes of Rehabilitation Mechanisms

Good and Helpful

The rehabilitation mechanisms are a success because there are good and helpful to both the ex-inmates and the current inmates in dealing with their emotions and feeling as one of the respondent who had spent 5 years in prison shared *“counselling is very good it helped me when l am stressed and anguish traumatized l was able to say out my feelings and the pain l had and the rehabilitation officer managed to help me to re unite with my family who have abandoned me.”* Moreover according to Thinane (2010) leisure relieves tension brought about being in prison. One of the respondents said: *“recreation is very good and helpful the dancing and choral group improve my spiritual growth and they are so entertaining.”* Additionally she said: *“religious come with spiritual growth, morals and values .”* this is supported by Thinane (2010) that receiving of good morals and good values can empower prisoners to make sound judgement regarding what is right and what is wrong after their release. Religious counselling has been positively with the rise of religious denominations and an appreciation of Christian values.

Preparation of release

The respondents acknowledged that rehabilitation mechanisms prepare inmates for life outside the prison after release. They also improve and upgrade the skills for those that had no skills. Moreso rehabilitation mechanism such as spiritual activity and counselling had been successful in helping the inmates to have a successful reconciliation with the community one of the respondents who was an ex inmate testifies that *“I was very happy ...the rehabilitation mechanisms helped me to reconcile with the society even the family in which I had wronged I was able to ask for forgiveness they forgave me now I am leaving a normal life.”* The female prisoners who were interviewed indicated that the rehabilitation programmes in practise were mostly beneficial to them for preparation for release which is effective. One of the respondents shared that: *“Im involved in the programme of secretariat which is good and this had equipped me to be a good typist.”* Moreso as stated by Tapscott (2008) that rehabilitation mechanisms enables the communication of the prisoners, the victim’s family and the family of the prisoner which represents the element of prisoner reintegration into the community as on the respondents said: *“rehabilitation helps me to better myself and allows us to apologise to our families and victim of our familieswhen we are released.”*

Provide Knowledge and New Skills

Rehabilitation mechanisms provide knowledge and new skills to the prisoners which is a successful rehabilitation one of the ex-inmates shared that *“..... When I stayed at Chikurubi I was involved in vocational trainingI did hairdressing, when I was released I started plaiting peoplenow Im renting a chair in a salon in town and am supporting my children with that money.”* According to Dissel (2007) being in prison give the inmate a chance to gain new skills, including practical skills which they can use upon release. Moreso international law requires that imprisonment should not be limited to the lack of liberty alone

rather it should include opportunities for prisoners to obtain knowledge and skills that can assist them in their successful re integration upon release with the view of avoiding future going back to the prison. This result in respondents being kept busy and will be able to take care of their selves after release. One of the said: *“Im a business women and Im always looking for new business idea and projects in here I have been involved in chicken rearing as well as tailoringI am so happy about the new skills because after release I will make a lot of money.”* Those involved in secretarial and tailoring and hairdressing appears to be taking a positive trajectory which is laudable development.

Literacy

The respondents acknowledged that rehabilitation is a success because with education there is literacy and some inmates committed the crime because of lack of knowledge also education enables to keep the inmates busy. In addition education helps inmates to stay away from crime because with literacy there are able to start their own businesses and be able to manage them. One of the respondents who was serving 5 years because of fraud shared *“I came at Chikurubi without knowing how to read and write but thanks to rehabilitation programmes that Im attending here Im literate enough to have the courage of furthering my education so that I can write my ordinary level examinations thus I can do tourism and hospitality after my release.”* Furthermore education also improves and advances a person’s life as one of the respondents who stayed in prison for 2 years shared *“I entered Chikurubi with only a diploma in accounting but with the help of education as a rehabilitation programmes I did not give up I advanced myself by doing a degree in accounting with the University of Zimbabwe..... When I was released I was employed by ZACRO as an accountant and I’m earning so well.”*

Reduces Rate of Recidivism

The findings acknowledged that rehabilitation mechanisms reduces the rate of recidivism as rehabilitation mechanisms serves the purpose for the repentance of the inmate and also the inmates are trained for life skills as that will give them money to take care of their selves as supported by the UNSMR (1977) that female prisoners have got the right to receive rehabilitation programmes. Some of the respondents were a living testimony of using the skills they acquired in prison and they are helpful to them.

Failures of Rehabilitation Mechanism

Lack of Monitoring and Evaluation

The respondents acknowledged that there is lack a robust monitoring and evaluation of the rehabilitation mechanisms and also lack of follow ups by the rehabilitation officers to released prisoners. The researcher suggested that rehabilitation is an on-going process and this requires a lot of monitoring. One of the respondents who had come to the prison for the second time with a similar offense said: *“when l was released from prison l thought l would have the support from prison rehabilitation officers because it was not an easy task to re integrate with the society as l faced a lot of stigmatization, humiliation and discrimination every one called me with a lot of names the society did not accept that l was a changed person l could not bear it anymore and l decided to come back here to the people that understand me more.”* In addition another respondent said *“when l was released l started to plait people’s heads to raise money for my chicken rearing project.....but all the chicken died before l could sale them l was in need of money so l thought of engaging myself in stock and theft to get some money quick.”* So lack of monitoring and evaluation is hindering the successfulness of rehabilitation mechanisms. Additionally one of the respondents also shared *“ with the help of Prison Fellowship Zimbabwe were able to start a chicken rearing*

project to assist nursing mothers concerning the nutrition diet but the project went in vain because we were not able to draw any profit , some of the officers would just take the chickens without any payment This project could not prosper because of lack of monitoring and evaluation.”

Lack of Resources

The researcher observed that lack of scarcity of provisions generally causes depression and sense of dependency among prisoners and their meal schedules were uneven and lack consistency. According to Mafume (2014) lack of regular meals and scarcity of resources negatively affects the whole prison environment also makes it negative and not conducive for implementation of policies and rehabilitation programmes. Moreso the lack of adequate equipment to carry out the rehabilitation programmes that is in place for example the respondents alluded that they was shortage of materials to carry out tailoring. One of interviewed officers said *“some rehabilitation mechanisms never see the light of the day because of lack of resources.....rehabilitation mechanism such as educational activities and recreational activities requires essentials such as textbooks and balls for tournaments respectively.”* Additionally another respondents shared *“neither will I attend the rehabilitation programmes nor will I participate in any activities because I will be hungry henceforth it’s better to save the energy for the day and tomorrow”*

Lack of support to other stakeholders and Budget

The respondents acknowledged the lack of support by the government to the project offered by external partners such as the Family Inmate Community, Prison Aid Societies such as PFZ, ZACRO and churches that plays a crucial role in the rehabilitation of prisoners as well as the reintegration process. Moreso respondents alluded that the government takes a bureaucracy process on the registration of NGOs that have the mandate of assisting ZPCS

rehabilitation department. One of the respondents shared “*NGOs and other organisations and start some income generating projects for the wellbeing of prisoners as well as for a successful rehabilitation but some of the projects never see the light of the day because of lack of support by the government to monitor the projects.*” Moreover the researcher observed that the rehabilitation department does not have a budgetary allocation for the day to day operation of the section. This result in natural death of projects and some will never see the light of the day. One of the respondents shared “*the money allocated for rehabilitation programmes are usually diverted to the wellbeing of inmates so a few rehabilitation programmes is conducted because of lack of money.... Most rehabilitation programmes requires a lot of money for them to be successful.*”

Presidential Amnesty

The interviewed rehabilitation Officers acknowledged Presidential Pardon as a challenge to the effective rehabilitation of female prisoner. They explained that when the presidential pardon occurs some prisoners would be at the middle of their rehabilitation programmes. According to Prison Fellowship Zimbabwe (2017) women are the most beneficiaries of the presidential pardon but one day after release about 15 of them will be behind bars on the same or similar offences. One of the respondents shared that “*l was pardoned by the president after a 3 months stay at Chikurubi By that time l was on the middle course of hairdressing when l re integrated with the society l did not have any skills to sustain myself and l was forced to re-enter the drug dealing industry and l found myself here again.*” They end up not finishing the rehabilitation programmes so that they can reform hence forth causing them to come back to prison. According to Zimbabwe Prison Central statistics Office (February 2014 – March 2014) stipulates that after 1 month of release of prisoners under the presidential pardon 60% of the released will be back behind bars and the 20% will be women on the same or similar offences. This results in increasing 12% of overcrowding in

prisons. Furthermore overcrowding will result in hindering the success of rehabilitation this is because the budget allocation will only be channelled to prisoners basic commodities such as food and clothes to mention but a few. This surpasses rehabilitation programmes such as vocational training and educational programmes which need money for it to be successful. One of the respondents said that *“presidential pardon is a challenge to us as it is hindering the success of rehabilitation programmes..... the amnesty usually benefit the women mostly within a period of 1 month and we have to start over again the rehabilitation programmes which is a challenge.”*

Lack of Induction Process

The female prisoners’ respondents acknowledged the lack of induction training by prison relevant authorities on how they should manage prison life as a challenge to the effectiveness rehabilitation as this will create ignorance from prisoners on the rehabilitation mechanisms. One of the respondents shared that *“we are not oriented about the prison life, the challenge that we encounter and the benefits of rehabilitation mechanisms So we end up doing without a passion but rather with a feeling that the prison officers they are to use us since we prisoners are cheap labour.”*

Competition

The respondents agreed that there is increased competition in the art and entrepreneur industry that hinders the effectiveness of rehabilitation and former inmates find it very difficult to break through the industry despite learning the skills in prison. One of the respondents shared that *“I was involved in singing as part of rehabilitation but after my release I was unable to join the music industry because of the intensive competition in the industry I could not find the producer..... I thought involving myself in fraud was the only way*

to get quick money.” Additionally another inmate shared “yes we are learning a lot of skills here but how will I face the real world of competition.”

Employment Opportunities

The respondents acknowledged that employment opportunities despite having necessary skills and qualifications is also a challenge to the effectiveness of rehabilitation this is because of the prevailing situation in Zimbabwe where NGOs take a long process to register so the government is currently the biggest employer and the government does not employ people with a criminal record. The ex-prisoner ends up going back in criminal activities for survival hence it becomes a challenge to the effectiveness of rehabilitation of female prisoners. One of the respondents alluded that *“I did secretariat when I entered the prison for the first time I was released and advanced it... I could not find a job despite my qualification because of the criminal record I had.”* Additionally one of the interviewed respondents shared that *“what is the point of acquiring the skills yet I know I will not find a job after my release, I have to deal illegally to put food on the table.”*

Lack of marketing Skills

The respondents agreed that there is lack of marketing skills amongst the prisoners so that they may market their business upon release as there is also no training on financial management skills to ensure and strengthen in the private business. Moreover there is lack of support with money for capital investment and education to manage their finances. One of the respondents shared that *“I learnt chicken rearing project as part of my rehabilitation but the problem is I do not know how to find the market of the chicken and how to manage the finances and how to draft the profit as well as the loss of the business.”*

Economic hardships

The researcher observed that as a result of high levels of poverty and unemployment in the country which is a result of economic hardships is hampering the effectiveness of rehabilitation policies and address of human behaviour as the inmate are released from prison they end up committing a similar or the same offense this is because of lack of access to capital hence forth they will not be able to put theory into practise so that they will take care of their families. One of the respondents said *“I am proud with the rehabilitation mechanisms that Im receiving and I applaud ZPCS for that but my fear is where will I get the capital to start my projects due to economic hardships of the country.”* Additionally another respondent shared that *“I looked for a job but I could not find one because of the economic situations in the country so I ended up involving myself in money changing to support my family and I ended up here again.”*

Shortage of staff

The respondents acknowledged that there was a shortage of staff to carry out the rehabilitation mechanisms that is hindering its effectiveness. There is a scenario where by rehabilitation officer will have to attend fifty or more than prisoner. This becomes difficult to the rehabilitation programmes such as counselling which requires one on one session so that the inmate will be able to be open up and to say her feelings. According to Dissel (2008) in Zimbabwe Prison rehabilitation officers have shortage of staff while the available lack training regarding the rehabilitation and reintegration. One of the respondents shared that *“we do receive counselling but after a period of 3 monthssome of our fellow inmates will be released without finishing their counselling sessions ... this is because there are only 2 counselling rehabilitation officers within the prison which is a challenge.”*

Lack of Prioritization

The respondents acknowledged that rehabilitation is not a priority of the organization. According to Dissel (2008) the rehabilitation officers in Zimbabwe prisons fail to create a conducive environment for rehabilitation. This is because most of the rehabilitation officers are not professionally trained to implement rehabilitation programmes. The researcher observed that some are conscious of the need to rehabilitate inmates and some of them made effort in project of mutual interest and this surpass the effectiveness of rehabilitation. According to ZLHL and Law Society of Zimbabwe (2013) in Zimbabwe there are gaps in rehabilitation and shortcomings in Prison Act with regards to rehabilitation of prisoners this is because the prison Act is silent on issues to do with rehabilitation and it does not include rehabilitation as a core business of the prison service were an inmate is expected to come out of prison with a skill that she can use to reintegrate with the society. one of the interviewed respondents said “ *rehabilitation is a priority to the organisation and a necessity .*”

Lack of Inmate Participation

The respondents acknowledged that there is lack of participation of inmates which hinders the effectiveness of rehabilitation. Findings acknowledged that rehabilitation programmes are imposed by officers to inmates without allowing the inmates to choose the mechanisms of their choice. These results in that the inmate will just participate without any interest and passion henceforth it does not yield results. One of the respondents shared that “*in income generating projects such as chicken rearing we are prohibited to fully participate in the projects.*”

High rate of recidivism

High rate of recidivisms is a challenge which hindering the effectiveness of rehabilitation as the number of ex-prisoners going back to prison is increasing. The findings acknowledged

that high recidivism causes overcrowding. According to (2001) apart from having few isolated cases many initiatives to rehabilitate prisoners have not yielded results and this indicated by the abnormal increase of recidivism prisoners. Furthermore according to Brown (2011) within a period of 3 years after release about two thirds of the ex-prisoners enter the prison because of similar or the same offense.

Problems faced by female inmates

The problem which is faced by female inmates also hinders success rehabilitation. This is because female prisoners faces a lot of problems which include stigmatization, victimization, lack of poor nutrition, lack of access to medical facilities and pregnant mothers and nursing mothers lack pre natal and post natal care just to mention but a few. The findings acknowledged that nursing mothers and pregnant women are treated like other inmates, they are not given special diet and care so this affects women in attending rehabilitation mechanisms. One of the respondents shared that “rehabilitation mechanisms are important but we are unable to concentrate to them because of the problem that we face as female prisoners..... How can I concentrate to the activities whilst Im hungry because of lack of inconsistency meals.....how can I concentrate to the activities whilst Im sick and when I go to the clinic Im given paracetamols which does not lessen the pain.”

Conclusion

The rehabilitation mechanisms introduced at Chikurubi female Prison include vocational training, recreational activities, life skills, spiritual teachings, educational programme and psycho social rehabilitation. The rehabilitation mechanisms has its successes which include it is good and helpful, it has been helpful to the preparation of inmates for release which leads to good reintegration back into the society and also it provide new and good skills which is crucial to the effectiveness of rehabilitation of female prisoners. However there are

enormous challenges which is hindering the successes of an effective rehabilitation of female prisoners at Chikrubi female prison and these includes lack of monitoring and evaluation, lack of resources, economic hardships of the country, presidential amnesty , employment opportunities and competition just to mention but a few. The challenges outweigh the successes of the rehabilitation mechanisms.

Chapter 3

Ways That Can Be Adopted To Make Rehabilitation Success For Female Prisoners At Chikurubi Prison

Introduction

This chapter will discuss various ways that can be adopted to make rehabilitation a success for females at Chikurubi Prison. The ways that can be adopted should curb the challenges which is hindering a successful rehabilitation process of female prisoners and this include the adoption of robust of monitoring and evaluation of rehabilitation mechanisms, introduction of a prison industry for employment opportunities of inmates, to make rehabilitation as a ministry of its own with it own budget allocation, to ensure the inmate involvement and participation on the rehabilitation mechanisms and the introduction of more diverse psychosocial programmes such as cognitive behavioural just to mention but a few. Therefore, recommendations will be suggested to make rehabilitation mechanisms introduced at Chikurubi a success. The conclusion to the whole study will be included as well.

The government of Zimbabwe should do a robust monitoring and evaluations to the rehabilitation programmes for rehabilitation to be a success. This curbs the problem of lack of monitoring and evaluation as respondents acknowledged that some programmes which are implemented by other stakeholders such as Prison Fellowship Zimbabwe and ZACRO never see the light of the day because of lack of monitoring and evaluation. As shared by one of the respondents that there was a chicken rearing project which was implemented by Prison Fellowship Zimbabwe for nursing mothers so that the money generated will assist in their nutritional needs but the project was interrupted because some officers would take chickens without paying this was as a result of lack of monitoring and evaluation. Moreso the

government should continue to follow up s on the formulated policies during implementation and a continuous evaluation to bring an out change and identity challenges and the policies should be reviewed in line with the world trends

There is need for the institution to create space for the inmate involvement and participation to rehabilitation mechanisms rather than to just impose the programmes as allude by some respondent without consulting the inmate of her best interest. The finding allude that the officers mostly use the prescriptive methods which do not take account of inmates concern some respondents stipulated that some projects were not implemented in a grass roots approach but rather in a top down approach so there is need for a collaboration manner for the involvement of inmates, stakeholders and the officers for a success rehabilitation of female prisoners at Chikurubi Female Prison. In addition some of the respondents alluded that the lack of involvement and participation enables an inmate to lack some passion and interest to the rehabilitation programmes.

Furthermore there is need for the government to create a prison industry for the ex-inmates for a successful rehabilitation. This will curb the problem of employment opportunities as a result ex inmates acknowledged that there are facing the problem of employment as currently in the country the government is the biggest employer and it does not employ a person with a criminal record. Henceforth with the creation of a prison industry was by both the ex-inmates and the inmates will work and advance their skills. This will also reduce the number of inmates going back to prison as propounded by ZACRO (2008) that most women in Prison are from poor families so they end up engaging themselves in informal sector which is illegal to take of the family. Therefore with the creation of the prison industry they will be able to sustain themselves and stay away from illegal activities.

The ZPCS should make sure that inmates released under the Presidential amnesty should continue to receive their rehabilitation activities even though they are outside and should continue to monitor that they had a successful re integration for rehabilitation to be a effective. This curbs the problem of high rate of recidivism. This is as a result that most prisoners who are pardoned by the president will not have finished their rehabilitation activities.

Furthermore the institution should make rehabilitation a priority by ensuring and organizing a number of interactive seminars with all prison stakeholders to address issues of rehabilitation. This will involve the full participation of inmates and also it also show cooperation with the government and prison stakeholders also when they is motivation among actors, it indicates that it is important for inmate culture to correctly articulate to the officers.

There is need for the government to have a ministry of rehabilitation process of prisoners for rehabilitation to be a success this is because some of the rehabilitation programmes need money to be implemented as alluded by the respondents in the research that most of the rehabilitation programmes never see the light of the day. This is because most of the money is channelled to the medical facilities and food for the wellbeing of the inmates. Henceforth the government should have a ministry of rehabilitation of prisoners which will have it budget allocation which meant to rehabilitate inmates.

The government should acknowledge the inmates with a static family background to poverty should be adopted and be noted and there should train the inmates on how to survive in the environment of economic hardship with excessive competition in the art industry in this economic hardship environment and be provided for financial assistance so that they will be able to start their own income generating projects for a successful rehabilitation. This is because the respondents acknowledged that economic hardships are a challenge to the

effective rehabilitation of female prisoners also findings acknowledged that most women who committed crimes come from poor families.

The government should work hand in hand with NGOs to support an effective rehabilitation of female prisoners. Moreover the government should remove its bureaucratic registration process of NGOs with a mission statement of assisting the rehabilitation process of female prisoners. In the study the researchers acknowledged that there is lack of support from government to the NGOs and this result in formation of ghost projects as well as suppression of programmes implemented by NGOs.

There is need for the government to adopt other more diverse psychosocial programmes and methods of counselling which include cognitive behavioural therapy, anger management sessions and family counselling for an effective rehabilitation. This is because the respondents only mentioned about receiving general counselling and spiritual counselling the most. In addition this diversity enables an inmate to effectively spill out her concerns and will be able to reform and recover quickly.

There is need for the government to also make vocational training opportunities broader and not confined to traditional women area for rehabilitation to be success as this reduces the number of inmates going back to prison .they is need to have a variety of vocational training which include bricklaying, carpentry, and mechanics just to mention but a few. This will curb the problem of employment opportunities which was faced by many respondents as the inmate will have a chance and opportunities to look for jobs in different sectors of the industry as they will be equipped with different skills which are also broad.

There is need for the government to recruit more trained staff which is specifically meant for the rehabilitation of female inmates for rehabilitation to be a success. This is because respondents acknowledged that there was shortage of staff which was hindering some of the

programmes implementation because of the limited number of staff. Moreover during the training of recruiters the government should take steps to encourage the recruited staff to show initiatives in dealing with access to rehabilitation.

Conclusion

The rehabilitation mechanisms introduced at Chikurubi Female Prison has viewed to be panaceas to the effective rehabilitation of female prisoners. The female prisoners in Zimbabwe faces a lot of challenges and this includes lack of inconsistency meals, lack of access to health facilities, lack of access to education, lack of pre natal and post natal care for pregnant mothers victimization, stigmatization, prison effects, separation of the mother and the children and lack of support of family ties. These challenges are mostly affected by the economic hardships with the country as supported by Chinamasa (2011) the challenges which are affecting the public policy also affects the plight and challenges that prisoners face. Moreso the findings alluded that there is an inter relationship between the challenges faced by female prisoners and the obstacle to a successful rehabilitation.

There are various rehabilitation mechanisms which were introduced at Chikurubi Female Prison as a way to rehabilitate female prisoners, to remove the ancient punitive inhuman way of punishment and to reduce the rate of recidivism by equipping inmates with life skills so that they stay away from criminal behaviour and this includes vocational training, educational activities, psychosocial rehabilitation, spiritual activities just to mention but a few. The rehabilitation mechanisms are successful in that they have managed to be good and helpful to the inmates, they prepare the inmates for release, they give inmates education and knowledge since some of the inmates committed crime because of lack of knowledge. However there are enormous challenges which affects a successful rehabilitation of female prisoners and this can be brought to light by that there is lack of prioritization by the institution on rehabilitation programmes, lack of budget allocation, lack of employment opportunities since the government does not employ an individual with a criminal behaviour and lack of monitoring and evaluation of the rehabilitation programmes just to mention but a few

The researcher observed that the challenges outweigh the successes of rehabilitation henceforth it is therefore imperative for ZPCS to adopt ways for rehabilitation to be successful and effective and this includes partnering with other stakeholders such as NGOs, the rehabilitation department should have its budget allocation which is specifically meant for the implementation of rehabilitation programmes just to mention but a few.

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APPENDICES

Questionnaire guide for the effectiveness rehabilitation of female inmates

I am a student at Midlands State University for Bachelor of Arts in Development Studies Honours degree. As part of the programme requirement, I am carrying out a research on the effectiveness rehabilitation of female prisoners in Zimbabwe.

Instructions

- Please answer all questions
- Indicate your response with a tick in a given box or space and explanations where necessary

1) Age

2) Marital status..... Marriedsingle.....

3) What Crime did you Commit.....

4) Did you receive Trial.....Yes.....No

If (No) Why?.....

5) How many years are you serving in prison.....

7) Where do you come from.....

8) What Challenges are you facing as women inmates.....

.....

9) Do you receive any Rehabilitation Programmes.....Yes.....No

10) Which Programmes do you receive.....

- 11) Are the rehabilitation programmes helpful.....Yes.....No
 Why.....
- 12) Is this the first Time coming to prison.....Yes.....No
 If No how many Times
- 13) Do you enjoy staying here.....Yes.....No
- 14) Where you employed before coming to prison.....Yes.....No
 If yes Where.....
- 15) What do you think to do after release?.....

INTERVIEW GUIDE

1. How did you use to live before getting in prison
2. What are the challenges you face as female prisoners
3. What is the rehabilitation mechanism mechanisms introduced?
4. What have you managed to acquire since you entered prison
5. What are the challenges you face in acquiring the rehabilitation skills?
6. How do you think the government can help?