

## **Nigerian Prison Reformation: A Necessity Not a Luxury**

*(Reformasi Nigeria Penjara: Satu Keperluan Bukan Kemewahan)*

KEHINDE ADEKUNLE ALIYU, JAMALUDIN MUSTAFFA &  
NORRUZEYATI CHE MOHD NASIR

School of Applied Psychology, Social Work and Policy  
Universiti Utara Malaysia  
E-mel: [aliyuadek@gmail.com](mailto:aliyuadek@gmail.com)

### **Abstract**

*This article addresses one of the many issues of Nigerian prisons conditions utilizing helpful equity activity against the conventional criminal equity framework, which puts much accentuation on the awaiting trials and the accused person in the prison facilities and subsequently making prison population to increase. The re-integrative Rehabilitation theory was utilized to support the discussion. Logically, to reestablish equity is to correct offenders and degenerates, and re-set up and revivify repelled connections and breakdown of law and order in society. Rehabilitation is a developing non-caretaker, non-reformatory and humanistic procedure for the treatment not punishment of offenders without recourse to legal battle that often results in remanding one party in prison custody. Considering the encompassing merits of rehabilitation justice, there is an urgent need to officially integrate this alternative to incarceration intervention programme into the Nigerian legal system, as this will go a long way in decongesting the seemingly overpopulated correctional institutions in Nigeria. The rehabilitation/restorative justice facilitators, victims and their families, offenders and their families, and 'community' as a sole owner of every individual living in it, collectively strive to restore justice, order, security, property, and core values in Nigeria.*

**Keywords:** *Reformation, prison overcrowding, rehabilitation justice, issues, offender.*

### **Abstrak**

*Artikel ini membahas salah satu daripada banyak isu penjara Nigeria menggunakan aktiviti ekuiti yang bermanfaat terhadap rangka kerja ekuiti jenayah konvensional, yang memberikan banyak penekanan terhadap ujian yang mendatang dan orang yang dituduh di dalam penjara dan seterusnya menyebabkan penduduk penjara meningkat. Teori Pemulihan semula integratif digunakan untuk menyokong perbincangan. Secara logiknya, untuk membina semula ekuiti adalah untuk membetulkan pesalah dan membangunkan mereka,*

*dan menetapkan semula dan membangkitkan semula hubungan yang ditarik balik dan pecahan undang-undang dan ketenteraman dalam masyarakat .Pemulihan adalah prosedur yang tidak membangun, prosedur tidak reformasi dan humanistik untuk rawatan bukan hukuman pesalah tanpa jalan keluar dengan cara yang sah dan adil mengakibatkan satu pihak dalam penjara. Mempertimbangkan merit keadilan pemulihan, terdapat keperluan segera untuk secara rasmi mengintegrasikan alternatif ini kepada program campur tangan penangkapan ke dalam sistem undang-undang Nigeria, kerana ini akan memanjangkan jalan untuk menghapuskan institusi-institusi pemalsuan yang terlalu banyak di Nigeria. Fasilitator keadilan pemulihan / pemulihan, mangsa dan keluarga mereka, pesalah dan keluarga mereka, dan 'komuniti' sebagai orang yang hidup di dalamnya, secara kolektif berusaha untuk memulihkan keadilan, ketenteraman, keselamatan, harta benda dan nilai teras di Nigeria*

**Kata kunci:** *Reformasi, kabut, pemulihan keadilan, isu-isu pesalah penjara.*

### **Introduction**

On the general issue of imprisonment as an aspect of punishment, the retributivists and the preventive philosophers' nervousness that a curiosity must to be refused keeping in mind the end goal to pay him back for his actions and to repel him or others from perpetrating crime. Detainment is most properly imagined as a formal viewpoint of causing torment on the people, which has been a part of the customary criminal equity framework in different social orders in Nigeria (Obioha, 2011). While detainment is a solution, imprisonment is the way toward living inside a confinement known as a prison. A prison as indicated by Stasa, (2015) is a physical structure in a geographical area where various individuals live under very specific conditions, use the assets and change in accordance with the choices displayed to them by a novel sort of social condition that is not quite the same as the bigger society in such a significant number of ways. Clearly, there are rudiments of social and social characteristics that are available in the prison group and other aggregate organization alike, which do not exist in the bigger society.

The prison group with its particular culture and lifestyle typifies a total plan equipped for changing the states of mind of individual for good or awful relying upon the individual experience and the interpersonal organization action. The lifestyle in the prison gives the methods to the modification procedures of detainees. It is a way of life is a dynamic one, which comprises of a wide range of significant worth reorientation and disguises (Obioha, 2011).

The Nigerian prison framework was built up as per three types of reformatory enactment which work close by each other in the nation; the Penal Code and the going with Criminal Procedure Code Cap 81 Laws of the Federation 1990 (CPC); the Criminal Code and the going with Criminal Procedure Act Cap 80 Laws of the Federation 1990 (CPA) and the Sharia correctional enactment in 12 northern states (which applies to just Muslim individuals from these states). By its foundation reasoning, the Nigerian prison is an organization intended to control reformatory treatment to grown-up guilty parties. Its significance is in the offered to lessen crime in the general public. On the premise of detainment strategy, the prison benefit was built up to oversee criminals in prison yards as indicated by Stasa, (2015) is a physical structure in a topographical area where various individuals live under very specific conditions, use the assets and change in accordance with the choices displayed to them by a novel sort of social condition that is not quite the same as the bigger society in such a significant number of ways.

The standing belief by many experts and the general population was that the correctional capacities of detainment would discourage promotion of crime and viably consider remorseful parties responsible for their choice to carry out crime (Giroux, 2015). Crime is a social and immorality. It is a most despicable aspect of the general public, which requires the utilization of reasonable intimidations to prevent and control. Hence, discipline or treatment from the justice criminal structure as a demonstration of battling crime or subjection of a criminal to amends and contrition ends up noticeably essential. In any case, it is basic and constantly perfect to attempt however much as could reasonably be expected to determine fatality party contracts, amend withdrawn directs and recuperate the “injury” (violation of law devoid of justification) done to the ‘aggregate estimation’ (focus on morals and abilities) using other options to institutional inhibited (Simon, 2007). The predictable felonious justice structure in its push to accomplish open welfare, has a considerable measurement of time unwaveringly held to the idea that ‘intense on crime’ includes a viable arrangement of detainment, and this by itself would address any issues we have with social issues like prison overcrowding. In this manner, if there is any programme that can be applied in treatment to the issue of prison overcrowding in Nigeria is supportive justice ration. At the demonstration, Nigeria has no statutory arrangement for therapeutic justice in its criminal justice structure, notwithstanding such equity intervention program was broadly refined in the state before the British invasions and extended to the early period of imperialism in the nation (Morton, Ramsay, and Mgadla, 2008).

### **Theoretical Review**

This section presents a review of rehabilitation and self-efficacy theories associated with correctional rehabilitation programme. Ferguson (2012), stated that the rehabilitation theory of punishment picked up supremacy over the span of the twentieth century up to the present time. The pattern everywhere throughout the world is the same in all or most developing countries in Africa on the rehabilitation, transformation of the criminal person. Both restorative staffs and prison advocates lend their expert voices to the rising call for perfection of rehabilitation and reintegration instead of discipline the offender only. Under the rehabilitative theory of punishment, the vital component is treatment. Treatment is the feeling of working with the person in a manner that he will be proficient after the program of preparing or conducting inmates to make an agreeable conformity to conventional way of life once he/she is discharged from the prison facilities. Regarding the rehabilitative theory, punishment preferably ought to be individualized and ought to deliver the impact of advancing the moral training of the person(s) being rebuffed. Punishment/correction, here play a positive capacity and is advocated on the ground that it encourages the desirable change in the inmate behaviour. While this perspective of prisons as focuses of restorative was prominent during the early improvement of the current prison structure, it is not generally held any longer and has for the most part been supplanted by theory of prevention. As the saying goes prevention is better than cure, stopping a crime before it happen saves lives and property in other words collateral damage is reduced or eliminated to a greater extent.

Being self-efficient is a significant part of reaching individual goals, which people achieve with inspiration and support provided by social workers of rehabilitation agents (Moè, Pazzaglia, and Ronconi, 2010). An offender, for instance, may reach self-efficiency through contact with others who have overcome their challenges. In conversely, the reduction in self-efficiency occurs when the offender surrounds him or herself with individuals who nose dive (Cardozo & Kaufman, 2010). The social knowledge theory and self-efficacy theory build upon each other. Incarcerated offenders especially have interaction with other offenders and many of these offenders have a depressing attitude on lifestyles centered on their present circumstances. Correctional rehabilitation applications provide an opportunity for offenders to come back into contact with productive contributors while finding out expertise that is valuable sooner or later (Moè, Pazzaglia, and Ronconi, 2010). The capabilities discovered within the correctional rehabilitation packages support offenders in suitable self-effectiveness upon release by offering them with touchable

capacities and potentials that would use to support themselves upon being release from prison (Cardozo & Kaufman, 2010).

Proponents of the theory argued that people learn conduct through their interactions with others (Kolb, 2014; Northouse, 2015; Moè, Pazzaglia, and Ronconi, 2010). An individual's setting, biological, and cultural influences impact his or her behavior, more commonly referred to as nature vs. nurture (Moè, Pazzaglia, and Ronconi, 2010). This theory is similar to the social learning theory, which states that behavior is learned through watching others (Northouse, 2015). The link between these theories and this study is that past experiences and resiliency during difficult times may have an impact on motivation, participation, and success in correctional education programs. Literature review includes further discussion regarding these possible links between the theories and the decision to participate in correctional rehabilitation programs. Therefore, the external sources are important for offender participation and success in correctional rehabilitation programs.

Quisumbing et al. (2015) clarifies that corrective justice requires that society address casualty's damages and needs, consider inmates responsible for putting right those offenders in groups during the time spent recovering. It is an arrangement of directing inquiries that give an option structure to contemplating on crime life. In spite of the comprehensive part of the helpful equity in the prison organization, Nigeria is still in the process of actualizing this developing alternative for common offenders in criminal justice law in its criminal code (for Southern Nigeria) and corrective code (for Northern Nigeria). Incomprehensibly, helpful equity framework is casually and generally polished in our diverse groups with awesome achievement, and is just and once in a while viable in a formal speech inside the system of group policing and 'out-of-court' settlement of cases. In regard to the casual therapeutic justice, for example, this way to deal with social control was is as yet a necessary piece of the conventional legitimate arrangement of the obsolete society laws, socially homogeneous and libertarian group in the South East geopolitical zone (Igbo tribe) of Nigeria.

Additionally, helpful equity is still to a lesser degree and in a casual setting, refined in a few groups in contemporary Nigeria. The conventional Igbo society in the present-day Southern Nigeria, for example, set prime accentuation on therapeutic justice as a method for handling freaks and criminals. Nnam, (2016) confirm that the Igbo socio-politico-lawful framework is profound established in customary affiliations (remedial equity directors) which fill in as casual specialists of crime counteractive action and control (therapeutic

equity organization). Starting from the pre-provincial period through to the present, these venerated equity establishments: age grades, town unions, youth associations, disguises/mystery social orders, among others, have kept up and maintained social equity, arrange, advance, dependability and tranquil concurrence among the Igbo country utilizing helpful equity components.

Helpful equity is a casualty guilty party group focused equity intercession program. It is without non-caretaker measures of adjusting the balance of equity that was made uneven by crime and hoodlums. To restore equity is to reset coherent reliability, shared understanding and quiet conjunction after an irritation, strife, exploitation, and event of crime. With this specific equity framework set up, the social damage delivered on individual or group, undermined security and property misfortune are, to a substantial degree, reestablished. In help of the perspectives so far communicated in these article, McDermott, Mahanty, and Schreckenberg, (2013), World Health Organization. (2010), and Cleaver and Hamada, (2010). Recognize that therapeutic equity is touted and adulated for its endeavors at working towards responsibility with respect to the wrongdoer and the endeavors of the guilty party to reestablish casualties and the group to the position they were at before the crime.

Through this regular and age-long practice might be pushed aside and overlooked in some criminal issues, for such cases are sent to the formal criminal equity framework for mediation. Hence, the wide target of this article is to address the issue of prison packing in Nigeria utilizing therapeutic equity as opposed to cutting to the conventional criminal equity framework which puts much accentuation on disposal of bandits from the general public to the prison as a method for controlling crime and guiltiness (Dempsey, Bramley, Power & Brown, 2011).

### **The Issue Overcrowding of Prison in Nigeria**

Prison population has been on the increase in about 20 years ago, reaching well over 70,000 in 1997, seventy percent of whom are functionally illiterate. Because of limited resource allocation for educational programs there has been little systematic educational provision for prison inmates in Nigeria since the inception of the prison service. A close study of colonial and post-colonial laws seem to emphasise the custodial functions of the prison while silent on correctional functions of the modern prison. Unexpectedly, the high rate of detainment in a given nation may not really prompt stuffing while low imprisonment rate does not imply that the prison framework is not packed. This recommends the area of prison and lack of dispensed space (regarding cell rooms) and change offices could conceivably constitute stuffing slanting

over corrective administrations. According to the World Prison Population Lists (WPPL), Nigeria comprehensive, a few prisons situated in central/urban ranges or near the courts have high populace rate while the general detainment rate of the nation might be similarly low, subsequently covering the genuine circumstance on the ground. Pre-trial confinement offices regularly have the most elevated amounts of congestion. In a few nations where distinctive prison frameworks exist, for example, Federal and State detainment facilities, there are altogether different inhabitation rates and congestion in the two frameworks (WPPL, 2011). Guided by the WPPL working report, this article presents that the least difficult and most straightforward method for deciding if a prison is packed or not is to know the official limit and present inhabitation rate.

Subsequently, a prison is said to be packed when the inhabitation rate is over 100%. Also, stuffing happens when and where the aggregate number of detainees surpasses 100% of the prison official limit. The size of the prison population throughout the world is growing. It is estimated that more than 10.1 million people, including sentenced and pre-trial prisoners, were held in penal institutions worldwide (Dolan, Moazen, Noori, Rahimzadeh, Farzadfar, and Hariga, 2015). This means that 146 out of every 100,000 people of the world were in prison at that time. The prison population grew in 78% of countries between 2008 and 2011, and in 71% of countries in the previous two years (Harcourt, 2011). Specifically, recent studies indicate that virtually all the Nigerian prisons are heavily congested owing to the daily admission of people believed to have flouted the law of the nation or political offenses (Ikenna, Olatokunbo, and Chukwudi, 2012; Lappi-Seppälä, 2012; Onwosi, and Odibo, 2012; Reiman, and Leighton, 2015).

Moreover, overcrowding in prisons occurs when the total population of prisoners exceeded the capacity of prison facility, it could be congestion that probably result into in humane treatment of the inmates. Some facilities in Nigeria hold twice of their capacity, in such a situation rooms are hardly sufficient to keep prisoners and limited inmates to move their body freely or sleep well. Nigeria has 36 states including the federal capital territory (Abuja), currently it is divided into six zones which are; north-east, north-west, north-central, south-south, south-east, south-west.

For the purpose of this study, the researcher used two zones that is the North East and the North-central Zone to depict the much said overcrowding in Nigerian prisons. Below are the tables showing congestion on the selected prison. According to Ayade (2010) the prisons were audited by National Human Right omission in collaboration with the United Nations Development Project and Norwegian Agency for Development Corporation. See Table 1 and Table 2 below:

Table 1

*Capacity, Lockup Number of Awaiting Trial Persons and Convicts in North Central Zone*

<b>Prison</b>	<b>Capacity</b>	<b>Lock up</b>	<b>Convict</b>	<b>Awaiting Trail</b>
<b>Niger state</b>				
1. Agaie	60	13	12	1
2. Bida	200	69	49	20
3. Kagara	50	55	45	10
4. Lapai	63	64	63	1
5. New Bussa	288	63	42	26
<b>Nasarawa State</b>				
6. Keffi	130	280	99	181
7. Lafia	300	316	63	251
8. Nasarawa	104	31	25	6
9. Wamba	68	47	40	7
<b>Kwara State</b>				
10. Ilorin	122	298	70	228
11. Lafagi Farm	34	45	44	1
<b>Kogi State</b>				
12. Ankpa	30	27	14	13
13. Dekina	34	23	16	18
14. Idah	102	23	17	6
15. Kabba	200	68	38	30
16. Konton Karfe	50	131	17	114
17. Mediu Security Okene	114	102	48	54
<b>Plateau State</b>				
18. Lakushi Farm	150	52	52	Nil
19. Lantang	150	34	24	10
20. Jos	1,150	771	216	555
21. Shedam	130	51	30	21
22. Wase	100	21	20	1
23. Panshin	162	55	22	32
<b>Benue State</b>				
24. Gboko	810	220	118	102
25. Makurdi	280	481	96	385
26. Otukpo	118	85	28	57
<b>FCT Abuja</b>				
28. Kuje	320	699	136	533
29. Suleja	250	358	187	171
<b>TOTAL</b>	<b>5569</b>	<b>4457</b>	<b>1591</b>	<b>2817</b>

(Source: Department of Planning and Statistics, Prison Headquarter, Abuja & Ayade, 2010)



This zone, five prisons are overly populated: Ilorin, Keffi, Makurdi, Kuje and Suleja as it was showed on the table above, while those in suburbs are not. Kuje, Suleja, Jos, Ilorin, Okene, Koton Karfe, Kabba and Jos have higher number of awaiting trials prisoners more than convicted prisoners.

Table 2

*Capacity, Lockup Number of Awaiting Trial Persons and Convicts in North East Zone*

Prison	Capacity	Lock up	Convict	Awaiting trail
<b>Adamawa state</b>				
1. Ganye	200	180	83	97
2. Jada	100	104	89	15
3. Jimeta	300	412	113	299
4. Numan	400	174	139	35
5. Michika	100	87	40	47
6. Yola Central	500	324	149	174
<b>Bauchi State</b>				
7. Azare	152	84	61	23
8. Bauchi	500	741	111	630
9. Jama' are	320	68	56	12
10. Ningi	110	68	56	12
11. Misau	120	44	39	43
<b>Borno State</b>				
12. Bama	320	67	62	5
13. Kukawa Satellite	72	31	2	29
14. Biu	130	102	80	22
15. Gamboru-Ngala	76	31	18	13
16. Gwoza	680	379	222	157
17. Maiduguri Farm	120	114	114	Nil
18. Maiduguri New	680	-	-	-
19. Maiduguri Maximum	1,600	732	273	459
20. Kakawa	100	45	18	27
21. Mongono	36	32	16	16
22. Kumshe	50	38	24	14
23. Konduga	30	26	26	Nil
<b>Taraba State</b>				
24. Gembu	200	128	64	64
25. Jalingo	250	408	139	269
26. Serti	150	79	63	16
27. Wukari	320	179	110	69
<b>Yobe State</b>				
28. Gashua	104	123	109	14
29. Nguru	94	45	45	45
30. Potiskum	832	285	130	155
<b>TOTAL</b>	<b>8646</b>	<b>5130</b>	<b>2321</b>	<b>3691</b>

(Source: Department of Planning and Statistics, Prison Headquarter, Abuja & Ayade, 2010)

There seems to be less congestion in this zone except Jalingo but one thing is clear here that number of convicted is more than the awaiting trial prisoners. Some prison like Bauchi, Yola, Jimeta, aiduguri, Jalingo, Guluk and Potiskum that have higher awaiting trials prisoners than convicts.

### **Challenges of Overcrowding in Nigerian Prison Services**

The challenges of overcrowding on inmates have also meant defining overcrowding and describing what the basic effects of crowding can be on humans and their rehabilitation process. Crowding research has concentrated mainly on the spatial density and the social density of crowding. Spatial density is defined as the amount of space (number of square feet) available per person in a particular housing unit. Social density is defined as the number of individuals sharing a space unit and is considered the factor, which contributes most to the adverse effects of crowding. However, it has been suggested that density alone does not explain the total effects of crowding (Shaw, 2015). Experts have discovered different variables that may reduce or uplift the effect of overcrowding, for example, individual control and the physical condition itself. Congested is just an indirect way identified with insignificant numbers of individuals. It is conceivable to feel swarmed within the sight of few individuals, or not jammed within the sight of numerous (Solari and Mare, 2012). The critical component gives off an impression of being disappointed in the accomplishment of a few purposes in view of the nearness of others (Dębek, 2014). The prison environment is characterized by factors, which can have adverse effects on individual inmates. In the prison setting crowded conditions are chronic, people prone to anti-social behavior are gathered, there is an absence of personal control and idleness and boredom can be prevalent.

Brivik, (2014); Dębek, (2014); Shaw, (2015) from their work, it has demonstrated that congestion has three categories of impacts on the day by day prison condition, to begin with.

First impact, there is fewer of amenities to go around, so a similar space and assets are made to extend much further. The exposure for prisoners to take an interest in self-change and rehabilitative projects, for example, scholarly, work and professional preparing are shortened. The absence of work or work openings prompts prisoner in action, frequently fortifying the adage that inertness breeds discontent and problematic conduct. In addition, lack of resources can apply to anything an inmate might need to use, such as washroom availability, library books, television lounge seating and recreational materials. The unavailability of resources can have twofold consequences (Brivik, 2014). One is the frustration or unpleasantness of being limited or denied a resource, and the other is the fact that competition and conflict over limited resources

often lead to aggression and violence. The second effect of overcrowding is on the individual inmate's behavior. Crowding creates stress and this, in conjunction with other factors in a prison setting, can heighten the adverse effects of crowding.

Second impact, idleness, fear or the inability to maintain personal identity, or to turn off unwanted interaction and stimulation, such as noise, all add to the stress of crowding (Shaw, 2015). The adjustment process for inmates to cope with excess stress varies; it could be withdrawal, aggression or depression. Whatever way an inmate chooses to deal with crowding stress, generally they tend to be methods, which do not enhance the health of the inmate. The impact on social relations and interaction has been considered one of the most important effects of prison overcrowding. In crowded situations there is more aggression and competition for resources, less cooperation and more social withdrawal (Debek, 2014). Other individuals in a crowded situation are perceived as less attractive or interesting, and the social milieu itself becomes unpleasant. Also, social withdrawal in response to crowding manifests itself in various ways. Adopting a defensive or guarded attitude is one method of withdrawing, which by its nature decreases the quality of social interaction. Similarly, topics that dominate conversation in crowded settings tend to be less personal or self-relevant, even among well-acquainted people.

The third impact includes a mix of the remedial frameworks failure to take care of the expanded demand for more space and the subsequent damage to singular prisoners. While trying to adapt to the constrained space accessible and the subsequent congestion, there has been a solid propensity to misclassify guilty parties. To a specific degree, stuffing has brought about guilty parties being characterized on the premise of the space accessible as opposed to the security level and projects most reasonable for the wrongdoers (Reiter, 2012). This problem exists despite the fact that the offender classification process for security purposes is standardized. It has not been uncommon to find inmates, classified as medium security, incarcerated in maximum security institutions, while other inmates were in medium security facilities who would previously have been considered candidates for maximum security. However, the effects of misclassifying offenders due to overcrowding extend beyond the immediate consideration of there being too little space and too few resources. It also leads to slow progress through the corrections system and consequently to slow exit, which in turn perpetuates or increases the overcrowding problem.

On the off chance that the task of detainees is completed exclusively on the premise of accessible space, prisoners are being controlled to meet the necessities of the revisions framework as opposed to the earth and projects being altered to meet the prerequisites and requirements of the prisoners. These outcomes in poor programming for prisoners, which blocks their

advance. Likewise, misclassification blunders can bring about detainees being named in a way, which conveys solid negative meaning. (Dębek, 2014). Since infractions result in a failure to adjust label, and since adjustment is a major criterion for progress through the system, a slow-down in the advancement of inmates can easily be predicted. Essentially, the effects of overcrowding and misclassification create a vicious cycle for the inmate. It begins with overcrowding, then the assignment to an inappropriate facility and programs (misclassification), followed by inmate stress reactions to the lack of services, no movement or progress within the system, being labeled as failure to adjust, no parole release, rule infractions to regressive transfer.

At this point the cycle starts all over again demonstrate a link between the amount of space available or the number of inmates per room, and the various measures of personal and institutional strain, such as blood pressure, illness complaints, disciplinary infractions and recidivism rates (Reiter, 2012). This crowded conditions could be reasonably well tolerated for short periods, but in terms of a long term crowded environment, prisons contained unusually high concentrations of the stress-inducing features. Crowding affects more than a selected few inmates within the prison environment. Crowding has been described as an interactive variable, which can sometimes cause, sometimes result from or sometimes exacerbate the impact of other conditions. No matter how the variable is classified, it produces a range of outcomes. Overcrowding of inmates has been connected with higher rates of psychiatric commitment higher rates of illness complaints and with an increased likelihood of recidivism (Paulus, 2012). Also, rates of suicide and other forms of violent death have been found to be higher during periods of overcrowding as have increased rates of violence and other disciplinary infractions. Although many negative effects of crowding have been identified, overcrowding does not affect all prisons uniformly.

### **Conclusion**

The article embarks to tackle the issue of prison overcrowding in Nigeria using rehabilitation programme. Restorative justice is one of the methods of insight of discipline as well as treatment in penology that are truly attempting to increase official consideration, acknowledgment, and predominance in the circle of criminal equity organization. Many supporters of helpful equity dislike the possibility of often sending individuals to prisons as usually polished in the customary criminal equity framework. It is a non-corrective and humanistic approach utilized at the group level to reestablish social equity, and uphold and keep up peace in the public eye. As opposed to out and out discipline and control of guilty parties or charged people in the reformatory foundation (prison custody) as realistic in the regular criminal equity framework, therapeutic equity

intercession advocates for a group based 'legitimate treatment' that advances casualty wrongdoer discourse and compromise at home. This example of equity organization underscored that settling of crime and degenerate should endeavor to determine casualty guilty party errors inside the group where the demonstration (crime) was committed.

### **Recommendations**

The situation in the Nigerian prisons yards falls below human standard and is not helpful for rehabilitation and treatment. There must be adequate training that will correspond with professional skills. Prisoners need to leave the correctional facility with more abilities and be in a position to discover the importance self actualisation. Recovery and reconciliation of prisoners are vital.

There must be a system that works so that the police or court where most cases end up in remanding offenders or the accused in prison custody even when they should have not be imprisoned and thus leading to congestion in the prison yards. Under restorative justice system, punishment or treatment of offenders, conflict resolution and crime adjudication, are humanely handled outside the formal agencies detailed by the government to enforce law (the police), process crime and criminals (courts), and correct or rehabilitate outlaws (prisons). It must function as such.

The federal government ought to be urged to support the prisons in the range of professional and formal training. At the end of the day, the training of prisoners must be financial support by the government. Prison rehabilitation must be supported by the government in order to empower the inmate economically to reduce recidivism among the inmates.

Recidivists cost the citizens to waste more tax payer money. Hence training should assume a key part in restoring prisoners and coordinating them back into the society. Professional training in prisons that can help detainees for genuine occupations on their release, this is imperative to drop their recidivism, that is going back to crime life and end up back into prison.

The closeness of counsellors to the inmates gives mental stability to prisoners. It is along these lines prescribed that restorative foundations ought to be furnished with advocates to use or employ more qualified counselor or social worker.

Counsellors help prisoners to regain and reestablish their self-interest and professional capacities. Offenders need someone to help them in transitional managements to effectively deter their lives far from crime. With these the prison reformation will be accomplished and effective.

### References

- Ayade, E. A. (2010). Problem of prison overcrowding in Nigeria: Some lessons from South Africa and America. *Unpublished thesis submitted for the degree of LLM, Human Rights. Central European University.*
- Brivik, A. (2014). *The impact of overcrowding on prisoners' rights*. Doctoral dissertation, University of Cape Town.
- Cardozo, B. N., & Kaufman, A. L. (2010). *The nature of the judicial process*. New York: Quid Pro Books.
- Cleaver, F., & Hamada, K. (2010). 'Good' water governance and gender equity: A troubled relationship. *Gender & Development, 18*(1), 27-41.
- Değbek, M. (2014). Towards people's experiences and behaviours within their worlds: The integrative-transactional framework for studying complex people-environment interactions. *Social Space, 8*(2), 1-55.
- Dempsey, N., Bramley, G., Power, S., & Brown, C. (2011). The social dimension of sustainable Development: Defining urban social sustainability. *Sustainable development, 19*(5), 289-300.
- Dolan, K., Moazen, B., Noori, A., Rahimzadeh, S., Farzadfar, F., & Hariga, F. (2015). People who inject drugs in prison: HIV prevalence, transmission and prevention. *International Journal of Drug Policy, 26*, S12-S15.
- Ferguson, N. (2012). *The war of the world: Twentieth-century conflict and the descent of the West*. New York, Penguin.
- Giroux, H. A. (2015). *Against the terror of neoliberalism: Politics beyond the age of greed*. New York, NY: Routledge.
- Harcourt, B. E. (2011). Reducing mass incarceration: Lessons from the deinstitutionalization of mental hospitals in the 1960s. *Ohio State Journal of Criminal Law, 9*, 53-88.
- Ikenna Isiekwe, G., Olatokunbo daCosta, O., & Chukwudi Isiekwe, M. (2012). A cephalometric investigation of horizontal lip position in adult Nigerians. *Journal of Orthodontics, 39*(3), 160-169.
- Kolb, D. A. (2014). *Experiential learning: Experience as the source of learning and development*. FT press. London: Wiley.
- Lappi-Seppälä, T. (2012). Penal policies in the Nordic countries 1960-2010. *Journal of Scandinavian Studies in Criminology and Crime Prevention, 13*(1), 85-111.
- McDermott, M., Mahanty, S., & Schreckenberg, K. (2013). Examining equity: A multidimensional framework for assessing equity in payments for ecosystem services. *Environmental Science & Policy, 33*, 416-427.
- Quisumbing, A. R., Rubin, D., Manfre, C., Waithanji, E., Van den Bold, M., Olney, D., & Meinzen-Dick, R. (2015). Gender, assets, and market-oriented agriculture: Learning from high-value crop and livestock projects in Africa and Asia. *Agriculture and human values, 32*(4), 705-725.

- Moè, A., Pazzaglia, F., & Ronconi, L. (2010). When being able is not enough. The combined value of positive affect and self-efficacy for job satisfaction in teaching. *Teaching and Teacher Education*, 26(5), 1145-1153.
- Morton, F., Ramsay, J., & Mgadla, P. T. (2008). *Historical dictionary of Botswana*. United State of America. Scarecrow Press Inc.
- Nnam, M. U. (2016). Responding to the problem of prison overcrowding in Nigeria through restorative justice: A challenge to the traditional criminal justice system. *International Journal of Criminal Justice Sciences*, 11(2), 177.
- Northouse, P. G. (2015). *Leadership: Theory and practice*. New York: Sage publications.
- Obioha, E. E. (2011). Challenges and reforms in the Nigerian Prisons System. *Journal of Social Science*, 27(2), 95–109.
- Onwosi, C. O., & Odibo, F. J. C. (2012). Effects of carbon and nitrogen sources on rhamnolipid biosurfactant production by *Pseudomonas nitroreducens* isolated from soil. *World Journal of Microbiology and Biotechnology*, 28(3), 937-942.
- Paulus, P. (2012). Prisons crowding: A psychological perspective. Springer Science & Business Media. *International Journal of Psychology*, 47(5), 325–334.
- Reiman, J., & Leighton, P. (2015). *The rich get richer and the poor get prison: Ideology, class, and criminal justice*. New York: Routledge.
- Reiter, K. A. (2012). The most restrictive alternative: The origins, functions, control, and ethical implications of the supermax prison, 1976-2010. University of California, Berkeley.
- Shaw, R. (2015). *The psychological effects of prison and prison overcrowding: A review of in-custody mortality rates*. Doctoral dissertation. The Chicago School of Professional Psychology.
- Simon, J. (2007). *Governing through crime: How the war on crime transformed American democracy and created a culture of fear*. New York: Oxford University Press.
- Solari, C. D., & Mare, R. D. (2012). Housing crowding effects on children's wellbeing. *Social science research*, 41(2), 464-476.
- Stasa, T. (2015). Prison overcrowding: A comprehensive evaluation tool for early release prison overcrowding: A comprehensive evaluation tool for early release. Honors Projects. 381. <http://scholarworks.gvsu.edu/honorsprojects/381>
- World Health Organization. (2010). A conceptual framework for action on the social determinants of health. [www.who.int/sdhconference/resources/ConceptualframeworkforactiononSDH\\_eng.pdf](http://www.who.int/sdhconference/resources/ConceptualframeworkforactiononSDH_eng.pdf)