

The Phase of Aggressive Behavior, Deprivation among the Inmates Age Group of Nigerian Prisons: A Survey of Sokoto Central Prison.

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Abstract

The article examines the phase of aggressive behavior, deprivation, among the inmate's age group of Nigerian prison. However, the study elaborated the meaning of aggressive behavior; factors contributed to aggressive behavior, theory of aggressive behavior, literature review, method of information collection and data analysis. Therefore, prison setting can instigate aggressive behaviors, especially in Nigeria, where inmates are deprived of their particular right and are treated brutality in some instances studies shows, that Nigerian prisons are not adequately organized and made do as such, inmates are exposed to all kinds of atrocity. It should be noted that a condition of privation and lack of societal well-being especially among people being in an isolated environment as in the case with most prisons in Nigeria can degenerate to frustration and aggression which in turn can result in dangerous situations such as riots/ violence in the prisons. Aggression can lead to violence that may be adaptive under certain conditions regarding natural selection. That is most obviously the case regarding attacking prey to obtain food, or in anti-predator defense. The results showed that there is significant difference between the levels of aggressiveness with respect to the classes of age groups. Recommendation will be discussed further.

Keywords: Aggressive behavior, inmates, wardens, phase, and recommendation.

Introduction

Aggressive behavior is specified as a type of behavior that come about in different ways which result in harmful behavior among inmates (Teicher, Samson, Polcari & McGreenery, 2006; Wang, lunette & Luk, 2010). Aggressive behavior was measured using an aggressive questionnaire developed by busses & Perry, (1992). This instrument assesses some aspects of aggressive behavior among people respectively. Aggression is defined as behavior aimed at harming another individual through verbal assaulting other

individuals physical well-being, or, through relational means, like group exclusion to damage a person's social status, and relations, and rumor spreading (Adam & Berzonzky, 2006; Lau & Marsee, 2013).

The development of prison systems was tied to the realization that working away to pose a credible, accountable, and consistent system for airing complaints could lead to prison riots or targeted violence against staff (Bernstein, 1975). However, a critical observation of this increase was that violence was not merely instrumental acts of

retaliation against staff or the regime by inmates who had a complaint, but no means to resolve it. Failure to deliver a system to address inmate complaints leads to growing violence at the prison level generally, a magnification of the mundane and usual conflict that drove rates of misconduct and violence in prison (Carroll, 2000; Santos, 2007). Also, disorder emerged pervasively rather than in small numbers of collective human actions of protest (Bernstein, 1975). From these reflections, critical lessons emerged regarding the impact of grievance systems on prison violence. Riots are dreadful, no matter where it takes place. In prison, riots can occur when the inmates are pushed to the breaking point with absolute brutality, low social well-being and other deprived of human right. While sometimes riot can simply be projected with a panorama of a break out. Whatsoever the case may be, all rights are squashed at the end and order is restored. Here we are going to take a look into some violent prison riot from around the earth.

Factors Contribute To Aggressive Behavior

In this advanced era, several elements contribute to aggressive behavior, such as deprivation, frustration and low social wellbeing. Aggressive behavior has posed a severe challenge to the relevant agencies and social club at large under the social change situation (Calvete & Orue, Haynes, 2006). The prime aim of establishing prisons is not adequately realized in most of the Nigerian prisons, this is because, most of the yard birds are constantly aching from the problem of deprivation, social well being, frustration, which triggered or lead to aggressive behavior in most of Nigerian's Prisons. Still, the much needed social wellbeing can force inmates to live in a deplorable condition, which bring about feeling of failure and frustration that in result to aggressive behavior. Sykes (1958) showed that institutional aggression

is created inside the establishment, not from outside, this is therefore a situational explanation as it suggests that aggression occurs as a result of the environment in which these people are, and not necessarily the individual themselves. Also, problems like hitting, hurting, stealing and vandalism at prison environment increase aggressive behavior (Lee, 2007). It is through this occurrence as a result of the deprivation that the inmates experience on a daily basis. People always like to involve in aggressive act they expect to result in rewarding outcomes (Ajzen & Fishbein, 1980; Bandura, 1997, 2001). Aggressive behavior is a negative behavior that leads to negative outcome (Horn, 2004; Geiger & Fischer, 2006).

Frustration can cause any other trouble that is conceived to be prominent with the prisoners is that of delay of judgment and detention before trial, this can be attributed to the slow judicial process which is also an abuse of human right that can equally instigate frustration which lead to aggressive behaviors. (Azizi, 2011). Closely associated to the above problems, is social stigma which makes some of the ex-convicts to prefer going back to the prison (recidivism). The major focal point of this work therefore is to recover out the link between the physical and social condition of inmates in the prison and aggressive behavior as it regards their lives both as convicts, awaiting trial and ex-cons. The degree of aggressive behavior, deprivation, low well being and frustration among the inmates in Nigerian prisons are really high due to the fact that they are suffering from the deprivation of human rights. Barros & Padua (2008); and Latalova & Prasko, (2010) argue that loss is the human activity that predicts aggressive behavior. Inmates temper can lead to intention on an early continuation of real aggressive behavior (Tremblay & Nagin, 2005). Neediness is a mental illness that inmates of today are facing which have been taken by a heedless disregard for social norms, an inability to

experience guilt, and which contributes to frustration than aggressive behavior (Mendez, 2009).

Theoretical Frame Work: Frustration Aggression Theory

Frustration aggression theory as expounded by Ted Rober Gurri, John Dollard, Leonard Berkowitz and Aubrey Yeats assumes that conflict is a direct response to accumulated frustration and anger felt by the citizenry in the club, where they could not see their desires due to scarce resources or some forces beyond their powers. This theory's common causal explanation of dispute is that people's inability to meet their needs and their existent demands. i.e. Expected need satisfaction vs. Actual need satisfaction, where expectations do not meet attainment, the trend is for people confront those they perceived to be responsible for thwarting their ambitions. Leonard Berkowitz (1989) realized that the original theory overstated the frustration – aggression connection, so he revised it. Berkowitz theorized that frustration produces anger, an emotional readiness to speak. Anger comes up when someone who cross us could have preferred to do otherwise (Averill, 1983; Weiner, 1981). Likely to lash out when aggressive cues pull the cork, releasing bottled up anger. Sometimes the cork will blow without such cues. Merely, as we will see, cues associated with amplified aggression (Carlson & others, 1990).

The terrorist understands the anger eliciting effect of their activities. Social psychologists Clark McCauley (2004) and Richard Wagner (2006) Note that terrorist sometimes commits an act that will cause a strong anger, enemy to over react, creating effects that ultimately help the terrorist interests. Frustration arises from the gap between expectations and accomplishments. When your

expectations are met by your attainments, and when your desires are reachable at your income, you feel satisfied rather than frustration (Solberg and others, 2002).

The frustration – aggression hypothesis is one of the social- psychological theoretical positions on aggression. The speculation stems from the belief that frustration is a necessary condition for aggression. Most of the discriminatory patterns in Nigerian prisons cause frustration and frustration in most fonts can contribute to aggressive behavior.

The frustration aggression theory states that aggression increases if a person feels that he or she is being stopped from reaching a goal (Aronson et al. 2005). One survey found that the closeness to the goal makes a deviation. The study examined people waiting in line and concluded that the 2nd person was more belligerent than the 12th one when somebody cut in line (Harris 1974). Unexpected frustration may be another component. In a separate field to show how unexpected frustration leads to increased aggression, Kulik & Brown (1979) selected a group of students as volunteers to work calls for charity contributions. One group was told that the people they would predict would be generous and the collection would be really successful. The other group was given no expectations. The group that expected success was more trouble when no one was pledging than the group who did not expect success (everyone really had horrible success). This research indicates that when an arithmetic mean does not materialize (successful collections), unexpected frustration arises which increases aggression.

There is some evidence to indicate that the presence of violent objects such as a gun can trigger aggression. In a survey performed by Leonard Berkowitz and Anthony Le Page (1967), college students were made angry and then left in

the mid of a gun or badminton racquet. They were then guided to think they were delivering electric shocks to another student, as in the Milgram experiment. Those who had been in the mid of the gun administered more shocks. It is potential that a violence-related stimulus increases the likelihood of aggressive cognitions by activating the semantic web.

A new proposal links military experience of anger and aggression, developing aggressive reactions and investigating these effects on those having the traits of a serial killer. Castle and Hensley state, "The military supplies the social context where servicemen learn aggression, fury, and murder. Post-traumatic stress disorder (PTSD) is also a serious matter in the military, also believed to sometimes believe lead to aggression in soldiers who are suffering from what they witnessed in battle. They come back to the civilian world and may still be haunted by flashbacks and nightmares, causing dangerous strain. In summation, it has been claimed that in the rare minority who are taken to be inclined toward serial killing, violent impulses may be reinforced and refined in war, perhaps making more effective murderers (Veenema, & Neumann, 2007).

Literature Review

The evolution of prison services generally dates back to the fourth dimension of civilization of mankind when people bug out to established political entities or organized leadership. Imprisonment as a form of punishment for offenders was not new to many societies in pre-colonial Nigeria. In Nigeria, the modern prison system came into being in 1861. The colonial administrators established an organized prison system that led the British model after they accepted the government of Lagos. The prison becomes one of the earliest phases of dealing

justice as a termination of their re-establishment. The broad street prison was established in 1897, but the prison ordinances that give legal backing come into power in 1879. Furthermore, Lurgard after amalgamation of Southern and Northern protectorate in 1914 promulgated the prison ordinance in 1916 and the prison regulation in 1917 in order to receive a uniform system of administering prison in Nigeria. The charge of prison has the force to give direct command, correction and dominance as well as the worldwide governing body of the prison staff.

The Nigeria prison has undergone enormous development since the organization of the first English – type prison in the nation at the broad street, Lagos in 1872. The system which began about one hundred and twenty years ago has grown into a large national bureaucratized organization. Currently, Nigerian prisons are housing 49,000 in two hundred and thirty four prisons out of which 20% are convicted while the remainder are awaiting trial inmates (Amnesty International Report, 2012).

When asked to identify the single most important or life-threatening trouble that they had met since being incarcerated, loss of relationships with kin and friends outside the prison was consistently cited as the most severe loss. More or less long term inmates cut themselves away from these relationships as a way of warding off the anxiety and despair that come with separation. Yet, for the majority of convicts who do not practice this strategy, family ties become a two-edged sword over the years, providing encouragement and support and at the same time, making it more difficult to serve time (Flanagan, 1980). This survey also showed that most inmates reported that imprisonment had not seriously threatened their emotional wellbeing. All the same, when interpreting this data, the researcher pointed out that these responses concerning possible mental

health problems could have been more contemplative of the masculine role model that many inmates attempt to emulate. Furthermore, the data indicated that the preferred method for dispensing with most types of problems among inmates was to hold them to oneself. Fellow inmates either cannot be believed or have problems of their own, family members are not examined as alternatives and institutional staff are seen as unconcerned (Flanagan, 1980).

In Nigeria, Obioha (2011) argued that the rooms and cells are not good for human habitation, while the beddings are, in most cases, absent as many prison inmates in Nigeria sleep on bare floor. Okunola et al. (2002) reported that in Nigeria prisons, prisoners sleep in batches and that there are three to five stacks. When it is time to sleep, every other batch makes space for the first sight. According to Okunola et al. (2002) Most of the prisoners, particularly awaiting trial prisoners, look emaciated, skeletal with bones almost visible from the hide. Elderly inmates face more critical problem when it comes to health provision in prisons. Davies (2011) quoted a range of psychological challenges that are experienced by the elderly population in prisons, ranging from respiratory conditions. Full recreational facilities are not usable in most prisons. Obioha (2011) noted that there are no good recreational facilities and other conveniences in most prisons in Nigeria. Okunola et al. (2002) indicated that the facilities for personal hygiene are in a terrible a state as those of environmental hygiene.

There is the maltreatment of the older inmates too. Robins (2009) added that the ill-treatment of the young by the older inmates is also a usual phenomenon in most of the prisons. Viano (2008) also argued in the same statement, observing that weaker inmates and those who have committed particularly heinous crimes were often victimized by other cons who were hardened Criminals and

that as a consequence of this, policies and guidelines for handling aggressive inmates should be specific and strictly follow by all staff.

Method

In this chapter, an endeavor is made to explain how information is starting to be picked up from the area. Regarding the nature of the survey, quantitative method seems to be relevant. Consequently the primary concern of this section a research plan, brief history of the subject region, description of the population, sample and sampling techniques, instrument for data accumulation, and method of data analysis.

Design

This study was approached by a quantitative research method which employed survey research design. According to Creswell (1994) quantitative study is the investigation of the human social problem based on testing of theory composed of variables which require to measure with numbers and analyzed with statistical method in order to achieve a logical end to assure whether expected prediction of theory hold true or not. This quantitative research employed a cross-sectional and survey as well as correlation study. The correlation method used to encounter out the nature of relationships between variables. Two or more variable measures drawn from the same group of themes were related by correlation research design (Salkind, 2006). In this inquiry, sketch design was used because survey involved using a questionnaire to find out the relationship between deprivation, well being, frustration and aggressive behavior among the inmates in Nigerian prisons. According to Barusch & Wilby (2010) and Duan, Brown & Keller, (2010) survey design is a type of descriptive technique that takes a set of scientific and organized techniques for keying out, explaining phenomena and exploring

attitudes and behaviors through questionnaires for the purpose of generalizing the findings to a larger population of interest. Survey design has been selected because it helps together and identify the features of a population for a valid outcome (Fraenkel, Wallan & Hyun, 2012).

The reason why quantitative research was required, because the focal point is to plan or establish the use of tests, scales and statistical methods to collect and analyze numerical information, objectivity, validity and reliability for the intent of identifying and explicating the issues that contribute to the explanation of deprivation, well being, frustration and aggressive behavior. It has been practiced in many social sciences (Burnard, Morrison & Gluyas, 2011). Survey design has been chosen because is among the best method of collecting information from the prison inmates, about aggressive behavior (Ignou, 2007; Shaughnessy, Zechmeister & Zechmeister, 2009).

Locations

The study was carried out in Sokoto State central prison in Nigerian. The prison was built in 1908 right in the Marina area of Sokoto State during the period of British colonial in Nigeria. Since then the prison has passed through developmental levels, the country felt that from regional two federal levels. It should be mentioned, nevertheless, that it was Prison Act 1960 that effectively brought all the Nigerian prisons under the legal power of the federal government. However, the researcher selected Sokoto State Central prison, Zamfara state and Kebbi state central prison in the northwestern constituent of the Nigeria, but the controller general of the Nigerian prison service only approved Sokoto state central Prison because of the crisis of Bokoharam that affect the system in particular and the social institution in general. Sokoto Central

Prison as proposed selected prison in Northwestern Nigeria is one of the 234 prisons in the country (Nigeria) with the total capacity of 576 inmates. Population of sokoto central inmates was 640 and 164 waders. The population is divided into categories or section based on awaiting trail and convicted.

Moreover, Sokoto central prison has different department, which include, welfare unit, security instructor, central admin section, sewing department, carpentry department, wandering department. These sections work inter party in order to maintain and achieve the main objective of the total creation.

Sokoto central prison was selected and approved by the Nigerian Government in order to render the remaining prisons in Nigeria since the bunk is all the same and under one control. Some other reason is that Sokoto central prison is one of the biggest and a central prison in the zone which comprises of different inmates from different States. Lastly, there are issues of deprivation, well being, frustration and aggressive behaviour among the convicts, which lead to the retardation of human development.

Participants

The subject populations for this study are the inmates' males only of the Sokoto central prison, both the awaiting trial and convicted were inclusive. From aged about 18-45 and 45 for the above years. These were not mentioned are excluded. The female was kept out because they are very few in numbers and the stratum of their aggressive behavior is minimal. Population is defined as all members of any well defined people, event and it also the entire group of interest to the researcher, the group to which

researcher would like the answers to be generalized (Ary, Jacobs & Sorensen, 2009).

Sampling

Sample refers to the portion, a fraction or part of the population that will select for the purpose of the study that represent the entire population (Avana et al 2004). Graziano & Raulin, (2000) as well as Neumann, (2006) indicate that the sample size in survey depends on the research design, the kind of data analysis employed, how accurate the sample has to be, and various other factors concerning the exact research. Finding a suitable sample size is really essential, since a heavy act of sample size determinants might also constrained by cost; in terms of money, time administrative support, stress, resources and the number of researchers (Borg & Gall, 1979; Cohen, et al., 2007). Small samples may lead to wrong results (Schaffer, 2007). However, Sekeran (1983) suggested that as a normal thumb, more sample size of about 350 to 500 could be effective. Similarly, Tabachnick & Fidell, (1996) given the accompanying template for sample size: 50 as very poor; 100 as poor, 200 as fair, 300 as well, good, 500 as very good and 1000 as excellent. According to Cohen, Manion & Morrison, (2007) sampling is a minor subset of observations selected to characterize and generalize researcher's findings about the intact population of interests. There are several procedures that determine the sample size of the research. For the purpose of this research, Cochran's (1977) method was used in order to produce precise needed sample size related to the population. In this study 300 respondent was randomly selected out of the entire population through the used of the Cochran's formula, which is seem to be relevant.

According to Gravette and Forzano (2006) that, any population of the survey which comprises of a

number of subs-groups, especially gender, age group and class are expected to show their dissimilarities when studied. Thus, in this work, the researcher used probability sampling technique in which the population sample for the research was drawn through stratified simple random sampling. Rubin and Rubin (2005) assert that, on the technique of picking out samples, rather than selecting large samples representative is enough to make generalizations as in the case of quantitative study. According to Cohen (1988) selecting a representative sample of a population is better than obtaining a large, but biased sample that would contribute to an erroneous opinion in the population.

Results

The quantitative information will be subjugated to the statistics package for social sciences. (SPSS 22 version) will be used in descriptive and inferential statistics because of its useful graphical presentation of information as easily as more refined statistical ways. It is likewise applied to identify the stages of aggressive behaviour, deprivation among the inmates age Group of Nigerian prisons. Information obtained was analyzed using means, standard deviation. According to Anderson, MaClellan-Wright & Barber, (2007) descriptive analysis is the most usual method utilized to examine and summarized large amounts of information. Analysis will be used in the analysis of the information generated as such, the univariate analysis was employed to summarize the socioeconomic and demographic characteristics of the respondents into percentages. Tables will be employed for a pictorial representation of the data, in establishing relations between such variable (age), this could be achieved appropriately by using statistical tools. Trochim & William. (2006) descriptive statistics provide simple summaries about the sample and observations that have been earned through prison

inmates. The statistical to be used in Objective one is descriptive statistic.

Table 1
Descriptive measures on Age groups

Age Group	N	Mean	Std. Deviation
18-25	35	79.8000	7.27930
26-35	122	78.2131	8.48550
36-45	82	75.3704	9.25263
>45	61	72.6557	9.16312
Total	300	76.4950	9.00126

Table 2
Significant Difference in Aggressive Behavior based on the Age group

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1744.024	5	581.341	7.656	.000
Within Groups	22400.718	295	75.935		
Total	24144.742	300			

The results showed that there is significant difference between the levels of aggressiveness with respect to the classes of age groups.

Table 3
LSD test for Mean Difference among Age groups

(I) Age	(J) Age	Mean Difference (I-J)	Std. Error	Sig.
	26-35	1.58689	1.67092	.343
18-25	36-45	4.42963*	1.76268	.013
	>45	7.14426*	1.84781	.000
	18-25	-1.58689	1.67092	.343
26-35	36-45	2.84274*	1.24895	.024
	>45	5.55738*	1.36647	.000
	18-25	-4.42963*	1.76268	.013
36-45	26-35	-2.84274*	1.24895	.024
	>45	2.71463	1.47726	.067
	18-25	-7.14426*	1.84781	.000
>45	26-35	-5.55738*	1.36647	.000
	36-45	-2.71463	1.47726	.067

The result of LSD shows that prisoners within the age bracket of 18-25 and 26-35 are more aggressive than those in age bracket of 36-45 and those that are older than 45 years. The result also revealed that there is no significant difference between the levels of aggressiveness of prisoners of age bracket 18-25 and 26-35 and also between the age bracket of 36-45 and those above 45 years.

Discussion

Past studies have also found that intention to involve in aggressive behavior among males and females vary with age, with

older males showing greater intention to involve in aggressive behavior (Broidy et al, 2003). However studies found that intention to involve in aggressive behavior start between the ages of 11 to 17 (Bjorkqvist, Lagerspets & Kaukiainen, 1992; Eccles et al, 1993). Moreover, females with age limit 11-17 years old show bias which in turn leads to real aggressive behavior, whereas male bias in intention of aggressive behavior is higher in age between 18 -30 years old (Archer, 2004). So age is an influential characteristic that contribute to real aggressive behavior (Petras, Masyn &

lalongo, 2011; Bradshaw, Schaeffer, Petra and Lalongo, 2010). Subsequently, my finding shows that prisoners inside the age bracket of 18-25 and 26-35 are more aggressive than those in the age bracket of 36-45 and those that are older than 45 years. The result also revealed that there is no substantial deviation between the levels of aggressiveness of prisoners of age bracket 18-25 and 26-35 and also between the age bracket of 36-45 and those above 45 years.

Recommendations

To manage aggressive behaviour, a consistent understanding of the nature of aggression and the factors associated with it should be delineated. This definition is a prerequisite for recognizing aggressive behaviour and for carrying out appropriate methods in a timely manner to handle this challenging behaviour.

Early intervention and the use of least restrictive methods to manage aggression are recommended. Verbal interventions used as such and along with other methods are suggested as primary management of aggression. Post incident discussions with teens should be incorporated in aggression management regularly. Moreover, the threshold of using physical restraint should be low in order to prevent aggression to escalate to major aggressive incident.

To further advance the aggression management skills of staff, opportunities and time for regular conversation and de-fusing talks among staff should be

provided. In increase, regular aggression management training and pedagogy must be extended. When planning training and educational programmers, the focus should be on interactional aspects in aggressive incidents. In addition, cross-country educational and workplace- related exchange of knowledge is recommended for advancement of skills and knowledge in staff.

To best satisfy the diverse needs of inmates in forensic units and to ensure safe and therapeutic treatment milieu, adequate resources and tailored treatment methods has to be provided.

Conclusion

The empirical consensus on the most negative effects of incarceration is that most people who have done time in the best-run prisons return to the free world with slight or no permanent, clinically-diagnosable psychological disorders as a termination. Prisons do not, in general, make people "crazy." Yet, even researchers who are openly sceptical about whether the pains of imprisonment generally translate into psychological harm concede that, for at least some people, prison can produce negative, long-lasting change. And most people concur that the more extreme, harsh, unsafe, or otherwise psychologically-taxing the nature of the restriction, the larger the number of people who will sustain and the deeper the damage that they will incur.

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