

Effects of Psychosocial Health (Trauma) on Incarcerated in Thane Central Jail

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Abstract: *The experience of being locked in a cage has a psychological effect upon everyone made to endure it. A study on "The Psychosocial Health (Trauma) on incarcerated in Thane central Jail" The effect of Psychosocial health (Trauma) on incarcerated is surrounded by different factors, internal or external to the prison environment. The first is the general condition of inmates in prison which constitutes of issues like food quality served, overcrowding and health. The second is the social isolation and victimization experienced by the researcher this includes the experiences with the legal, police and the judiciary system. Almost half (42.00%) of the respondents never liked the food in prison they said it's bad. Majority (79.00%) of the respondents had interruption in sleeping and eating. Almost half (42.00%) of the respondents never liked the food. (66.00%) majority of the incarcerated feels that there is no proper medical facilities inside the prison. The majority (78.00%) of the incarcerated feel that there is an injustice in the prison. The majority (96.00%) of the respondents missing their family, friends or loved once. The factors external to the prison environment play an important role in determining the psychosocial health of an inmates.*

Keywords: Psychosocial Health, Incarceration, isolation, victimization, judiciary system

1. Introduction

Plenty of research has examined preparation of inmate for life outside prison, but few studies have examined supporting them while they're there, says Morgan (quoted by Crawford). The experience of being locked in a cage has a psychosocial health effect upon everyone made to endure it. This study has made an attempt to argue that the experience of being incarcerated is traumatic. According to Cambridge Dictionary the word "Incarceration" means "the state of being confined in prison." The purpose of this research will be to explore the issue of psychosocial health in the prison system. A large portion of the prison population is mentally ill. There is also the fear of deterioration. There is lack of personal choice within the prison environment which may lead prisoner to increased risk of suicide in prisoners while much of this literature refers to risk factors in male prisoners. The prison environment poses special challenges to these individuals. A research has been conducted to provide an overview of the Effects of psychosocial health (Trauma) on Incarcerated in Thane Central Jail.

2. Review of Literature

O'Grady (2018) stated that, The findings of the study reveal the Prisoners reported that long periods of isolation with little mental stimulus contributed to poor mental health and led to intense feelings of anger, frustration, and anxiety. Prisoners said they misused drugs to relieve the long hours of tedium. Most focus groups identified negative relationships between staff and prisoners as an important issue affecting stress levels of staff and prisoners. Staff groups described a "circle of stress," whereby the prison culture, organization, and staff shortages caused high staff stress levels, resulting in staff sickness, which in turn caused greater stress for remaining staff. Staff shortages also affected prisoners, who would be locked up for longer

periods of time, the ensuing frustration would then be released on staff aggravating the situation still further. Insufficient staff also affected control and monitoring of bullying and reduced the amount of time in which prisoners were able to maintain contact with their families.

Pratima Murthy (2018) stated that, among the various psychosocial factors associated with the mental health of inmates, are hunger, malnutrition, anaemia, overwork, domestic violence, impact of life events and institutionalization.

Pacecca (2013) reported that there would be a higher correlation between mental illness in the general population and incarceration than socioeconomic class, in this case individuals below the poverty level, and incarceration. The results supported the hypothesis which highlights the prevalence of the issue of mental illness in the prison system.

Andrew J. Saxon, M.D. (2001) stated that, the individuals in our study reported a variety of psychologically traumatic events. In addition to their involvement with the criminal justice system, they had a multitude of difficulties that indicated serious functional impairment, including substance abuse, psychiatric problems, and medical problems.

Haney, (2001) Stated that, although the evidence is not suggesting that prison causes psychological disorders, it does highlight the fact that there are many psychological stressors that can affect inmates. Mentally ill offenders and developmentally disabled offenders often have an even harder time adapting to institution life and their needs are not always addressed properly.

3. Research Methodology

The study was conducted in Thane Central Jail, of Thane District in Maharashtra. An exploratory research design was used for the current study. Both quantitative and qualitative methods were used for the purpose of data collection. There are 9 central Jails in Maharashtra out of that Thane Central Jail is purposefully selected for the present study. There are 450 prisoners were available for the interview out of that 100 prisoners were selected randomly for the present study. Data was collected through face to face interview method with the help of structured interview schedule. Collected data were arranged and analysed by using appropriate statistical tools to draw the conclusion.

4. Result and Discussion

Table 1: Socio economic Background of the respondents (n=100)

S. No.	Category	Frequency	Percentage	
1	<u>Age Group in Years</u>			100
	Young age(21-30yrs)	34	34.00%	
	Middle age(31-40 yrs)	38	38.00%	
	Upper middle age (41-50 yrs)	17	17.00%	
2	<u>Education</u>			100
	Old age (above >51)	11	11.00%	
	Illiterate	21	21.00%	
	Primary school (1st to 7th)	28	28.00%	
	High school (8th-10th)	36	36.00%	
3	<u>Marital Status</u>			100
	Intermediate (12th)	19	19.00%	
	Graduate and above	6	6.00%	
4	<u>Annual Income</u>			100
	Married	56	56.00%	
	Unmarried	37	37.00%	
	Separated	7	7.00%	
	<u>Annual Income</u>			100
	Low (Rs. 30000- 100000)	48	48.00%	
	Medium (Rs. 100001- 250000)	34	34.00%	
	High (above 250000)	18	18.00%	

It is found from the above table no. 1 majority (38.00%) of the respondents belonged to the middle age group, only (19.00%) had done intermediate and (6.00%) are graduate and above which shows that rest (75.00%) of the incarcerated had much educated. majority (56.00%) of respondents are married who had family to be looked after but sadly the head of the family had end up in prison. Almost half (48.00%) of the respondents are from low level of annual income.

Table 2: Psychosocial health (Trauma) on Incarcerated (n=100)

Sl. No.	Category	Frequency	Percentage	Total
1	<u>while incarceration missing someone like family, friends, loved once etc</u>			100
	Yes	96	96.00%	
	No	2	2.00%	
2	<u>Emotional problems faced by incarcerated</u>			100
	Yes	72	72.00%	
	No	28	28.00%	
3	<u>Medical problems faced as a result of incarceration</u>			100
	Yes	67	67.00%	

	No	33	33.00%	
4	<u>Interruption in sleeping and eating</u>			100
	Yes	79	79.00%	
	No	21	21.00%	
5	<u>Biggest fear for them</u>			100
	Rejection by family	28	28.00%	
	Rejection by friends	12	12.00%	
	Rejection by society	22	22.00%	
	Fear of failure in life	32	32.00%	
6	<u>Feelings to commit suicide</u>			100
	Punishment from God	6	6.00%	
	Frequently	49	49.00%	
	Rarely never	22	22.00%	
7	<u>Do u feel there is an injustice in prison?</u>			100
	Yes	78	78.00%	
	No	22	22.00%	

It is found from the above table no. 2 Majority (96.00%) of the respondents missing their family, friends or loved once. The majority (72.00%) of the prisoners had emotional problems. Majority (79.00%) of the respondents had interruption in sleeping and eating. The majority (67.00%) of the prisoners faced medical problems. It was observed that the (32.00%) of the incarcerated had fear of failure in life, followed by (28.00%) of the incarcerated had fear of rejection by family, whereas (22.00%) incarcerated had fear of rejection by society, and (12.00%) of the incarcerated had fear of rejection from the friends. And finally (6.00%) of the incarcerated had fear of punishment from God. There are almost half (49.00%) of the incarcerated who frequently tried to commit suicide. The majority (78.00%) of the incarcerated feel that there is an injustice in the prison.

It can be seen that most of the prisoners miss their loved once due to the new environment inside the prison. They face emotional problems due to their guilt feeling, distance from their family, friends and loved once. Most of the prisoners face medical problems because of the contaminated water, insufficient food, no proper hygiene, and no proper medical facilities. And also it's been observed that most of the prisoners face injustice inside the prison. Because many times there is deny of their justice, many times their voice is never been heard and sometimes Government appointed lawyers don't even meet his client and if they are financially poor and could not effort the bail money they have to remain in Jail for months and sometimes years. These are the **similar findings** which were also found in the literatures of **Pratima Murthy (2018), Clare Anderson (2016), Anonymous (2001) and Haney, (2001)**

5. Conclusion

Through this research paper we can conclude that Psychosocial health (Trauma) on incarcerated is surrounded by different factors, internal or external to the prison environment. The Incarcerated is effected by different factors. The first is the general condition of inmates in prison which constitutes of issues like food quality served, overcrowding and health is affected. The second is the social isolation and victimization experienced by the researcher this includes the experiences with the legal, police and the

judiciary system. The factors external to the prison environment play an important role in determining the psychosocial health of inmates. This includes concern for children, family, concern about the effect of imprisonment on the extended family members and neighbourhood and community to which they belong to. All the factors mentioned impact on self-esteem, self-confidence and adjustment capacity of an individual.

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