

**IMPACT OF INCARCERATION ON COGNITIVE
FUNCTIONING, QUALITY OF LIFE , WELL-BEING,
STRESS AND COPING STRATEGIES AMONG PRISONERS**

Thesis

Submitted for the award of
Degree of Doctor of Philosophy
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By

Tawseefa Qadir

Enrollment No: MUIT0118038085

**Under the Supervision
of**

Dr. Rupam Singh

Associate Professor

Department of Psychology



**Under the
Maharishi School of Science & Humanities**

Maharishi University of Information Technology

Sitapur Road, P.O. Maharishi Vidya Mandir

Lucknow, 226013

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**MAHARISHI UNIVERSITY OF INFORMATION TECHNOLOGY
LUCKNOW, 226013, INDIA**

Candidate's Declaration

I hereby declare that the work presented in this thesis entitled "Impact of Incarceration on Cognitive Functioning, Quality of Life, Well-being, Stress and Coping Strategies among Prisoners." in fulfillment of the requirements for the award of Degree of Doctor of Philosophy, submitted in the Maharishi School of Science & Humanities, Maharishi University of Information Technology, Lucknow is an authentic record of my own research work carried out under the supervision of Dr. Rupam Singh. I also declare that the work embodied in the present thesis-

- i) is my original work and has not been copied from any journal/ thesis/ book; and
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Tawseefa Qadir

Enrollment No: MUIT0118038085



MAHARISHI UNIVERSITY OF INFORMATION TECHNOLOGY
LUCKNOW, 226013, INDIA

Supervisor Certificate

This is to certify that Mr./Ms. Tawseefa Qadir, has completed the necessary academic turn and the swirl presented by him/her is a faithful record is a bonafide original work under my guidance and supervision. She has worked on the topic "**Impact of Incarceration on Cognitive Functioning, Quality of Life, Well-being, Stress and Coping Strategies among Prisoners**" under the School of Science & Humanities, Maharishi University of Information Technology, Lucknow.

Date:

Dr. Rupam Singh
Associate Professor
Department of Psychology
Maharishi School of Science & Humanities

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ABSTRACT

Imprisonment reason harms as well as hurt so as to create greater more than the prison ramparts in excess of occasion and age group. Psychological cost connected to imprisonment more than the small or lasting is able to effect in touching worsening inside the person which has a deep result on relations system, the neighborhood, and the public like an entire. This learns will focus on brunt of imprisonment on cognitive performance, excellence of existence and happiness of prisoner along with community repercussion resultant as of imprisonment. Obviously, prison engage dismissal as of relatives, kids, as well as associates and the trouble of the relations, other than these regions of learning contain be concerning totally deserted in educational study, prison statistics, neighborhood law, and media reporting. New learning concerning the belongings of imprisonment on cognitive presentation, advantage of existence as well as contentment has urban a lot close on prison existence. It can furthermore stop unlawful performance with prospect generation. The correctional institute, all along by its policy, deceitful lying on the type are prospect to give defense as well as security to community, answerability as well as liability to offender, also teaching intended for the individual to wisely reintegrate reverse to their own neighborhood. Separation as of the outside globe provides the inmates by a small number of options intended for associations among persons who show more pro-social thoughts or optimistic performance. Necessary direction-finding between prisoners and managerial civilization spaces inmates in an adversarial position among prison and jail management. Managerial permission and expenses authorize policy that disregard or refute person human rights, respect and difference, as well as make an unenthusiastic touching orientation for guilty performance in the prospect (Smith & Hattery, 2010). This reconsider of study creative-writing be able to serve up like a structure intended for potential strategy changes that give confidence hold up of fewer retributive penalty.

In this study a small number of aspects of cognitive performance similar to cognitive manage touching rule; touching credit and mindfulness have been examined. Additional variables similar to excellence of existence as well as comfort inside jail will be examined between the imprisoned persons of about 298 in figure. Applicable and suitable equipment of statistics compilation similar to Raven's progressive matrix, intended for cognitive performance, excellence of existence in addition to comfort scales will be used. in the direction of discover the answers to the study questions and full fill up the objective's statistics will be collected from at least 2-3 jail sites with the appropriate authorization of the jail and correctional service centers.

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List of Abbreviations

<u>Abbreviations</u>	<u>Description</u>	<u>Page No.</u>
WHO	World Health Organization	19
HRW	Human Rights Watch	19
CBT	Cognitive Behavioral Therapy	21
MT	Mindfulness Training	22
DRC	Democratic Republic of Congo	24
NGO	Non -governmental Organization	24
US	United States	24
SWB	Subjective Well-being	30
WHOQOL	World Health Organization Quality of Life	50
SD	Standard deviation	113

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CHAPTER-1

INTRODUCTION

1. Introduction

Incarceration reasons ache as well as suffering to create well ahead of the prison battlements beyond than time and age group. The psychological price linked to incarceration above the little or ancient can change moving deterioration in the individual which has a bottomless effect on the family scheme, the area, as well as civilization as a whole. This text centers on the possessions of detention of innocent relation connections or appreciated ones, with the shared result following incarceration. Prison connects the discharge of family members and children, as well as connections and the trouble of the family, apart from these regions of knowledge have been about empty in the instructive learning, prison records, society law, as well as media reporting. New learning regarding the possessions of imprisonment deceitful on relations and children points out that portion relations support shut family members can help end future troublesome events by locking up parents. It can also end illegal events in the future age group. The disciplinary organization, right from the start through its rule, on the exterior is future to provide protection as well as safety to the public, accountability and responsibility to the criminal, and also preparation for the individual to wisely clear overturn to their society. Division from the external world gives the prisoners a little figure of alternative for the family through people who demonstrate an additional pro-social point of view or hopeful presentation. Compulsory navigation between prisoners and administrative civilization seats prisoners in a hostile place between jail as well as prison management. Administrative permission and costs authorize rules that ignore or refuse personnel's human rights, respect, and good manners, and create an apathetic affecting direction future for guilty events in the future (Smith & Hattery, 2010).

The crime has an approach to thinking of a shared complexity with revenge as the reason for growth is available. Detention as a reason for imprisonment is also much unfinished in variety. Development of the illegal is an existence form look upon the similar as a last seek of the prison sentence. Illegal conduct has to twist into one of the most important purposes of the jail organization. Unconnectedly the unlawful characteristic, different prisoners' clear

mental chaos in prison as a result of the pressure of incarceration. The pressure at the rear of the saloon includes departure from their relations component associate, overcrowding, sensory lack, and getting in touch with an eminent width of reactionary illegal and an array of doubts, fright, through aggravation. The occasion of the test is of enormous force on the being. The beat of society place, hesitation about the consequence of the test, the fright of punishment, and waiting in an odd position to rule enforcement put in jail as well as the financial distress irritate the individual. If the test stage is very old for months or also year's which is very universal, following the in-court case mental circumstances become awful. The rough survival in the prison deteriorates the situation. The in-court case fineness of survival and biased contentment are grimly affected by the aforesaid circumstances in the prison.

Psychological issues for example annoyance, rivalry, as well a view of helplessness can be the cause or the effect of unlawful behavior and in a few cases, evenly in collaboration. Prison development technique has to direct several reduce in prisoners' view of violence, helplessness, and previously damaging feelings. Prayer and other moral presentations are existence shape skills in prisons because a prison development gauge through the last objective of evasion of crimes and getting better of prisoner's partial to usual people next their let go from prison. An unfavorable advance in the way of law can be answerable for unlawful behavior and necessities to be correct in the method of development. In some eras, it is the feeling of separation from usual existence that results from a peculiarity of individual purpose between humanizing principles and it might result in illegal events.

1.1 Incarceration

Demotes to the condition of life from restricted in jail or like organization because of the shape of the sentence for performing an offense. It engages the lawful hold of persons who have been criminal of offenses as well as a verdict by a court of law. The main motives of imprisonment comprise sentence, avoidance, treatment, as well as defence of the public. Imprisonment is a main existence occasion that considerably crashes a person's clear-cut performance, excellence of existence, happiness pressure heights as well as a management method. The jail surroundings, by its severe system, lack of independence, also steady watchfulness, and make sole confronts that change prisoner cerebral as well as affecting conditions. Sympathetic these crashes are vital for rising effectual treatment as well as hold

agenda meant at the civilizing prisoner in the general physical condition and make an easy winning change into civilization.

1.1.1. Key Aspects of Incarceration

1. **Lawful structure:** Imprisonment is governed by rules and systems that differ by nation as well as authority. These rules decide the kinds of crimes that permit incarceration, the span of punishments, and the circumstances beneath which prisoners are supposed.
2. **Amenities:** jails, prisons, as well as imprisonment hubs, are the main amenities where persons are imprisoned. These organizations are intended to firmly arrest persons and characteristically proffer altering heights of safety, varieties from least to utmost safety.
3. **Sentence and avoidance:** One of the basic reasons for imprisonment is to dish up because of a sentence for illegal performance. By stingy persons of their liberty, the illegal fairness organization aspires to discourage together the imprisoned persons and the common community from being attracted to illegal performance.
4. **Treatment:** contemporary disciplinary organization too highlights treatment; and aspires to prepare prisoners for winning change into civilization wining free. Treatment schemes can comprise instructive chances, occupational education, matter mistreatment action, as well as mental therapy.
5. **Defense of civilization:** imprisonment dishes up to defend civilization by taking away persons who have committed grave crimes from the common people, thus stopping them from committing more offenses as they are imprisoned.

1.1.2. Types of Incarceration

- **Pre-trial imprisonment:** holding persons in detention as they wait for trial. These prisoners have not been criminal and are supposed innocent waiting recognized culpable.
- **Short-term Incarceration:** characteristically engages sentence of less than one year and frequently takes put in restricted prisons.

- **Long-standing imprisonment:** engages sentence of one year or additional, typically dish up in condition or central jail.

1.1.3. Challenges of Incarceration

Imprisonment poses much provocation for jointly the imprisoned persons and civilization:

- **Congestion:** several jail schemes approximately the globe is subject to congestion, which can lead to insufficient livelihood circumstances as well as damage to the capital.
- **Psychological fitness:** The jail surroundings can worsen living psychological fitness subjects or add to the growth of novel ones. Admission to psychological fitness facilities is frequently incomplete.
- **Reintegration:** persons free from imprisonment frequently feature important fences to reintegration, counting shame, short of employ chance, as well as confront in re-establishing communal relations.

1.1.4. Operational Definition of Incarceration

Imprisonment can be working distinct as the imprisonment of a person in a jail or like service as a consequence of a lawful procedure, where the person's liberty is limited and they are topic to the system and manage of the organization. This meaning comprises some input basics:

1. **Lawful procedure:** imprisonment effects from a lawful procedure that comprises capture, test, as well as punishment. The person has to be lawfully adjudicated as responsible of an offence facing imprisonment happen.
2. **Imprisonment:** The person is actually restricted inside a protected service for example a jail, prison, or custody hub, where their actions as well as performance are limited.

3. **Period:** The duration of imprisonment can differ, vary from temporary (days or months) to durable (years or decades), and trust the harshness of the crime and the legal punishment.
4. **Defeat of Liberty:** imprisoned persons misplace certain liberties and civil rights, for example, liberty of progress, solitude, and, in several cases, ballot rights or admission to certain kinds of messages.
5. **Institutional Manage:** imprisoned persons are below managing and management of the disciplinary organizational employees, who implement the system, give essential requirements (foodstuff, protection, healthcare), as well as manage punitive methods as essential.
6. **Reason:** The main reasons for imprisonment comprise sentences for illegal performance, avoidance of prospect offenses, treatment of the criminal, as well as defence of civilization by taking away unsafe persons from the common people.

With a centre on these rudiments, the functioning meaning gives an obvious and exact structure for sympathetic imprisonment in together lawful as well as sensible background.

1.2. State of the Prisons

Inmates Inside and anywhere to have everlastingly tackled only put off emergency and force to which they were essential to react as well as resolve in accuse to remain living the prison information. Although, additional than the earlier decades —initialing in the early 1970s and succeeding to the present instant—a combination of armed holds indistinct the nation’s illegal justice system and modified the surroundings of imprisonment. The confronted inmate at the current tolerates in authority to jointly remain living the prison facts and, eventually, reintegrate partial to the unconventional world ahead gratis hold distorted and strengthen similar to a result among earlier property, these modify in the surroundings of imprisonment include included a series of united apathetic propensity in American change. Maybe the most dramatic adapt holds advance about the result of the supreme supplement in the pace of incarceration, the measurement of the U.S. prison population, with the wide congestion to have happened as a result. Over the past period, penologists continually have clarified U.S. prisons as “in a tragedy” and include classifying every new tallness of overcrowding as “supreme.” At

the start of the 1990s, the United States imprisoned more populace all capita than several previous nations in the current world, and it has a volume that uncertain dissimilarity future for approximately all occasions. The worldwide difference is mostly exceptional while the U.S. incarceration pace is different for people of additional conditions to whom the United States usually contrasts, such as Japan, Netherlands, Australia, and the United Kingdom. Through the 1990s, as Marc Mauer and the decision system include professionally documented. The U.S. duty will always be between four and eight times that future for these previous states.

The combination of overcrowding and the quick enlargement of the prison scheme diagonally the conditions adversely affected the living situation in some jails put at risk imprisoned defense, cooperation prison management, and vastly flawed inmate admittance to important instruction. The two main prison systems within the nation California, and Texas, provide an educational instance. Additionally, the earlier 30 years, California's imprisoned population distended eightfold (as of about 20,000 through the early 1970s to its current population of regarding 160,000 prisoners). However, there has been no unclearly similar to in cash for inmate facilities or prisoner teaching. In Texas, over now the years between 1992 and 1997, the prisoner citizens more than twice as Texas attain one of the highest incarceration taxes in the state. Approximately 70,000 additional prisoners were added to the state's prison fractions in that small five-year period. Not suddenly, California and Texas were among the conditions to tolerate chief court cases in the 1990s more than the unacceptable, illegal circumstances of incarceration. The central bench even condition found that the prison scheme was ineffective in providing enough behavior amenities for those prisoners who experienced the mostly huge cerebral result of imprisonment in worsened as well as swollen circumstances.

This amazing augment in incarcerated tax as well as the information of people in jail in the United States was consistently imposing change in the base for prison itself. The state inspired abruptly in the mid-1970s a people that sensible place people in prison based on the confidence that incarceration would somehow build likely helpful re-entry partial to the unconventional world to one that employs detention immediately to inflict pain on criminals ("extremely almost immediately wasteland"), stop illegal criminal ("ineligibility"), or to remain them far-away from the unwind of the populace ("oppression"). The abandonment of the one-time stated dormant once-avowed aspire of curative certainly reduces the obvious obligation and convenience of important instruction for inmates and society as well as

psychological health services available to them jointly inside as well as external the prison. Surely, it regularly shortened fear on the part of prison management for the common soothe of detainees.

The abandonment of curative too resulted in tiring a method of modestly suspicious standards besides cruelty to inmates. Groups of alteration officers approximately directly turn into distant less treatment to contract with prison problems, worry between prisoners' bunches and collection, with a disciplinary break in ordinary through ameliorative techniques destined on the unique reason of the fight and intended to resign it. The quick influx of new prisoners, serious lack inside service and additional money, with the press of a frankly punitive go towards alteration guide to the "de-qualification" of some criticized side connections who often resorted to a marvelous shape of prison rule (such as punitive division or "imprison" imprisonment) that had a chiefly unenthusiastic result on inmate as well as kept fight fairly than decide it. Better worry and a towering height of fright and danger consequence.

The pressure on the punitive and stigmatizing feature of custody, which has caused the additional truthful as well as psychological division of prison as of the shut area, cooperation prison appearance agenda and before incomplete profits that had been employed to support bind between inmates as well as their relatives and the external world. Take forces to create a simple alter from prison to the unconventional world surroundings to which inmates go back were injured at precisely the immediate they necessary to be better. A better sentence distance, and a vastly extended ability of incarceration, result in prisoners' information the cerebral compensation of imprisonment future for a long era of example, some populace existence shaped attentive to the system of incarceration who usually would not have been (e.g., drug illegal), and the society fixed cost of incarceration gratifying additional and additional strong in the trivial society (As of amount of dissimilarity enforcement as well as punishment rule).

So, through the first decade of the 21st period, additional people held theme to the problem of imprisonment, future for a long era of time, underneath a situation that threatened better cerebral pain and likely very old dysfunction, in addition to they will be go back to the society that has before been disadvantaged with a be small of society ability and assets.

1.3 The Psychological results of imprisonment

In the surroundings of preparations, the account of imprisonment is regarding the occasion firm and, occasion makes performance of opinion as well as presentation that can exist faulty in the era of put prison alter. Though, the psychological results of incarceration be different as of individual to person and are frequently adaptable. Towards survive sure, following that, not everyone who is jailed is having disability or psychologically injured with it. Apart from simply several people are unchanged or uninjured by the information. At the very least, prison is painful, and jailed populace frequently experience very old punishment because of have been matter to pain, lack, and extremely unusual example as well as principles of living and communication through earlier. The experimental accord on the mostly apathetic objects of incarceration is that the majority people who have finished an era in the huge flee jail return towards the free world with little or no permanent, clinically- diagnosable psychological chaos as a result. Jail do not, in worldwide, make people “untamed.” although, motionless, investigators who are frankly pessimistic about whether the problem of imprisonment typically understand into psychological harm funding that, for at least a small number of people, prison be capable to make apathetically, durable change. also, usually community has the similar view that the additional extreme, cruel, dangerous, or also spiritually difficult the surroundings of the incarceration, the improved the numeral of persons who will bear as well as the extensive the harm that they will bring upon physically. Rather than center on the mostly extreme or logical recognize effects of imprisonment, although, I support sprint on the wider and extra fragile psychological alter that occur in the usual way of adjust to prison livelihood. The occasion “agreement” is use to give details the process by which inmates are shaped as well as distorted with the customary surroundings within which they live. Infrequently identify “privatization” at the occasion it happens in a correctional location, it is the signature that seems for the apathetic psychological effects of imprisonment. The method has been purposeful extensively by sociologists, psychologists, analysts, and complementary, as well, to connect an elite place of psychological version that often occur—in changing amount—in respond to the strange pressure of prison survival. In general supplies, the method of privatization engages the merger of the standard of prison survival partial to one’s performance of opinion, feeling, as well as play. It is important to emphasize to these are the customary version finished by prisoners in respond to the not usual and strange situation of inmate occasion. The irregular of this version is not a “obsessive” nature (motionless though,

in helpful supplies, they can be uncooperative in the consequence). They are “customary” response to a pot of pathological situation that become hard when they are busy to huge span or become steady and powerfully internalized (therefore to, motionless even if the circumstances of person’s survival hold indistinct, some of the once helpful except at the current counter-productive prototype remain).

Like everybody’s procedure of sluggish change, certainly, this one typically happens in the phase and, each preceding result existence form equal, the longer superstar has been incarcerated the additional highly the surroundings of the institutional change. As usually people first leave into prison, certainly, they place that individual stressed to become familiar to frequently unkind as well as inflexible institutional agenda, deprived of loneliness and liberty, and subjected to a reduce, stigmatized grade and extremely thin material circumstances is anxious, unpleasant, and firm.

Although, in the way of gratifying institutionalized, an alter start. Populace gradually twist additional recognizable with the restrictions that enthused survival impose. The dissimilar psychological plans that have to be operational to control (and, in some unkind with dangerous punitive environs, to remain living) become gradually “customary,” subsequently surroundings, and, to a height, internalized. In the way of endurance exact, the process of institutionalization can exist somewhat and is firm to differentiate as it happens. So, inmates do not “choose” do provide method to it or not, and a little figure of people who include become institutionalized are attentive that it has to occur to them. Fewer still intentionally create a choice that they are departure to gladly authorize the change to happen

The process of preparations is assisted in case in which populace join an institutional site in an untimely age, proceeding to they hold wrought the ability as well as expect to run their individual livelihood option. As there is fewer concern between the pressure of the association and the sovereignty of a mature adult, institutionalization proceeds additional quick as well as less problematically during at least a number of young inmates. Also, young inmates hold little in the form of the before city ruler decision, so, they hold little if amazing which to go back towards or depend on foremost if too as the enthused agreement is separately. As well the long someone scraps in an association, the better the likelihood that the process will alter them. Between preceding results, the process preparations (or “privatization”) include a little

or every of the then psychological account.

1.3.1 Dependence on institutional structure and contingencies.

Between previous effects, punitive institutions need inmates to give up their liberty and independence to create their own choice and decision and this procedure requires what is a sore change intended for the whole person. Certainly, a few people never regulate it. For more than a moment, though, prisoners can regulate the muting of self-initiative as well as autonomy that jail requires and turn into as well as gradually more reliant on institutional contingency to the one-time resist. ultimately it can appear extra or less usual to be deprived of important manage above everyday decisions and, inside the last stage of the procedure, a few inmates could approach towards depending a lot lying on institutional judgment makers towards creating choices intended for them as well as to dependent on the organization and program of the organization to arrange their everyday habit. Even though it hardly ever happens to like a level, a few persons act misplace the capability to begin performance lying on their personal and the opinion to make decisions for them. Certainly, in ultimate, extremely institutionalized people can turn out to be very painful as well as their earlier liberty and independence in return.

A little dissimilar feature of the procedure involves the formation of dependence ahead of the organization to manage one's actions. Correctional institutions compel inmates to become accustomed to a complicated system of characteristically extremely apparent limitations and confines, the cost for whose infringement can be speedy and harsh. Prisons inflict cautious and permanent observation and are fast to chastise (and from time to time to chastise harshly) breaches of the warning regulations. The procedure of arrangements in the disciplinary situation can enclose prisoners as a result methodically by outside confines, submerge them consequently intensely in a system of policy and rules, and get to know them consequently fully in the direction of such extremely able-to-be-seen organization of restraint that interior control wastes away otherwise, in the occurrence of particularly youthful inmates, be unsuccessful to expand in general. Therefore, institutionalization or prisonization renders a few persons consequently dependent relative to outside constraints to regularly misplace the ability to depend on interior association as well as voluntary private boundary to lead their activities and control their behavior. If and while this exterior arrangement is eliminated, strictly regulate people can locate that they no longer identify how to perform effects lying on

their personal, or how to abstain from action those effects that are finally damaging or suicide

1.3.2 Hyper vigilance, interpersonal distrust and suspicion

As well, as a lot of prisons are unsafe spaces in which there is no way out or flee prisoners find out rapidly turn into highly excited watchful as well as ever-alert for a sign of danger or private threat. As the stakes are towering and since there are persons in their instant atmosphere balanced to get the benefit of frailty or utilize negligence or inattentiveness, interpersonal disbelieves and doubt frequently consequence. A few prisoners study to scheme a hard criminal thin covering that keeps everyone others on remoteness. Certainly, while single jail researchers place it, a lot of prisoners “think that if not a prisoner be able to persuasively scheme a picture that express the possibility for aggression, he is probable designate subjugated as well as broken all through the period of his punishment.

Mc Cackle’s learning of the utmost safety in Tennessee jail was single of the small numbers that attempt to count the types of developmental plans inmate’s details utilize to stay alive unsafe jail environment. He establishes that “terror appear to be determining the lifestyle of several of the man,” to it has led more 40% of inmates to keep away as of sure elevated danger areas of the jail, as well as concerning an equivalent figure of inmates reported spend extra period in their cells as a safety measure next to persecution. In a similar period, approximately three-quarters reported that they have been compelled to “obtain hard” among any more inmates to keep away from ill-treatment, as well as extra than an area reserved a “stem” or else previous warhead close by which to protect them. McCorkle establish that era was the most excellent forecaster of the kind of adjustment a detainee takes, through younger prisoners extra probable to utilize violent evasion strategy than elder associate.

1.3.3 Emotional over-control, alienation, and psychological distancing.

Determining like an external picture need affecting replies to be cautiously deliberate. Therefore, inmates fight to manage as well as repress their interior affecting feelings about the affair on every side of them. Sentimental dictating as well as a widespread insufficiency of impulsiveness can happen as a consequence. Admittance of susceptibility to people in the instant jail surroundings is potentially unsafe as they ask for utilization. While single

knowledgeable jail superintendent on one occasion writes: "Jail is a hardly forced forest wherever the violent and the powerful determination use the feeble, and the feeble are conscious of it." Several prisoners are compelled to turn into extraordinarily accomplished "self-monitors" who compute the likely things to each facet of their actions may contain lying on the rest of the jail inhabitants, as well as struggle to create such calculations instant temperament. Prisoners who work at equally an affecting and behavioral rank to expand a "jail facade" that is evasive and impassable danger separation as of themselves and others, can expand affecting evenness that turns into constant and incapacitating inside community contact and associations and locate that they have formed an enduring and unbridgeable space among themselves and previous persons. Numerous for whom the facade becomes especially broad and effectual in jail locate that the deterrent next to attractive in unlocking message by others that prevails there has to lead them to removal from genuine community connections in total. The isolation and community separation as of others is protection not just next to utilization other than too next to the understanding that the be short of interpersonal manage in the instant jail situation makes affecting savings in relations dangerous as well as random.

1.3.4 Social withdrawal and isolation

Several inmates study to discover protection in community invisibleness with flattering while not noticeable as well as inconspicuously detached as of others as probable. The freewill community removal, as well as separation, can denote that they move away intensely within themselves, faith almost refusal individual, and regulate towards jail pressure with the important lonely life of silent extreme anxiety. In great occurrence, particularly while joined by prisoner indifference and defeat of the capability to begin actions lying on one possesses, the prototype intimately look likes that of scientific despair. Established inmates are chiefly susceptible to this shape of mental version. Certainly, Taylor writes that the established inmates "proves a smoothness of reply which look like sluggish, routine actions of an extremely restricted type, and he is grim and sluggish." inside reality, Jose-Kempner have analyzed the dilemma of established female, inmates, towards people, who are fatally unwell whose knowledge of this "empirical bereavement is unsympathetic, life form stop from the exterior. (As well as whom) take on this approach as it assists them manage".

1.3.5 Incorporation of exploitative norms of prison culture

Inside adding towards obey the official system of the establishment, around is too relaxed policy as well as norms that are a fraction of the spoken but necessary institutional and prisoner civilization and cipher to, a little of rank, should abide. Intended for several prisoners this way protective next to the gravity as well as deprivation of the nearby surroundings with acceptance of every one of its causal norms, counting a few of the mainly unfair as well as great principles of jail existence. A reminder that prisoners usually are specified no option civilization to which to assign or in which to take part. In various institutions being short of significant indoctrination has disadvantaged them in pro-social or constructive performance in which to connect even as imprisoned. A small number of prisoners are specified right of entry to profitable service where they can get significant work skills and be paid sufficient recompense; persons who do labor are assigned to unskilled everyday jobs that they do for just an only some hours a daytime. Though uncommon exceptions that very small number of states that allow extremely keeping up and uncommon marital calls, they are forbidden as carnal make call of some type. Attempts to speak to a lot of the essential requirements, as well as requirements to, are the center of usual everyday survival in the liberated globe to rebuild, to job, to feel affection for, of necessity draw them nearer to a banned captive civilization that for a lot of represents the only obvious and significant method of life form. Though, as I noted previously, inmate society frowns on any symbol of flaw and susceptibility, as well as discourages the look of truthful emotions or familiarity. In addition, a few inmates hug it in a method that endorses a sharp asset in individual's standing for hardiness, as well as encourages a posture towards others into which still apparently unimportant abuse, affront, or bodily violation should be responded to rapidly and impulsively, from time to time with important strength. In great occurrence, the breakdown to use flaw is itself a sign of a flaw, in addition, to seeing as an invite intended for utilization. In men's prisons, it can endorse a type of tense masculinity inside which compel as well as power are overvalued as a necessary mechanism of individual character. In a situation branded by compulsory helplessness as well as deficiency, male as well as female prisoners tackle misshapen norms of sexuality in which supremacy and obedience turn in to be entwined among as well as wrong for the foundation of close relatives. Certainly, acceptance of these standards as well completely can make huge barriers to significant social get in touch with in the liberated globe; prevent looking for suitable assistance for one's trouble, as well as a widespread reluctance to faith others because of terror

of utilization. It is able towards as well guide to what appears towards existing impetuous overreaction, arresting absent on persons inside reply to negligible aggravation to happen chiefly among people who contain not be socialize keen on the norms of prisoner civilization inside which the preservation of social admiration and individual liberty are consequently undamaged. So far, these effects are frequent because a lot a fraction of the procedure of privatization has adapted to the official system that is compulsory in the organization and they are hard to surrender ahead free.

1.3.6 Diminished sense of self-worth and personal value

Inmates classically are deprived of their fundamental solitude human rights, as well as drop manages more than ordinary feature of their survival to generally people contain extended engaged intended for decided. They survive inside little, from time to time very overcrowded as well as weakening places (a 60-cube foot small room is approximately the dimension of extra-large divan), contain small otherwise no manage above the individuality of the individual by whom they have to split that gap (as well as the close get in touch with it require), frequently comprise no option above while they should awaken or leave towards divan, while or what they can consume, as well as constantly. a few thinks childish as well as the tainted circumstances below which they exist serve to frequently be reminiscent of their compromised community position as well as stigmatized community position as a prisoner. A decreased sense of personality and individual worth can consequence. Inside excessive occurrence of arrangements, the representative sense that perhaps incidental as of this outwardly forced unsatisfactory conduct, as well as situation, is personalized; that is, a prisoner can approach towards believe of themselves because “the type of individual” who deserve merely the squalor and disgrace towards which they comprise be exact as imprisoned.

1.3.7 post-traumatic stress reactions to the pains of imprisonment

In favor of few inmates, imprisonment is consequently bleak as well as mentally sore to it represent a shape of shocking pressure strict sufficient to create post-traumatic pressure reaction one time free. Furthermore, we at the present realize to around be sure basic commonalities to typify the life of several of the people who comprise been convicted of an offense in our civilization. Danger factor” replica assists towards describing the multifaceted

interaction of shocking infancy proceedings (similar to scarcity, insulting as well as negligent mistreatment, and furthermore erstwhile shape of ill-treatment) inside the community history of several illegal offenders. While Marten and Gamey comprise renowned, the occurrence of these backdrop danger issues as well as trauma in babyhood boosts the likelihood to the individual will meet an entire variety of trouble afterward within existence, together with criminal behavior as well as an atrocity. The reality that a towering proportion of persons currently imprisoned contain knowledgeable babyhood shock way, between erstwhile effects, that the cruel, disciplinary, as well as hard-hearted environment of jail existence, can stand for a type of “Distressed” knowledge intended for several of them. To us, a few inmates locate experience towards the inflexible as well as firm regulation of jail, the not needed nearness near aggressive encounter as well as the opportunity otherwise realism of life form ill-treated with bodily as well as/or carnal hit, they require near discuss the control purpose of alternative, the nonappearance of authentic admiration as well as stare intended for their welfare in the nearby surroundings, in addition to consequently lying on everyone also recognizable. Occasion exhausted inside jail can renew not merely the reminiscences other than incapacitating mental response as well as result of this previous harmful knowledge.

The affliction result of classification is not forever right away clear one time the conventional organization, as well as technical compulsory, have been separate. This is particularly right during occurrence anywhere people keep a smallest of an organization where they come again liberated civilization. Furthermore, the mainly unenthusiastic result of classification can primarily happen within the appearance of interior disorder, incompetence, pressure, as well as terror. Up till now, classification has trained largely persons to wrap their interior condition, in addition to not to candidly or simply disclose cherished opinions or responses. Consequently, the external look of ordinariness, as well as change, can facade a variety of grave trouble in becoming accustomed to the gratis earth. This is chiefly factual of people who arrive towards the gratis earth deficient a system of shut, individual connections among persons who recognize them fine sufficient towards intelligence that a little could be incorrect. Ultimately, though, while harshly regulating people tackle complex trouble or else clash, in particular inside the shape of unforeseen actions that cannot be present intended for during proceed, the countless of confronting that the non-institutionalized tackle during their daily life exterior the organization can turn into irresistible. The cover-up of ordinariness starts to get worse, as well as people can act in flawed yet critical behavior as every one of the outside

organizations as well as ropes ahead which they depend to stay directly forced, concentrating, as well as fair contain be separate.

1.4. Special Populations and Pains of Prison Life

Even though everybody who go into jail is subjected to several of the aforementioned force of classification, as well as inmates react in different habits through altering grade of mental alter linked through their version, it is significant to message that around are a few inmates who are a lot extra susceptible to these force in addition to the general trouble of custody also others. Also since of their kind-within the occurrence of “particular requirements” inmates whose particular trouble are insufficiently attending on the way to with present jail rules, otherwise as of the particularly unkind situation of imprisonment near which they are subjected inside the occurrence of rising statistics of “supermax” or lonely imprisonment detainees—they are on danger of creating the change commencing jail towards residence through an additional important put of mental trouble as well as confront to conquer.

The dilemma of some of these particular inhabitants of inmates is in the brief talk about under.

1.4.1. Mentally Ill and Developmentally Disabled Prisoners.

Possibly not astonishingly, psychological sickness as well as advancing disorder symbolizes the biggest figure of disorder among inmates. Intended for permit ready for the "starting jail to residence" meeting (January 30-31-2002). The mental brunt of imprisonment: insinuation for place jail change. Haney instance, a nationwide review of jail prisoners by disorder behavior in 1987 points to even though fewer than 1% undergo ocular, portability/orthopedic, hear, or language shortage, a lot of superior proportion undergo analytic as well as a mental disorders. An additional fresh investigation learned with two of the equal writers achieved comparable effect: even though less than 1% of the jail inhabitants undergo ocular, potency, language, or listen to the shortage, 4.2% were developmental disable, 7.2% undergo mental chaos, as well as 12% details “previous mental chaos.” It is almost certainly secure near approximation, next, grounded lying on this in addition to more learning, to up of while several because 20% of the present inmate inhabitants countrywide undergo as of moreover several kinds of important psychological or mental chaos or advancing disorder. While my previous

commentary concerning the procedure of classification is implicit, the job of talking input kind of the community surroundings of incarceration is distant and additional demanding than it shows initially. In addition, it is certainly distant extra hard intended for susceptible, cracked as well as a handicapped inmates to achieve. Imprisonment current chiefly hard alteration trouble that creates jail a particularly puzzling as well as occasionally unsafe circumstances in favor of them. Intended for cracked as well as handicap prisoner, fraction of who's important (other than frequently undiagnosed) disorder comprise problems in upholding close up touching among realism, controlling as well as conforming one's sentimental as well as behavioral response, in addition to usually damage understanding as well as knowledge, the inflexible personality of conventional existence can contain the particularly terrible result. So far, together cluster is also frequently gone towards their plans to somehow stay alive inside the jail as well as go away with no own have some of their sole requirements speak to. Joint by the condemnation going on conduct that at the present typify our country castigating amenities, these activities prototype be able to considerably crash the established the past of susceptible or particular requirements prisoner. The single critic has explained the cruel series keen on which cracked as well as handicap inmates can drop the short of psychological health protection for the gravely psychologically unwell who finish as inside separation component has got worse the situation of several inmates unable of sympathetic their situation. This is particularly factual in an occurrence where inmates are located in the rank of psychological health protection that is not strong sufficient, as well as a start towards decline captivating their medicine. After that go into a cruel series inside which their psychological illness gets above, frequently grounds antagonistic as well as violent actions towards the direction that they smash jail system along with finish as in separation component when administration trouble. Previously during disciplinary accommodation, this weakening can leave hidden intended for substantial time of occasion previous to they once more collect extra intimately observe psychological health protection. This series can, as well as frequently does, replicate.

1.4.2. Prisoners in “Supermax” or Solitary Confinement

As well, around are rising figures of an inmate who are put through towards the sole as well as additional unhelpful knowledge of disciplinary separation, inside supposed “supermax” amenities, anywhere they are reserved below circumstances of the unparalleled rank of community deficiency intended for an unparalleled span of occasion? This type of

imprisonment makes it possess put of mental force to, inside several examples, exclusively immobilize inmates intended for gratis earth associate. Certainly, around is only some stipulation some shape of incarceration to create consequently several indexes of mental shock, as well as an indication of abnormal-psychology inside individual people, put through towards it. My reconsider of the (creative) writing optional these recognized unenthusiastic mental results of long-standing alone imprisonment comprise: a damaged intelligence of individuality; reaction towards boost; consequent affliction(bewilderment, reminiscence defeat, cogitation); tetchiness, annoyance, violence, as well as/or else fury; previous concentrating aggression, for example, jabbing, assault on employees, possessions obliteration, as well as group aggression; weariness, powerlessness as well as despair; sadness; self-injury as well as/or desperate contrivance, desire, as well as activities; nervousness with fright assault; spiritual stop working; with/otherwise defeat of managing; vision, insanity as well as/or else fear; in general worsening of psychological as well as bodily fitness.

Human Rights Watch has recommended that there are about 20,000 inmates restricted near supermax kind components inside the United States. Mainly specialists concur to the figure of, like components are rising. In various countries, the mainstream of inmates in these components are portion “undefined” lonely imprisonment conditions, which suggest to their whole jail punishment perspective serve up inside separation (if not they “interview” with as long as implicating details regarding erstwhile inmates). Only some countries grant a few significant or efficient “relaxation” schemes intended for inmates, which suggest facilitating several inmates who encompass be restricted inside this supermax component -several intended for the substantial era of occasion are free straight keen on the neighborhood as of these great circumstances of imprisonment.

The imprisonment speed in the United States have slowly turned down, ranking at 458 inmates’ punishment towards additional than 1 year per 100,000 U.S. persons of every one of an Era in 2015 (Carson & Anderson, 2016; Travis, Western, & Redburn, 2014). Although this deteriorating tendency, the imprisonment speed of the United States carries on designates the uppermost inside the earth. A diversity of issues resolves power of prisoner’s imprisoned knowledge, counting the bodily as well as educational kind of service, educational capital as well as existence ability tuition lessons, recreational occasion, as well as castigating official. As well, the kind of the inmate (e.g., kind of crime intended for which they were sentenced)

determines the probable power the aggravation experienced.

1.4.3. PRISON PROGRAMMING:

The accessibility of jail indoctrination reproduces not merely dissimilar permission on the central as well as country rank other than too uneven community approach to the reason of imprisonment as well as greater than before consciousness about the efficiency of indoctrination. At present, around erstwhile a move further than educational indoctrination to sensible, under attack interference (e.g., financial plan as well as fatherhood) intended towards assist inmates do well winning reenlist (Phelps, 2011).

1.4.4. CRIMINAL JUSTICE AND BEHAVIOR:

There is a shortage of information assessing the new past of plan contributions; though as a minimum one document proposes to although extra jails contribute to additional plans, in general charges of prisoner involvement are weak or else lessening. This is since, despite enlarging into amenities contribution indoctrination, the growing information of prisoners, as well as the strategic limits (e.g., group dimension cannot now get bigger towards get together insist, specified safety danger), stop an equal enlarge inside the speed of prisoner contribution into instructive, professional, or else prison manufacturing indoctrination (Travis et al., 2014).

1.4.5. NEGATIVE IMPACTS OF INCARCERATION:

Despite indoctrination future towards assistance through treatment as well as re-entry, imprisonment leftovers an overpoweringly unenthusiastic knowledge intended for most criminals. Allowing for the figure of persons pretentious, it is significant to inspect the exits realism of imprisonment. The creative writing adjoining “privatization,” otherwise the procedure of associating inside a jail location, proposes that inmates expand management devices towards becoming accustomed to the relaxed “cipher” rehearse inside prison. Learning

to propose to the imprisoned knowledge is branded with harassment, material utilization, spiritual destruction, mental suffering, damage lying on community relationships, aloneness, as well as aggression (Askar& Kenny, 2008; Haney, 2012; Schnittker & John, 2007; Yang, Karoui, Reva-Lévy, Mulvey, & Felizardo, 2009). Furthermore, unenthusiastic belongings of imprisonment come into view towards existing continuing as well as the extensive, expanded exterior of jail. As well to psychological as well as bodily fitness subjects, the previously imprisoned knowledge abridged rank within the work marketplace (Schnittker & John, 2007), improved speed of medicine bereavement as well as murder (Lim et al., 2012), with a larger occurrence of criminal behavior inside their progeny (Murray & Farrington, 2008). Significantly, imprisonment knowledge probably differs considerably from provisional lying on the exact kind of service (Travis et al., 2014). Prisons, as well as jails, may function another way because determination castigating amenities on the dissimilar rank of safety, as well as country jails while conflicting towards central jails. Still, inside amenities, the knowledge of prisoners will differ extensively owing to issues as well as bodily plan (Wolff, Blitz, Shi, Siegel, & Bachman, 2007), capital (Dawe & Clark, 2014; Gallant, Sherry, & Nicholson, 2015), as well as excellence of castigating employees (Reusing & Mesko, 2009). Furthermore, the aforementioned issues probable nourishes keenness in every former. For instance, smaller capital cans consequence in extra inmates' bad behavior, mainly significant towards aggravated as well as afraid employees in addition to, therefore, additional inmates' bad behavior, which can consequence in addition taking away of capital like a penalty, in addition to almost immediately. prisoner kind, for example, illegal evidence, period, psychological fitness, sex, as well as contest, can too crash intimidation towards individual security also pressure rank (Askar& Kenny, 2008). Youthful prisoners, prisoners through cerebral physical condition chaos, as well as fresh criminals perhaps apparent while chiefly susceptible, in addition to therefore simple aim for persecution (Wolff, Blitz, & Shi, 2007; Wolff, Shi, Blitz, & Siegel, 2007). Sure, kinds of criminals, for example, home or else youngster abusers as well as sexual characteristics criminals, can undergo considerably extra jail persecution (Wolff, Shi, teal., 2007).

1.4.6. PSYCHOLOGICAL AND COGNITIVE EFFECTS OF INCARCERATION:

Despite a big corpse of creative writing discovering the belongings of imprisonment; the collision of imprisonment going on analytic performance is mostly covered. Several contain

wonder that imprisonment has unenthusiastic mental belongings (Haney, 2003), as well and such belongings can vary as of slight mental shortfall towards the scientific rank of psychological sickness. For instance, in the inside produce theory lying on the belongings of imprisonment inside a supermax jail, Haney (2003) renowned that the inflexible agreement, short of boost, as well as the defeat of independence, can result in the defeat of the prisoners' "aptitude to start or else to manage their performance, otherwise to put in order their personal exist" as well as can reason them to "discover it hard to center their notice, to think, or to put in order action". Haney does not openly recognize this indication because of the analytic subject. However, together this supposed result is a debatable pointer of damaged decision-making performance, lying on the single offer, as well as damage notice furthermore, lying on the previous, defeat of self-discipline (Morgan & Lilienfeld, 2000; Ogilvie et al., 2011). Even though supermax is the mainly great shape of imprisonment, others contain optional analytic shortfall that can consequence of the defeat of individual management linked by some kind of imprisonment (Goodstein, Mackenzie, & Shot land, 1984. Within the job, a variety of clue circumstances be tracked through a middle indicator aim absent or else accurate, also unaccompanied otherwise squeeze in among marker aim within the similar way or else the conflicting way. Contestants are enquiring about pushing the backspace matching towards the way of that indicator. Leonard et al. (2013) looks at three divided awareness systems (attentive, familiarize, as well as dispute watch). They establish that even though CBT/MT rather alleviates the harmful belongings of imprisonment, presentation lying on the job considerably reduced as of control towards action (about 4 months afterward) crossways contestant. The experiential turns down owing to imprisonment is reliable through Haney's (2003) as well as Goodstein with colleagues' (1984) theory so imprisonment can contain damaging mental consequences. The same as Leonard et al. (2013) purposeful lying on the result of CBT/MT during cushion turn down within concentration, the present learns to aspire towards increased lying on this conclusion through searching the consequences of imprisonment lying on dissimilar kind of decision-making purpose (i.e., reserve as well as feeling rule).

1.5. Cognitive Functioning

Consistent performance mentions psychological procedures that comprise thoughts, reminiscence, analytic as well as executive. Imprisonment can disturb these procedures because of issues for example delayed pressure, incomplete psychological inspiration, as well as

possible contact with shock or aggression. The study signifies that the jail surroundings can guide consistent refuse, chiefly in notice, reminiscence, and managerial performance. This consistent deficiency can delay a prisoner's aptitude to contribute an instructive or professional agenda and can influence their performance as well as connections within the jail location.

“Consistent performance requires the psychological procedure by which persons observe, believe, keep in mind, and study. It includes aptitude for example notice, recall, analytic, and decision-making performance, which are vital for daily performance”. (Hogan,2006).

“Consistent performance is a minor road word that mentions the variety of psychological procedures concerned in the gaining as well as employing of information. It comprises procedures for example insight, reminiscence, analysis, and executive”. (Salthouse, 2010).

Imprisonment surroundings frequently inflict important consistent damage on persons. The need for psychological inspiration joined with towering heights of pressure as well as nervousness, can guide to consistent refuse. Investigation signifies that delayed contact with the dull as well as warning jail surroundings can damage reminiscence, concentration, and executive functions. The constant vigilance required to navigate potential threats exacerbates consistent exhaustion, additional failing psychological senses

1.5.1. Operational Definition of Cognitive Functioning

According to J.C. Raven, “Consistent performance can be practically distinct as the psychological procedures concerned in attainment information as well as sympathetic, comprise feature for example thoughts, meaningful, detection, moderator, and analytical”. These procedures include different high-level purposes for example:

1. **Nonfigurative Analysis:** The aptitude to appreciate and influence nonfigurative ideas, which is measured by the Raven's Progressive Matrices through example credit and reasonable thoughts.

2. **Analytical:** The ability to discover answers to novel as well as new trouble by concern reason and analysis ability.
3. **Perceptual Haste:** The aptitude to rapidly as well as exactly observe ocular details, a significant feature of jobs connecting ocular outline credit in the matrix.
4. **Operational Reminiscence:** The temporary preservation as well and direction of details essential for difficult consistent jobs similar to analysis, knowledge, as well as understanding.
5. **Prototype credit:** The aptitude to recognize and appreciate the relations among different constituents, vital for resolving the trouble obtainable in the matrix.

With a centre on these mechanisms, J.C. Raven's meaning highlights a holistic sight of consistent aptitude that is essential for winning analytical and analysis, which are necessary pointers of in general consistent performance. Imprisonment can considerably crash these consistent purposes because of some issues:

- **Ecological Deficiency:** The shortage of inspiring performance, as well as thinker appointments in jail, can lead to consistent stagnation.
- **Constant Pressure:** constant aggravation in jail, for example, the terror of aggression and shortage of managers, can damage consistent procedures; chiefly decision-making purposes similar to executive as well as desire manage.
- **Separation and Incomplete Community Communication:** abridged community appointment can delay the growth as well as preservation of consistent ability that trust message as well as community analytical.

Raven's continuous matrix is employed to assess consistent performance in imprisoned inhabitants by current persons through chart outline as well as need them to recognize the absent part from a place of alternative. This non-verbal examination decreases educational as well as instructive prejudice, creation it appropriate for varied jail inhabitants. The consequences give imminent into the consistent aptitude of inmates, serving to recognize those who can require extra hold or interferences.

Imprisonment can have a harmful crash on consistent performance. The warning surroundings, shortage of thinking inspiration as well as high-stress heights can guide to consistent refuse. Studies have exposed that inmate frequently knowledge injuries in reminiscence, concentration, as well as decision-making purposes. These consistent shortfalls can delay their aptitude to reintegrate into civilization as well as add to superior recidivism speed.

1.5.2. Impact of incarceration on cognitive functioning

- Consistent performance surrounds different psychological procedures, comprising thoughts, reminiscence, analytical as well as executive. Imprisonment can disturb these procedures because of some issues:
- **Long-lasting Pressure:** Constant contact with pressure in jail can impair consistent performance. Long-lasting pressure involves the hippocampus, an intelligence area concerned with reminiscence as well as knowledge. Pressure hormones similar to cortisol can injure neurons and decrease consistent aptitude eventually.
- **Incomplete Psychological Inspiration:** The dull and provisional surroundings of jails frequently give little chances for thinker appointment, most importantly to consistent stagnation. Shortage of instructive as well as leisure performance can affect a refusal of consistent abilities.
- **Contact to Shock or Aggression:** Observing or knowledge of aggression in jail can guide PTSD and other psychological fitness matters that damage consistent purposes. Shock can involve reminiscence, attentiveness, and decision-making performance.

Around is a broad agreement to imprisonment unenthusiastically damagingly crash the happiness of inmates), except proof intended for the crash of incarceration going on analytic aptitude contain be indistinct. As well, investigation going on the unenthusiastic power of custody has too mainly approach as of Western countries. It is significant to understand that inside just beginning states, in addition to particularly within sub-Saharan Africa, the gesture of incarceration be able to be dissimilar. A big section of prisoners is supposed intended for

extended with no court case as well as intended for several causes, almost certainly counting lack of funds inside these states, together criminal as well as pending court cases prisoners be supposed into the similar jails (Orakau et al., 2017).

Learning of jails as well as detainees shape a considerable section of the community discipline creative writing, a sign to their mechanism as well as a population are together attractive also usually of several investigate meaning. Whether the figure in print books, as well as a piece of writing, is any guide, the neighborhoods anywhere these jails are situated are of significantly less significance. Orientation to jail municipality happens into transitory stipulation whatever, through every hour learned notice purposeful resting on existence in the ramparts. This abandonment has gone our sympathetic of jails inside a background void because stipulation castigating organization is completely self-sufficient as well as their location immaterial. So, prison locations are not on every immaterial have been sufficiently exemplified with the response of a population of proposed novel jail neighborhoods. This response varies from the powerfully opposite ("Not inside My rear enclosure!") to the powerfully helpful: they are hardly ever unbiased. Jail session is a spiritual as well as frequently contentious choice procedure. Intended for alteration administrator, formative a site used for a fresh service stand for one of their mainly subtle as well as hard performance, also extra than one legislator has put away or else misplaced a vocation throughout sensible place assortment. In the report, one critic, resistance to jail sessions is "efficient, fairly unsurprisingly, within one of three groups: the terror of damage as of the prisoners, financial nervousness, as well as public arrogance (McGee 1981)." One more author discovers that these furthermore alike oppositions towards a jail in municipality get as of population doubts of neighborhood alter also defeat of favored way of life (Carlson 1988). On the other hand, restricted groups of jail meetings are inclined to highlight the work as well as financial reimbursement an organization would carry, even as a reduction in the probability of some of the unenthusiastic recognized (Pagels 1988). Waiting freshly, mainly of these discussions have been approved onward through small authentic details to maintain or disprove also sight. This annulled has turned into more and more unacceptable to the needs for Environmental Impact Statement (EIS) previous towards the session. The requirements intended for several foundations lying on which towards scheme socio-economic belongings have been more unbreakable with the attendance in several conditions of session rule need neighborhood hold up. The last also possibly mainly significant issue inside inspiring investigation going on jail belongings has been the enlargement of the

novel jail building. In 1988, America's jail inhabitants said its 14th directly day of evidence adds to the Bureau of Justice figures sight this like interpret keen on “a countrywide require intended for extra so 800 novel jail bed places a week (1989). The boom in jail buildings have been linked among an important move within the approach of people inside several sections toward jail site. As resistance is motionless a recurrent assistant towards the session, sections are gradually more rival among every former inside looking to turn out to be jail entertainers.

In just beginning states, excellence of jail existence leftovers confronts into community physical condition. World Health Organization (WHO) describes excellence of existence as “a single’s insight of their place during existence inside the background of the civilization as well as worth organizations into which they exist furthermore within family members towards their objective, prospect, principles, as well as anxiety; it is a variety idea influence in a multifaceted way by the individual’s bodily wellbeing, mental condition, individual philosophy ,communal relations and their association to outstanding kind of their surroundings”. Prison, which is an environment of social, sensory, and intellectual deprivations, cannot correspond to World Health Organization (WHO) meaning because the room is limited, in addition to prisoners comprise towards existing in surroundings everywhere system is compulsory. The prisoner has on the way to countenance hard circumstances, inside an authoritarian background ignored beside jail establishment. Under the Addis Ababa Human Rights Watch (HRW) statement, torment, as well as abuse of prisoners, is indicated towards take-out admission. Jail is a re-establish atmosphere; however, the circumstances within the meadow do not reproduce the realism, while established by Tardis, et al. who stated bodily punishing, separation, also deficiency inside of bathrooms; possessions are taken away, as well as prisoners are supposed inside a little unit with no some casement, as officials fill up into irrigating awaiting ankle bone otherwise calf tallness. Prisoners stay inside to irrigate and hold their features. Esposito, et al. Stories a similar truth on boundary management, within the background of exodus custody; these rehearsals are more and more common and influence unlawful refugees, their relatives as well as a neighborhood within the common. Inside the health check as well as mental meadow, many studies established the contagious nature of imprisonment into conditions of psychological fitness, presentation, for instance, an obvious organization among duration of custody as well as the harshness of suffering. Inside western Cameroon, 32% of the 755 inmates have dermatitis, as well as the jail's small room of extra than 10 prisoners is extra pretentious than persons less than 10 persons. It is significant to talk about those jail inhabitants of sub-

Saharan Africa who record tall trouble of sickness, together with a deprived way into health maintenance. The deficiency of suitable concerns as well as the cruel jail surroundings powers the lacking jail circumstances. Human rights non-governmental organizations (NGOs) moreover other generous associations contain frequently supposed the weakening circumstances inside jails of the Democratic Republic of Congo (DRC) this as well be relevant to the Mbuji Maye central jail circumstances of custody deteriorate daily: cleanliness is prehistoric, health maintenance is not willingly easy to get to intended for prisoners, be short of foodstuff, be short of beds (prisoner slumber on the ground) also congestion is ordinary. Under Renville, jail can be evaluated as torment: just the once imprisoned, the prisoner will not be capable to flee it, yet the following person free certainly, jail is a query of the prisoner's corpse room, its private position to survive, the small room, as well as the gap wherein he/she function within a neighborhood, into well, the jail inside its total. Some of learning include purposeful going on the insight of imprisonment circumstances, as of the prisoners' opinion, towards approximation excellence of jail existence. Measure the excellence of existence agrees to apply suitable treatment agenda, gathering person's wants in a sequence intended for them to expand ability make easy their admission to ecological funds. The current learns meant to examine the inhabitant's insight lying on their circumstances of imprisonment towards additional rouse investigate together with strategy method of jail development as well as organization in DRC.

The unenthusiastic result linked to imprisonment is quarrel designated documented also extensive, as well as better disruptive activities of progeny (Mears & Sie nick, 2016; Murray & Farrington, 2008; Rose, 1998) as well as damaged physical conditions of persons before imprisoned (Schnittker & John, 2007). Largely learn comprise purposeful resting on mental along with community belongings, resulting in a space inside the creative writing about the belongings of imprisonment lying on analytic performance. Cooperation analytic performance, chiefly decision-making performance, is a copied danger issue intended for disruptive actions (Morgan & Lilienfeld, 2000; Ogilvie, Stewart, Chan, & Shum, 2011). So, this learning to employ a lengthwise plan towards appears at analytic performance within youthful imprisoned masculine, as long as that a fresh community Neuro criminological viewpoint on the criminal belongings of imprisonment (Chaetal., 2015). Proof to imprisonment unenthusiastically changes the analytic performance of inmates within a method to can endorse prospect backsliding intend to talk towards the likely reimbursement of option shape of fairness,

counting medicine bench as well as healing fairness move towards. While a minor, as well as investigative, aspire, this learns as well analytically examine the belongings of a team-based analytic observable treatment/carefulness education (CBT/MT) interference. As indoctrination concentrating on getting better inmate result is ordinary inside castigating location, carefulness education because interference has to turn into well-liked merely just. Mainly learns to seem at the belongings with carefulness into criminal inhabitants enclose purposeful lying on backsliding because the result of attention (Alexander & Orme -Johnson, 2003; Bleak & Abram's, 1987; Hammerstein, 2011), As belongings lying on analytic performance stay a space into the creative writing, in spite of the option to better analytic performance can live a device intended for this decrease into backsliding. Leonard et al. (2013), by these statistics, give a noteworthy exemption via seem on the belongings of imprisonment as well as CBT/MT lying on a job of notice. Since imprisonment is imagined as a guide on the way to damage analytic performance, as well as since decision-making performance get bigger further than concentration towards comprise a broad variety of procedure counting feeling rule as well as analytic manage, this learns examination because a minor aspires whether CBT/MT be able to assist alleviate unenthusiastic belongings lying on these procedures especially. At last, this learns to talk about possible strategies as well as illegal fairness insinuation to go after as of our answer.

1.5.3. Executive Functioning: Cognitive Control, Emotion Regulation and Emotion Recognition Executive Functioning

Decision-making performance is an overall word employed towards demote near senior command analytic procedure, which essential intended for pro-social behavior comprise lively judgment creation, presence, analytic manage, as well as feeling rule, every one of which is careful essential intended for charitable performance (Morgan & Lilienfeld, 2000; Ogilvie et al., 2011). Even though around are a figure of decision-making purpose to contain be linked among disruptive performance, the spiritual inconsequential employ within this learn way three connected except separate procedure: analytic manage, feeling rule, in addition to feeling credit.

1. Cognitive Control

Deprived reserve as well as low down self-discipline is a decision-making purpose educated with the creative writing towards existing linked among disruptive performance (Gottfredson & Hirschi, 1990; Ogilvie et al., 2011). Gottfredson and Hirschi's universal hypothesis of offense quarrel to short self-control is the solitary mainly significant forecaster of offense, even though several quarrel the need towards the slot in circumstantial kind for example chance (Gramick, Tittle, Borsuk, & Arne lev, 1993; Osgood, Wilson, O'Malley, Bachman, & Johnston, 1996). An aptitude towards slowing down unsuitable reply is quarrel towards exists essential inside the attainment of future-oriented objective as well as charitable performance usually.

2. EMOTION REGULATION

Damage feeling rule failed linked to disruptive performance (Lewis, Granick, & Lamma, 2006; Long, Felton, Lilienfeld, & Laquez, 2014; Robertson, Daffern, & Bucks, 2012, 2014). Beneath as well as the above rule of feeling is together careful trail towards violent performance (Robertson et al., 2012). Persons who are beneath control can do something absent towards attempt on the way to mend, finish, otherwise keep away from painful spiritual condition, as persons who more than control can contain augmented unenthusiastic influence as well as animal stimulation, as well as an abridged reserve next to violence (Robertson et al., 2012). Life form not capable towards run as well as adapting one's response suitably is maladjusted furthermore so probable towards consequence inside the unenthusiastic instant, as well as a long-standing, result.

3. EMOTION RECOGNITION

Around is a physically powerful body of proof partisan an association among leading feeling credit aptitude and disruptive performance (Marsh & Blair, 2008). The current theory following this association is to deprive credit of unenthusiastic influence (chiefly terror) is linked to damage to compassionate growth and, therefore, a better tendency towards disruptive performance. This analytic procedure is a consideration on the way to getting a similar region of intelligence because feeling rules along with reserve (Streat et al., 2003), even though so far readily available is no alive hold up intended for the theory to alertness can crash presentation inside this region.

1.6. Quality Of Life

The excellence of existence in jail is noticeably reduced compared to the common inhabitants. Issues causal to this refusal comprise congestion, aggression, and shortage of solitude, incomplete admission to physical condition concerns as well as insufficient dietary and leisure amenities. These circumstances promote an intelligence of desperation as well as reduce the general existence contentment of prisoners. The idea of the excellence of existence in this background includes not merely bodily fitness except also mental happiness as well as community relations, every of which is unfavourably pretentious by imprisonment. The excellence of existence includes different areas, as well as bodily fitness, mental condition, community relations, as well as ecological circumstances. Imprisonment frequently leads to a worsening in excellence of existence because of limited liberty, insufficient healthcare, and restricted admission to significant performance. The shortage of solitude, deprived livelihood circumstances, and the shame linked with life from incarceration add to a reduced intelligence of happiness gauging as well as speak to the excellence of existence in jails is necessary for endorse caring behaviour as well as guarantee that prisoners' essential requirements are met.

World Health Organization (WHO): excellence of existence is distinct as a "person's insight of their place in existence in the background of the civilization as well as worth scheme in which they exist, and in relative to their objectives, prospect, principles, and anxiety. It is a broad-ranging idea pretentious in a multifaceted method by the people bodily fitness, mental condition, and height of sovereignty, community relations, and their association to most important kind of their surroundings."

Verhoeven (2000): the excellence of existence refers to the amount to which a person likes the significant potential of their existence. It is frequently deliberate by pointers for example existence contentment, pleasure, and generally happiness.

1.6.1 Operational definition of Quality of life

Vandana Kaushik's functioning meaning of excellence of existence, chiefly about the crash of imprisonment, includes a lane collection of measurements that together power a person's general existence contentment as well as happiness. In the background of

imprisonment, these measurements are considerably wrought by the sole as well as frequently demanding surroundings of the jail location.

According to Kaushik, “excellence of existence is a multi-dimensional idea that comprises slanted happiness bodily fitness, mental condition, and height of sovereignty, community relations, individual philosophy, and their association to outstanding kind of the surroundings”.

Quality of Life (QoL) can be operationally distinct as the amount to which a person likes the significant potential of their existence. This meaning includes different measurement of existence that together decides a person’s happiness as well as contentment. The functioning meaning comprises quantifiable mechanism crossways manifold area:

Physical Health: Impact of QOL on physical health is

- **Physical Functioning:** Ability to perform daily activities without significant physical limitations.
- **Health Status:** Presence or absence of chronic diseases, pain, and overall physical fitness.

1. **Psychological Well-being:** Impact of QOL on psychological wellbeing is

- **Emotional State:** Levels of happiness, anxiety, depression, and stress.
- **Self-esteem and Self-efficacy:** Feelings of self-worth and belief in one's ability to achieve goals.

2. **Social Relationships:** Impact of QOL on social relationship is

- **Social Support:** Availability and quality of support from family, friends, and community.
- **Social Interaction:** Frequency and quality of social interactions and relationships.

3. **Economic Stability:** Impact of QOL on economic stability is

- **Income and Employment:** Level of income, job security, and satisfaction with employment.
 - **Material Resources:** Access to necessities such as food, housing, and healthcare.
4. **Environmental Quality:** Impact of QOL on environmental quality is
- **Living Conditions:** Safety, cleanliness, and comfort of the living environment.
 - **Access to Services:** Availability of healthcare, education, and recreational facilities.
5. **Personal Development:** Impact of QOL on personal development is
- **Education and Learning:** Opportunities for education, skill development, and personal growth.
 - **Leisure and Recreation:** Time and resources available for hobbies, interests, and leisure activities.
6. **Autonomy and Independence:** Impact of QOL on autonomy and independence
- **Decision-making:** Freedom to make personal and life choices.
 - **Mobility and Independence:** Ability to move freely and live independently.
7. **Spiritual and Existential Well-being:** Impact of QOL on spiritual wellbeing is
- **Sense of Purpose:** Feeling of meaning and purpose in life.
 - **Spiritual Beliefs:** Fulfillment derived from spiritual or religious practices.

By integrating these dimensions, Vandana Kaushik's definition of quality of life offers a comprehensive framework that captures the multifaceted nature of well-being. This holistic approach helps in understanding and assessing the factors that contribute to an individual's overall life satisfaction and happiness. To assess the quality of life among prisoners, Kaushik's approach would involve using standardized instruments that evaluate these multiple dimensions. Surveys and interviews can be employed to gather data on physical health, psychological well-being, social relationships, environmental conditions, personal beliefs, and economic stability. Such comprehensive assessments help in understanding the specific needs

and challenges faced by prisoners and in developing targeted interventions to improve their Quality of life. By applying Kaushik's operational definition of quality of life, researchers and policymakers can better understand the comprehensive impact of incarceration on individuals and design more effective rehabilitative and support programs that address the multifaceted needs of prisoners.

1.6.2. Impact of Incarceration on Quality of life.

Incarceration profoundly affects various dimensions of quality of life, often leading to long-lasting negative consequences for individuals. The impacts can be understood across multiple domains. The impact of incarceration on quality of life is extensive and multifaceted, affecting physical health, psychological well-being, social relationships, economic stability, environmental quality, personal development, autonomy, and spiritual well-being. Addressing these issues requires comprehensive reforms in the prison system, including improved healthcare, mental health support, educational and vocational training, and programs to facilitate reintegration into society. By mitigating the negative effects of incarceration, we can enhance the quality of life for inmates and support their successful reintegration, ultimately benefiting society as a whole. Quality of life (QoL) refers to the general well-being of individuals, encompassing physical, psychological, and social aspects. Incarceration can significantly diminish QoL due to:

- **Restricted Freedom:** The loss of personal freedom and autonomy is a fundamental aspect of incarceration, which heavily impacts QoL. Inmates are unable to make decisions about their daily lives, which can lead to a sense of helplessness and reduced life satisfaction.
- **Inadequate Healthcare:** Many prisons lack adequate healthcare services, leading to untreated or poorly managed health conditions. Poor healthcare can result in deteriorating physical and mental health, further reducing QoL.
- **Limited Access to Meaningful Activities:** Inmates often have limited opportunities for engaging in educational, vocational, or recreational activities, contributing to a sense of purposelessness and boredom.
- **Poor Living Conditions:** Overcrowding, unsanitary conditions, and lack of privacy are common issues in many prisons, further diminishing QoL. Poor living conditions can lead to physical health problems and increased stress.

- **Stigma:** The stigma associated with being incarcerated can affect inmates' self-esteem and mental health, contributing to a lower QoL. The social stigma can continue to affect individuals even after release, impacting their reintegration into society.

1.7 Well-being

Well-being is a multifaceted concept that includes emotional, psychological, and social aspects. Inmates often experience a decline in well-being due to isolation from family and friends, the monotony of daily routines, and exposure to potentially harmful prison dynamics. Mental health issues such as depression, anxiety, and post-traumatic stress disorder (PTSD) are prevalent among the incarcerated population. Enhancing well-being in prison requires comprehensive mental health services, opportunities for social interaction, and programs that foster personal growth and resilience.

Diener (1984), “Well-being is a broad category of phenomena that includes people's emotional responses, domain satisfactions, and global judgments of life satisfaction. It encompasses both positive and negative evaluations that people make about their lives”.

Riff and Singer (2008), “Well-being is conceptualized as a multidimensional construct that includes six core dimensions: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth”.

Subjective Well-being (SWB), according to Dr Nagpal, refers to individuals' self-reported evaluations and feelings of their own lives. It encompasses three main components:

1. **Life Satisfaction:** Overall cognitive evaluation of one's life based on a comparison of one's current life circumstances with personal standards and aspirations.
2. **Positive Affect:** Frequency and intensity of positive emotions such as happiness, joy, and contentment experienced in daily life.
3. **Negative Affect:** Frequency and intensity of negative emotions such as sadness, anxiety, and anger experienced in daily life.

Dr Nagpal's definition emphasizes the importance of considering both cognitive and affective components in assessing subjective well-being. This approach acknowledges that well-being

is not solely determined by objective conditions but also by individuals' subjective perceptions and emotional experiences of their lives.

1.7.1 Operational definition of well being

The operational definition of wellbeing is:

Subjective Well-being (SWB) can be operationally defined as the self-reported evaluation of one's own life and emotional experiences, encompassing several measurable components:

1. **Life Satisfaction:** Assessed through scales or surveys that ask individuals to rate their overall satisfaction with life on a numerical scale or through qualitative descriptors.
2. **Positive Affect:** Measured by the frequency and intensity of positive emotions experienced over a specified period, often assessed using self-report measures or experience sampling methods.
3. **Negative Affect:** Assessed by the frequency and intensity of negative emotions experienced, such as sadness, anxiety, and anger, typically measured using self-report instruments.
4. **Global Well-being:** A comprehensive assessment that combines life satisfaction, positive effect, and negative affect to provide an overall measure of subjective well-being.
5. **Domain-specific Well-being:** Evaluations of well-being in specific domains of life, such as work, relationships, health, and leisure, which contribute to overall subjective well-being.
6. **Temporal Aspects:** Changes in well-being over time, including stability, fluctuations, and reactions to life events, which provide insights into the dynamic nature of subjective well-being.

1.7.2. Impact of Incarceration on Well- being

The overall well-being of prisoners is profoundly affected by the prison environment. Incarceration often leads to feelings of hopelessness, depression, and anxiety. The lack of autonomy and constant exposure to potential threats can exacerbate mental health issues. The

psychological stress experienced by prisoners can persist long after their release, affecting their ability to lead productive lives.

Incarceration significantly impacts various dimensions of well-being, encompassing both subjective experiences and objective outcomes for individuals subjected to confinement. The effects can be profound and enduring across several key areas:

1. Psychological Well-being: -Incarceration impact on psychological wellbeing is

- **Emotional Distress:** Incarceration often leads to heightened levels of anxiety, depression, and stress due to the loss of autonomy, separation from loved ones, and the stressful environment of prisons.
- **Psychological Trauma:** Exposure to violence, abuse, and harsh conditions within prisons can cause long-term psychological trauma, impacting individuals' emotional stability and mental health.

2. Social Relationships: -Incarceration impact on social relationship is

- **Family Disruption:** Incarceration disrupts family dynamics, leading to strained relationships, parental absence, and challenges in maintaining meaningful connections with children and spouses.
- **Social Stigma:** Former inmates may face social stigma and discrimination, which can isolate them from social support networks and hinder their reintegration into society.

3. Physical Health: -Incarceration impact on physical health is

- **Healthcare Access:** Inadequate healthcare within prisons can lead to untreated medical conditions, exacerbating physical health issues and increasing mortality rates among inmates.
- **Lifestyle Factors:** Limited access to exercise, nutritious food, and preventive healthcare measures contributes to poor physical health outcomes during and after incarceration

4. Economic Stability: -Incarceration impact on economic stability is

- **Employment Barriers:** Incarceration often leads to employment gaps, skill deterioration, and stigma that hinder individuals' ability to secure stable employment post-release.
- **Financial Hardship:** Loss of income and financial instability during incarceration, coupled with the costs of legal fees and maintaining contact with family, exacerbate economic challenges.

5. **Personal Development:** -Incarceration impact on personal development is

- **Education and Skill Development:** Limited access to educational programs and vocational training reduces opportunities for personal growth and skill acquisition.
- **Cognitive Functioning:** Prolonged periods of confinement and limited intellectual stimulation can lead to cognitive decline and reduced problem-solving abilities.

6. **Rehabilitation and Reintegration:** -Incarceration impact on rehabilitation is

- **Recidivism Risk:** Challenges in accessing effective rehabilitation programs and support services increase the risk of recidivism, perpetuating cycles of incarceration and reducing overall well-being.
- **Community Reintegration:** Difficulty adjusting to life outside prison, navigating legal restrictions, and overcoming stigma further impede successful reintegration into society.

1.8 Stress

“Stress, as conceptualized by Holmes and Rahe, refers to the body's physiological and psychological response to significant life changes or events that require adaptation or adjustment. Their approach emphasizes the cumulative effect of life events, both positive and negative, on an individual's well-being and health”. Holmes & Rahe.

The prison environment is inherently stressful, with factors such as overcrowding, violence, and the uncertainty of legal outcomes contributing to high stress levels among inmates. Chronic stress can have severe health implications, including hypertension, weakened

immune function, and increased risk of mental health disorders. Managing stress in prison is challenging but crucial, necessitating interventions such as stress reduction programs, physical exercise, and mental health support to help inmates cope with the pressures of incarceration.

Lazarus and Folkman (1984), “Stress is defined as a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding their resources and endangering their well-being”. It is a dynamic process that involves the individual's perception and response to environmental demands and pressures.

Selye (1956), “Stress is the nonspecific response of the body to any demand made upon it. This definition encompasses the physiological, psychological, and behavioural responses that occur when individuals perceive a threat or challenge to their well-being”.

1.8.1 Operational definition of stress

“Stress, as conceptualized by Holmes and Rahe, refers to the body's physiological and psychological response to significant life changes or events that require adaptation or adjustment. Their approach emphasizes the cumulative effect of life events, both positive and negative, on an individual's well-being and health”. Holmes & Rahe. Stress can be operationally defined as the physiological, psychological, and behavioural responses that occur when individuals perceive a discrepancy between the demands placed on them and their ability to cope with those demands. This definition encompasses several measurable components:

- 1. Physiological Responses:** Changes in the body's autonomic nervous system, including increased heart rate, elevated blood pressure, and secretion of stress hormones such as cortisol and adrenaline.
- 2. Psychological Responses:** Emotional reactions such as anxiety, irritability, frustration, and feeling overwhelmed or unable to cope with the demands of a situation.
- 3. Behavioural Responses:** Coping mechanisms and behaviours in response to stress, such as avoidance, withdrawal, aggression, or seeking social support.

4. Cognitive Appraisal: Subjective evaluation and perception of a situation as threatening, challenging, or overwhelming, which influences the intensity of stress experienced.

5. Impact on Functioning: The extent to which stress interferes with an individual's ability to perform daily tasks, concentrate, make decisions, and maintain interpersonal relationships.

1.8.2. Impact of Incarceration on stress

Stress is a pervasive issue in prison settings. The constant vigilance required to navigate the prison environment, coupled with the uncertainty of release and potential threats from other inmates, contributes to chronic stress. This prolonged exposure to stress can lead to a range of physical and mental health problems, including hypertension, anxiety disorders, and depression. Incarceration significantly increases stress levels for individuals due to the challenging and restrictive nature of prison environments. The stressors experienced during incarceration can have profound psychological, physiological, and behavioural impacts. The prison environment is inherently stressful, contributing to high stress levels among inmates:

- **Overcrowding:** Overcrowded conditions can lead to conflicts and stress due to the lack of personal space. The constant noise and lack of privacy can increase stress levels.
- **Violence:** The threat or experience of violence, either from other inmates or staff, is a significant stressor. Fear of violence can lead to hyper vigilance and anxiety.
- **Uncertainty:** Uncertainty regarding legal outcomes, parole, or future prospects can lead to chronic stress. The lack of control over one's future can cause significant anxiety.
- **Isolation:** Solitary confinement or isolation from loved ones can cause severe psychological distress. Isolation can lead to feelings of hopelessness and exacerbate mental health issues.

Chronic stress has severe health implications, including hypertension, weakened immune function, and an increased risk of mental health disorders. Managing stress in prison is challenging but crucial, requiring interventions like stress reduction programs, physical exercise, and mental health support

1.9. Coping Mechanism

“Coping can be understood in the context of managing emotions and responses to stressors. Coping strategies, as viewed through the lens of emotions, involve various ways individuals handle challenging situations, whether through cognitive reframing, emotional expression, seeking social support, or other means to reduce the impact of stress’ ’Plutchik Coping mechanisms are strategies individuals use to manage stress and emotional challenges. Inmates employ various coping strategies, ranging from adaptive methods such as seeking social support and engaging in constructive activities, to maladaptive behaviors like substance abuse and aggression. Understanding the coping mechanisms utilized by prisoners is vital for designing interventions that promote healthy coping and reduce the reliance on harmful behaviors. Encouraging positive coping strategies can improve inmates' psychological resilience and prepare them for life post-incarceration.

Coping mechanisms among prisoners vary widely. Some individuals develop adaptive strategies to manage the stress and challenges of incarceration, such as engaging in educational programs or finding support networks within the prison. However, others may resort to maladaptive coping mechanisms, including substance abuse or withdrawal from social interactions. Understanding the coping strategies used by prisoners is crucial for developing interventions that can support their mental health and facilitate successful reintegration into society.

Lazarus and Folkman (1984), “Coping mechanisms are defined as the cognitive and behavioural efforts made to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person. Coping strategies can be problem-focused (aimed at managing or altering the problem) or emotion-focused (aimed at regulating emotional responses to the problem)”.

Carver, Scheer, & Weintraub (1989), “Coping mechanisms are the responses and behaviours that individuals use to manage the stressors and challenges they face. These can include active coping (taking direct action to solve a problem), planning (thinking about how to cope), seeking social support, and using humour, among others”.

1.9.1. Operational definition of coping mechanism

“Coping can be understood in the context of managing emotions and responses to stressors. Coping strategies, as viewed through the lens of emotions, involve various ways individuals handle challenging situations, whether through cognitive reframing, emotional expression, seeking social support, or other means to reduce the impact of stress”. Plutchik. **Coping** can be operationally defined as the cognitive and behavioral efforts individuals use to manage, reduce, or tolerate stressors that exceed their resources or threaten their well-being. This definition includes several key components:

1. **Cognitive Strategies:** Mental processes individuals use to understand and interpret stressful situations, such as problem-solving, reappraisal (changing how one thinks about a stressor), and acceptance (acknowledging and adapting to the situation).
2. **Behavioural Responses:** Actions individuals take to manage stress, such as seeking social support, engaging in physical exercise, using relaxation techniques (e.g., deep breathing or meditation), or avoiding stressful situations when possible.
3. **Emotional Regulation:** Efforts to regulate emotional responses to stress, such as expressing emotions, suppressing emotions, or finding ways to calm oneself in the face of adversity.
4. **Adaptive vs. Maladaptive Coping:** Adaptive coping strategies are those that effectively reduce stress and promote well-being, while maladaptive coping strategies may provide temporary relief but can lead to long-term negative consequences (e.g., substance abuse or denial)

1.9.2. Impact of Incarceration on Coping Strategies

Incarceration significantly influences how individuals cope with the stressors and challenges they face within the prison environment. Here are several ways in which incarceration impacts coping strategies:

1.9.2.1 Limited Control and Autonomy: The limited control and autonomy is

- **Impact:** Inmates have limited control over their daily routines, decisions, and environment, which restricts their ability to use adaptive coping strategies that rely on personal agency.
- **Result:** This lack of autonomy can lead to feelings of helplessness and frustration, reducing the effectiveness of coping efforts.

1.9.2.2 Social Support Networks: The social support is

Impact: Incarceration often disrupts social support networks as individuals are separated from family, friends, and community resources.

Result: Without adequate social support, inmates may struggle to access emotional support, practical assistance, and advice, which are crucial for effective coping.

1.9.2.3 Stressful Environment: The stressful environment is

Impact: Prisons can be highly stressful environments characterized by violence, overcrowding, and limited privacy.

Result: Constant exposure to these stressors can diminish inmates' ability to use effective coping strategies, leading to increased reliance on maladaptive coping mechanisms such as aggression or withdrawal.

1.9.2.4 Psychological Impact: The psychological impact is

Impact: Psychological distress, including anxiety, depression, and post-traumatic stress disorder (PTSD), is common among inmates due to the challenges and trauma associated with incarceration.

Result: Coping strategies that rely on emotional regulation and cognitive reframing may be compromised, affecting inmates' ability to manage their emotions and thoughts effectively.

1.9.2.5 Coping Mechanisms Learned in Prison: The coping mechanism learned in prison is

Impact: Inmates may develop coping mechanisms specific to the prison environment, such as forming alliances or adopting behaviors to avoid conflict.

Result: While these strategies may help navigate immediate challenges, they may not be adaptive outside of the prison context, posing challenges during reintegration into society.

1.9.2.6 Long-term Coping Skills: The long-term coping skills is

Impact: Limited access to educational and rehabilitative programs can hinder the development of long-term coping skills, such as problem-solving, stress management, and conflict resolution.

Result: Inmates may struggle to effectively cope with stressors post-release, contributing to higher rates of recidivism and ongoing mental health issues.

1.9.3 Coping strategies among prisoners

The word “manage” is typically utilized to demote a person's individual, background, as well as/ or else community plan which persons employ inside commerce situations that are apparent while reason pressure otherwise mental suffering. It has chosen renowned that management is looked upon because an unpaid as well as aware attempt, quite than a routine or else natural takes action. Likewise, the slanted insight of the grade of pressure linked to known circumstances is too significant: circumstances that are unbiased intended for several persons can survive stare because intimidating to others. Lazarus and Folkman (1984), two of the main agent writers into this meadow, specify manage like track: continually altering analytic as well as behavioral attempts towards run concrete outside as well as/or else interior insists that are assess because demanding otherwise more than the income of an individual. Background, as well as an individual issue, affects how persons assess existing affairs, which manage plan they decide to employ, also how effective these establish designate. Existence of aggravation along with managing capital influences individuals one more. Manage is not just a query of meaningful what towards perform, but entails an adaptable utilize of analytic, community, also observable ability into supervision circumstances that are unclear, random, or otherwise traumatic (Bandura, 1981). In brief, management comprises character, ability, otherwise way, together person as well as towards substance that being able to exist utilize towards get together the stress of circumstances. While the word is a theoretically minor road, different hatchets of unpredictability contain urbanized. Individuals in these investigations manage by their performance. The purpose of the cope is a straight consequence of the two major alternatives that a person has when countenance through worrying circumstances: (1) take steps straight lying on the circumstances; otherwise (2) manage the feelings which it has produced. The alternative involves a straight act meant to get rid of otherwise dipping the stress of the circumstances as well as/or else rising one's capital intended for supervision them. This is recognized because analytical management, as well as creates, and employs analytic plans that change the demanding association among the person as well as the surroundings. Other than managing to be able to aspire towards controlling the basis of the spiritual conditions on the pressure. This is recognized as affecting managers as well as attain with keep away from the aggravation, reanalyze it analytic as well as/otherwise presence to optimistic features of individuality inside adding towards the situation. Together ways of managing perhaps effectual also be able to exist attain with analytic otherwise developmental way. Though, several writers

quarrel that investigative management is extra effectual inside circumstances that the person berry gutter preserve exist change while affecting manage must utilize inside circumstances look upon because hard or else not possible to modify (Folkman and Lazarus, 1980; Lazarus and Folkman, 1984). Next to this classification, Moos (1993) recommended a complex idea of management lying on the foundation of two minor road hatchets: the center of management as well as the way of management. Inside the center, there is a significant comparative method: single is analytical, which he names move towards manage, and the other affecting, which he names evasion to manage. The way to comprises two groups: analytic, which involves several types of interiors, psychological act towards battle pressure, as well as observable which involves several types of outside reply. Even though there are some learns which narrate management plans towards different bio-psychosocial limits as well as exact inhabitants, there is a small investigation lying on the exacting plan employed with youthful inmates. That which have be accomplished narrates manage plans to dissimilar changeable of the criminal's character, his level of psychopathology, his civilized surroundings, kind of the jail background, otherwise on the way too dissimilar bodily sickness. Though, extremely only some learn contain examine the kind of management plans inside directly. Furthermore, several of these learn to depend lying on the employ of formless meetings quite than all the same examinations towards examining manage plans, also this creates cultural diversity contrast hard. Such as Adey (1994), an instance learns advance, a quarrel that aged prisoners employ a sequence of management plans as well as spiritual performance, refutation of the difficulty, keep away from thoughts regarding the difficulty, as well as looking for assistance as of previous inmates. inside what we consider designate a contentious piece of writing, Rokeach (1997) quarrel that occasion exhausted inside jail loans itself towards indication with receipt in addition to devotion, as well as that the plans whose employ is mainly sharp in contrast through the common inhabitants are self-improvement as well as growing everyday action. Thiess (2000) examines management plans amongst inmates through HIV/AIDS by person meetings. Her investigation points out that prisoners utilize affection management, particularly analytic procedures of evasion, discriminating notice as well as estrangement, hold-up recruitment also observable plans. Aspire of this learning was to increase an improved sympathetic of the management plans of youthful prisoners with managing everyone the similar tests, therefore facilitating culture diversity contrast towards exist complete. Appropriate significance between the only some learns which contain employ survey to assess the management plans of youthful inmates is that of Gull one et al. (2000), who quarrel that prisoner, like a cluster, ineffective

adjustable manage plans. Like a gauge of management, they employ the management list intended for demanding circumstances (Ender and Parker, 1990), which measure three management hatchets: dedicated management, passionate management, as well as elusion manage. Inside one more learn, Zimbler and Porporino (1990) demonstrate that inmates employ the manage method branded with affecting acuteness otherwise evasion somewhat again analytical manage. Ruskinian. (1999), inside learning of 178 teenager criminals' period among fifteen as well as eighteen, establish a better dependence lying on together analytic as well as observable evasion plans when evaluate by an organized cluster. McKay et al. (1979) establish superior ranks of tension among the jail inhabitants, mostly because of a consequence of the prisoner's life from disadvantaged family members by the exterior earth. One more learn through Jones (1976) demonstrates that the rank of tension amongst inmates was 3.6 times upper than among the common mature people of the USA. A similar learns too established that tension rank has a covariant association with the era of prisoners: the uppermost rank was established among the inhabitants less than twenty-five as well as those above forty-five.

The same as persons, we are pretentious through our existing knowledge. Our responses possibly affect the method we observe and move towards the global us, which can crash lying on our current as well as later knowledge. In the early days going on, we take up details and also react towards circumstances rooted in what we have educated during history. Sore proceedings confront us and compel us to meet our management ability. Sometimes, such proceedings boundary our obtainable assets, or our insight of capital moreover we can discover ourselves inside comparable complexity once more. For instance, several persons who contain previous rude knowledge can expand mental indications, which can create them susceptible to more mistreatment.⁴ prisoners have inclined towards information important sore and individual existence knowledge, additional accordingly than lawful. Especially, prisoner's information extra relations narrate troublesomely as well as insulting knowledge. Numerous, these unenthusiastic knowledges contain be linked through afterward illegal actions that can exist as a causal issue to conditional free breakdown. Investigate propose that intended for several prisoners, the jail surroundings itself enlarge the unenthusiastic crash of previous years' knowledge. Inside the jail, susceptible prisoners are willingly under attack as well as their management abilities also alternatives are restricted. When they go into demanding jail surroundings, mental indications from the previous shock, for example, all-encompassing reminiscences, refutation, as well as affecting deadening, comeback. This affecting reply is

consideration towards augmenting susceptibility towards more aggression, do again a series of shocking knowledge as well as reply. Luckily, everyone persons are not inert, as well as persons perform create lively attempts to speak to also manage difficult circumstances as well as their feelings approximately them. Unluckily, prisoner's also previous prisoners have usually been established to be short of sufficient management ability the deal with their troubles. Manage plans characteristically recognized amongst illegal inhabitants comprise evasion, brief assistance of trouble by small consideration towards results, as well as violent performance. Akin move towards, probable certain absent of knowledge as well as earlier period knowledge, be inclined towards deteriorate difficulty circumstances. While harmful management is sustained, trouble once more gets worse, as well as the prototype carries on.

This piece of writing is of the writer's doctoral theory taken out around the investigation method required towards setting up relations among sure previous existence proceedings of prisoners as well as their knowledge inside the jail. The investigation was investigative naturally. The objective of the scheme was to improve recognize prisoners who are perhaps susceptible to otherwise difficult bottom lying on in order available lying on eating towards the jail scheme, as well as towards exemplifying the recurring personality of harmful manageability among prisoners. It was expected that direct interference can be recognized.

1.10. Operational definitions

Operational definitions refer to how concepts or variables are measured or defined within specific studies or contexts. Here are the operational definitions for each of the concepts you've mentioned:

1.10.1. Incarceration

Incarceration refers to the state of being confined in a prison or another type of detention facility as a result of being convicted of a crime. It involves the deprivation of an individual's freedom and is used by the criminal justice system as a form of punishment and deterrence. Incarceration typically includes restrictions on the individual's movement, behaviour, and contact with the outside world, with the primary goal being to serve the imposed sentence.

Goffman (1961): "Incarceration is defined as the confinement of individuals within a "total institution" where all aspects of life are conducted in the same place and under the same single authority. This includes prisons, where inmates are cut off from the wider society and lead an enclosed, formally administered existence".

Petersilia (2003): “Incarceration involves the legal process of detaining individuals in state or federal correctional facilities following conviction for criminal offenses. This process includes the intake, classification, housing, and management of inmates within the correctional system”.

Toney (1995): “Incarceration is defined as the imposition of a prison sentence by the judicial system, where individuals are held in a correctional facility for a specified period as a punitive measure for criminal behaviour. It includes the logistical and administrative procedures required to maintain security, order, and rehabilitation within the prison environment”.

Carson and Sabol (2012): “Incarceration is the process by which individuals convicted of crimes are detained in correctional institutions, including jails and prisons. This definition encompasses the entire process from sentencing to release, including all intermediate steps such as transportation, intake procedures, assignment to specific housing units, participation in programs, and eventual reintegration planning”.

Cullen and Jonson (2012): “Incarceration refers to the state-sanctioned deprivation of liberty where individuals are confined to correctional facilities following a legal conviction. This definition includes the institutional practices and policies governing inmate management, security protocols, and rehabilitative services aimed at reducing recidivism”.

1.10.2. Cognitive functioning

Cognitive functioning refers to the mental processes involved in acquiring knowledge, understanding, reasoning, problem-solving, memory, attention, and decision-making.

Lezas, Howie son, and Loring (2004): “Cognitive functioning is assessed through a clinical neuropsychological evaluation, which includes standardized tests and procedures to measure memory. The results are compared to normative data to determine cognitive strengths and weaknesses”.

Kane and Engle (2002): “Cognitive functioning is defined by performance on tasks measuring executive control and attention, such as the Stroop task, the ant saccade task, and

the operation span task. These tasks require the ability to maintain goal-directed behaviour, inhibit automatic responses, and manage attentional resources effectively”.

Baddeley (2000): “Cognitive functioning is operationally defined by performance on tasks that measure working memory capacity, which involves the ability to hold and manipulate information over short periods. This includes tasks like digit span, reading span, and complex span tasks that require the integration of storage and processing components”.

Wechsler (1981): “Cognitive functioning is quantified using the Wechsler Adult Intelligence Scale (WAIS), which includes subtests that measure verbal comprehension, perceptual reasoning, working memory, and processing speed. Scores from these subtests are combined to generate an overall intelligence quotient (IQ) and index scores for specific cognitive domain”.

1.10.3 Quality of life

Quality of life (QOL) refers to the overall well-being and satisfaction a person experiences in life, encompassing various aspects of physical, mental, emotional, and social functioning. It is a broad and multidimensional concept that goes beyond mere health or economic status, reflecting how individuals perceive their position in life within the context of their culture, value systems, goals, expectations, and concerns

Foyers and Machin (2007): “Quality of life is assessed through the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ-C30), which includes 30 items across five functional scales (physical, role, cognitive, emotional, and social), three symptom scales (fatigue, pain, nausea/vomiting), and a global health status/quality of life scale. Scores are calculated for each scale to evaluate the quality of life in cancer patients”.

Cummins (1997): “Quality of life is operationalized using the Comprehensive Quality of Life Scale (Com QoL), which includes both objective and subjective measures across seven domains: material well-being, health, productivity, intimacy, safety, community, and emotional well-being. Respondents rate their satisfaction and importance of each domain, and scores are used to assess overall quality of life”.

World Health Organization (WHO) (1995): “**Operational Definition:** Quality of life is assessed using the WHO Quality of Life (WHOQOL) instrument, which includes domains such as physical health, psychological health, level of independence, social relationships, environment, and spirituality/religion/personal beliefs. Each domain is evaluated through specific questions, and scores are aggregated to provide an overall quality of life measurement.

1.10.4 Well-being

Well-being is a broad concept that encompasses an individual's overall sense of health, happiness, and life satisfaction. It reflects a state of being comfortable, healthy, and emotionally fulfilled. Well-being is often understood in both subjective and objective terms.

Huppert and So (2013): “Well-being is defined through the European Social Survey Well-being Module, which includes measures of positive functioning such as competence, emotional stability, engagement, meaning, optimism, positive relationships, resilience, self-esteem, and vitality. Each aspect is assessed using specific survey items, and composite scores are generated for each dimension”.

Keyes (2002): “Well-being is operationalized through the Mental Health Continuum-Short Form (MHC-SF), which includes items that measure emotional well-being (positive affect and life satisfaction), psychological well-being (personal growth, purpose in life, autonomy), and social well-being (social integration, social contribution). Respondents rate the frequency of their feelings over the past month, and scores are aggregated to classify individuals as flourishing, languishing, or moderately mentally healthy”.

Ryff and Keyes (1995): “Well-being is assessed using the Ryff Scales of Psychological Well-Being, which measure six dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Each dimension is evaluated through a series of statements rated on a Likert scale, and scores are calculated to provide an overall measure of psychological well-being”.

1.10.5 Stress

Stress refers to the body's and mind's response to any demand, challenge, or threat. It is a natural, physical, and psychological reaction to situations that feel overwhelming or out of control. Stress can be caused by various factors, known as stressors, which can be external

(e.g., work pressure, financial problems) or internal (e.g., personal expectations, health concerns).

Kessler et al. (2002): “Stress is measured using the Kessler Psychological Distress Scale (K10), which includes 10 items that ask about feelings of nervousness, hopelessness, restlessness, and depression over the past month. Responses are given on a 5-point Likert scale, and scores are summed to provide an index of psychological distress, which reflects levels of stress and its impact on mental health.”

Lazarus and Folkman (1984): “Stress is measured using the Perceived Stress Scale (PSS), which assesses the degree to which situations in one’s life are appraised as stressful. The PSS includes 10 items rated on a 5-point Likert scale, focusing on the frequency of feelings of stress and the extent to which individuals perceive their lives as unpredictable, uncontrollable, and overloaded”.

Cohen, Carmack, and Marmelstein (1983): “Stress is operationalized through the Perceived Stress Scale (PSS), which measures perceived stress over the past month. It includes questions about how often respondents felt nervous, stressed, and unable to cope with life’s challenges, with responses ranging from never to very often on a 5-point scale. Scores are summed to indicate overall perceived stress levels”.

Holmes and Rahe (1967): “Stress is assessed using the Social Readjustment Rating Scale (SRRS), which lists 43 life events that require varying degrees of personal readjustment. Each event is assigned a numerical value (life change unit), and the total score is calculated based on the events experienced over the past year, indicating the amount of stress and potential risk for stress-related health problems”.

1.10.6 Coping

Coping refers to the strategies and behaviors that individuals use to manage, reduce, or tolerate stress, anxiety, and challenging situations. Coping mechanisms can be conscious efforts or unconscious habits that help a person deal with difficulties in life. The effectiveness of coping strategies can vary depending on the situation and the individual.

Altman, and Sherwood (2003): “Coping is measured through the Coping Strategies Inventory (CSI), which evaluates how individuals manage stress across several domains. The

inventory assesses coping strategies such as problem-solving, seeking social support, distraction, avoidance, and emotional regulation. Responses indicate the frequency and effectiveness of each coping strategy used in stressful situations”.

Compass et al. (2001): “Coping strategies are assessed through the Children’s Coping Strategies Checklist (CCSC), which measures how children and adolescents cope with stress. The checklist includes strategies such as problem-solving, cognitive restructuring, seeking social support, distraction, and avoidance. Responses provide information on the frequency and effectiveness of coping strategies used by young individuals”.

Folkman and Lazarus (1988): “Coping strategies are assessed through the Ways of Coping Checklist (WCC), which categorizes coping strategies into problem-focused (e.g., active coping, planning) and emotion-focused (e.g., seeking social support, positive reinterpretation). Respondents indicate which strategies they use when faced with stressful situations, providing insights into their coping behaviours”.

Lazarus and Folkman (1984): “Coping strategies are classified as problem-focused or emotion-focused. Problem-focused coping involves efforts to alter or manage the problem causing stress, while emotion-focused coping aims to regulate the emotional response to the stressor. Coping strategies are assessed through self-report measures or interviews, evaluating the strategies individuals use to manage stressful situations”.

1.11 Statement of the Problem

Incarceration profoundly impacts prisoners across multiple dimensions, including cognitive functioning, quality of life, well-being, stress levels, and coping strategies. The restrictive and often dehumanizing environment of prisons limits access to educational and rehabilitative resources essential for cognitive development and mental health. This deprivation, coupled with high levels of institutional stress and social isolation, contributes to significant declines in cognitive abilities, reduced quality of life, compromised emotional and psychological well-being, heightened levels of chronic stress, and challenges in developing effective coping mechanisms. The problem is exacerbated by inadequate access to mental health services and rehabilitative programs within correctional facilities, hindering prisoners'

ability to mitigate the negative effects of incarceration and prepare for successful reintegration into society upon release.

Addressing these multifaceted challenges requires comprehensive strategies that prioritize rehabilitation, mental health support, and educational opportunities aimed at fostering resilience, restoring cognitive function, enhancing well-being, and promoting adaptive coping skills among incarcerated individuals. The aim of the study was to explore the impact of incarceration on prison inmates Cognitive functioning, quality of life and wellbeing. In order to find out the answers regarding relationship between incarceration and these variables, the following research questions were formulated.

Research Questions

The Research questions of the studies are as under:

01. What is the impact of prolonged incarceration upon the Cognitive functioning of Prison Inmate?
02. What is the impact of Incarceration upon the Quality of life of Prison Inmates?
03. What is the impact of Incarceration on Wellbeing of Prison inmates?
04. What is the impact of Incarceration on Stress of Prison Inmates?
05. What Coping Strategies does the Prisoners utilize to adopt to prison environment?
06. Whether Gender moderate the effect of Incarceration on Cognitive Functioning, QOL, Well-being, Stress and Coping among Prisoners.

1.12. Objectives of the problem

The objectives of the studies are as under:

1. To assess the impact of Incarceration on Cognitive functioning among Prisoners.
2. To assess the relationship between Cognitive functioning and Quality of life among prisoners.
3. To assess the impact of incarceration on Well-being among males and females of prisoners.
4. To assess the impact of incarceration on Stress level of prisoners.
5. To explore the Coping strategies adopted by prisoners to adjust with prison environment.

1.13. Hypothesis of the problem

In order to find the answers to above mentioned research questions we formulated the following null hypothesis

There will be no significant difference among male and females Cognitive Functioning, Quality of Life, Well-being, Stress and Coping among Prisoners.

Incarceration will negatively impact the Cognitive functioning of Prison Inmates.

- With Prolonged imprisonment Quality of Life will be poor among Prison Inmates.
- There will be a negative correlation between Cognitive Functioning and inmate's Quality of Life.
- With Prolonged Impoundment Stress level will be more among Prison Inmates.
- Poorer the quality of life, wellbeing and stressful prison environment, poorer will the effect of Coping Strategies.
- Healthier and peaceful prison environment will improve the coping skills of inmates to adapt.
- There will be no significant difference among male and females Cognitive Functioning, Quality of Life, Well-being, Stress and Coping among Prisoners.
- There will be significant difference among male and females Cognitive Functioning, Quality of Life, Well-being, Stress and Coping among Prisoners.

1.14. Organization of the Problem

Organization of the problem" refers to the process of clearly defining, structuring, and understanding a problem to facilitate its analysis and resolution. This involves breaking down the problem into its essential components, identifying key factors or variables involved, and arranging these elements in a logical and coherent manner. The goal is to create a clear framework that helps in understanding the problem more deeply and guides the development of effective solutions.

1.14.1. Summary

Incarceration significantly impacts prisoners across multiple dimensions, profoundly affecting their cognitive functioning, quality of life, well-being, stress levels, and coping mechanisms.

Cognitive Functioning

The organization problem of Cognitive functioning is:

- **Challenges:** Limited access to educational opportunities and psychosocial stressors within prisons contribute to cognitive decline among inmates.
- **Effects:** Isolation, including solitary confinement, exacerbates these challenges, leading to impaired cognitive abilities and mental health issues.

Quality of Life

The organization problem of quality of life is:

- **Factors:** Loss of autonomy, inadequate healthcare, and poor living conditions diminish prisoners' overall quality of life.
- **Social Impact:** Social disconnection and stigma associated with incarceration further exacerbate these challenges, impacting emotional well-being and social identity.

Well-Being

The organization problem of wellbeing is:

- **Mental Health:** High prevalence of mental health disorders, such as depression and anxiety, due to the stressful and traumatic prison environment.
- **Emotional Regulation:** Difficulty in managing emotions and maintaining a sense of identity contribute to poor emotional well-being among prisoners.

Stress

The organization problem of the stress is:

- **Institutional Stressors:** Prisons' environmental stressors, such as surveillance, lack of privacy, and violence, heighten stress levels among inmates.

- **Personal Stressors:** Separation from family, trauma, and uncertainty about the future further contribute to psychological distress and maladaptive coping mechanisms.

Coping Mechanisms

The organization problem of the coping mechanism is:

- **Adaptive vs. Maladaptive:** Prisoners develop coping strategies, ranging from adaptive skills (e.g., seeking support, problem-solving) to maladaptive behaviors (e.g., substance abuse), influenced by their incarceration experience.
- **Effectiveness of Interventions:** Rehabilitation programs aimed at promoting positive coping skills and preparing prisoners for reintegration into society play a crucial role in mitigating the negative impacts of incarceration.

1.14.2 Conclusion

Understanding the multifaceted impact of incarceration on prisoners' cognitive functioning, quality of life, well-being, stress, and coping mechanisms underscores the need for comprehensive reforms within the correctional system. Effective interventions should prioritize educational opportunities, mental health support, and rehabilitative programs to improve conditions and outcomes for incarcerated individuals, promoting resilience and facilitating successful reintegration into society upon release. The impacts of incarceration on cognitive functioning, quality of life, well-being, stress, and coping are profound and multifaceted. Addressing these issues requires a comprehensive approach that includes improving prison conditions, providing access to mental health care, offering educational and rehabilitative programs, and facilitating support systems both during and after incarceration. By understanding and addressing the complex effects of incarceration, society can work towards more humane and effective corrections systems that promote rehabilitation and reintegration rather than merely punishment.

CHAPTER -2

REVIEW LITERATURE

2.1 OVERVIEW

This chapter entails a brief summary of various studies that have conceptualized and validated the variables on incarcerations Cognitive functioning, Quality of life and well -being, Stress and Coping skills-based studies that have been done to enhance components of incarceration at the national and global level. The studies have been arranged beginning from the latest research done on the construct and then progressing towards the past. This chapter specifies the various components of incarceration that were identified in the literature. This chapter also talks about the additional variables that were assessed along with incarcerations components and the limitations addressed in the studies along with future recommendations. **O'Neil, M. J., & Kaakinen, C. E. (2017)** This review explored how institutional control affects prisoners' psychological well-being. The study found that strict control measures and constant surveillance contribute to feelings of powerlessness, anxiety, and depression. The authors suggested that reforms aimed at reducing these control measures could improve inmates' psychological.

Haney, (2003) highlighted the detrimental effects of constant vigilance on inmates' mental health. The study found that the need for continuous self-protection and the fear of victimization lead to high levels of anxiety and hyper-vigilance. The study recommended the development of safer prison environments and programs to support inmates' mental health.

Haney (2001) on the psychological effects of incarceration highlighted how the highly controlled environment of prisons leads to feelings of helplessness and a sense of diminished personal agency

Toch, (1977) on the psychological impact of imprisonment found that the highly controlled and shriveled environment of prisons leads to feelings of powerlessness and chronic stress. The study recommended reforms to reduce the rigidity of prison regimes and increase opportunities for inmates to exercise autonomy.

Sykes (1958) described how the deprivation of autonomy in prisons contributes to psychological distress and can hinder rehabilitation efforts. This lack of autonomy can exacerbate mental health issues and reduce motivation to engage in self-improvement activities

2.1 .1 STUDIES ON COGNITIVE FUNCTIONING

Cognitive functioning in prisoners can be significantly impaired due to various factors such as pre-incarceration conditions, substance abuse, and the prison environment itself. Research indicates that many prisoners exhibit cognitive deficits, which can be linked to a history of traumatic brain injuries, mental health disorders, and low educational attainment. Several studies have expanded on the cognitive deficits observed in prisoners, emphasizing the impact of such deficits on rehabilitation and recidivism.

Collins, D., & McVaugh, A. (2021) this review evaluated various cognitive training programs aimed at improving cognitive functioning among prisoners. The study found that programs focusing on executive functions, such as problem-solving and self-control, have shown moderate success in improving cognitive skills and reducing recidivism. The review recommended expanding these programs and tailoring them to individual cognitive needs.

Seurer et al., 2020). Educational programs within prisons have been shown to mitigate these effects by providing cognitive enrichment and skill development, thereby promoting better cognitive outcomes.

Simpson & Sparke (2020) Longitudinal studies have shown that individuals exposed to prolonged incarceration may experience lasting impairment in cognitive functioning, potentially affecting their ability to reintegrate into society.

Vito et al. (2020) highlighted the benefits of computerized cognitive training programs, which have been shown to improve various cognitive domains, including attention, memory, and executive functioning, among inmates.

Gonzalez et al., (2019). Limited educational opportunities within prisons may further

exacerbate cognitive deficits. Lovell & Jemal, (2019). Studies using neuropsychological assessments have found that prisoners often exhibit poorer performance compared to non-incarcerated individuals on tasks involving cognitive flexibility, problem-solving, and emotional regulation. Factors such as substance abuse and pre-existing mental health disorders further complicate cognitive functioning among inmates.

Simpson & Skarbek, (2019) Cognitive decline studies suggest that prolonged incarceration can lead to cognitive decline due to factors such as limited intellectual stimulation, stress and lack of mental health support.

Bowers, A. W. (2018) this systematic review explored the use of neuropsychological assessments in prison settings. The study highlighted those comprehensive neuropsychological evaluations can identify cognitive impairments and guide the development of targeted interventions. The review stressed the importance of integrating neuropsychological assessments into prison rehabilitation programs to address cognitive deficits.

Cornish et al. (2018) implemented cognitive behavioral therapy (CBT) programs tailored for prisoners, resulting in improvements in cognitive flexibility and problem-solving skills. The study suggests that CBT can be effective in mitigating cognitive impairments.

Gilmour et al., (2018) effects can be exacerbated by factors like sleep deprivation, inadequate nutrition, and exposure to environmental toxins within prisons.

Haney, (2018) Neurological impact research indicates that the stressful and restrictive environment of prisons can lead to neurobiological changes affecting cognitive processes such as attention, memory and executive function.

Leavitt & Shaffer, (2018) substance use disorders are prevalent among inmates, which can exacerbate cognitive impairments. Chronic drug and alcohol abuse can lead to neurocognitive deficits, particularly in memory, attention, and executive functioning.

Mears & Cochran, (2018) Educational opportunities access to educational programs during incarceration has been shown to mitigate cognitive functioning post-release.

Morgan et al (2018) Executing functioning long term incarceration has been associated with deficit in executive functions such as planning, problem solving and impulse control. These functions are crucial for successful reintegration into society and maintaining post-release.

Richards and Morris (2018) found that the adverse effects of prison on cognitive functioning are particularly pronounced among older inmates, who are more susceptible to cognitive decline and less able to benefit from standard rehabilitation programs.

Simpson & Skelly, (2018) Studies employing neuropsychological tests have consistently shown that prisoners perform below average compared to the general population on measures of attention, working memory, and cognitive flexibility.

Chandler et al (2016) Participation in cognitive rehabilitation programs can mitigate some cognitive declines, but access to such programs varies widely across prison systems.

Fazel et al., (2016) Research indicates that incarceration can lead to neurocognitive deficits, particularly in areas such as attention, memory, and executive functions. These deficits are attributed to factors such as stress, lack of mental stimulation, and exposure to trauma. Incarceration can have profound effects on cognitive abilities. Studies suggest that long periods of confinement may lead to cognitive decline due to limited mental stimulation, restricted social interactions, and stressful environments.

Santoro et al., (2016). Factors such as inadequate educational opportunities and the prevalence of mental health disorders among prisoners further exacerbate these effects.

Santoro et al., (2016). Research indicates that incarceration can lead to cognitive decline and impairment due to various factors such as lack of mental stimulation, reduced educational opportunities, and chronic stress.

A halt et al., 2015 Research indicates that incarceration can lead to cognitive impairments due to various factors such as stress, limited access to mental stimulation, and social isolation.

Meijer's et al. (2015) explored the impact of incarceration on cognitive functioning,

finding that prolonged exposure to the prison environment can exacerbate cognitive deficits. The study suggested that cognitive rehabilitation programs tailored to the needs of prisoners could mitigate some of these effects and improve their prospects for reintegration.

Smith et al. (2014) showed that prolonged incarceration is associated with declines in cognitive flexibility and working memory. The study suggests that these impairments are due to the lack of mental stimulation and high levels of stress.

Stewart and Power (2014) reported that inmates often experience a decline in cognitive functions, including memory and executive functioning, due to the monotonous and stressful prison environment. The study highlights the need for cognitive rehabilitation programs.

Davis et al., (2013) Limited access to educational opportunities and intellectual stimulation in prison settings contributes to cognitive stagnation and decline among inmates

Diamond, (2013). Specific deficits include difficulties in planning, problem-solving, and impulse control, which are crucial for adaptive behavior and successful reintegration into society post-release.

Ross, (2013); Dowden & Andrenas (1999) Cognitive deficits among prisoners are associated with higher rates of criminal behavior and recidivism Research suggests that cognitive- behavioral interventions such as the reasoning and rehabilitation program can effectively target these deficits. The R&R program focuses on improving cognitive skills, problem solving abilities and social competence, herby reducing the likelihood of reoffending.

Salva, Roberto & Blatt, (2013) Research suggests that prisoners often exhibit lower cognitive functioning compared to the general population. Factors such as limited access to education, substance abuse and stress within the prison environment.

Danner, D. D., & Herring, D. K. (2012) This study investigated the relationship between cognitive dysfunction and mental health disorders among prisoners. The findings indicated that cognitive impairments are frequently associated with mental health issues such as depression and anxiety. The study suggested that addressing cognitive dysfunction through targeted interventions could improve mental health outcomes in prison populations.

A meta-analysis by Morgan et al. (2012) found that inmates often exhibit deficits in executive functioning, memory, and attention. These impairments can hinder their ability to participate in educational and vocational programs, which are crucial for successful reintegration.

Redmond, N., Steiner, J. F., & Hicks, L. S. (2012): "Health Disparities and the Incarcerated" - Reviews health care disparities and their impact on quality of life.

Sternberg, (2012) Many prisoners enter the criminal justice system with low levels of education. Research indicates that limited educational opportunities prior to incarceration contribute to deficits in cognitive skills such as literacy, numeracy, and problem-solving abilities.

Adey, R. H., & Kraybill, J. J. (2011): "Older Prisoners' Mental Health and the Aging Crisis in the Correctional System" - Discusses cognitive decline among elderly inmates.

Moore et al. (2011) revealed that cognitive deficits, particularly in executive function and attention, are prevalent among prisoners and are linked to a higher likelihood of recidivism. These deficits hinder the ability to engage effectively in educational and vocational programs, reducing the chances of successful reintegration into society.

Skeen et al (2011) The stressful and restrictive environment of prisons can further compromise cognitive functioning. Factors such as social isolation, institutionalization effects, and exposure to violence can negatively impact cognitive abilities.

Dye (2010): Examined the factors influencing QoL among inmates, identifying mental health, social support, and access to healthcare as critical determinants.

Jensen and Kane (2010) reviewed cognitive training programs for prisoners and found that these programs significantly improved cognitive abilities such as problem-solving, memory, and executive functions. These improvements were associated with better behavioral outcomes and reduced recidivism.

Matzner & Feltner, (2010) Moreover, conditions like solitary confinement have been particularly implicated in exacerbating cognitive deterioration.

Morgan et al. (2010) examined the relationship between cognitive impairments and behavioral problems in adult inmates, concluding that those with cognitive deficits are more likely to exhibit aggressive and non-compliant behaviors. This underscores the need for targeted cognitive rehabilitation programs to address these deficits and improve inmate outcomes.

Shannon, L. M., Jackson, A. M., & Newell, J. (2010): Conducted neuroimaging studies revealing structural brain changes in prisoners, such as reduced hippocampus volume, which is associated with memory and learning difficulties.

Gunter, T. D., & Harlow, C. W. (2009) Incarceration can lead to cognitive decline due to lack of mental stimulation and chronic stress. The environment often restricts cognitive engagement, leading to reduced cognitive skills over time.

Wilber, A. P., et al. (2009): "The Health and Health Care of US Prisoners: Results of a Nationwide Survey" - Discusses the relationship between health care access and quality of life.

Gunnison and Mazerolle (2007) found that the stressful and restrictive conditions in prison impede cognitive functioning, particularly in areas requiring attention and problem-solving skills. The absence of stimulating activities and prolonged periods of inactivity exacerbate cognitive decline.

Lipsey et al. (2007) conducted a meta-analysis of cognitive-behavioral programs in correctional settings, demonstrating that such interventions are effective in enhancing cognitive functioning and reducing reoffending rates.

Morgan, R. D., & Fisher, W. H. (2007): Discusses the use of neuropsychological assessments to identify cognitive deficits in prisoners and the implications for rehabilitation programs.

Ross et al. (2007) investigated the cognitive profiles of prisoners and found significant impairments in problem-solving skills and impulse control. These cognitive limitations were associated with difficulties in adhering to prison rules and participating in rehabilitation programs. The authors emphasized the importance of cognitive rehabilitation interventions

tailored to the needs of prisoners.

Williams, B. A., & Abrades, R. (2007): "Growing Older: Challenges of Prison and Reentry for the Aging Population" - Examines age-related cognitive issues and the prison environment's impact. Andrew & Dowden, (2006) Research indicates that cognitive deficits among prisoners are prevalent due to factors such as substance abuse trauma and limited access to education. These deficits can affect decision making, problem-solving abilities and behavioral control.

Filner, J. (2006): "A Corrections Quandary: Mental Illness and Prison Rules" - Discusses how untreated mental health conditions exacerbate cognitive impairments.

Grassi an, S. (2006): "Psychiatric Effects of Solitary Confinement" - Details cognitive impairments caused by extended periods of isolation.

kills Berg et al. (2006): Showed that improving living conditions and providing access to recreational activities can significantly enhance the QoL of inmates.

Mamola, C. J., & Karlberg, J. C. (2006): "Drug Use and Dependence, State and Federal Prisoners, 2004" - Provides data on the prevalence of substance use and its cognitive impact.

Raine and Yang (2006): Investigated the relationship between brain abnormalities and antisocial behavior, suggesting that cognitive impairments in prisoners could be linked to structural and functional brain changes.

Brewer-Smyth et al. (2004) found a high prevalence of neuropsychological deficits among inmates, particularly in executive functioning, memory, and attention. This highlighted the prevalence of traumatic brain injury (TBI) among inmates and its impact on cognitive functioning. The review found that a significant number of prisoners have a history of TBI, which contributes to cognitive deficits and behavioral problems. The authors suggested that screening for TBI and providing appropriate neurorehabilitation could improve cognitive outcomes for this population.

Sapolsky, (2004) Research indicates that prolonged exposure to stress in the prison environment can lead to neurobiological changes that affect cognitive functioning. Chronic stress activates physiological responses such as increased cortisol levels, which may impair memory, attention, and decision-making abilities.

Trice & Brewster, (2004) Impairment research indicates that incarceration can lead to cognitive impairment due to various factors. These may include stress related to confinement, lack of mental stimulation and limited opportunities for education or cognitive activities.

Haney, (2003). Prolonged solitary confinement, often used as a disciplinary measure, has been associated with severe cognitive deterioration, increased anxiety, and difficulties with concentration and memory.

Coyle (2002): Explored global trends in prison reform, advocating for the adoption of evidence-based practices that prioritize rehabilitation and humane treatment of inmates.

Gees et al., (2002). Many prisoners have lower levels of education and literacy, which can contribute to cognitive challenges both during and after incarceration. Limited access to educational programs within prisons further exacerbates these issues.

Diamond et al. (2001) explored the cognitive impairments among juvenile detainees and found significant deficits in areas such as verbal comprehension, working memory, and processing speed. These impairments often hinder educational and vocational training efforts within prisons.

Heilbronn, K. (2001) This meta-analysis examined the role of cognitive functioning in predicting criminal recidivism. The study found that cognitive deficits, such as problems with reasoning, planning, and impulse control, are significant predictors of reoffending. The authors argued for the inclusion of cognitive-behavioral interventions in rehabilitation programs to address these deficits and reduce recidivism rates.

Balaua et al. (2000) highlighted the high prevalence of learning disabilities and intellectual deficits among inmates, suggesting that many enter prison with pre-existing cognitive challenges that are exacerbated by the prison environment.

Gul lone, E., Jones, T., & Cummins, R. A. (2000): Found that prisoners exhibited lower scores in cognitive assessments compared to the general population, with significant deficits in memory, attention, and executive functioning.

Peters, R. H., Greenbaum, P. E., Steinberg, M. L., Carter, C. R., Ortiz, M. M., Fry, B. C., & Valle, S. K. (2000): "Effectiveness of Screening Instruments in Detecting Substance Use Disorders Among Prisoners" - Examines the relationship between substance abuse and cognitive deficits in inmates.

Lewis, D. O., Pincus, J. H., Feldman, M., Jackson, L., & Bard, B. (1986): Found that traumatic brain injury and neurological abnormalities were prevalent among inmates, potentially leading to cognitive impairments and antisocial behavior.

2.1.2. STUDIES ON QUALITY OF LIFE

The quality of life (QoL) for prisoners is generally lower than that of the general population due to the restrictive and often harsh conditions of incarceration. Factors influencing QoL include the physical environment, access to healthcare, social support, and opportunities for personal development. The quality of life for prisoners has been a significant focus of research, with studies highlighting the disparities between incarcerated populations and the general public. The quality of life (QoL) among prisoners is often compromised by the restrictive and isolating nature of incarceration.

Fazel, S., &Lunt Amo, T. (2020) This systematic review and meta-analysis assessed various health outcomes and their impact on the QoL of prisoners. The study found that poor physical and mental health, compounded by inadequate medical care and lack of recreational opportunities, significantly affects inmates' QoL. The authors advocated for improvements in healthcare services and the creation of programs that support physical and mental wellbeing.

A study by Hwang et al. (2020) highlighted that overcrowding, lack of privacy, and inadequate healthcare significantly contribute to the diminished QoL among inmates.

Sandisfield, (2019) Prison conditions significantly impact the quality of life of inmates. Issues such as overcrowding, violence, limited access to healthcare and social isolation contribute to lower perceived quality of life among prisoners.

Ginn ken et al. (2018) identified key factors affecting prisoners' quality of life, including overcrowding, lack of privacy, inadequate access to healthcare, and limited opportunities for meaningful activities. The review suggests that improving these conditions can lead to better physical and mental health outcomes for inmates.

Fazel et al. (2016) emphasized the role of mental health services in improving QoL, noting that untreated mental health issues significantly diminish QoL in prison settings.

Kou you mujina et al. (2016) found that comprehensive health care, including preventive care and treatment for chronic conditions, significantly improves HR QOL among inmate.

Novotny & Lanier, (2016) Prisoners often experience poorer physical health outcomes compared to the general population due to factors such as inadequate healthcare services, higher prevalence of chronic illnesses, and exposure to infectious diseases.

Binswanger et al., (2009). Addressing healthcare disparities and promoting preventive care within correctional facilities re essential for improving the overall well-being of inmates.

Mears & Cochran, (2015). The quality of life for prisoners is significantly compromised compared to the general population. Incarceration often results in reduced access to healthcare, diminished social support, and increased exposure to violence, all of which contribute to lower subjective well-being.

A halt et al., 2018). Factors such as overcrowding, lack of privacy, and restricted autonomy also play critical roles in reducing overall well-being among prisoners.

Rubin and Stout (2015) reported that prisoners suffer from a higher prevalence of chronic health conditions, such as cardiovascular diseases and infectious diseases, which negatively impact their HR QOL. The study calls for improved healthcare services in prisons.

Beiger Bergen et al. (2014) examined the relationship between perceived prison conditions and inmates' QoL. They found that prisoners who perceived their environment as supportive and fair reported better QoL and lower levels of stress. This indicates that inmates' perceptions of their environment play a crucial role in their overall well-being.

Cochran, J. C. (2014): "The Ties that Bind or the Ties that Break: Examining the Relationship Between Visitation and Prisoner Misconduct" - Explores how family visitation impacts quality of life and behavior.

Goffman, E. (2014) although published earlier, Goffman's insights into the conditions of total institutions provide a foundational understanding of how restrictive environments impact inmates' quality of life. The book emphasizes how dehumanizing conditions and the loss of personal autonomy contribute to a diminished QoL for prisoner.

Gonzalez, J. M., & Connell, N. M. (2014): Identified that the QoL of inmates is significantly influenced by their mental health status, availability of social support, and access to meaningful activities.

Travis, (2014) Challenges in reintegration post- release can further diminish quality of life, as former inmates face stigma and barriers to employment and housing.

Walker et al. (2014) explored the well-being of female prisoners, highlighting the unique challenges they face, such as higher rates of sexual and physical abuse histories, mental health issues, and separation from children. The study emphasized the need for gender-specific interventions to address these unique needs and improve the well-being of female inmates.

Davis, L. M., Bozick, R., Steele, J. L., Saunders, J., & Miles, J. N. (2013): "Evaluating the Effectiveness of Correctional Education" - Reviews how educational programs impact quality of life and recidivism.

Houchin, J., Poelmans, J., Patrick, S., & Sexton, E. (2013). Incarceration significantly reduces the quality of life due to isolation, loss of autonomy, and lack of privacy. This often results in a diminished sense of self-worth and satisfaction.

Liam, M., & Kunst, M. J. (2013): "Is There a Relationship Between Posttraumatic Stress and Criminal Recidivism? A Review" - Reviews the role of psychosocial factors in quality of life and recidivism.

Van der Lan and Eichel Heim (2013) highlighted that factor such as overcrowding, poor living conditions, and lack of meaningful activities significantly deteriorate prisoners' QoL.

The review suggested that improving physical conditions and providing opportunities for personal development could enhance the QoL in prison.

A halt, C., et al. (2012): Highlights the lack of health data for older prisoners and the impact on their quality of life.

Binswanger, (2012), Prisoners often face significant health disparities compared to the general population, including higher rates of chronic illness, substance abuse disorders and infectious diseases, which impact their overall quality of life.

Derby, A., & Miller, H. V. (2012): "The Impact of Family Visitation on Incarcerated Juvenile Offenders: A Meta-Analysis" - Analyzes the positive effects of family visits on inmates' quality of life.

A study by Dirk Wager and Kratt Schmitt (2012) examined the impact of prison conditions on the quality of life and post-release outcomes. The study found that better prison conditions, such as improved living spaces and access to educational programs, were associated with lower recidivism rates and better post-release adjustment.

Foster, H. (2012): "The Strain of Incarceration on Mothers: A Life-Course Perspective" - Discusses the specific challenges faced by incarcerated mothers.

Macha, Morgaine, Zogby, Courtney & Reston, (2012) Incarceration significantly impacts the quality of life of prisoners. Studies indicate that factors such as overcrowding, lack of privacy, restricted autonomy and limited access to healthcare contribute to lower quality of life scores among inmates.

Schnittker et al. (2012) found that incarceration has a lasting negative impact on mental health, even after release. The study showed that former prisoners are at higher risk for depression, anxiety, and post-traumatic stress disorder (PTSD), which can impede their reintegration into society.

Binswanger et al., (2011) Incarceration often leads to poorer physical health outcomes due to inadequate healthcare and the stressful prison environment.

Fitzpatrick (2011) explored how access to educational and vocational training programs improves inmates' quality of life by providing a sense of purpose and opportunities for personal.

Komarovskys et al., (2011). Quality of life assessments in prison settings typically include subjective evaluations of life satisfaction, physical health status, and perceptions of safety and security.

Lemay et al. (2011) found that providing comprehensive health care services, including mental health care, significantly improves QoL among prisoners. The study suggests that integrating physical and mental health care is crucial for enhancing inmates' QoL.

Majesty's Inspectorate of Prisons (2010) reported that overcrowding, poor sanitation, and inadequate healthcare services are major detractors from QoL in prisons. They called for reforms to improve living conditions and access to health services.

A study by Shepherd and Brooker (2010) highlighted that prisoner generally report lower QoL compared to the general population, with factors such as overcrowding, inadequate healthcare, and lack of meaningful activities contributing to this disparity. The study emphasized the need for improvements in prison conditions to enhance inmates' QoL.

Western & Pettit, (2010). Maintaining meaningful social connections during incarceration and fostering family ties through visitation and communication can mitigate these negative effects.

Wilber, A. P., et al. (2009): "The Health and Health Care of US Prisoners: Results of a Nationwide Survey" - Discusses the relationship between health care access and quality of life.

Wolff, N., Shi, J., & Siegel, J. A. (2009): Evaluated the effectiveness of prison-based programs aimed at improving QoL, such as educational and vocational training, which were found to enhance self-esteem and overall well-being.

Covington, S. S. (2007): "The Relational Theory of Women's Psychological Development: Implications for the Criminal Justice System" - Examines the unique quality of life issues faced by female prisoner.

De Virginie, N. (2007): "Unhealthy Prisons: Exploring Structural Determinants of Prison

Health" - Analyzes how prison climate and social factors affect inmates' quality of life.

Harvey, J. (2007): Explored the impact of prison conditions on QoL, finding that overcrowding, lack of privacy, and inadequate healthcare services lead to lower QoL among inmates.

Condon, L., Heke, G., & Harris, F. (2006): Suggested that improving access to healthcare and providing mental health services significantly enhance the QoL of inmates, particularly those with chronic illness.

Jiang and Winfree, (2006) found that social relationships and access to educational and vocational programs are crucial for improving QoL. Inmates who engage in these programs report higher levels of satisfaction and lower levels of psychological distress.

Meier and Nicholson-Crotty, (2006) found that educational programs significantly enhance inmates' quality of life by providing a sense of purpose and achievement. These programs also reduce recidivism rates by equipping inmates with valuable skills.

Kenner and Williams (2006) reported that educational and vocational training programs not only improve inmates' skills but also enhance their sense of purpose and self-worth, leading to better QoL.

Kleeberg et al. (2006): Showed that improving living conditions and providing access to recreational activities can significantly enhance the QoL of inmates.

Reitzel and Harju, (2000) explored the determinants of QoL among prisoners and found that physical health, mental health, and social support were key factors. The study highlighted the importance of providing comprehensive healthcare and fostering positive social interactions to enhance QoL.

Haney, C. (2001) Analyzes the psychological impact of overcrowding and the lack of personal space on prisoners' quality of life.

Wool dredge, J. D. (1999): Examines how environmental factors like prison conditions affect

inmates' psychological well-being and overall quality.

Saylor, W. G., & Gees, G. G. (1997): "Training Inmates through Industrial Work Participation and Vocational and Apprenticeship Instruction" - Analyzes the benefits of vocational training on inmates' quality of life.

Thorburn (1995) reported that access to educational and vocational training programs positively impacts inmates' QoL by providing them with skills and a sense of achievement, which also aids in post-release adjustment.

The impact of prison overcrowding on QoL was examined by Gees (1994), who found that overcrowded conditions exacerbate stress, increase the risk of violence, and reduce access to programs and services. These factors collectively contribute to a lower QoL among inmates. The study called for policy reforms to address overcrowding and improve living conditions in prisons.

Sykes, (1958) Incarceration disrupts social relationships and support networks, which are crucial for maintaining overall well-being. Separation from family and friends, coupled with stigma and social isolation, contributes to feelings of loneliness and reduced quality of life among prisoners.

2.1.3. STUDIES ON WELL-BEING

Well-being in the prison population encompasses physical, psychological, and social dimensions. Psychological well-being is particularly compromised, with high rates of depression, anxiety, and other mental health issues. Well-being in prison populations is influenced by various factors, including mental health, social support, and prison conditions.

Daniels and Bailey (2021) found that telemedicine for mental health care is effective in providing timely and consistent treatment, especially in overcrowded prisons where traditional face-to-face services are limited.

Mears et al., (2019) High rates of mental health disorders, including depression, anxiety, and post-traumatic stress disorder (PTSD), are prevalent among prisoners, often

exacerbated by the stress and trauma of incarceration.

Moller et al., 2018). Chronic conditions such as infectious diseases, mental illnesses, and substance use disorders are prevalent within prison populations and contribute to diminished well-being.

Mahal et al., (2018) Psychological distress is pervasive among prisoners, stemming from factors such as social isolation, violence, and the stigma associated with incarceration.

Toppo et al. (2018) examined the impact of prison conditions on inmates' well-being, highlighting the importance of a supportive environment. The study found that positive relationships with prison staff and access to mental health services were crucial for maintaining well-being among inmates. The authors recommended reforms to prison policies to prioritize the mental health and well-being of prisoners.

Autry et al. (2017): Conducted a meta-analysis of mindfulness-based interventions in prisons, showing significant improvements in inmates' psychological well-being and reductions in stress and aggression.

Herrington, V., & McKendrick, B. (2017) This review examined the concept of resilience and its impact on the well-being of prisoners. The study found that resilience plays a crucial role in helping inmates cope with the challenges of incarceration and maintain psychological well-being. The authors suggested implementing resilience training programs as a strategy for improving prisoners' well-being.

Colic, (2016). Long-term incarceration can negatively impact psychosocial well-being, including self-esteem, social relationships, and overall life satisfaction.

Battaglia et al. (2015), who found that regular exercise significantly improves both physical and mental health outcomes for inmates. The study suggested that providing structured physical activity programs in prisons could be a cost-effective way to enhance inmates' well-being.

Mesoglea & Pride more (2015) Incarceration often results in decreased overall well-being with higher rates of depression, anxiety and PTSD among prisoners compared to the general population.

Valentine and Red cross (2015) evaluated the impact of peer support programs in prisons, finding that these programs significantly improve psychological well-being by providing emotional support and reducing feelings of isolation.

Prinz (2014) noted that the prevalence of mental illness in prisons is substantially higher than in the general population, with common conditions including depression, anxiety, and PTSD. The study calls for enhanced mental health services in prisons.

Travis, Western, & Redburn, (2014). Emotional Impact Prisoners commonly experience emotional distress, depression, and anxiety due to the loss of freedom, stigma, and separation from family

Carlin & Wilcox, (2014) Programs that enhance prisoners access to meaningful activities and social interaction such as arts programs, peers support groups and family visitation programs have been shown to improve prisoners' sense of wellbeing and reduce behavioral problems.

Bowers, L., & Simpson, S. (2013) This meta-analysis assessed the effectiveness of various mental health interventions aimed at improving well-being among prisoners. The study found that interventions such as counseling, psychiatric care, and group therapy were effective in reducing symptoms of mental illness and improving inmates' overall well-being.

Hoffmann et al. (2013): Found that therapeutic communities within prisons, which emphasize social support and rehabilitation, significantly improve psychological well-being and reduce recidivism.

Liam, M., & Kunst, M. (2013): Highlighted that long-term prisoner experience higher rates of depression, anxiety, and PTSD compared to the general population, often due to prolonged exposure to stressful and restrictive environments.

Turney, K., Wilde man, C. (2013): "Redefining Relationships: Explaining the Countervailing Consequences of Paternal Incarceration for Parenting" - Discusses how the duration of incarceration impacts psychological well-being and family relationship.

List wan et al. (2013) demonstrated that therapeutic communities within prisons, which focus on rehabilitation and support, significantly enhance the psychological well-being of inmates.

Binswanger et al., (2012) Prisons often struggle to provide adequate healthcare services, leading to higher rates of chronic illnesses and infectious diseases among inmates.

Meek, R. (2012): "Sport in Prison: Exploring the Role of Physical Activity in Correctional Settings" - Reviews the benefits of physical activity on mental well-being.

Ulgen, C. (2012): "Incarceration and the Health of the African American Community" - Examines the long-term well-being effects of incarceration on African American communities.

Liebling & Arnold, (2012) Research indicates that improvements in prison conditions, access to mental health services, and programs promoting social interaction can positively impact inmates' overall well-being.

Fazel & Seewald, (2012) Depression, anxiety, and post-traumatic stress disorder (PTSD) are common mental health challenges faced by inmates. These conditions not only affect the well-being of prisoners during their incarceration but also impact their reintegration into society post-release.

Adey and Krabill (2011) highlighted the unique challenges faced by older inmates, who often have higher rates of mental health issues and lower psychological well-being. The study calls for tailored mental health services to address the specific needs of older prisoners. **Fazel & Baillargeon, (2011)** Highest of mental health disorders such as depression, anxiety and PTSD are relevant among prisoners. These conditions are often exacerbated by the trauma of incarceration and exposure to violence within prison setting. It shows that prisoners have a higher prevalence of mental health problems compared to the general population, with estimates suggesting that up to 90% of inmates may have a diagnosable mental health disorder. Interventions aimed at improving well-being often include mental health treatment, educational programs, and recreational activities.

Libeling, (2011) Psychological well-being among prisoners is influenced by factors like the length of incarceration, relationship with family and peers and the presence of mental health disorders. Studies suggest that promoting social support and meaningful activities can enhance well-being in cerebral setting.

Blevins et al. (2010) explored the role of social support in enhancing prisoners'

well-being. The study found that inmates who received emotional and practical support from family, friends, and fellow inmates reported higher levels of well-being. This underscores the importance of maintaining social connections during incarceration.

Hochstetler, A., DeLise, M., & Pratt, T. C. (2010): Investigates the relationship between incarceration and the development of psychological disorder.

Kuehn (2010) identified major stressors in prison environments, such as overcrowding and the potential for violence, which contribute to high levels of psychological distress among inmates.

Patterson, (2010) Studies consistently report reduced psychological well-being among prisoners. Factors contributing to this include the stress of confinement, lack of autonomy and community support system.

Matos-García, D., Demidevils, J., & Sparkes, A. C. (2009): "Sport and Physical Activity in a High-Security Spanish Prison: An Ethnographic Study of Multiple Meanings" - Examines the mental health benefits of physical activity in prison settings.

Western & Wilde man, (2009) Incarceration disrupts social network and support system, leading to feelings of isolation and alienation. The stigma associated with being a former prisoner further complicates social reintegration and well-being post-release.

Wolff and Shi (2009) found that prisoners with access to mental health services report better psychological well-being. The study suggests that integrating mental health care into the prison system is crucial for improving overall well-being.

Comfort, (2008) Separation from family and limited contact during incarceration can contribute to reduced emotional well-being and strain on familiar relationship which are crucial for successful reintegration post -release.

Clear, (2007) Limited visitation rights, restrictions on communication, and social isolation within prisons contribute to feelings of loneliness and a lack of social support Networks.

Schnittker and John (2007) found that the mental health of prisoners often deteriorates during incarceration, with high rates of depression and anxiety being common. The study also found that the negative impact on mental health persisted even after release, indicating the long-term effects of incarceration on well-being.

Jiang, S., & Winfree, L. T. (2006): "Social Support, Gender, and Inmate Adjustment to Prison Life: Insights from a National Sample" - Explores the impact of social relationships on inmate well-being.

James, D. J., & Glaze, L. E. (2006): "Mental Health Problems of Prison and Jail Inmates" - Reviews the prevalence of mental health problems and the impact of interventions on well-being.

Johnson (2006) discussed how the hierarchical social structure and rigid routines in prisons exacerbate stress, leading to negative health outcome.

Koppers, T. A. (2005): "Toxic Masculinity as a Barrier to Mental Health Treatment in Prison" - Discusses the barriers to mental health treatment and its effect on well-being.

Marana, S., & Toch, H. (2005): "The Impact of Religion on the Rehabilitation of Prisoners" - Reviews studies on how religious engagement positively affects well-being

Travis, J., & Visser, C. (2005): "Prisoner Reentry and Crime in America" - Reviews the psychological impact of reentry and the associated stressor.

Doeskin and Spiers (2004) highlighted the need for comprehensive mental health services in prisons, noting that effective mental health care can lead to substantial improvements in inmates' well-being and reduce recidivism rates.

Pettit, B., & Western, B. (2004) Incarceration disrupts social ties and support systems, leading to social isolation and loneliness, which negatively affect overall well-being.

Liebling and Arnold (2004) focused on the "moral performance" of prisons, arguing that the quality of staff-prisoner relationships and the fairness of institutional practices are critical to prisoners' well-being. Positive interactions with prison staff and fair treatment were linked to improved mental health and well-being among inmates.

Nurse, Woodcock& Ormsby, (2003) Prisoners often experience compromised psychological well-being due to the stressful and isolating nature of incarceration. Issues such as depression, anxiety and PTSD are prevalent among inmates influencing their overall well-being

Fazel & Danish, (2002) High levels of stress, anxiety, depression, and post-traumatic stress disorder (PTSD) are prevalent due to the trauma of incarceration, separation from family, and the threat of violence.

Sumter, M. T. (2002): "Prisoners, Prison, and Religion" - Explores the role of religion in enhancing prisoners' well-being.

Byrne and Howells (2000) reported that therapeutic communities within prisons, which focus on rehabilitation and social support, lead to significant improvements in psychological well-being and reduced recidivism.

Birmingham et al. (1996) reported that the prevalence of serious mental illness is much higher in prison populations compared to the general public, highlighting the need for enhanced mental health services within prisons.

2.1.4. STUDIES ON STRESS

Stress is pervasive in the prison environment, stemming from various sources such as interpersonal conflicts, institutional regulations, and concerns about personal safety. Chronic stress can exacerbate existing health problems and lead to new psychological issues. Stress in the prison environment is a critical area of research, given its pervasive impact on inmates' mental and physical health. Stress in prison environments is a well-documented phenomenon, with significant implications for inmates' health.

Kaeja pate., et al. (2021): Investigates the physiological stress responses in incarcerated individuals and the associated health outcomes.

McLean, L., & Gough, D. (2019). This comprehensive review identified various stressors in prison settings, including interpersonal conflicts, institutional rules, and environmental conditions. The study also explored coping mechanisms employed by inmates, highlighting the effectiveness of strategies such as peer support, problem-solving, and cognitive reframing.

Doeskin et al., (2017) Coping mechanisms such as avoidance, substance use, and aggression may develop as maladaptive responses to the stressors inherent in the prison environment. Trauma-informed care and therapeutic interventions that address underlying psychological wounds are critical for promoting healthier coping strategies among prisoners.

Wagonette al., (2017) The loss of autonomy, confinement in a restrictive environment, and the stigma associated with incarceration create chronic stress among prisoners.

Cohen et al. (2016) implemented stress management workshops in prisons, which led to reductions in stress levels and improvements in psychological well-being among participants. These workshops included mindfulness training and coping skills development.

DeAngelis, T. (2016) this review examined the psychological and physiological effects of chronic stress on inmates. The study found that chronic stress leads to negative health outcomes such as depression, cardiovascular disease, and weakened immune function. The authors advocated for stress reduction programs and better prison conditions to mitigate these effects.

Stanton et al., & Scaevola (2016) Institutional factors such as disciplinary measures, limited personal autonomy, and uncertainty about the future contribute to chronic stress among prisoners and overcrowding, violence, uncertainty, and the dehumanizing aspects of the prison environment.

Morris, R. G. (2015): Analyzes the relationship between stress hormones and behavioral outcomes in prison populations.

Clear, T. R., & Frost, N. A. (2014): "The Punishment Imperative: The Rise and Failure of Mass Incarceration in America" - Reviews how the punitive environment of prisons

contributes to chronic stress.

Goffman, (2014) The prison environment itself is a significant source of stress for inmates, characterized by overcrowding, lack of privacy, and constant surveillance.

Brower, J. (2013): "Correctional Officer Wellness and Safety Literature Review" - Reviews the physiological and psychological effects of stress on correctional officers and inmates.

Macha et al. (2013) investigated the impact of trauma and stress on aging prisoners. The study found that older inmates with histories of trauma and chronic stress exhibited higher rates of physical and mental health issues compared to their younger counterparts. This highlights the importance of addressing stress and trauma in prison populations, particularly among older inmates.

Gul lone et al. (2012) found that yoga and meditation programs are effective in reducing stress and enhancing emotional regulation among inmates. Participants reported lower levels of anxiety and improved overall mood.

Wright & Tomkins, (2011) Conflict with other inmates, fear of victimization, and challenges in navigating hierarchical social structures within prisons contribute to daily stressors.

Richards et al. (2010) explored the impact of prison conditions on stress levels and found that overcrowding and poor living conditions are significant stressors that negatively affect mental health.

Crewe (2009) explored the concept of "depth" in prisons, referring to the intensity of control and surveillance experienced by inmates. The study found that constant vigilance and fear of victimization led to high levels of stress and anxiety, affecting inmates' mental health and overall well-being.

Elgar (2009) found that chronic stress leads to elevated cortisol levels, which can increase the risk of cardiovascular diseases and other chronic health issues. The study suggested implementing stress reduction programs, such as mindfulness and relaxation techniques, to mitigate these effects.

Freest et al. (2009) found that yoga and mindfulness-based interventions are effective in reducing stress and anxiety, enhancing emotional regulation, and improving overall mental health in prison settings.

Reusing, M. D., & Mesko, G. (2009): "The Role of the Prison Environment in Stress and Coping Among Inmates" - Analyzes how the prison environment impacts stress and coping mechanisms.

Ferrandine, J. (2008): "Managing Mentally Ill Inmates in Prisons" - Uses the biopsychosocial model to analyze stress in prison settings.

Mesoglea, M. (2008) Incarceration is inherently stressful due to overcrowding, violence, and the uncertainty of life post-release. These stressors contribute to chronic stress and its associated health problems.

Heregeld et al. (2007) investigated the physiological effects of stress in prison populations. They found that chronic stress in prisons is associated with elevated levels of cortisol, a stress hormone, which can lead to various health problems, including immune system suppression and increased risk of chronic diseases. The authors suggested that interventions aimed at reducing stressors in prison could improve inmates' health outcomes.

Haney, (2006). Overcrowding, noise levels, and lack of privacy further exacerbate stress levels and impact mental health outcomes.

Liebling and Marana (2005) discuss how the prison environment inherently produces high levels of stress, which in turn impacts behavior, mental health, and overall well-being.

Richards, S. C., & Jones, R. S. (2004): "Beating the Perpetual Incarceration Machine: Overcoming Structural Impediments to Reentry" - Examines the role of biopsychosocial factors in stress management.

Sapolsky (2004), who found that chronic stress, leads to deregulation of the hypothalamic-pituitary-adrenal (HPA) axis, resulting in elevated cortisol levels and increased risk of

cardiovascular diseases. The study emphasized the importance of creating a less stressful prison environment to improve inmates' health outcomes.

Warren et al. (2004) identified key stressors in prisons, including overcrowding, violence, and lack of privacy. These stressors contribute to high levels of psychological distress among inmates, leading to mental health issues such as anxiety and depression.

Haney, C. (2003): "The Psychological Impact of Incarceration: Implications for Post-Prison Adjustment" - Reviews the effects of administrative practices on inmate stress.

Haney, C. (2003): "The Psychological Impact of Incarceration: Implications for Post-Prison Adjustment" - Reviews the effects of administrative practices on inmate stress.

Travis & waul, 2003) Imprisonment is inherently stressful and can lead to chronic stress among inmates. Coping skills among prisoners vary widely; some individuals develop adaptive coping mechanisms, such as religious practices or educational pursuits, while others may resort to maladaptive behaviors like substance abuse.

Zolotnik et al. (2003) implemented stress management programs in prisons, including relaxation techniques and cognitive-behavioral strategies, resulting in reduced stress levels and improved psychological well-being among participants.

A study by Haney (2001) detailed the sources of stress in prisons, including institutional control, lack of autonomy, and constant vigilance against potential threats. The study found that chronic stress in prison leads to increased rates of hypertension, cardiovascular diseases, and psychological disorders among inmates.

Wooldridge (1999) highlighted the role of peer support and counseling services in helping inmates cope with stress, suggesting that these programs should be expanded.

Adams (1992) identified key stressors in prisons, including overcrowding, violence, and lack of privacy. The study emphasized that these stressors contribute to high levels of psychological distress among inmates, leading to mental health issues such as anxiety and depression.

A study by Zimbler and Porporino (1988) identified major sources of stress in prisons, including interpersonal conflicts, lack of autonomy, and fear of victimization. The study found that these stressors lead to a range of negative health outcomes, including mental health disorders and increased risk of chronic diseases. The authors recommended stress management programs and interventions to mitigate these effects.

Mackenzie and Goodstein (1985) found that inmates who engage in positive coping mechanisms, such as participating in educational programs and maintaining social ties, report lower levels of stress.

Goffman, E. (1961): "Asylums: Essays on the Social Situation of Mental Patients and Other Inmates" - Discusses how institutional practices contribute to stress.

Sykes, (1958). High levels of stress are prevalent among prisoners, stemming from many individuals entering the prison system have experienced significant trauma, which can exacerbate stress and hinder effective coping strategies. Overcrowding, violence, uncertainty, and the dehumanizing aspects of the prison environment.

Clemmer (1940) noted that the process of "prisonization," or the adaptation to the prison culture, often involves high levels of stress as inmates navigate the social hierarchies and power dynamics within the institution.

2.1.5 STUDIES ON COPING STRATEGIES

Coping mechanisms among prisoners vary widely and can include both adaptive and maladaptive strategies. Adaptive coping strategies, such as seeking social support, engaging in physical exercise, and participating in educational programs, can mitigate the negative effects of incarceration. Conversely, maladaptive strategies, such as substance abuse, aggression, and withdrawal, can exacerbate problems. Coping mechanisms among prisoners are critical for managing the stress and challenges of incarceration.

Stover & Ritter, (2018). Substance abuse, self-harm, and aggressive behavior may also serve as coping mechanisms but can lead to negative consequences and exacerbate mental health issues.

Lebel, T. P., Richie, M., & Marana, S. (2015): "Helping Others as a Response to Re-integrative Shaming: The Role of Helping Exchange in Desistance from Crime" - Explores how peer support programs aid in coping and rehabilitation.

Mears & Cochran, (2015). Conversely, maladaptive coping mechanisms, including substance abuse and aggression, are prevalent among inmates and can exacerbate stress and mental health issues.

Farebeat al., (2014) Cognitive-behavioral interventions (CBT) and mindfulness-based techniques have been shown to enhance inmates' coping skills by teaching them to identify and modify negative thought patterns and manage stress more effectively.

Houser and Welsh (2014) found that inmates who relied on maladaptive coping mechanisms, such as substance abuse and withdrawal, experienced higher levels of stress and poorer mental health outcomes. The study recommended interventions to encourage positive coping strategies.

Milligan, S., & McEwan, K. (2014). This review explored various coping strategies used by prisoners, focusing on both effective and maladaptive approaches. The study found that effective strategies included seeking social support, engaging in productive activities, and practicing mindfulness. In contrast, maladaptive strategies like substance abuse and aggression were associated with poorer mental health outcomes

Morris et al. (2014) found that religious and spiritual practices serve as important adaptive coping mechanisms for many inmates, providing emotional support and a sense of community.

Casey et al. (2013) found that inmates use a variety of coping strategies, including seeking social support, engaging in religious activities, and participating in educational programs. The study found that inmates who actively engaged in positive coping strategies reported lower levels of stress and better mental health outcomes.

Haener and Riley (2013) examined the coping strategies of female inmates, finding that those who engaged in spiritual practices and sought social support were more likely to maintain their mental health and well-being.

Hodge, D. R., & Ceballos, M. (2013) This study examined the role of religious coping mechanisms in the adjustment of inmates. The findings indicated that religious coping strategies, such as prayer and spiritual reflection, were associated with improved mental health and adjustment to prison life. The study recommended the inclusion of religious and spiritual support programs in prison settings.

Miller, H. V., & Barnes, J. C. (2013): "The Association Between Attachment Style and Coping Strategies Among Adult Male Prisoners" - Investigates how different coping styles influence resilience.

Shonin, E., Van Gordon, W., Slade, K., & Griffiths, M. D. (2013): "Mindfulness and Other Buddhist-Derived Interventions in Correctional Settings: A Systematic Review" - Analyzes the impact of mindfulness and meditation on coping and mental health.

Hostetter et al., (2012) Inmates often employ coping strategies such as seeking social support from peers, participating in religious or spiritual practices, and engaging in structured activities such as education or vocational training.

Houser et al. (2012) found that inmates who relied on maladaptive coping mechanisms were more likely to experience depression and anxiety. The study recommended the development of programs that encourage positive coping strategies and provide psychological support

Van den Bergh, B. J., et al. (2011): Analyzes the effectiveness of prison programs in improving mental health and coping skills among inmates.

Andrews, D. A., & Bonta, J. (2010): "The Psychology of Criminal Conduct" - Discusses how rehabilitation programs aid in developing adaptive coping strategies.

Porporino & Montauk, 2010). Educational and vocational programs provide opportunities for skill development and personal growth, which can improve self-esteem and promote resilience.

Duggal by et al. (2009) found that inmates who employed problem-focused strategies, such as engaging in educational programs or seeking social support, reported lower levels of stress and better mental health outcomes.

Heilbronn, K., DeMatteo, D., &Fret, R. (2008): "Coping Among Incarcerated Women: A Review of the Literature" - Reviews coping strategies used by female prisoners and their mental health impacts.

Guasch (2007) examined the impact of art therapy as a coping strategy for inmates. The findings indicated that engaging in creative activities helped reduce stress and improve emotional well-being among participants, demonstrating the potential of therapeutic programs in prisons.

Harvey (2007) reviewed coping strategies used by prisoners and found that adaptive strategies, such as seeking social support and engaging in constructive activities, are associated with better mental health and lower levels of distress. Maladaptive strategies, such as substance abuse and aggression, are linked to poorer outcomes.

Samuelson, M., Carmody, J., Kabat-Zinn, J., & Bratt, M. A. (2007): "Mindfulness-Based Stress Reduction in Massachusetts Correctional Facilities" - Reviews the benefits of mindfulness programs in prisons.

Cheilitis (2006) highlighted that inmate who engage in adaptive coping strategies, such as maintaining positive social relationships and participating in educational programs, experience lower levels of stress and better mental health

Haney, C. (2006): "The Wages of Prison Overcrowding: Harmful Psychological Consequences and Dysfunctional Correctional Reactions" - Reviews the psychological consequences of environmental stressors.

Mackenzie, D. L. (2006): "What Works in Corrections: Reducing the Criminal Activities of Offenders and Delinquents" - Reviews the effectiveness of correctional programs in enhancing coping skills.

Hochstetler and DeLise (2005) found that inmates who rely on substance abuse as a coping mechanism have higher rates of recidivism and poorer mental health outcomes. The study calls for targeted interventions to address substance abuse in prisons.

Ireland et al. (2005) discussed how aggression as a coping strategy is linked to increased disciplinary infractions and higher levels of psychological distress. Interventions focusing on anger management and conflict resolution are recommended.

Folkman, S., & Moskowitz, J. T. (2004): "Coping: Pitfalls and Promise" - Reviews various coping styles and their effectiveness in managing prison life stress.

Travis & waul, (2003) Coping skills among prisoners vary widely and can influence adjustment to incarceration and post-release outcomes. Adaptive coping strategies, such as seeking social support, engaging in religious practices, or participating in educational programs, can promote resilience and well-being.

Houck and Luper (2002) examined the role of coping in the adjustment of female inmates, finding that those who employed adaptive coping strategies were less likely to experience psychological distress and more likely to engage in prosocial behavior.

Johnson, R. (2002). Participation in prison programs (educational, vocational, therapeutic) can enhance coping skills and reduce the negative impacts of incarceration on mental health

Wright, K. A., & Saylor, W. G. (2002): "The Impact of Institutional Programs on Inmate Coping Strategies and Social Climate" - Reviews the role of peer support in improving coping skill.

Cooper and Berwick (2001) explored the effectiveness of religious and spiritual practices as coping mechanisms. They found that inmates who engaged in religious activities reported lower levels of stress and greater overall well-being. These findings highlight the importance of providing diverse coping resources to address the varied needs of the prison population.

Wooldridge, J. D. (1999) Prisoners use various coping strategies, such as substance use, aggression, or withdrawal. Adaptive coping strategies, like engaging in educational programs or finding social support, are less common but more beneficial.

Herman-Stahl, M., & Petersen, A. C. (1996): "The Protective Role of Coping and Social Resources for Depressive Symptoms Among Young Adolescents" - Examines the effectiveness of different coping strategies in reducing stress.

Carroll (1995) found that inmates who adopt problem-focused coping strategies, such as actively seeking solutions to their problems, experience lower levels of stress and better mental health outcomes compared to those who use emotion-focused coping strategies.

Toch (1992) explored the various coping strategies employed by inmates, categorizing them into problem-focused and emotion-focused strategies. Problem-focused strategies, such as engaging in educational programs or seeking social support, were found to be more effective in reducing stress and improving well-being.

Bonta and Gaudreau (1990) identified effective coping strategies used by inmates, such as engaging in recreational activities, maintaining social connections, and participating in religious or spiritual practices. These strategies help mitigate the negative effects of stress.

Zimble and Porporino (1990) explored how different coping styles affect the psychological adjustment of inmates, finding that those who employ adaptive coping mechanisms tend to fare better in terms of mental health and behavioral outcomes.

Zimble, E., & Porporino, F. J. (1988): "Coping, Behavior, and Adaptation in Prison Inmates" - Discusses various coping strategies and their effectiveness.

Lazarus and Folkman (1984) introduced the concept of coping strategies, categorizing them into problem-focused and emotion-focused strategies.

2.1.6. INTERVENTIONS

The following are the interventions for the studies:

Mackenzie et al., 2018) Providing opportunities for academic and vocational education not only enhances cognitive skills but also improves employment prospects upon release, reducing recidivism rates.

Simpson & Skelly, (2018) Tailoring interventions to the diverse needs of prisoners,

considering factors such as age, gender, cultural background, and length of sentence, is crucial for effectiveness.

Greer et al., (2015) Peer support groups and mentoring programs within prison settings foster a sense of community and encourage the sharing of coping strategies among inmates.

Kampfner et al., (2013) Collaboration between correctional staff, healthcare providers, and community organizations ensures continuity of care and support during inmates' transition from incarceration to community reintegration

Liebling & Marana, 2005). Creating rehabilitative environments within prisons that prioritize dignity, respect, and rehabilitation fosters positive behavioral change and enhances inmates' motivation for personal growth.

Coyle (2002): Explored global trends in prison reform, advocating for the adoption of evidence-based practices that prioritize rehabilitation and humane treatment of inmates.

2.1.7. RECOMMENDATIONS FOR REFORMS

Reforms or recommendations to reduce the rigidity of prison regimes and increase opportunities for autonomy can improve mental health outcomes.

Haney (2012) recommended creating safer prison environments and providing psychological support to help inmates cope with the stressors of institutional control and constant vigilance.

Toch (1977) suggested increasing opportunities for inmates to exercise autonomy and engage in meaningful activities to reduce feelings of powerlessness and improve overall well-being.

2.1.8. SUMMARY

The detailed review of the literature indicates that incarceration has a profound and multifaceted impact on cognitive functioning, quality of life, well-being, stress, and coping among prisoners. Addressing these issues requires a comprehensive approach that includes

improving prison conditions, providing adequate healthcare, and offering rehabilitative programs to enhance coping skills and overall well-being. Incarceration has profound negative impacts on cognitive functioning, quality of life, well-being, stress, and coping among prisoners. Addressing these issues requires comprehensive prison reform, including improving living conditions, providing adequate healthcare, and offering meaningful rehabilitative programs. This meta-analysis examined the role of cognitive functioning in predicting criminal recidivism. The study found that cognitive deficits, such as problems with reasoning, planning, and impulse control, are significant predictors of reoffending. The authors argued for the inclusion of cognitive-behavioral interventions in rehabilitation programs to address these deficits and reduce recidivism rates. The location where incarceration helps in the configuration of mental injury to persons appears clear as well as pertinent when remembering the past heart of offender fairness. Incarceration whether during a small era or long-standing imprisonment can be completely esteemed because of transformation for the person? The progress further than the usual replica of sentencing in the early 1970's stands for a supposed concept move to extra liberal punishments arrangement with a reduced heart on sentence. Supposedly selected as an extra goodwill advance in offender fairness the then well-liked form of consideration would go a rehabilitated scheme toward fairness, further than a replica of the now punitive sentence. Present tendency in wrong Dover fairness is short of the alleviative feature of anxiety for the general happiness of the person, relations, neighborhood as well as civilization altogether. Because renowned in creative writing, mental injury to the person has a deep and wave result on the community schemes in a permanent or changeable association with the jailed character. Offender fairness when advanced from a mutual as well as joint analysis toward fairness also sentence, permit civilization to harvest the advantages of a better person as well as those whom he unavoidably will obtain get in touch with and have several appearances of association.

2.2. FUTURE SCOPE OF THE RESEARCH WORK

Future research should continue to explore these areas, focusing on longitudinal studies, diverse populations, and the development of tailored interventions. By integrating interdisciplinary approaches and global best practices, researchers and policymakers can work towards creating a more effective and humane correctional system that supports the rehabilitation and reintegration of inmates.

2.2.1. Expansion of Current Knowledge

The expansion of current knowledge is as under:

1. **Longitudinal Studies:** Conduct longitudinal research to monitor changes in cognitive functioning, quality of life, well-being, stress levels, and coping mechanisms throughout incarceration and post-release.
2. **Diverse Populations:** Investigate the effects of incarceration on diverse inmate populations, including different age groups, genders, ethnicities, and those with varying lengths of sentences or types of offenses.
3. **Comparative Analysis:** Perform comparative studies across different types of correctional facilities (e.g., high-security, medium-security, low-security, juvenile detention centers) to understand how different environments affect inmates.

2.2.2. Cognitive Functioning

The future research work in cognitive functioning studies is as under:

1. **Neurobiological Studies:** Explore the neurobiological basis of cognitive impairments caused by incarceration, using neuroimaging and other advanced techniques.
2. **Technology-Enhanced Interventions:** Assess the effectiveness of technology-enhanced cognitive rehabilitation programs, such as virtual reality and computer-based cognitive training.
3. **Tailored Interventions:** Develop and evaluate tailored cognitive rehabilitation interventions for inmates with specific needs, such as those with mental health disorders or substance use issues.

2.2.3. Quality of Life (QoL)

The future research work of Quality-of-life studies is as under:

1. **Comprehensive QoL Measures:** Create and validate comprehensive quality of life assessment tools specifically designed for the prison population to better understand and address their needs.

2. **Impact of Policy Changes:** Examine the impact of policy changes on the QoL of inmates, such as the implementation of health care reforms, educational programs, and improved living conditions.
3. **Long-Term Outcomes:** Investigate the long-term effects of improved QoL during incarceration on post-release outcomes, including recidivism rates and successful reintegration into society.

2.2.4. Well-Being

The future research work of wellbeing studies is as under:

1. **Integrated Health Services:** Research the benefits of integrating physical, mental, and social health services within the prison system to promote holistic well-being.
2. **Special Populations:** Focus on the well-being of special populations, such as elderly inmates, those with chronic illnesses, and LGBTQ+ inmates, to develop targeted interventions.
3. **Prison Environment:** Study the impact of the physical and social prison environment on inmates' well-being, and identify changes that could enhance their overall experience.

2.2.5. Stress

The future research work of stress studies is as under:

1. **Preventive Interventions:** Develop and test preventive interventions that can be implemented early in incarceration to mitigate the development of chronic stress and associated mental health issues.
2. **Stress Reduction Programs:** Evaluate the effectiveness of various stress reduction programs, such as mindfulness, yoga, and art therapy, in reducing stress levels among inmates.
3. **Role of Prison Staff:** Investigate the role of prison staff in managing inmate stress and develop training programs to help staff support inmates more effectively.

2.2.6. Coping

The future research work of coping studies is as under:

1. **Adaptive Coping Strategies:** Identify and promote adaptive coping strategies that are most effective in managing stress and improving mental health outcomes among inmates.
2. **Technology-Assisted Coping:** Explore the use of technology-assisted coping mechanisms, such as mobile apps and online support groups, to help inmates manage stress and emotions.
3. **Gender-Specific Interventions:** Develop gender-specific coping interventions that address the unique stressors and coping styles of male and female inmates.

2.2.7. Conclusion

The future scope of research on cognitive functioning, quality of life, well-being, stress, coping, and institutional control in prison environments is vast. By expanding current knowledge through longitudinal studies, comparative analyses, and tailored interventions, researchers can develop more effective strategies to support the rehabilitation and reintegration of inmates. This comprehensive approach can ultimately lead to a more humane and effective correctional system, benefiting inmates and society as a whole.

CHAPTER -3

METHODOLOGY

3.0. Methodology

This study employs a structured and systematic approach to investigate the impact of incarceration on cognitive functioning, quality of life, well-being, stress, and coping mechanisms among prisoners. The study utilizes specific validated tools to measure these variables, ensuring the reliability and validity of the findings.

This chapter includes methodology used in the research. It consists of details regarding research design, Area of the study, importance of the study, sources of data collection, tools and techniques, validity of tools, key variables of the study.

3.1. Study (Research) Design

The research design, sample characteristics, tools of measurement for the study are briefly mentioned below.

Cross-sectional study was used to find the impact of incarceration on Cognitive Functioning, Quality of Life, Wellbeing, Stress and Coping among Jail inmates. Experimental designs were used to find out the effect of incarceration on Cognitive Functioning, Quality of Life, and Wellbeing, Stress and Coping among Jail inmates. The subject was administered all the scales one by one and were given all the necessary instructions with respect to filling the questionnaires. **Mixed-Methods Approach** Combining both quantitative and qualitative methods to gather comprehensive data.

3.2. Area of the Study.

The area of the study for the problem for participation was purposively selected state in the Northern region of Jammu and Kashmir. The study has been conducted in District Prison Baramulla, located in North Kashmir, India.

3.3. Profile of the Study Area (Baramulla District) is:

Location: Baramulla District, North Kashmir, India.

Type of Facility: Medium-security prison, housing both pre-trial detainees and convicted inmates.

Capacity and Population

The capacity and current population of the Baramulla prison is:

- **Capacity:** Designed to accommodate around 500 inmates.
- **Current Population:** Often exceeds capacity due to regional conflicts and socio-political issues.

Historical and Socio-Cultural Context

The historical background and Socio-cultural context of the town is:

1. **Historical Background:** The historical background of prison town is
 - Baramulla has a rich historical and cultural heritage, but it has affected by political conflicts and instability in the region.
 - The prison itself has been operational for several decades and serves as a key detention centre in North Kashmir.
2. **Socio-Cultural Dynamics:** The socio-cultural dynamics of region is
 - The prison population reflects the diverse ethnic, cultural, and socio-economic backgrounds of the region.
 - Many inmates come from rural areas with low socio-economic status, which influences their prison experiences and needs.

3.3.1 Geography and Climate

The Geographic context and Climate consideration of the said town is:

Geographic Context

- The scenic surroundings and natural features of Baramulla district contribute to the overall environment of District Jail Baramulla.
- The topography influences accessibility and land use planning within and around the prison facility.

Climate Considerations

The climatic consideration of the said Prison is:

- Seasonal variations in weather impact the prison's operational considerations, such as heating requirements in winter and ventilation in summer.
- Weather conditions can affect the logistics of outdoor activities and access to health services for inmates.

3.3.2 Demography

The demography of Baramulla prison is:

1. Age

- Varied age groups, ranging from Adolescents (13-18years), young adults (18-25 years) to older inmates (above 50 years).

2. Gender

- Predominantly male, with a small number of female inmates housed in a separate section.

3. Crime Type and Sentence Length

- A mix of short-term and long-term sentences.
- Crimes include petty theft, drug-related offenses, and more serious crimes such as assault and murder.
- Some political detainees due to the regional conflict.

Prison Conditions and Facilities

The prison conditions and health services of Baramulla Prison is:

1. **Living Conditions:** The living conditions of jail is

- Overcrowding is a significant issue, with more inmates than the facility's intended capacity.
- Basic amenities are provided, but resource limitations affect the quality of living conditions.

2. **Healthcare Services:** The healthcare services of prison are

- On-site medical facilities with basic healthcare provision.
- Access to specialized medical care is limited, with a focus on addressing immediate health concerns.

2. Mental Health Services: The mental health services of jail is

- Limited mental health support, with occasional visits from psychologists or counsellors.
- Lack of consistent mental health care and rehabilitation programs.

3. Educational and Recreational Facilities: The educational and recreational facilities is

- Educational programs are available but limited in scope and resources.
- Recreational activities include access to a small library, sports activities, and religious services.

3. Vocational Training: The vocational training in prison is

- Some vocational training programs aimed at skill development for post-release employment.
- Programs include carpentry, tailoring, and basic computer skills.

Prison Management and Staff

The Prison management and staff of Baramulla Prison is:

1. Staff Composition

- A mix of correctional officers, administrative staff, healthcare workers, and support staff.
- Staff training on handling diverse inmate populations and addressing their specific needs.

2. Management Practices

- Focus on maintaining order and security within the facility.
- Efforts to implement rehabilitation programs despite resource constraints.

Challenges and Issues

The challenges and issues of prison is:

1. Overcrowding

- The prison often operates beyond its capacity, leading to cramped living conditions and increased tensions among inmates.

2. Resource Limitations

- Limited resources for healthcare, mental health services, and educational programs.
- Strain on existing facilities and staff due to the high inmate population.

3. Mental Health Concerns

- High prevalence of mental health issues among inmates, exacerbated by the stressful prison environment and lack of adequate support.

4. Rehabilitation and Reintegration

- Insufficient rehabilitation programs to prepare inmates for reintegration into society post-release.
- Need for more comprehensive vocational training and educational opportunity.

3.3.3. Religion

Baramulla prison, like many prisons in India, the religious composition of the inmates generally reflects the broader demographics of the region. Baramulla district, located in North Kashmir, has a predominantly Muslim population, with Islam being the predominant religion. Therefore, it's likely that the majority of inmates in Baramulla prison are Muslims. However, prisons often have a diverse population, and there are Sikh inmates also.

3.3.4 Language

The language profile within Baramulla prison is likely diverse, reflecting the broader linguistic landscape of the region.

3.4 Importance of the Study

This study will focus on Impact of incarceration on cognitive functioning, quality of life and wellbeing of prisoners along with societal repercussions resulting from incarceration. Clearly prison involves severance from family, children, and friends and the disruption of the family, but these areas of study have been almost entirely neglected in academic research, prison statistics, public policy, and media coverage. Recent research regarding the effects of imprisonment on cognitive functioning, quality of life and wellbeing has developed many

insights on prison life. It may also prevent criminal behavior by future generations. The correctional institution, along with its policies, on the surface is designed to provide protection and safety to citizens, accountability and responsibility to offenders, and preparation for the individual to responsibly reintegrate back to their respective communities. Isolation from the outside world provides the inmates with few options for connections with individuals who demonstrate more prosocial thinking or positive behavior. Requisite navigation between inmate and administrative culture places inmates in an adversarial role with jail and prison administrations. Administrative mandates and costs allow policies that ignore or deny human rights, respect and dignity, and create a negative emotional reference for reprehensible behavior in the future (Smith & Hattery, 2010). This review of research literature can serve as a framework for prospective policy changes that encourage support of less retributive punishment.

1. Understanding Cognitive Functioning

- Examine how overcrowding, lack of stimulation, and stress impact inmates' cognitive abilities using J.C. Raven's Standard Progressive Matrices.

2. Assessing Quality of Life

- Use Vandana Kaushik Quality of Life Scale to measure the overall well-being of inmates, considering the constraints and challenges of the prison environment.

3. Evaluating Well-being

Apply the Nagpal and Sell Well-being Scale to assess emotional, social, and psychological well-being among inmates.

4. Measuring Stress

- Use the Holmes and Rahe Life Stress Inventory to quantify stress levels and identify major stressors affecting inmates.

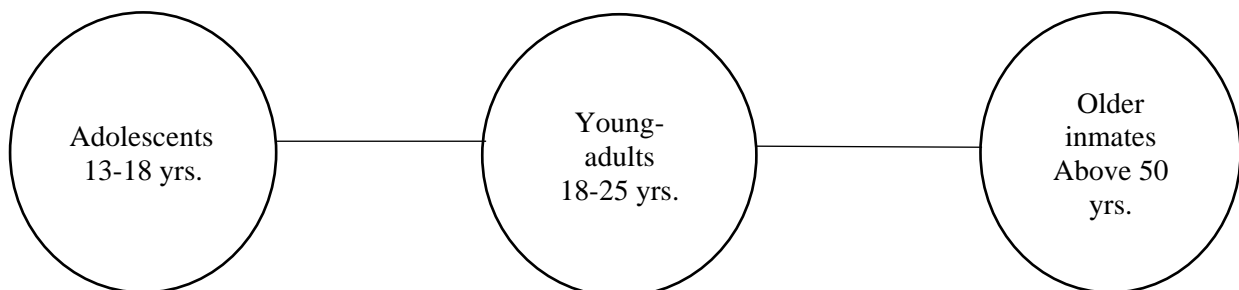
5. Identifying Coping Mechanisms

- Utilize Plutchik and Kellerman Coping Strategy Inventory to explore how inmates cope with the stresses of incarceration and the effectiveness of these strategies.

3.5 Sampling

The Sampling method for the study used was Stratified Sampling technique of Probability Sampling. The age group of Prisoners were from Adolescents (13-18years), young adults (18-25 years) to older inmates (above 50 years).

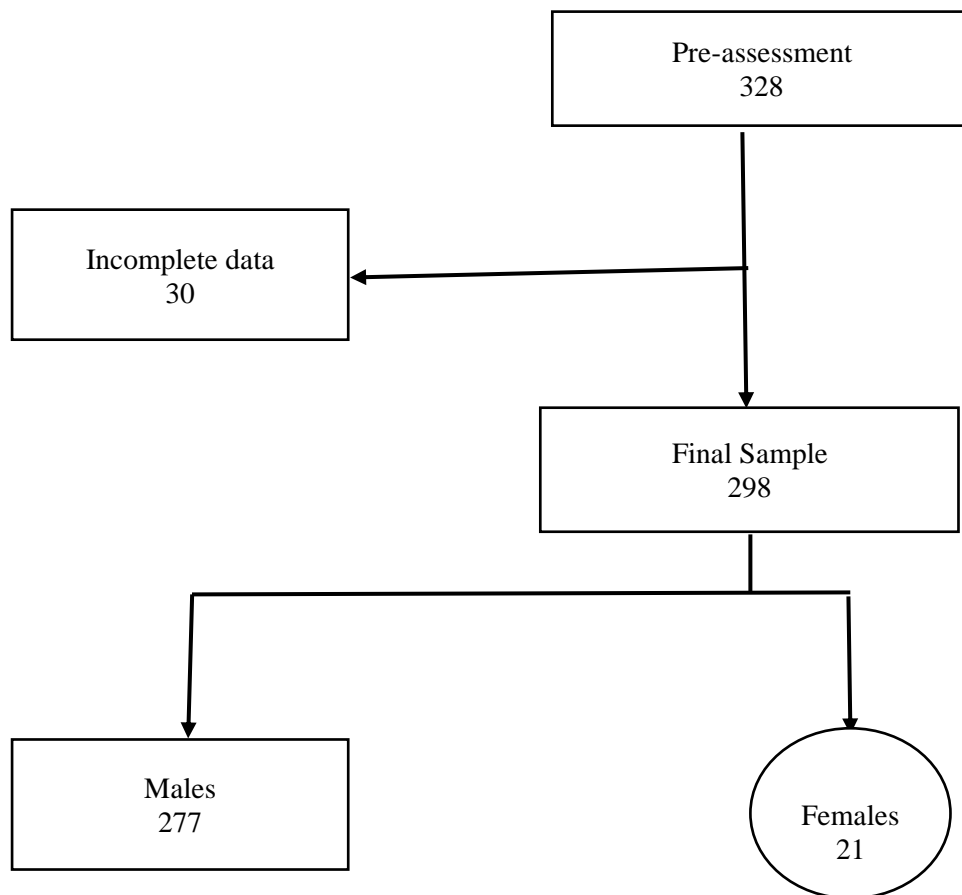
3.5.1 Figure of Age groups



Sample size

Prison inmates N = 298, (males =277, females=21) were taken for the study.

3.5.2 Figure of Sample Size



3.6 Data collection method

The data collection method used for the study was Quantitative method (Survey method).

3.7 Data analysis

The data analysis techniques used for the study was Quantitative analysis

T-test, Co-relation.

Statistical techniques (Data analysis)

Quantitative Analysis:

Use statistical software to analyse data from the scales, employing descriptive and inferential statistics to identify relationships and differences among variables.

Qualitative Analysis:

Perform thematic analysis on interview and focus group data to identify and analyse patterns and themes, for organization.

3.8. Tools used for data collection

The tools used for data collection of the study were;

3.8.1. Ravens Standard Progressive Matrices

RPM, Raven, (1958). The RSPM is a widely used nonverbal measure of intellectual ability and has been suggested to be one of the purest measures of general ('g') intellectual functioning (Abdel- Khaleq, 1988; Raven et al., 1977). Organized into five sets (A to E) with 12 tasks within each set, 60 patterns, respondents were required to identify the fitting pattern from the multiple choices provided. Responses were scored based on the number of correct responses. Higher scores indicated higher intellectual functioning. Raven et al. (1977) reported reliability coefficients ranging from .83 to .93. Abdel-Khaleq (1988) found a test-retest coefficient of .82 in an African sample. Length of Stay in prison was indicated in the demographic survey form completed by inmates which was corroborated by prison records.

Prison status was also indicated in the demographic survey form. Inmates were to indicate whether they have received prison sentence (convicted, coded 1) or still awaiting a court decision (awaiting trial, coded 0). Prison arrangement often made it easy to identify prison category of inmates via the uniforms that distinguish convicted persons.

3.8.2. Quality Of Life

Quality of Life (Dr Vandana Kaushik & Ms. Parva Jaggy) was used to measure Quality of Life.

The Study of QOL is a systematic study of perceived satisfaction and dissatisfaction in order

to pin point possible futuristic problematic areas and to measure the progress of existing attitudinal changes, The Scale is based on following dimensions: Physical dimension, Cognitive dimension, Emotional dimension and social dimension. The Scale has 28 items each of which has high correlation .60 and high discrimination. Reliability score of the scale was found to be 0.759. Index of reliability score of the scale was found to be 0.871.

The reliability and validity scores calculated indicates that the scale was highly reliable and valid.

3.8.3. Subjective Well-being Scale

(Nagpal and sell, 1985) was used to measure Subjective Well-being. It has 40 items (Appendix 1-a). This scale has high inter-rater reliability, inter-score's reliability, and test-retest reliability. The scale has been found to be highly significant and satisfactory in validity.

Subjective Well-being has been reported as a composite measure of independent feelings about a variety of life concerns, in addition to an overall feeling about life in positive and negative terms, i.e., general well-being and ill-being. Not surprisingly, general well-being in its positive affect and, to a somewhat lesser degree, its negative affect appears to be stable over time to an extent that they can probably be called personality traits. The Subjective Well-being Inventory (SUBI) is designed to measure feelings of well-being or ill-being as experienced by an individual, or a group of individuals in various day-to-day life concerns. The Inventory measures 11 factorial dimensions, viz. (1) General well-being-positive affect (2) Expectation-achievement Congruence (3) Confidence in coping (4) Transcendence (5) Family group support (6) Social support (7) Primary group concern (8) Inadequate mental mastery (9) Perceived ill-health (10) Deficiency in social contacts (11) General well-being-negative effect. The sample for this study consists of prisoners. Few items (questions) from the original scale are not applicable to prisoners. Through proper analysis those questions which are not suitable to prison life are selectively removed from the original list. The new questionnaire contains 30 items.

3.8.4 Stress

Holmes and Rahe (1967) created the Social Readjustment Rating Scale (SRRS), a list of 43 life events of varying severity. The scale lists 43 life events, each assigned a different numerical score, known as "life change units" (LCUs). For the SRRS, this has generally been found to be moderate to high. **Coefficient's** test-retest reliability coefficients ranging from 0.70 to 0.90.

- Examples of life events include:
 - Death of a spouse
 - Divorce
 - Marital separation
 - Jail term
 - Death of a close family member
 - Personal injury or illness

The scores of the events they have experienced are summed to obtain a total score.

Interpretation:

- **Low Stress (score < 150):** Indicates a low likelihood of stress-related health breakdown.
- **Moderate Stress (score 150-299):** Indicates a moderate likelihood of stress-related health breakdown.
- **High Stress (score > 300):** Indicates a high likelihood of stress-related health breakdown.

3.8.5 Coping

The Coping Strategy Inventory developed by Roger Plutchik and Henry Kellerman. This tool was designed to measure different coping strategies that individual use in response to Stress. It has 4 components1. Problem-Focused Engagement.2 Problem-Focused Disengagement.3 Emotion Focused Engagement 4. Emotion - Focused Disengagement. The inventory categorizes coping strategies into several types based on which posits that basic emotions are evolutionary adaptations to environmental challenges.

The strategies include:

- **Problem-solving:** Active efforts to change the stressor or one's relationship to it.
- **Cognitive restructuring:** Changing the way one thinks about the stressor.
- **Expressive strategies:** Venting emotions or expressing feelings.
- **Social support:** Seeking help or comfort from others.
- **Avoidance:** Evading the stressor or one's thoughts about it.

3.9 Validity of the tools

Ravens Progressive Matrices has a re-test reliability varying with age, From 0.83 to 0.93. It correlates 0.86 with the Turman-Binet test and has been found to have a G saturation of 0.82. Quality of Life has 28 items each of which has high correlation .60 and high discrimination. Reliability score of the scale was found to be 0.759. Index of reliability score of the scale was found to be 0.871. The reliability and validity scores calculated indicates that the scale was highly reliable and valid.

SRRS has been found to be moderate to high. **Coefficient's** test-retest reliability coefficients ranging from 0.70 to 0.90.

Well-being has **Cronbach's Alpha (Internal Consistency)**: Generally reported values range from 0.75 to 0.85.

3.10 Variables of the Study

The Variables of the study is under: Independent variable
Incarceration - Length of Incarceration, Type of Prison Environment, Conditions of Confinement

Demographic Variables: Age Gender, Ethnicity, Socioeconomic Status, Educational Background

Institutional Factors, Prison Policies and Practices, Healthcare and Mental Health Services, Educational and Vocational Programs

Dependent Variable

Cognitive Functioning: Executive Function, Memory, Attention, Problem-Solving Skills

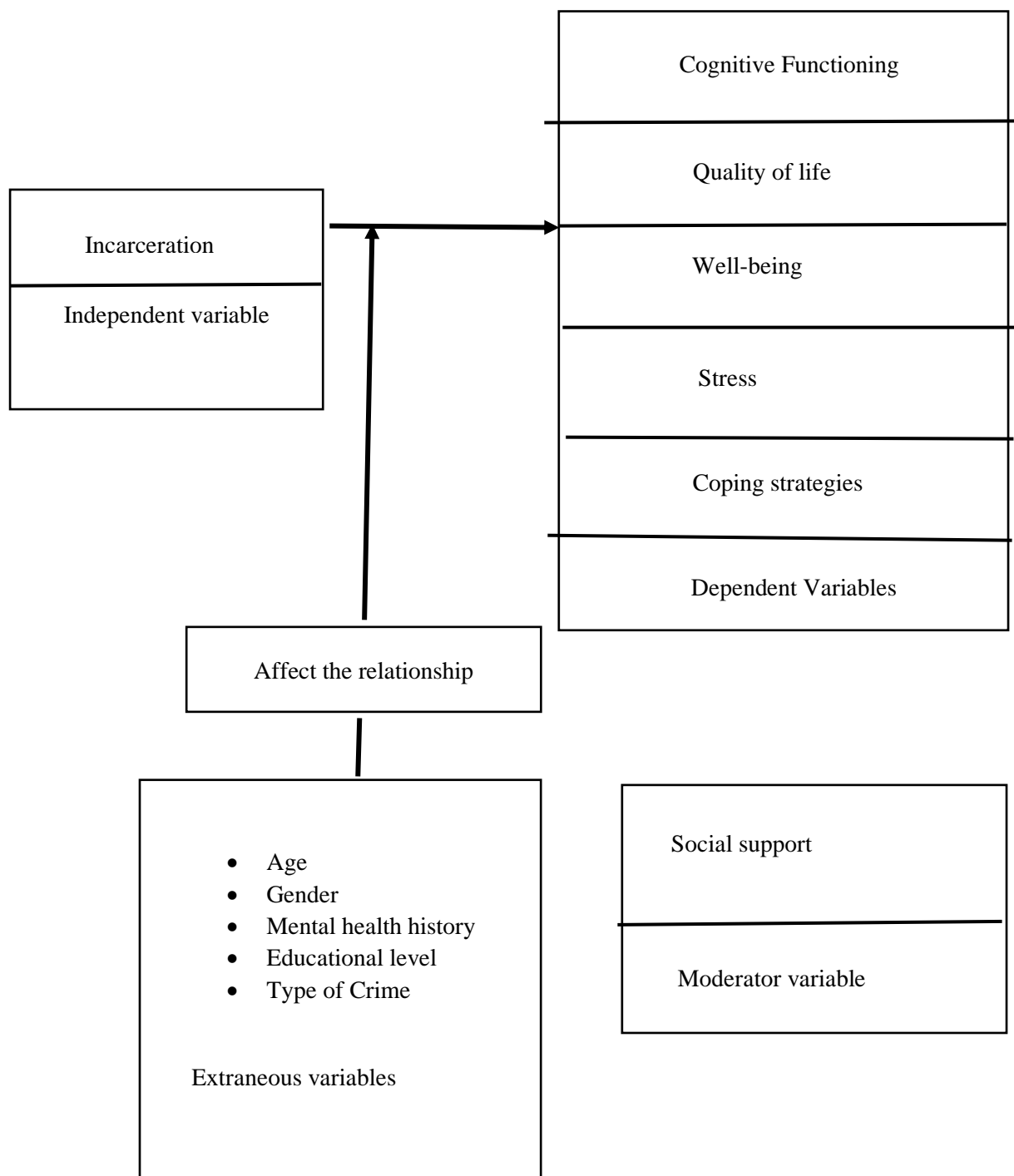
Quality of Life: Physical Health Status, Psychological Well-Being, Social Relationships and Support.

Well-Being: Depression and Anxiety Levels, Self-Esteem, Satisfaction with Life.

Stress Perceived Stress Levels: Physiological Markers of Stress, Coping Responses to Stressors.

Coping Strategies: Problem-Focused Coping, Emotion-Focused Coping, Social Support-Seeking.

3.10.1 Variable Chart



3.10.2 Independent Variable:

The primary variable that is manipulated or categorized to examine its effects on the dependent variables (e.g., incarceration duration).

3.10.3 Dependent Variables:

The outcomes that are measured to assess the impact of the independent variable (e.g., Cognitive Functioning, Quality of life, Well-being, Stress, Coping).

Control Variables: Variables that are held constant or controlled to prevent them from confounding the results (e.g., Age, Gender, Mental health history, educational level, Type of Crime).

Mediator/Moderator Variables: Variables that might influence or modify the relationship between the independent and dependent variables (e.g., social support).

3.10.4 Theoretical Base of Variables

The theoretical basis for the variables chosen in the study of the impact of incarceration on cognitive functioning, quality of life, well-being, stress, and coping among prisoners is rooted in several psychological and criminological theories. These theories provide a framework for understanding how incarceration affects individuals and why certain variables are critical to examine.

1.Incarceration Duration (Independent Variable)

Incarceration duration impacts mental health of prisoners.

1.General Strain Theory (GST): Proposed by Robert Agnew, this theory suggests that individuals who experience stressors or strains, such as the challenges of incarceration, are more likely to experience negative emotions. The duration of incarceration can exacerbate these strains, leading to more significant psychological and cognitive impacts.

2.Total Institution Theory (Erving Goffman): Goffman's concept of "total institutions" describes prisons as environments that exert total control over individuals' lives. The longer someone is exposed to this environment, the more it can impact their cognitive, emotional, and social functioning.

2. Cognitive Functioning (Dependent Variable)

Reduction in memory, attention, and problem-solving abilities.

1.Cognitive Dissonance Theory (Leon Festinger): This theory posits that individuals strive for internal consistency, and the harsh realities of incarceration might create dissonance, affecting cognitive functioning. Chronic stress and the monotony of prison life can impair cognitive processes like memory, attention, and decision-making.

2.Neuroplasticity Theory: This concept suggests that the brain can change in response to environmental demands. The lack of stimulation and the stressful environment of a prison can negatively affect cognitive functioning over time, particularly in areas like executive functioning and memory.

3. Quality of Life (Dependent Variable)

General health status, including access to medical care and prevalence of chronic conditions.

1.Maslow's Hierarchy of Needs: Incarceration can severely impact basic human needs such as safety, belonging, and self-esteem, which are fundamental to an individual's quality of life. When these needs are unmet, the quality-of-life declines.

2.Well-being Theory (Martin Seligman): Seligman's PERMA model (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) suggests that these five elements are crucial for well-being. Incarceration often disrupts these elements, leading to a reduced quality of life.

4. Well-being (Dependent Variable)

Levels of happiness, emotional stability, and life satisfaction.

1.Subjective Well-being Theory (Ed Diener): This theory focuses on individuals' self-reported well-being, including life satisfaction and emotional responses. The prison environment can significantly reduce well-being due to factors like isolation, lack of autonomy, and chronic stress.

2.Eudaimonic Well-being Theory (Carol Ryff): This theory emphasizes the pursuit of meaningful goals and self-realization. Incarceration can hinder prisoners' ability to achieve eudemonic well-being due to restricted opportunities for personal growth and fulfillment.

5. Stress (Dependent Variable)

Intensity and frequency of stress experienced due to incarceration.

1.Stress and Coping Theory (Lazarus and Folkman): According to this theory, stress is a result of the individual's perception of the demands placed on them and their resources to cope. Incarceration presents numerous stressors (e.g., loss of freedom, exposure to violence), and the ability to cope with these stressors can influence overall psychological well-being.

2.Allostatic Load Theory: This theory explains how chronic exposure to stress can lead to wear and tear on the body and mind, contributing to various health problems. Incarceration, as a long-term stressor, can increase allostatic load, leading to negative outcomes in both mental and physical health.

6. Coping Mechanisms (Dependent Variable)

Methods used to manage and respond to stress, including both adaptive and maladaptive strategies.

1.Transaction Model of Stress and Coping (Lazarus and Folkman): This model emphasizes the dynamic relationship between the individual and their environment, where coping is seen as a process of managing the demands of stressors. Incarceration tests an individual's coping strategies, influencing their psychological outcomes.

2.Learned Helplessness Theory (Martin Seligman): This theory suggests that when individuals feel they have no control over their situation, they may develop maladaptive coping strategies, leading to poorer psychological outcomes. The prison environment, which often strips individuals of their autonomy, can foster learned helplessness.

7. Social Support (Mediator/Moderator Variable)

1.Social Support Theory (Cobb): This theory posits that social support can buffer the effects of stress by providing emotional, informational, and practical resources. Incarceration often reduces access to social support, exacerbating the negative effects of stress and reducing overall well-being.

2.Buffering Hypothesis (Cohen and Wills): This hypothesis suggests that social support helps protect individuals from the adverse effects of stress. In the context of incarceration, those with strong social support may experience less decline in cognitive functioning, well-being, and quality of life.

8. Control Variables

1.Age and Cognitive Reserve Theory: Cognitive reserve refers to the mind's resilience to neuropathological damage. Younger individuals may have a higher cognitive reserve, potentially mitigating some of the cognitive impacts of incarceration.

2.Gender and Socialization Theories: Gender can influence how individuals experience stress and employ coping strategies. Socialization theories suggest that men and women are socialized to respond differently to stress, which could impact the outcomes studied.

3.Previous Incarcerations and Desensitization Theory: Repeated exposure to the prison environment might lead to desensitization, reducing the perceived stress but also potentially leading to greater cognitive and emotional disengagement.

4.Mental Health History and Diathesis-Stress Model: This model posits that individuals with a predisposition (diathesis) for mental health issues are more likely to experience adverse outcomes when exposed to stressors like incarceration.

5.Education Level and Socioeconomic Status Theory: Education is often associated with better health outcomes and greater resilience, potentially moderating the negative impacts of incarceration.

Conclusion

The theoretical bases for the variables chosen in this study reflect a multi-dimensional understanding of how incarceration affects prisoners. These theories collectively highlight the complex interplay between individual characteristics, environmental factors, and psychological outcomes. By grounding the study in these theories, researchers can better understand and interpret the data, leading to more nuanced insights into the effects of incarceration.

3.11 Ethical Consideration

The ethical consideration of the study is:

Informed Consent: all participants were provided informed consent and understand the study's purpose and their rights.

Confidentiality: Maintain the confidentiality of all participants by anonymizing data and securely storing records.

Minimizing Harm: sensitivity was kept in mind to participants' emotional and psychological well-being, providing support and resources as needed.

3.12 Research gap

Identifying research gaps is crucial for advancing our understanding of the impact of incarceration on cognitive functioning, quality of life, well-being, stress, and coping among prisoners. Here are some potential research gaps within each domain:

1. Cognitive Functioning

The research gap of this variable is:

1. Longitudinal Studies: There is a lack of long-term studies tracking cognitive changes over time in prisoners. Understanding how cognitive functioning evolves during incarceration and after release remains underexplored.

2. Impact of Specific Environmental Factors: While it's known that incarceration affects cognitive functioning, there is limited research on how specific environmental factors (e.g., solitary confinement, overcrowding) differentially affect cognitive domains like memory or executive function.

3. Neurobiological Mechanisms: The neurobiological underpinnings of cognitive decline in prisoners are not well understood. More research is needed to link neurobiological changes with cognitive impairments in this population.

2. Quality of Life

The research gap of this variable is:

1.Cultural and Socioeconomic Differences: The impact of incarceration on quality of life may vary across different cultural and socioeconomic groups, but this has not been sufficiently studied. Research needs to address how these factors influence prisoners' perceptions of quality of life.

2.Intervention Studies: There is a paucity of research on interventions aimed at improving quality of life in prison settings. Studies are needed to evaluate the effectiveness of programs designed to enhance physical and psychological well-being.

3.Comparative Studies: Limited research compares the quality of life of prisoners across different types of correctional facilities (e.g., minimum vs. maximum security, public vs. private prisons).

3. Well-Being

The research gap of this variable is:

1.Subjective Well-Being: While subjective well-being is a well-known construct, its application in prison populations is underexplored. Research is needed to adapt and validate subjective well-being measures specifically for incarcerated populations.

2.Positive Psychology Interventions: There is a gap in research on the application of positive psychology interventions (e.g., mindfulness, gratitude exercises) in prison settings to enhance well-being.

3.Well-Being Post-Incarceration: The transition from incarceration to community life and its effects on well-being is under-researched. Longitudinal studies following prisoners post-release to assess changes in well-being are needed.

4. Stress

The research gap of this variable is:

1.Prison-Specific Stressors: Although general stress models have been applied to prison populations, there is a gap in understanding how specific prison stressors (e.g., threat of violence, lack of privacy) uniquely contribute to chronic stress.

2.Coping Mechanisms and Cultural Variations: The coping mechanisms used by prisoners from different cultural backgrounds and how these affect stress levels are an area that requires further exploration.

3.Physiological Measures of Stress: While self-reported stress is commonly studied, there is less research on physiological measures (e.g., cortisol levels) in prisoners, which could provide a more objective understanding of stress.

5. Coping

The research gap of this variable is:

1.Effectiveness of Coping Strategies: There is limited research on the long-term effectiveness of various coping strategies employed by prisoners. More studies are needed to assess which strategies lead to better outcomes in terms of mental health and adjustment.

2.Role of Social Support: The influence of social support networks within and outside the prison on coping effectiveness has not been thoroughly investigated. Research could explore how the presence or absence of social support impacts prisoners' coping mechanisms.

3.Gender Differences in Coping: Research has yet to fully explore how male and female prisoners differ in their coping strategies and the implications for mental health and rehabilitation.

General Research Gaps Across All Domains

The research gap of all domain is:

- **Intersectionality:** There is a lack of research considering the intersection of various identities (e.g., race, gender, age, sexual orientation) and how these intersections impact the experience of incarceration in terms of cognitive functioning, quality of life, well-being, stress, and coping.
- **Policy Impact:** Little research has been done on how changes in prison policies (e.g., reforms, changes in incarceration length) directly impact these psychological and health-related variables.
- **Technology and Innovation:** The role of technology in improving these outcomes, such as through telepsychology or virtual reality interventions, remains largely unexplored.

3.13 Procedure

Approval was obtained from the SP Prisons District Jail Baramulla North Kashmir Service for the study. The different prison hierarchies in the sampled prison were communicated for additional approval and cooperation. Inmates who volunteered to participate were screened for physical and mental health stability and only those approved by the prison health staff were allowed to participate in the study. Data were collected between July 2019 and January 2020. Across the 3 facilities, inmates were often called up from their cells in a batch of 20 individuals. They then sat in an open hall in the prison and completed the survey

forms. Though 328 inmates participated, only 298 were found to have duly completed the forms. Thirty participants had poorly completed survey forms, omitting more than 5% of the items and so they were removed from the study. Participants were asked to sit comfortably first. After those instructions were given to the participants regarding the said test. One day instructions were given regarding one test. Likewise, five days six scales on each variable were given for assessing prisoners Cognitive functioning, Quality of Life, Well-being, Stress and Coping scales. Prisoners were properly helped in responding items in the Scale. Prisoners were assuring that their responses will be kept confidential. After the completion of all scales the Prisoners were thanked for their cooperation and support. After collection of data the scoring was done as per the given instructions given in each scale. Average scores on the items were used to replace the remaining missing values. It took about 1 hour 15 minutes to complete the exercise for a set of participants. Inmates were appreciated with light refreshments and personal grooming items (e.g., soap) after completing the survey instrument.

Post-hoc power analysis using G*Power (version 3.1.9.2) showed that, expecting a large effect size of .35, an alpha probability level of .05, a sample size of 398, and 3 predictors, would achieve a strong power level of 1.00. Effects too. Participants will complete the RSPM under supervised conditions within the prison environment.

Conclusion

By utilizing a combination of specific scales and methods, this study aims to provide a detailed understanding of the impact of incarceration on cognitive functioning, quality of life, well-being, stress, and coping mechanisms. This comprehensive approach will facilitate a nuanced analysis, contributing valuable insights to the fields of corrections and mental health.

Chapter – 4

Results (Data analysis and Data interpretation)

4.1 Introduction

The result of the problem impact of incarceration on Cognitive functioning, Quality of life, Well-being, Stress and Coping among prisoners is mentioned below. The reviewed literature underscores the profound and multifaceted impacts of incarceration on prisoners. The prison environment exacerbates cognitive decline, reduces quality of life, impairs well-being, and induces high levels of stress. Effective coping mechanisms and supportive interventions are essential to mitigate these negative effects. Addressing these issues through improved mental health care, enhanced living conditions, and opportunities for personal development can significantly improve the lives of incarcerated individuals and support their successful reintegration into society.

Table 4.1 Showing the Mean, SD and t-value in terms of Cognitive Functioning for Prisoners.

Variables	Gender	N	Mean	S. D	C-Value	T-Value	Levels of Significance
Cognitive Functioning	Male	277	33.06	6.54	11.4	2.59	0.001 level
Cognitive Functioning	Female	21	23.95	3.21			
	Total	298					

The Calculated Value 11.4 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on cognitive functioning of prisoners across Gender differs significantly which shows that incarceration impact on females Cognitive functioning is more than males. Females have intellectually defective capacity than males because of incarceration impact.

Table 4.2 Showing the Mean, SD and t-value in terms of Quality of life among Prisoners.

Variables	Gender	N	Mean	S. D	C-Value	T-Value	Levels of Significance
Quality of Life	Male	277	23.31	5.28	6.06	2.59	*0.01 level
Quality of Life	Female	21	16.33	2.65			

	Total	298					
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The Calculated Value 6.06 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Quality of Life of prisoners across Gender differs significantly which shows that incarceration impact on females Cognitive functioning is more than males. Females have poor Quality of Life than males due to impact of incarceration.

Table 4.3. Showing the Mean, SD and t-value in terms of among Well-being among Prisoners.

Variables	Gender	N	Mean	S. D	C-Value	T-Value	Levels of Significance
Well-being	Male	277	113.92	493.03	0.37	2.59	*0.05 level
Well-being	Female	21	102.76	7.32			
	Total	298					

The Calculated Value 0.37 is below the Table Value 2.59 at *0.05 level. Therefore it is significant at *0.05 level. It indicates that there is no significant difference on the impact of incarceration on Subjective Well-being of prisoners across gender.

Table 4.4 Showing the Mean, SD and t-value in terms of among Stress among Prisoners.

Variables	Gender	N	Mean	S. D	C-Value	T-Value	Levels of Significance
Stress	Female	21	483.71	42.50	10.98	259	*0.01 level
Stress	Male	277	332.56	180.74			
	Total	298					

The Calculated Value 10.98 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Stress of prisoners

across Gender differs significantly which shows that incarceration impact on females Stress is more than males. Females have more Stress than males due to impact of incarceration.

Table 4.5 Showing the Mean, SD and t-value in terms of among Coping among Prisoners

Variables	Gender	N	Mean	S. D	C-Value	T-Value	Levels of Significance
Coping Strategy	Male	277	64.42	5.38	23.69	2.59	*0.01 level
Coping Strategy	Female	21	44.52	3.61			
	Total	298					

The Calculated Value 23...69 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Coping of prisoners across Gender differs significantly which shows that incarceration impact on females coping is less than males. Females have less coping than males due to impact of incarceration.

4.2 Discussion

The Calculated Value 11.4 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on cognitive functioning of prisoners across Gender differs significantly which shows that incarceration impact on females Cognitive functioning is more than males. Females have intellectually defective capacity than males because of incarceration impact. The Calculated Value 6.06 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Quality of Life of prisoners across Gender differs significantly which shows that incarceration impact on females Cognitive functioning is more than males. Females have poor Quality of Life than males due to impact of incarceration. The Calculated Value 0.37 is below the Table Value 2.59 at *0.05 level. Therefore it is significant at *0.05 level. It indicates that there is no significant difference on the impact of incarceration on Subjective Well-being of prisoners across gender. The Calculated Value 10.98 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Stress of prisoners across Gender differs significantly which shows

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4.3 Summary

Research on the impact of incarceration on prisoners reveals several key findings. Prolonged incarceration is linked to a decline in cognitive abilities, including memory, attention, and executive function. Cognitive decline is often associated with mental health disorders such as depression and anxiety. Incarceration negatively affects physical health due to inadequate healthcare, poor nutrition, and lack of physical activity. High prevalence of mental health issues, including depression, anxiety, and PTSD, exacerbated by prison conditions. Separation from family and friends, leading to loneliness and lower perceived quality of life. High levels of psychological distress, including feelings of hopelessness and desperate. Poor emotional well-being due to constant threats of violence, lack of autonomy, and limited support. Some improvement in well-being through religious practices, education, and work assignments. High levels of chronic stress due to constant vigilance and fear of violence. Chronic stress leads to health problems such as cardiovascular diseases and weakened immune systems. Heightened physiological markers of stress, like elevated cortisol level. Engagement in educational programs, supportive relationships, and religious activities as positive coping strategies. Substance abuse, aggression, and social withdrawal as negative coping strategies. Crucial role of support systems in helping prisoners cope with stress and improving resilience.

Chapter -5

Conclusion

5.1. Introduction

The study aimed to comprehensively assess the impact of incarceration on cognitive functioning, quality of life, well-being, stress levels, and coping mechanisms among prisoners using a combination of well-established psychological and assessment tools: Raven's Standard Progressive Matrices, Vandana Kaushik's Quality of Life Scale, Nagpal's Well-Being Scale, Holmes-Rahe Stress Inventory, and Plutchik Coping Styles Inventory. The findings of this study indicate the need for greater investment in the prison system to improve the availability and quality of mental health, services quality of life and prisoner's wellbeing in prisons in order to deliver adequate care to this group, with an emphasis towards women prisoners. It is important to highlight that family ties are an important protective factor against mental health problems. Therefore, apart from being a right that should be protected, giving prisoners the opportunity to maintain family ties is a protective factor against the aggravation of emotional problems. We believe that these results provide an important input for informing future interventions in the prison system and the elaboration of mental health policies. Such demands were highlighted by the National Prison System Health Plan created in 2003. This document provides for the development of actions to prevent psychosocial health problems caused by imprisonment and reduce the serious damage to health caused by the use of alcohol and drugs. However, these goals are far from being met. The provision of health care to people deprived of their liberty is a human right. However, it is necessary to go beyond the simple diagnosis and treatment of mental health problems and other prisoner health demands: the whole prison system must be rethought given the many elements of prison settings that put prisoners at risk of ill health, including overcrowding, cell conditions, inactivity, and poor diet. In its current form, the prison system often deepens the social exclusion experienced by prisoners prior to incarceration. The cumulative effect of the factors mentioned above on prisoner health together with the lack of adequate healthcare provision in prisons lead to the deterioration of physical and mental health, resulting in the violation of a fundamental right of those who are imprisoned - to enjoy good health. There is an urgent need to acknowledge that the only right that a prisoner should lose upon being incarcerated is the right to liberty; all other rights should be protected.

5.2. Findings

The Calculated Value 11.4 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on cognitive functioning of prisoners across Gender differs significantly which shows that incarceration impact on females Cognitive functioning is more than males. Females have intellectually defective capacity than males because of incarceration impact. The Calculated Value 6.06 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Quality of Life of prisoners across Gender differs significantly which shows that incarceration impact on females Cognitive functioning is more than males. Females have poor Quality of Life than males due to impact of incarceration. The Calculated Value 0.37 is below the Table Value 2.59 at *0.05 level. Therefore it is significant at *0.05 level. It indicates that there is no significant difference on the impact of incarceration on Subjective Well-being of prisoners across gender. The Calculated Value 10.98 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Stress of prisoners across Gender differs significantly which shows that incarceration impact on females Stress is more than males. Females have more Stress than males due to impact of incarceration. The Calculated Value 23...69 exceeds the Table Value 2.59 at *0.01 level. Therefore, it is significant at *0.01 level. It indicates that the impact of incarceration on Coping of prisoners across Gender differs significantly which shows that incarceration impact on females coping is less than males. Females have less coping than males due to impact of incarceration.

5.3 . Conclusion

Results from Raven's Standard Progressive Matrices indicate that many prisoners experience cognitive decline, with impairments in executive functions such as planning, decision-making, and impulse control. The cognitive impairments are correlated with the length of incarceration and are exacerbated by the lack of mental stimulation and high levels of stress in the prison environment. Vandana Kaushik's Quality of Life Scale reveals that prisoners generally perceive their quality of life to be low, with significant deficits in physical

health, psychological state, social relationships, and environmental conditions. Factors such as inadequate healthcare, poor nutrition, isolation from family and friends, and substandard living conditions contribute to this poor quality of life. Nagpal's Well-Being Scale results show a marked decrease in overall well-being among prisoners, characterized by low emotional and psychological health. The prison environment, with its restrictive and often harsh conditions, leads to feelings of hopelessness, loss of identity, and a sense of purposelessness. The Holmes-Rahe Stress Inventory identifies high levels of stress among prisoners, attributed to factors like fear of violence, lack of privacy, uncertainty about the future, and deprivation of autonomy. Chronic stress is linked to physical health problems, such as hypertension and cardiovascular diseases, and exacerbates existing mental health conditions. Plutchik Coping Styles Inventory indicates a wide range of coping mechanisms among prisoners, with some adopting adaptive strategies like seeking social support and engaging in educational activities, while others resort to maladaptive strategies like substance abuse and aggression. Effective coping strategies are associated with better mental health outcomes and higher levels of well-being.

5.4 . Suggestions

Based on the findings of the study, several key recommendations can be made to address the impact of incarceration on cognitive functioning, quality of life, well-being, stress levels, and coping mechanisms among prisoners. These suggestions aim to improve the prison environment, support prisoner rehabilitation, and enhance overall prisoner health and well-being.

Cognitive Functioning

The suggestions for this variable are:

1. Educational Programs

- Implement comprehensive educational programs to stimulate cognitive functioning and provide prisoners with valuable skills that can aid in their reintegration into society.
- Incorporate vocational training and adult education courses to improve literacy, numeracy, and job-related skills.

2. Mental Stimulation Activities

- Provide access to libraries, educational materials, and recreational activities that encourage mental engagement and cognitive development.
- Introduce puzzles, games, and other cognitive exercises as part of daily routines.

Quality of Life

The suggestions for this variable are:

1. Healthcare Improvements

- Ensure access to adequate healthcare services, including regular medical check-ups, mental health support, and dental care.
- Provide appropriate treatments and interventions for chronic illnesses and mental health disorders.

2. Nutrition and Exercise

- Improve the quality and nutritional value of food served in prisons to promote better physical health.
- Encourage physical activity by providing exercise facilities, organizing sports events, and incorporating physical fitness programs.

3. Social Support

- Facilitate regular contact with family and friends through visitation programs, phone calls, and correspondence to maintain social connections and support networks.
- Create peer support groups within the prison to foster a sense of community and mutual aid.

Well-Being

The suggestions for this variable are:

1. Mental Health Services:

- Expand access to mental health services, including counselling, therapy, and psychiatric care.
- Train prison staff to recognize and respond to mental health issues and provide ongoing support to prisoners in need.

2. Purposeful Activities:

- Introduce programs that provide prisoners with a sense of purpose and achievement, such as arts and crafts, gardening, and community service projects.
- Encourage participation in religious or spiritual activities for those who find comfort and meaning in them.

Stress Management

The suggestions for this variable are:

1. Stress Reduction Programs:

- Implement stress reduction programs that include mindfulness, meditation, yoga, and relaxation techniques.
- Provide workshops on stress management and coping strategies to help prisoners deal with the challenges of incarceration.

2. Environment Improvements:

- Reduce overcrowding by ensuring adequate space and resources for all prisoners.
- Improve living conditions by maintaining cleanliness, providing sufficient lighting and ventilation, and ensuring safety from violence and abuse.

Coping Mechanisms

The suggestions for this variable are:

1. Coping Skills Training:

- Offer training in adaptive coping strategies, such as problem-solving, emotion regulation, and seeking social support.
- Develop programs that teach prisoners how to handle conflicts, manage emotions, and navigate the challenges of prison life.

2. Substance Abuse Programs:

- Provide comprehensive substance abuse treatment programs for prisoners struggling with addiction.

- Include counselling, support groups, and relapse prevention strategies to support long-term recovery.

Policy Recommendations

The following are the recommendations for the study:

1. Rehabilitation Focus

- Shift the focus of the prison system from punishment to rehabilitation, emphasizing the importance of preparing prisoners for successful reintegration into society.
- Allocate resources to programs that support education, mental health, and skill development.

2. Staff Training and Support

- Provide ongoing training for prison staff on issues related to mental health, stress management, and rehabilitation.
- Ensure staff has access to support and resources to manage their own stress and well-being.

3. Research and Evaluation

- Conduct regular research and evaluations of prison programs and policies to assess their effectiveness and identify areas for improvement.
- Use evidence-based practices to guide the development and implementation of interventions aimed at improving prisoner health and well-being.

By implementing these suggestions, prison systems can create a more supportive and rehabilitative environment that addresses the cognitive, psychological, and social challenges faced by prisoners. These efforts will not only improve the quality of life and well-being of incarcerated individuals but also enhance their prospects for successful reintegration into society upon release.

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Appendix 1

The QOL, Scale

Items	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1. My surroundings are not fine. 2. My physical condition is fine. 3. My criterion of livelihood is high-quality. 4. I have good quality fabric belongings. 5. I have superior foodstuff. 6. I don't have first-class neighborhood amenities. 7. I don't experience pleasure in everything. 8. I am not inspired. 9. I am intellectual. 10. I am not visionary. 11. I am not brave. 12. I am critical. 13. My teaching is suitable. 14. I have innovation. 15. I have self-esteem. 16. I have unenthusiastic thoughts. 17. I don't have psychological calm. 18. I don't have confidence. 19. My self-actualization is fine. 20. I guide noble existence. 21. I am not affecting. 22. Family within my relations are not high-quality. 23. My existence is pleasing. 24. I am not free. 25. I don't have contentment. 26. My wedding is winning. 27. I sense unconfident. 28. I have excellent community relationships.					

Appendix 2

Subjective Well-being Inventory

All feature recognized by you will be employ similar to clandestine and will be use merely for learning causes.

1. Do you think your survival is good-looking?

Very much 1

To some extent 2

Not so much 3

2. Do you think you have reached the principle of living and the shared grade that you had common?

Very much 1

To some extent 2

Not so much 3

3. How do you knowledge about the grade to which you have reach attainment and are getting ahead?

Very good 1

Quite good 2

Not so good 3

4. do you frequently attain what you wish to?

Most of the time 1

Sometimes 2

Hardly ever 3

5. Appraise with the past, do you knowledge your present survival is?

Very happy 1

Quite happy 2

Not so happy 3

6. In general, how content is you with the belongings you have been act in present life?

Very happy 1

Quite happy 2

Not so happy 3

7. Do you think you can sprint situation still when they do not throng as customary?

Most of the time 1

Sometimes 2

Hardly ever 3

8. Do you think certain that in the example of a tragedy (a little which significantly suffering your survival situation) you will be intelligent to handle with it/seem it boldly?

Very much 1

To some extent 2

Not so much 3

9. Way belongings are departure at current do you intelligence certain in handle with the view?

Very much 1

To some extent 2

Not so much 3

10. Do you infrequently think that you and the belongings about you be linked with intensely together and are necessary part of a usual authority?

Very much 1

To some extent 2

Not so much 3

11. Do you infrequently information immediate of powerful enjoyment about similar to a kind of pleasure or joy?

Quite often 1

Sometimes 2

Hardly ever 3

12. Do you infrequently information a content feeling of person part of humankind from solitary large relatives?

Quite often 1

Sometimes 2

Hardly ever 3

13. Do you consider certain that relations and/or connections will help you absent if there is a disaster, e.g., if you lose what you have by blaze or theft?

Very much 1

To some extent 2

Not so much 3

14. How do you suppose about the organization you and your children have?

Very good 1

Quite good 2

Not so good 3

Not applicable 4

15. Do you think certain that relations and/or friends will worry for you if you are cruelly ill or assemble with an accident?

Very much 1

To some extent 2

Not so much 3

16. do you get just suffering if belongings don't wind missing as customary?

Very much 1

To some extent 2

Not so much 3

17. do you infrequently intelligence sad with no reason?

Very much 1

To some extent 2

Not so much 3

18. do you supposed too just annoyed, too receptive?

Very much 1

To some extent 2

Not so much 3

19. Do you think anxious by view of anxiety and concern?

Most of the time 1

Sometimes 2

Hardly ever 3

20. Do you believe it a complexity for you that you irregularly lose your annoyance over small belongings?

Very much 1

To some extent 2

Not so much 3

21. Do you believe your family a foundation of help to you in find out reply to mostly of the problem you have?

Very much 1

To some extent 2

Not so much 3

22. Do you think that mostly of the friends of your family intelligence closely shut to every previous?

Very much 1

To some extent 2

23. Do you think you likely?

Not so much 3

It seems following healthy by your relations in case you were gravely unwell?

Very much 1

To some extent 2

Not so much 3

24. Do you think your survival is boring/uninteresting?

Very much 1

To some extent 2

Not so much 3

25. Do you be nervous about the view?

Very much 1

To some extent 2

Not so much 3

26. Can you think your survival is unproductive?

Very much 1

To some extent 2

Not so much 3

27. Can you infrequently be nervous about the organization you and your wife/spouse have?

Very much 1

To some extent 2

Not so much 3

Not applicable 4

28. Can you suppose your connections/relations would help you out if you were in necessary?

Very much 1

To some extent 2

Not so much 3

29. Do you infrequently be nervous about the organization you and your children have?

Very much 1

To some extent 2

Not so much 3

Not applicable 4

30. Can you suppose that small belongings suffering you more than necessary?

Very much 1

To some extent 2

Not so much 3

31. Can you discover just suffering if you are censure?

Most of the time 1

Sometimes 2

Hardly ever 3

32. Would you wish to have more connections than you actually have?

Very much 1

To some extent 2

Not so much 3

33. Can you infrequently suppose that you disregard a factual close friend?

Very much 1

To some extent 2

Not so much 3

34. Can you infrequently be nervous about your happiness?

Very much 1

To some extent 2

Not so much 3

35. Do you experience from pain in dissimilar parts of your body?

Most of the time 1

Sometimes 2

Hardly ever 3

36. Are you anxious by shake/a pounding strength?

Most of the time 1

Sometimes 2

Hardly ever 3

37. Are you anxious by consider of giddiness?

Most of the time 1

Sometimes 2

Hardly ever 3

38. Can you consider you get tired too just?

Most of the time 1

Sometimes 2

Hardly ever 3

39. Are you nervous by anxious snooze?

Most of the time 1

Sometimes 2

Hardly ever 3

40. Can you infrequently be nervous that you do not have close person organization with former people?

Very much 1

To some extent 2

Not so much 3

Appendix 3

The Holme's-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

Teaching reduction the tip worth of all of these existing proceedings that have occurred to you through the earlier year. While these linked sharp.

Life Event	
1.bereavement of wife	100
2. Separation	73
3. Soldiery parting from friend	65
4.Imprisonment in jail or other institution	63
5.Bereavement of a near relations associate	63
6.Main individual wound or sickness	53
7. Wedding	50
8.Dismised at job	47
9.Soldierly settlement with friend	45
10.Departure from job	45
11.Main alter in the wellbeing or performance of a relations associate	44
12. Pregnancy	40
13. Sexual problems	39
14. Acquisition a novel relations associate (i.e., delivery, acceptance, big mature affecting In etc.	39
15. Main commerce change	39
16.Main alter in monetary condition (i.e., many inferior or improved than common.)	38
17. Bereavement of a best friend	37
18. Alteration to a dissimilar row of job	36
19. Main alter in associate of quarrel with partner i.e lots extra or fewer.	35
20. Attractive on a credit (for house, commerce, etc.)	31
21. Foreclosure on a credit or advance.	30
22. Main alteration in accountabilities at job (i.e endorsement, relegation, etc.	29
23. Son or daughter separation residence (wedding, college, militancy, etc.)	29
24. In laws dilemma	29
25. Exceptional individual attainment	28

26. Partner start or stop job exterior the house	26
27. Start or stop official education	26
28. Main alter in livelihood circumstance (i.e., latest house, alter, worsening, etc.)	25
29. Amendment of personal behaviour (i.e., clothing, organization, quite smoking, etc.)	24
30. Dilemma with the chief	23
31. Main alteration in job hours or circumstances	20
32. Alteration in house	20
33. Alteration to a novel educate	20
34. Main alteration in customary kind and/or quantity of leisure	19
35. Main alteration in church movement (i.e. many extra or fewer)	19
36. Main alteration in common performance (i.e., club, cinema, appointments etc.)	18
37. Attractive on adore (i.e., car, tv, freezer, etc.)	17
38. Main alteration in asleep lifestyle (i.e lots extra or fewer)	16
39. Main alteration in figure of relatives gathering (i.e. lots extra or fewer)	15
40. Main alteration in consumption behaviour (i.e., many extra or less, consumption hours, atmosphere, etc.	15
41. Holiday	13
42. Main vacations	12
43. Slight contravention of the rule (i.e., travel label, jaywalking, etc.)	11

Appendix 4

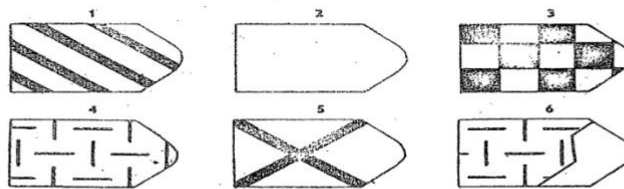
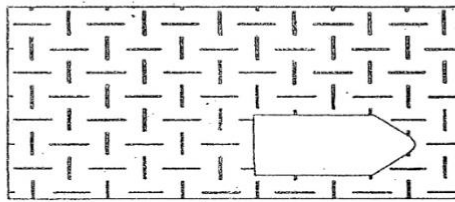
Coping Strategy Scale	
1. I have no difficulty stay quiet in difference of vision with my friends	1 2 3 4 5
2. motionless far away possible threatening events be nervous me	1 2 3 4 5
3. I don't get furthermore suffering by uncommon shared denial	1 2 3 4 5
4. I be inclined to concern excessively concerning my trouble, still ones which finally leave gone by themselves	1 2 3 4 5
5. If I consider somebody needs to injure me, I often lose my tranquil	1 2 3 4 5
6. I can relax and get pleasure in myself motionless when to approach to understand about a small important	1 2 3 4 5
7. I have learned not to go down on myself for little mistake I make	1 2 3 4 5
8. The person confines of people I agreement with often go further than the border of my patience	1 2 3 4 5
9. As my tout are rare, I get too suffering to do a little in the mostly capable means	1 2 3 4 5
10. As belongings go away approximately, I place it definite to avoid motionless lesser tragedy	1 2 3 4 5
11. I often lose my tranquil and chilliness in trade with interpersonal topic	1 2 3 4 5
12. I against achievement disagreeable smaller little by others	1 2 3 4 5
13. I barely still permit condemnation to get angry	1 2 3 4 5
14. When my production at work/teach hesitate or fall I effort to wait my tranquil	1 2 3 4 5
15. I can't stop home on people's fault of me, whether it show appropriate or not	1 2 3 4 5
16. Less power, I be possible to make rapid option	1 2 3 4 5
17. I wait my annoyance forced in commerce negotiations	1 2 3 4 5
18. I have been documented to increase my person problem more than them real tallness of meaning	1 2 3 4 5
19. When I'm to come to understand about a small significant, I now can't get it absent of my intelligence	1 2 3 4 5
20. I attempt assign totally educated and thoughtful about the option i have to make	12345
21. The past embarrassment be tending to difficulty me for an extensive time	1 2 3 4 5
22. I typically stay tranquil, motionless when I think a star too requirements to injure me	1 2 3 4 5

23. I often place it impracticable to handle my irritation	1 2 3 4 5
24. I typically learning from my error more I lease them suffering me	1 2 3 4 5
25. Quite often, being meaningfully suffering anxiety my trade with major difficulty in my survival	1 2 3 4 5
26. I barely still permit others to power my irritation to their individual clippings	1 2 3 4 5
27. I am often tremendously reasonable in trade with daily problem	1 2 3 4 5
28. Small physical sickness don't suffer me a bunch	1 2 3 4 5
29. Whether I can't handle as a small dreadful is departure to happen, I effort not be nervous about it	1 2 3 4 5
30. I effort to relax and fair in trade with interpersonal substance	1 2 3 4 5

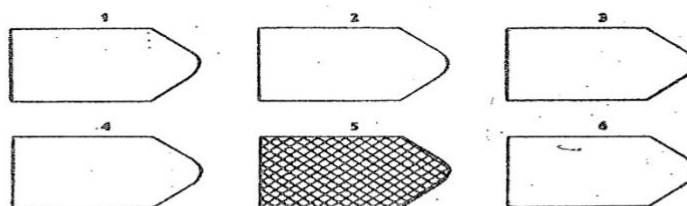
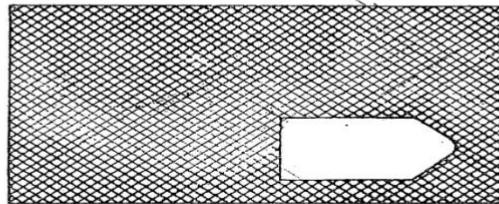
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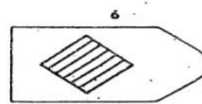
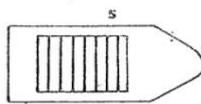
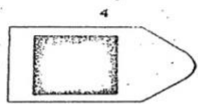
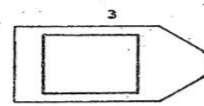
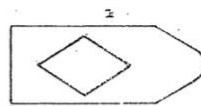
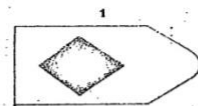
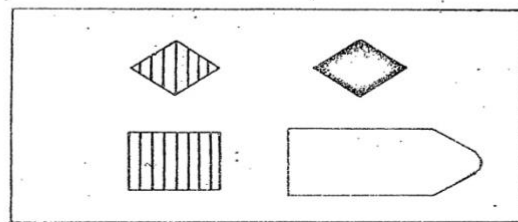
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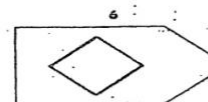
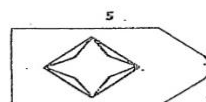
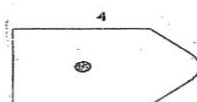
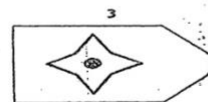
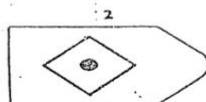
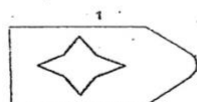
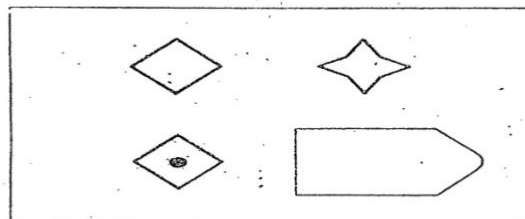
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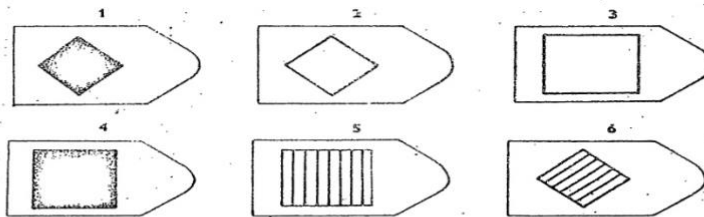
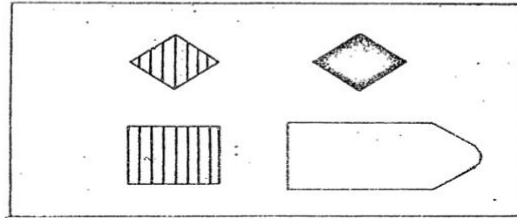
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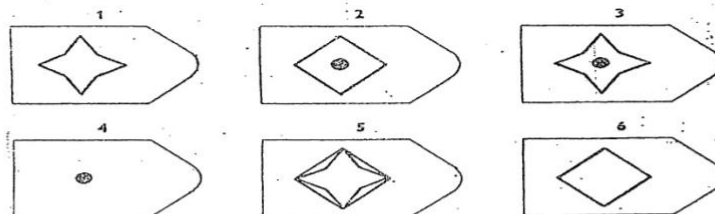
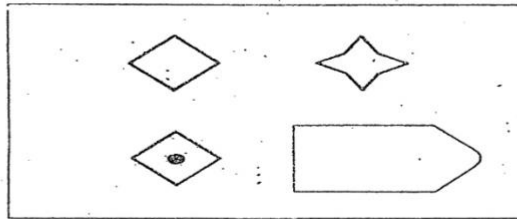
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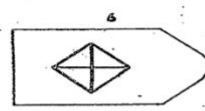
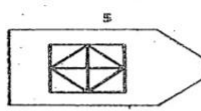
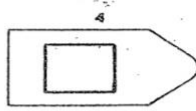
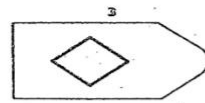
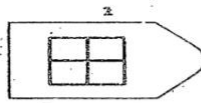
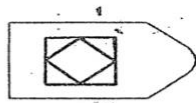
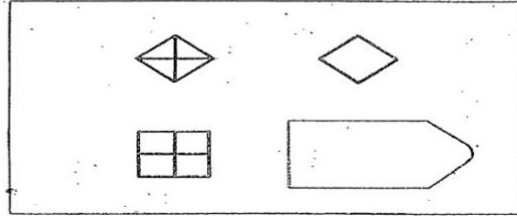
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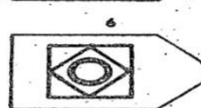
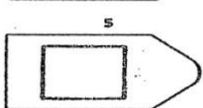
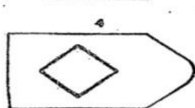
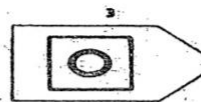
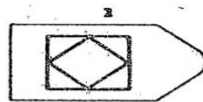
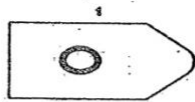
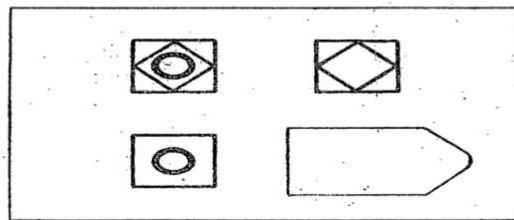
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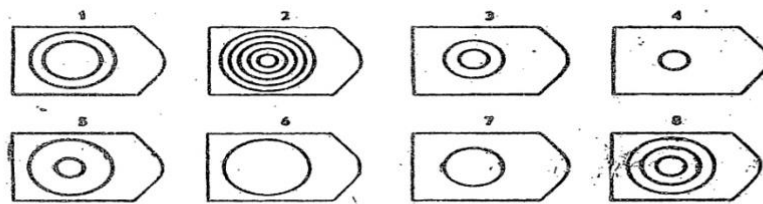
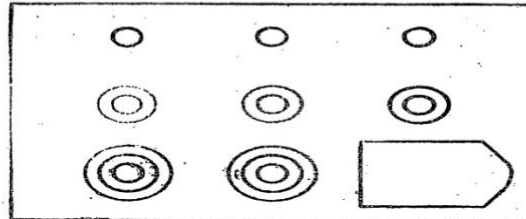


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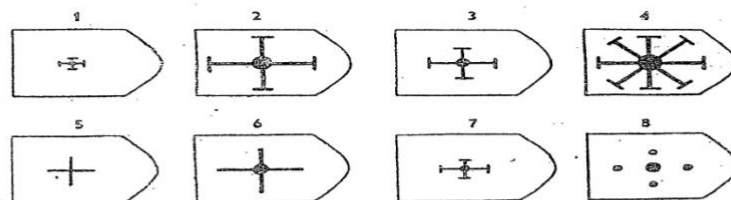
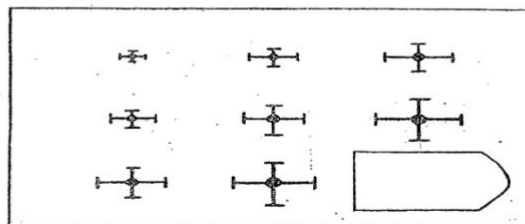


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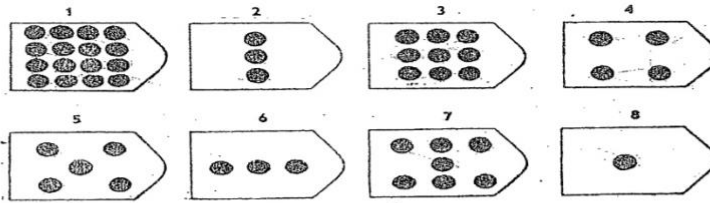
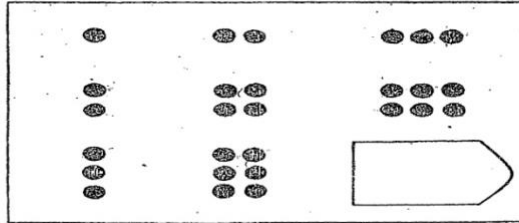
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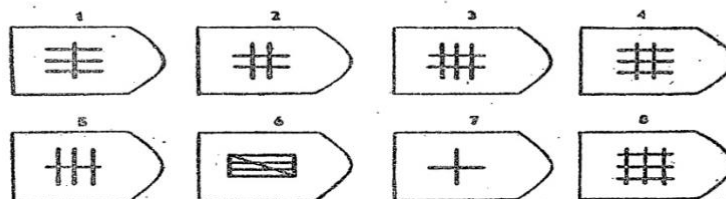
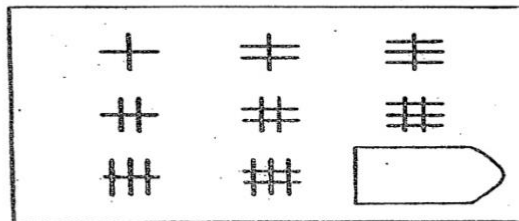
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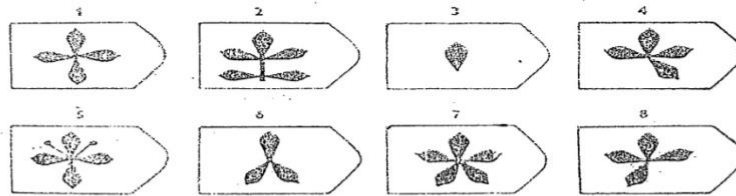
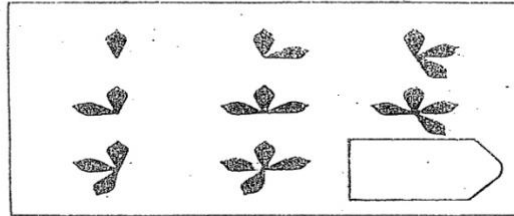
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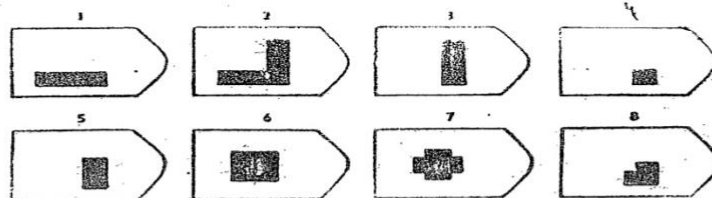
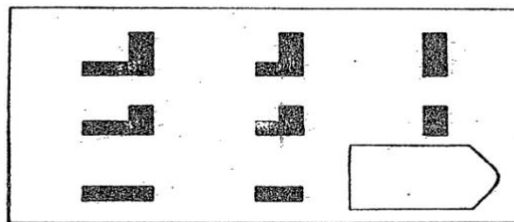
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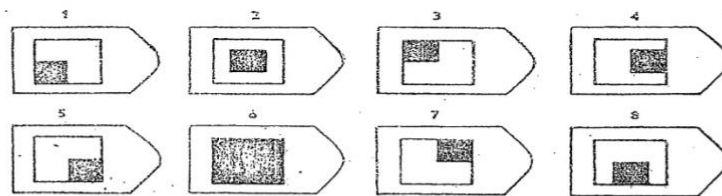
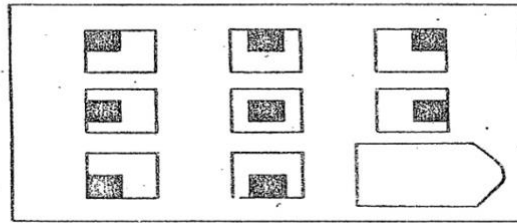
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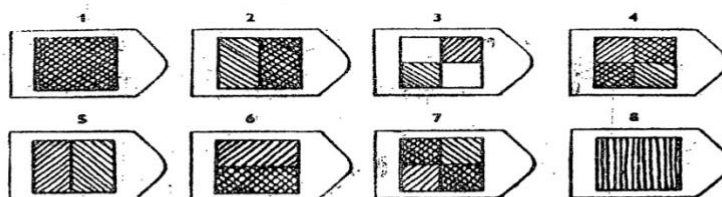
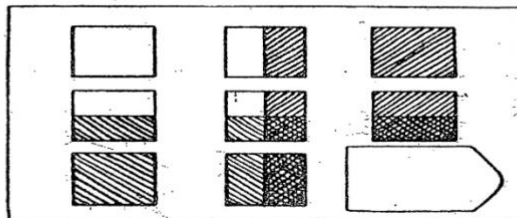
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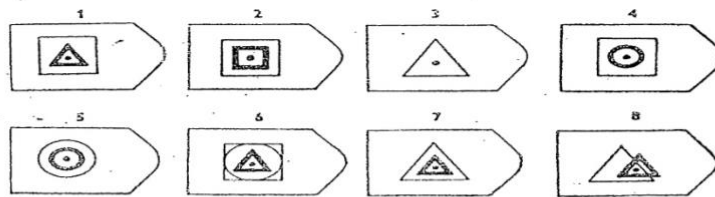
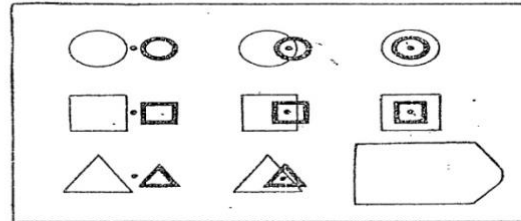
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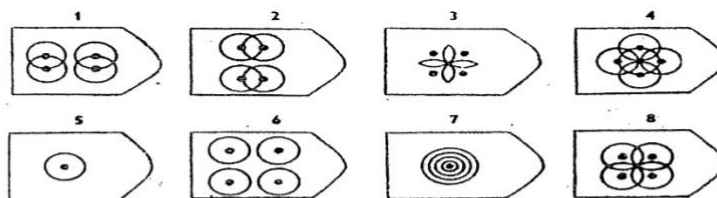
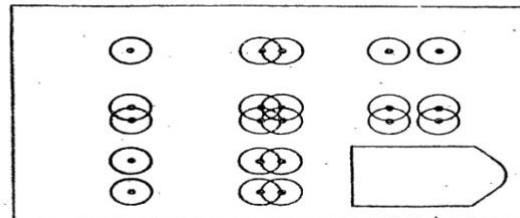
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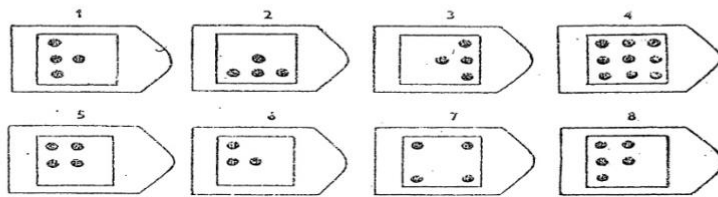
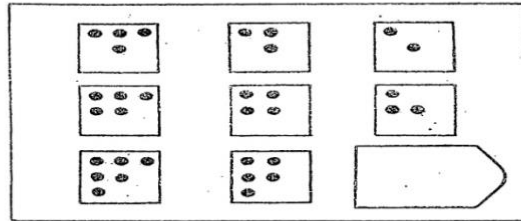
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C10

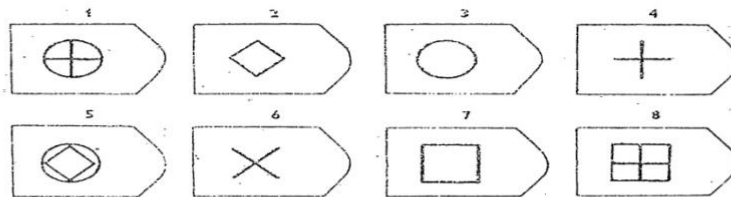
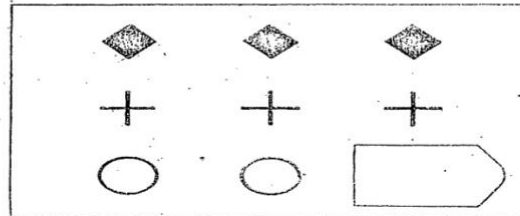


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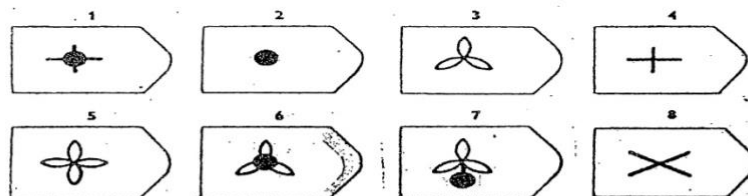
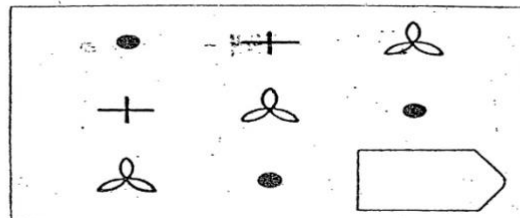


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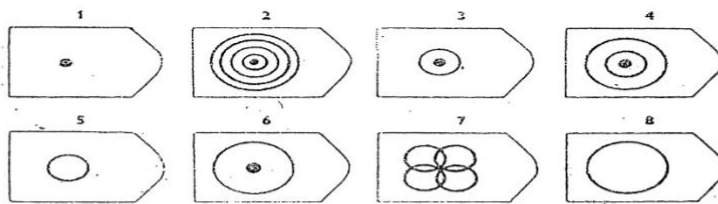
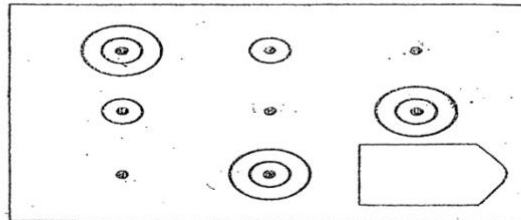
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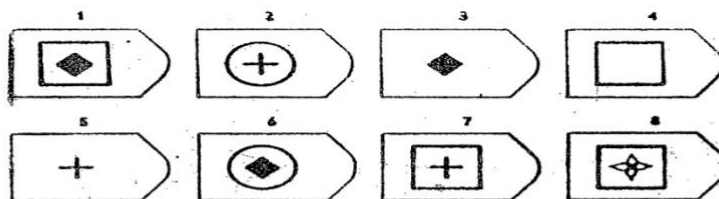
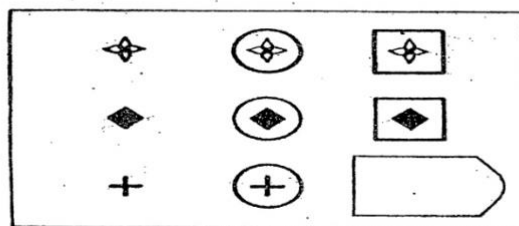
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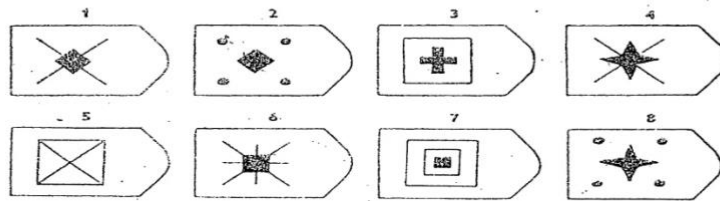
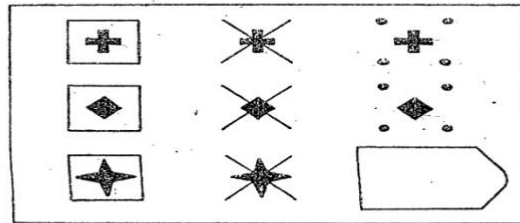
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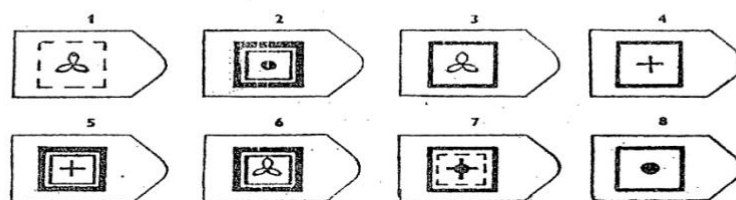
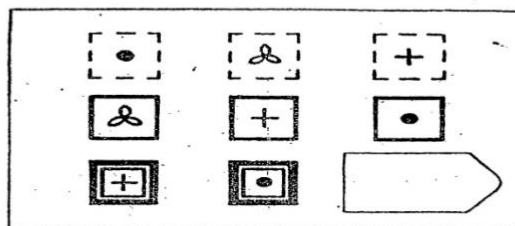
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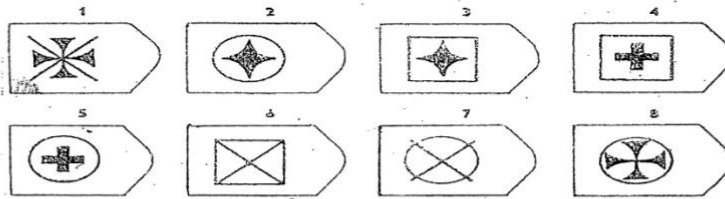
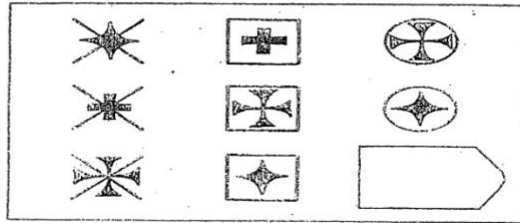
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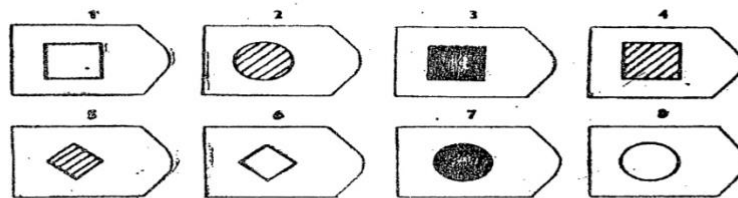
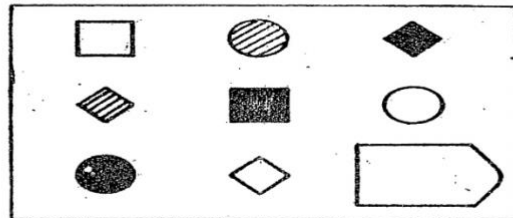
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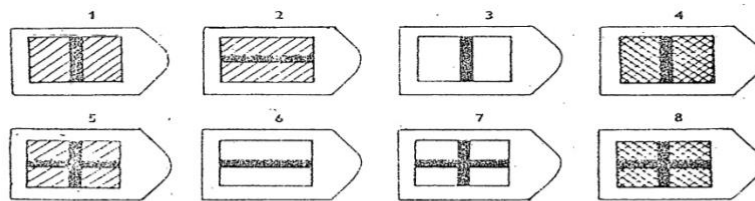
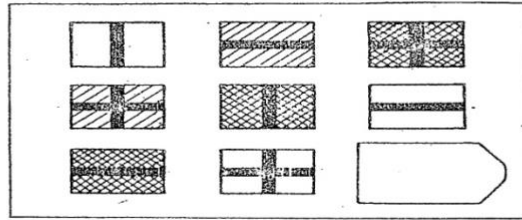
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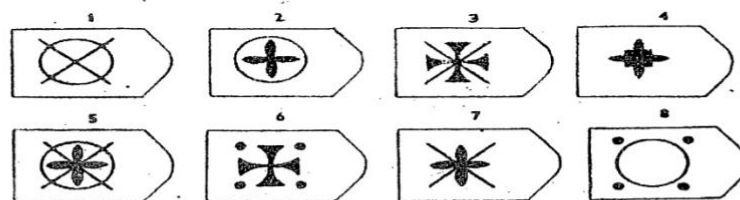
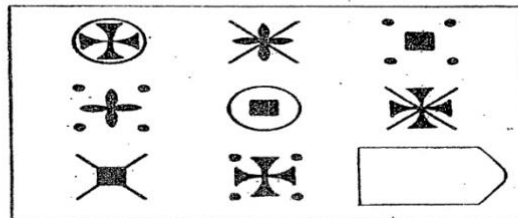
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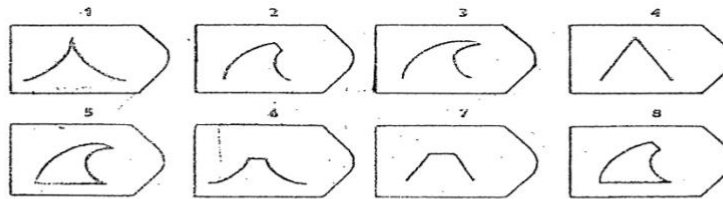
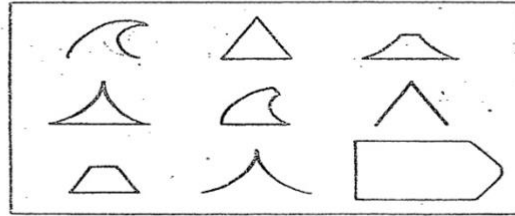
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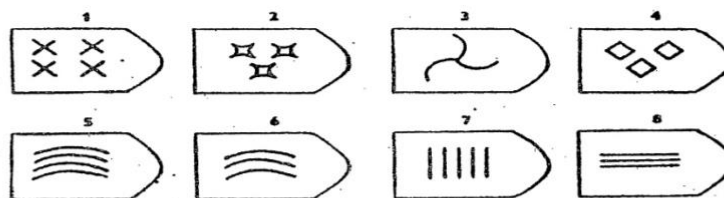
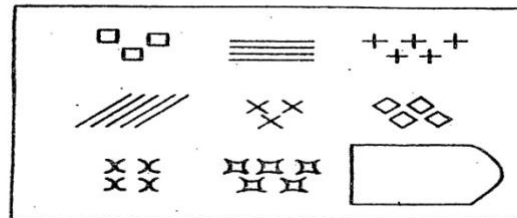
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D 11

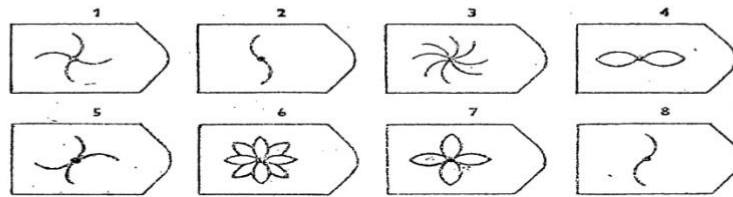
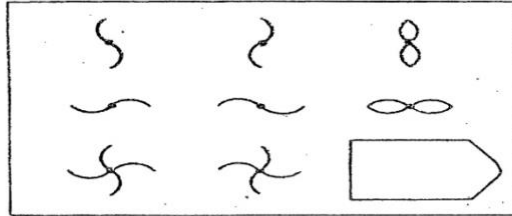


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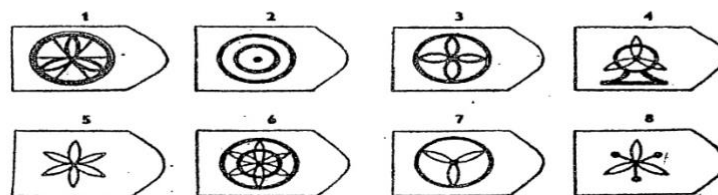
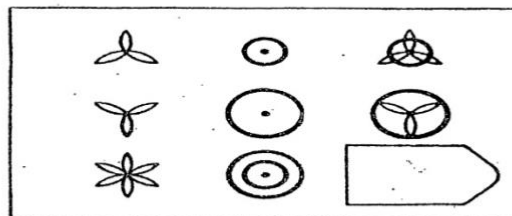


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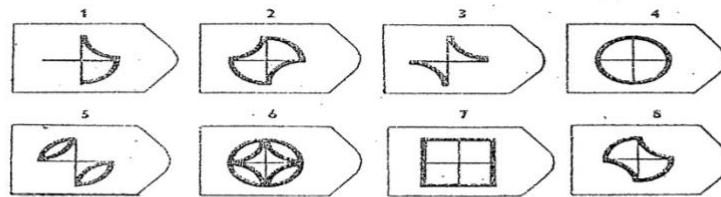
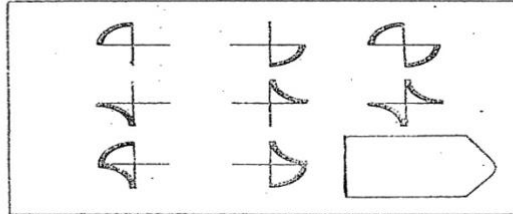
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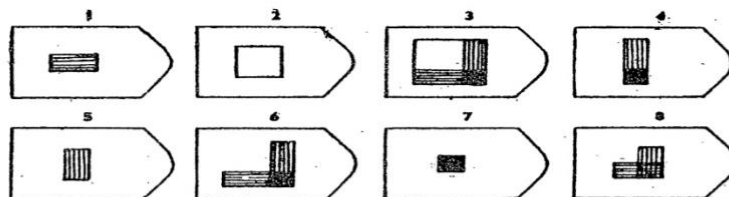
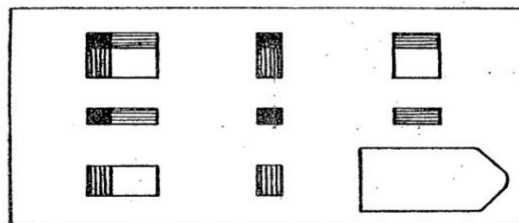
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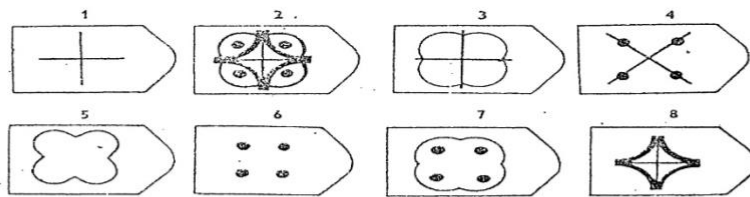
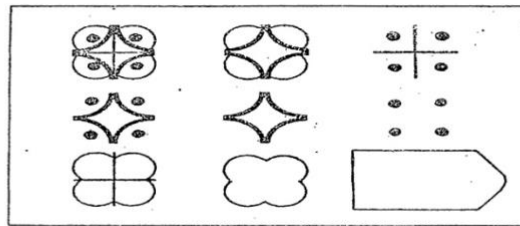
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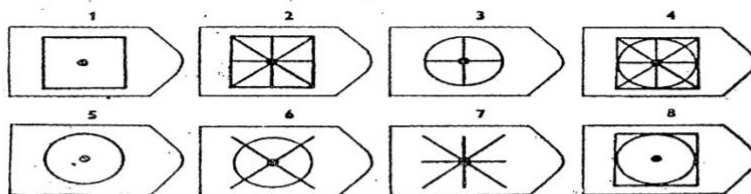
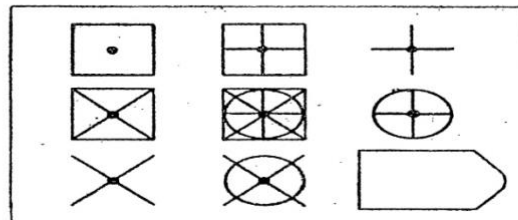
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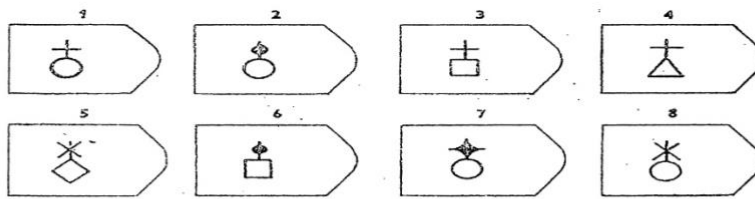
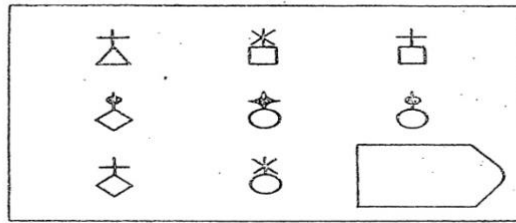
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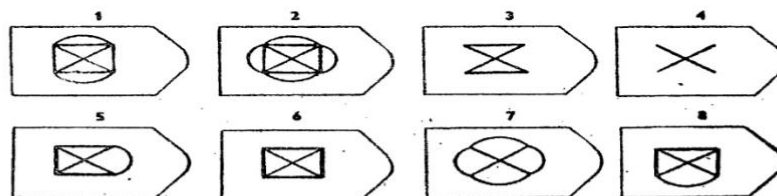
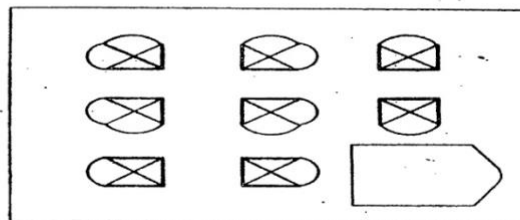
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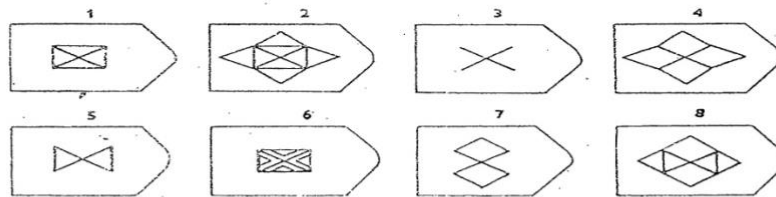
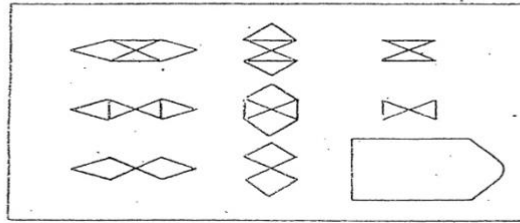
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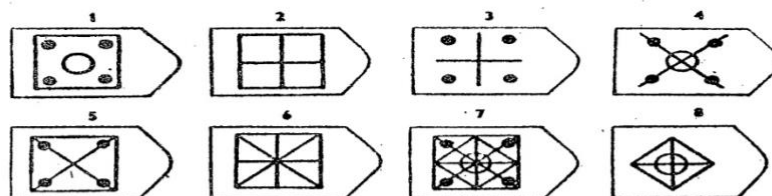
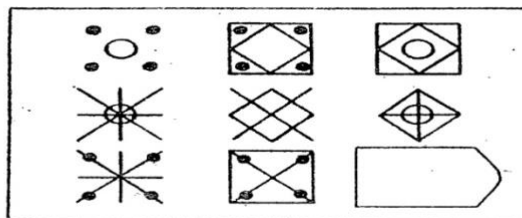
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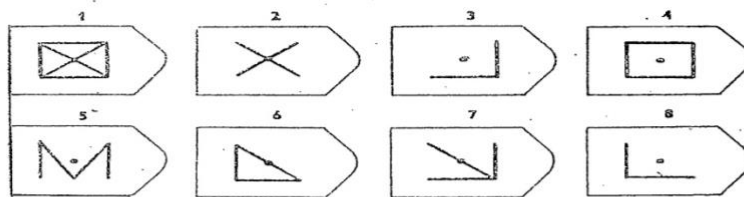
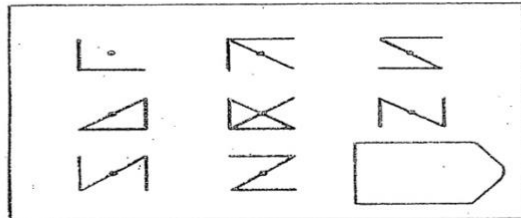
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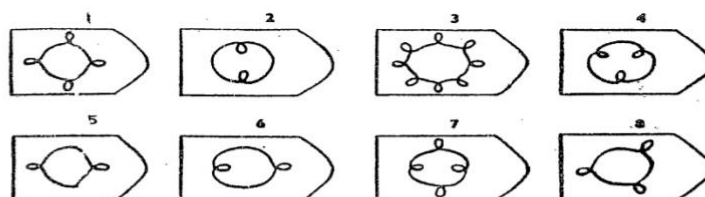
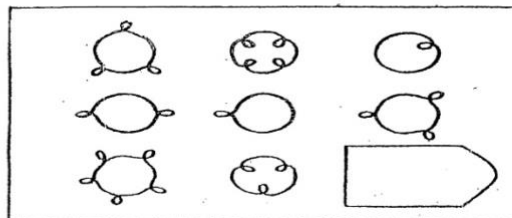
E10



E 11



E 12



کیو او ایل، سیکیل

آپٹم مضبوطی سان

عدم اتفاق چھ نااتفاق غیر فیصلہ شد اتفاق مضبوطی سان
اتفاق

1. میون اندی پکھی چھنہ ٹھیک۔
2. میانی جسمانی حالت چھ ٹھیک۔
3. میون روزی روٹی بند معیار چھ اعلیٰ معیار۔
4. مے نش چھ اصل معیار کپڑ سامان۔
5. مے نش چھ بہترین کھینک سامان۔
6. مے چھنہ فرسٹ کلاس ہمسایں پنڑ سہولیات۔
7. مے چھنہ پریتھ چیزس منز خوشی بند تجربہ گڑھان۔
8. بہ چھس نہ متاثر۔
9. بہ چھس دانشور۔
10. بہ چھس نہ بصیرت۔
11. بہ چھس نہ بہادر۔
12. بہ چھس تنقید۔
13. میون تعلیم چھ مناسب۔
14. مے چھے اختراع۔
15. مے چھے خود اعتماد۔
16. مے چھ غار پر جوش خیالات۔
17. مے چھنہ نفسیاتی سکون۔
18. مے چھنہ اعتماد۔
19. میون خود حقیقت چھ ٹھیک۔
20. بہ چھس عظیم وجود چ رہنمائی کران۔
21. بہ چھس نہ متاثر کران۔
22. میانین تعلقاتن اندر خاندان چھ نہ اعلیٰ معیار۔
23. میون وجود چھ خوش کران۔
24. بہ چھس نہ آزاد۔
25. مے چھنہ اطمینان۔
26. میون خاندان چھ زینان۔
27. بہ چھس بے اعتمادی محسوس کران۔
28. مے چھ بہترین کمیونٹی رشتہ۔

بنڌيڪس زُ

سبجيڪٽو ويل بينگ انوئيٽري

توبہ ذريعہ تسليم ڪرڻہ امڙ تمام خصوصيت آسہ خفيه پاڻهي استعمال ڪرڻہ تہ يہ آسہ صرف ٻيچہڻيڪين مقصدن خاطر استعمال ڪرڻہ.

1. ڪيا توبہ چہا باسان ز ٽہنڙ بقا چہ اصل نظر پوان؟

1 واريہ دياڏ

2 ڪُنہ حدس تام

3 ٽئيوت چہ نہ

2. ڪيا توبہ چہا باسان ز ٽہي چہو زندگي ٻندس اصولس تہ مشترڪہ گريڊس تام و آنتہ يس توبہ مشترڪہ اوس؟

1 واريہ دياڏ

2 ڪُنہ حدس تام

3 ٽئيوت چہ نہ

3. توبہ ڪتہ ڪني چہو نتہ گريڊس متعلق زانان يتہ تام توبہ حاصل چہو ڪران تہ چہو بزونه ڪن پڪان؟

1 واريہ اصل

2 واريہ اصل

3 يوتاه اصل چہ نہ

4. ڪيا ٽہي چہو اڪثر يہ حاصل ڪران يس ٽہي يڙهان چہو؟

1 زياد تر ٿايم

2 ڪُنہ ساتہ چہ

3 مشڪلن چہ زانہ نہ

5. ماضي ستي تشخيص ڪرو، ڪيا ٽہي چہو زانان ز ٽہنڙ موجود بقا چہ؟

1 واريہ بيبي

2 واريہ خوش

3 يوتاه خوش چہ نہ

6. عام طور پاڻهي، ٽہي ڪوتاه مواد چہو ٽمن سامانن ستي یم توبہ موجود زندگي منڙ ڪام چہو ڪران؟

1 واريہ بيبي

2 واريہ خوش

3 يوتاه خوش چہ نہ

7. ڪيا توبہ چہا باسان ز ٽہي بيڪو حالت ونہ تہ سپرنٽ ڪرتہ بيئلہ نہ یم رواج پاڻهي پوان؟

1 زياد تر ٿايم

2 ڪُنہ ساتہ چہ

3 مشڪلن چہ زانہ نہ

8. اڪہ لوڪٽ يس ٽہند بقاچ صورتحال نمايان طور پاڻهي (ڪيا ٽہي چہو يقيني سمجھان ز اڪہ الميہ ڪس مثالس منڙ

يہ دليري ستي سمجھان خاطر؟/توبہ آسہ اته ستي نمٽنہ خاطر ذہين (متاثر چہ

1 واريہ دياڏ

2 ڪُنہ حدس تام

3 ٽئيوت چہ نہ

9. طريقہ ستي سامان چہ موجود وقتس منڙ روانگي ڪيا ٽہي چہو نظريہ ستي بينڊل ڪرنس منڙ يقيني ذہانت تھوان؟

1 واريہ دياڏ

2 ڪُنہ حدس تام

3 ٽئيوت چہ نہ

10. ڪيا ٽہي چہو اڪثر يہ سوچان ز ٽہي تہ ٽہندس بارس منڙ سامان گرھہ شدت سان اڪوٽہ جڙتہ تہ چہ عام اختيارڪ

ضروري حصہ؟

1 واريہ دياڏ

2 ڪُنہ حدس تام

3 ٽئيوت چہ نہ

11. ڪيا ٽہي چہو ڪُنہ قسمچ خوشي يا خوشي ٻندس بارس منڙ طاقتور لذتچ فوري معلومات؟

1 واريہ اڪثر

2 ڪُنہ ساتہ چہ

- مشکلن چھ زانہہ تہ ۳
12. کیا تہی چھو اکثر گنہ گنہ بڑس رشتہ دارن سہتی انسانیت کس حصہ کس احساس معلومات؟
- ۱ واریاہ اکثر
- ۲ گنہ ساتہ چھ
- ۳ مشکلن چھ زانہہ تہ
13. یا کنکشن گڑھن ایچ/کیا تہی چھو یقینی سمجھان ز تعلقات تہ.
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
- 3 تئوت چھ نہ
14. تہی کتہ گنی چھو فرض کران ز توبہ تہ تہندین شرین پنز تنظیم متلق؟
- ۱ واریاہ اصل
- ۲ واریاہ اصل
- ۳ یوتاہ اصل چھ نہ
- ۴ لاگو چھ نہ گڑھان
15. یا دوست کر توبہ خاطر پریشانی اگر تہی ظالم بیمار چھو یا گنہ حادثہ/کیا توبہ چھا یقینی باسان ز تعلقات تہ.
- سہتی جمع گڑھو؟
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
- 3 تئوت چھ نہ
16. کیا توبہ چھا صرف تکلیف گڑھان اگر نہ سامانہ رواج کس طورس پیٹھ غاب آسہ؟
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
- 3 تئوت چھ نہ
17. کیا تہی چھو گنہ وجہ ورأے اکثر ذہانت غمگین؟
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
- 3 تئوت چھ نہ
18. کیا توبہ چھا واریاہ زیاد ناراض، واریاہ قابل؟
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
- 3 تئوت چھ نہ
19. کیا تہی چھو اضطراب تہ تشویش کہ نظر سہتی بے چین سوچان؟
- ۱ زیاد تر ٹایم
- ۲ گنہ ساتہ چھ
- ۳ مشکلن چھ زانہہ تہ
20. کیا تہی چھو یہ توبہ خاطر اکھ پیچیدگی مانان ز تہی چھو لوکتین سامانن پیٹھ بے قاعدگی سان پنی ناراضگی
- راوان؟
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
- 3 تئوت چھ نہ
21. کیا تہی چھو یقین کران ز تہند عیال چھ توبہ زیاد تر مسلمہ ہند جواب ژھانژنس منز توبہ مدہچ بنیاد؟
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
- 3 تئوت چھ نہ
22. کیا توبہ چھا باسان ز زیاد تر تہند خاندانی ذہانت ہندی دوست چھ پڑتہ پیمس سہتی قریبی طور پاتھی بند آسان؟
- ۱ واریاہ دیاڈ
- 2 گنہ حدس تام
23. کیا توبہ چھا باسان ز توبہ چھو ممکنہ؟
- 3 تئوت چھ نہ

- اگر ٺهي شديده بيمار آسو تيله ڇهو توبه ٿيند تعلقا ستي صحتمند باسان؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
24. غار دلچسپ؟/ڪيا توبه ڇهه باسان ز ٿينز بقا ڇهه بورنگ
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
25. ڪيا ٺهي ڇهو نظار ستي گهيراوان؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
26. ڪيا ٺهي بيڪوا باسان ز ٿينز بقا ڇهه غار نتيجي؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
27. خاندان نه ڇهه/ڪيا ٺهي بيڪوا اڪثر تنه تنظيم متعلق گهيراوتنه يوسه توبه نه ٿينز خاندان نه
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
- لاڳو ڇهه نه گڙهان ۴
28. تعلقا توبه مدد؟/ڪيا ٺهي بيڪوا فرض ڪرته ز اگر توبه ضروري آسه تيله ڪرو ٿيندي ڪنڪشن
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
- ڪيا ٺهي ڇهو اڪثر تنه تنظيم متعلق گهيراوان يس توبه نه ٿيندي شرين ڇهه؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
- لاڳو ڇهه نه گڙهان ۴
30. ڪيا ٺهي بيڪوا فرض ڪرته ز لوڪڙي سامان ڇهه توبه ضرورت ڪهوتنه زياد تڪليف؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
- ڪيا ٺهي بيڪوا صرف تڪليف دريافت ڪرته اگر توبه بيه عزتي ڇهه؟
 1 زياد تر ٿايم
 2 ڪنهن ساهه ڇهه
 3 مشڪلن ڇهه زانهه نه
32. ڪيا ٺهي ڇهو يڙهان ز توبه نش ڇهه حقيقتس ڪهوتنه زياد ڪنڪشن؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
- ڪيا ٺهي بيڪوا اڪثر يه فرض ڪرته ز ٺهي ڪرو اڪس حقيقي قريبي دوستس نظرانداز؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام
 3 ٽيئوت ڇهه نه
- ڪيا ٺهي بيڪوا پنهنجي خوشي متعلق اڪثر گهيراوتنه؟
 1 واريه دياڏ ۱
 2 ڪنهن حدس تام

- 3تئیوت چھ نہ
35. کیا توہ چھ پننس جسمس منز مختلف حصن منز دگہ ہند تجربہ کران؟
- ۱ زیاد تر ٹایم
- ۲ گنہ ساتہ چھ
- ۳ مشکلن چھ زانہ نہ
36. کیا ٹہی چھو ہلاونہ سہتی بے چین یا تیز طاقتہ سہتی؟
- ۱ زیاد تر ٹایم
- ۲ گنہ ساتہ چھ
- ۳ مشکلن چھ زانہ نہ
37. کیا ٹہی چھو چکر کس بارس منز غور کرنہ سہتی بے چین؟
- ۱ زیاد تر ٹایم
- ۲ گنہ ساتہ چھ
- ۳ مشکلن چھ زانہ نہ
38. کیا ٹہی ہیکوا خیال کرتہ ز ٹہی چھو واریاہ تھوکت؟
- ۱ زیاد تر ٹایم
- ۲ گنہ ساتہ چھ
- ۳ مشکلن چھ زانہ نہ
39. کیا ٹہی چھو بے چین سنوز سہتی گھبراوان؟
- ۱ زیاد تر ٹایم
- ۲ گنہ ساتہ چھ
- ۳ مشکلن چھ زانہ نہ
40. کیا ٹہی ہیکوا اکثر گھبراوتہ ز توہ چھ نہ سابقہ لوگن سہتی قریبی شخصی تنظیم؟
- ۱ واریاہ زیاد
- 2 گنہ حدس نام
- 3تئیوت چھ نہ
- رہے لائف سٹریس انویٹری-ہولمز
- سوشل ری ایڈجسٹمینٹ ریٹنگ سکیل
- یمن تمام موجود کاروایی ہند ٹپ قیمت ہیچہناؤن یم توہ گوڈیکس وری یس منز گمز چھ ییلہ رن یم جڑتہ تیز چھ
- لاپ ایوینٹ
- 100خاندانہ ہند دوکھ
- 73علیحدگی
- 65سولجی فرینڈ سہتی الگ گڑھن
- 63جیل یا باقی ادارن منز قید
- 63قریبی تعلقات کس ساتھی سہند غم
- 53اہم انفرادی زخم یا بیماری
- 50 شادی
- 47
- 45دوستس سہتی سولجر سیٹلمینٹ
- 45نوکری نش نیڑن
- 11.44
- 40حمل
- 39جنسی مسلہ
- 39 (ترسیل، قبولیت، بڑ بالغ متأثر گڑھن وغار) حصول اکھ ناول تعلقات ایسوسی ایٹ
- 39مین کامرس تبدیلی
- 38 (یعنی واریاہ کمتر یا عام کھوتہ بہتر)مانیٹری حالتس منز اہم تبدیلی
- 37اکس بہترین دوستک غمگین
- 36جاب کس مختلف صفس منز تبدیلی
- یعنی)پارٹنرس سہتی جھگڑہ کس ایسوسی ایٹس منز اہم تبدیلی 35.19
- 31گھر، تجارت وغار)کریڈٹس پیٹھ پرکشش

جاب پیٹھ ڈیسمس کرنہ اُمّت

تعلقات کس ساتھی سہنز فلاح و بہبود یا کارکردگی منز اہم تبدیلی

- 30 کریڈٹ یا ایڈوانس پیٹھ فور کلوزر۔ 21.
- یعنی توثیق، ریلیگیشن، وغیہ ((نوکری پیٹھ اکاؤنٹبلٹی منز اہم تبدیلی 22.29
- 29 خاندنر، کالج، عسکریت پسندی وغیرہ (نیچو یا کور علیحدگی ہنز رہائش 23.
- 29 قوانین منز چھ مخصصہ 24.
- 28 غیر معمولی انفرادی حصول 25.
- 26 پارٹنر گرو مکان نیبرم کام شروع یا رکاؤن 26.
- 26 سرکاری تعلیم شروع یا رکاؤن 27.
- روزی روٹی منز اہم تبدیلی 28.25
- 24 (یعنی لباس، تنظیم، کافی تمباکو نوشی وغیرہ) ذاتی روپس منز ترمیم 29.
- 23 چیف سنی مخصصہ 30.
- 20 نوکری ہندین گھنٹن یا حالاتن منز اہم تبدیلی 31.
- 20 گھرس منز تبدیلی 32.
- 20 اکس ناولس منز تبدیلی تعلیم 33.
- 19 یا فرصت کس مقدارس منز اہم تبدیلی /روایتی قسم تہ 34.
- 19 (یعنی واریاہ اضافی یا کم) چرچ تحریرکس منز اہم تبدیلی 35.
- 18 (یعنی کلب، سنیما، اپائنٹمنٹ وغیرہ) عام کارکردگی منز اہم تبدیلی 36.
- (یعنی کار، ٹی وی، فریزر وغیرہ) پیارس پیٹھ پرکشش 37.17
- (یعنی کار، ٹی وی، فریزر وغیرہ) پیارس پیٹھ پرکشش 37.
- 16 (یعنی واریاہ اضافی یا کم) نیندر ہندس طرز زندگی منز اہم تبدیلی 38.
- 15 (یعنی واریاہ زیاد یا کم) رشتہ دارن ہند جمع گڑھن والن اعداد و شمارس منز اہم تبدیلی 39.
- یعنی واریاہ اضافی یا کم، کھپت ہند گھنٹہ، ماحول) کھپت کس روپس منز اہم تبدیلی 40.15
- و غیرہ۔
- 13 ہولڈے 41.
- 12 مین چھٹیہ 42.
- 11 یعنی ٹریول لیبل، جے واکنگ، وغیرہ (اصولچ معمولی خلاف ورزی 43.

اپینڈیکس ۴

مقابلہ کرنے بابت حکمت عملی پیمانہ

- 1 2 3 4 5 مے جُھ نہ پنین دوستن سبتی نظر ہندس فرقس منڑ ژھوپ روزنس منڑ کانہہ دقت
- 1 2 3 4 5 بے حرکت دور ممکنہ دھمکی آمیز واقعہ گڑھن مے گھبراوٹھ
- 1 2 3 4 5 مے جُھنہ مزید غیر معمولی مشترکہ انکار سبتی مصائب گڑھان
- 4.5 4 3 2 1 بے جُھس پنینہ پریشانی ہندس بارس منڑ ضرورت کھوتہ زیادہ فکر کرنس کُن مائل گڑھان، وُنہ تہ تم یم 1 4.5 4 3 2 1 آخر کار پانہ نیران چہ
- 1 2 3 4 5 اگر بے سمجھان ز کانسہ چہ مے زخمی کرنچ ضرورت، بے جُھس اکثر پُئن سکون راوان
- 6 1 2 3 4 5 بے ہیکہ آرام گرتہ تہ پنینس پانس منڑ بے حرکت خوشی حاصل گرتہ بیلہ سمجھنہ خاطر وائتہ جُھ یوان کرنہ۔
- 1 2 3 4 5 اکس لوکٹس اہم
- 1 2 3 4 5 مے جُھ ہنچھمت ز بے جُھس نہ پنینس پانس پیٹھ کم گڑھن کم غلطی سبتی بے کران
- 1 2 3 4 5 میانس ٹاؤٹ یتھ شخصس سبتی بے معاہدہ جُھ کران تم چہ اکثر میانہ صبر کس سرحد کھوتہ بزوتہ گڑھان
- آر۔
- 1 2 3 4 5 میون ٹاؤٹ نایاب جُھ، مے جُھ واریاہ تکلیف گڑھان ز زیادہ تر قابل مطلب جُھ As
- 1 2 3 4 5 یتھ گنی رَن سامان تقریباً دور گڑھان جُھ، بے جُھس بے حرکت کم سانحہ نش بچنہ خاطر یم یقینی بناوان
- 5
- 1 2 3 4 5 بے جُھس اکثر باہمی موضوعس سبتی تجارتس منڑ پنینی سکون تہ سردی راوان
- 1 2 3 4 5 بے جُھس کامیابی خلاف باکین ہند ذریعہ زیادہ لوکٹ کم کھوتہ زیادہ لوکٹ
- 1 2 3 4 5 بے جُھس مشکل سان وُنہ تہ شرارتس منڑ مذمت کرنچ اجازت دیوان
- 1 2 3 4 5 پرناونس پیٹھ ہچکچاوان یا گران جُھ، بے جُھس پنینہ سکون انتظار کرنچ کوشش کران /بیلہ میون پروڈکٹس کام
- 3 4 5
- 1 2 3 4 5 بے ہیکہ نہ لوکن ہنڑ غلطی سبتی گر رُکاوتہ، چاہے یم مناسب ہاو یا نہ
- 16.5 4 3 2 1 کم پاور، بے جُھس مُمکن ریپڈ اوپنس بناؤن
- 1 2 3 4 5 بے جُھس کامرس کتھ باتھ منڑ زبردستی پنینہ ناراضگی ہند انتظار کران
- مے جُھ دستاویز اُمت کرنہ ز میانس نفر سُنند مسلہ جُھ تہند کھوتہ زیادہ بڑاونہ خاطرہ
- 1 2 3 4 5 معنیج حقیقی لمبی
- 1 2 3 4 5 بیلہ بے اکس لوکٹس اہمس بارس منڑ سمجھن جُھ، بے ہیکو نہ وونی یم پنینہ ذہانت سبتی غار حاضر کرتھ
- 12345 بے جُھس کوشش کران مکمل طور پانٹھ تعلیم یافتہ تہ سوچن وول اتھ اختیارس مُطلق یُس مے
- 1 2 3 4 5 پُئم شرمندگی آسہ مے وسیع وقتس خاطر مشکل کران
- بے جُھس عام طور پانٹھ پرسکون روزان، بے حرکت روزان بیلہ مے خیال جُھ ز اکھ سٹار تہ جُھ مے زخمی کرنچ
- ضرورت آسان۔
- 1 2 3 4 5 بے جُھس اکثر پنینی جلن سمبھالن ناممکن بناوان
- بے جُھس عام طورس پیٹھ پنینہ ہیچھان 1 2 3 4 5
- 1 2 3 4 5 بے جُھس عام طورس پیٹھ پنینہ غلطی سبتی زیادہ ہیچھان بے جُھس تمن لیزس پیٹھ دیوان
- اکثر، معنی خیز طور پانٹھ اضطراب جُھ برداشت کران یتھ سبتی میون تجارت جُھ کران۔
- 1 2 3 4 5 میانس بقابس منڑ بڑ مشکل
- 1 2 3 4 5 بے جُھس مشکل سان وُنہ تہ باقین اجازت دیوان ز سہ کر پنینی جلن تہندین انفرادی کلپنگن پیٹھ طاقت دینہ
- 1 2 3 4 5 بے جُھس روزانہ مسلہ سبتی تجارتس منڑ اکثر زبردست معقول آسان
- 1 2 3 4 5 لوکٹ جسمانی بیماری جُھنہ مے اکھ گروپ
- 1 2 3 4 5 کیا بے ہیکہ نہ اکھ لوکٹ خوفناک پانٹھ سمبھالتہ نیرن، بے جُھس نہ اتھ بارس منڑ گھبراونچ کوشش کران
- 1 2 3 4 5 بے جُھس باہمی ماد سبتی تجارتس منڑ آرام تہ منصفانہ کرنچ کوشش کران

