



FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

**Total institutions and Resocialization in prisons of Pakistan: A qualitative study on prison
officials of Punjab**

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SOCL 499: Final Year Independent Research Project

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Acknowledgements

I have realized along the way how peaceful the thesis can be with a supportive supervisor.

Therefore, I would like to extend my thanks to my supervisor, Mr. Jawad Tariq who always made it seem like it was a piece of cake, who never pressured me with deadlines, who never looked down upon me for my silly mistakes and who always added humor in our meetings.

For assigning me a wonderful supervisor I would like to thank the then Head of Department, Dr. Aftab Nasir. I direly missed having him in our thesis meetings where I could have immensely benefited from his constructive input.

Lastly, I would like to thank my friend, Bazil Lala, for making all work easier with her presence and her support in the form of proofreading my work, keeping me company, and feeding me my favorite foods. Thank you for never being annoyed.

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Abstract

The present study examined the resocialization process in prisons of Punjab, Pakistan by studying prison officials and social welfare officials as the sample recruited with permission from authorities of Central Jails located in Lahore, Gujranwala, and Sheikhpura. The participants were interviewed regarding their experience with prisoners, their role in resocializing inmates, and the process of resocializing prisoners. The study found that prisoners were resocialized through formal and informal education, religion, trainings, and interaction with family members. The study assessed the effectiveness of resocialization and identified some of the inadequacies in practice. The inadequacies revolved around society, lack of space in prisons, and lack of government support. The findings from this study has implications for improved policy recommendations by prison officials and government to support resocialization of prisoners in the country.

Introduction

This research intended to discover the processes involved in the resocialization of prisoners in prisons of Punjab, Pakistan. The resocialization takes place inside the prison or total institution. The aim is to prepare the prisoner for the outside world once they are to be released. The purpose of conducting this research was to gain insight into the experiences of police wardens who are involved in the process of resocialization. We tend to view prison settings as nothing but a place for incarcerated criminals. We may even be scared of them, considering the crime they were imprisoned for. As a social science student, the researcher aimed to understand how police officials treat prisoners and their role in resocializing them. The researcher studied what they believed about prisoners and criminals, their experiences with them, and their interventions to rehabilitate them. To achieve these goals, this study will provide a literature review, followed by research questions for the study, a methodology to explain the research process, followed by results and conclusion.

Literature Review

A total institution is an umbrella term for a place like a prison. This includes an environment where individuals are secluded from society and controlled by administrative staff (Macionis, 2012). McCorkle and Korn (1954) elaborated that a prison consists of “administrative, custodial

and professional employees, habitual petty thieves, one-time offenders, gangsters, professional racketeers, psychotics, pre-psychotics, neurotics and psychopaths” (p. 88). In a place like this, it is important to keep residing members sane and prepare them for the outside world whenever they are discharged, hence, the term resocialization. Resocialization can be defined as the process of forming personality traits in criminals that will eventually contribute to the redevelopment of broken relationships and social ties (Timofeeva, 2019). Through research on the resocialization process of adoptive parents, Daly (1992) identified that the interactionist theory of resocialization includes: unlearning and then relearning essential portions of an identity, interpreting that identity and reconstructing it, and thirdly, the outcome of situational and other norms that influence the experience of resocialization. This takes place inside prisons where the aim is to entirely change a prisoner's personality by heedful control of the environment (Macionis, 2012). This is done in order to form a pleasant disposition of the criminal, so he alters his worldview.

According to the law of most countries, criminal punishment's primary goal is personality resocialization. The point is to alter their belief systems so that they deject criminal behavior. The idea is to mold their views to the extent that they do not harm anyone in prison or outside prison post-release. For this purpose, personal and professional training programs are organized and implemented. The process covers all aspects of a person's life. These may include social, religious, educational, physical, mental, communication, and more. With so many ways of resocialization, methods differ among countries and gender of prisoners.

A few common things that resocialization considers necessary are vocational and general training, socially beneficial work, educational work, religious organizations' participation, and communication with the public through different councils (Timofeeva, 2019). The main focus of

contemporary Western prison paradigms is on educational, psychological, and social work with prisoners. All these paradigms prove crucial in overpowering different kinds of restoration, conservation, deformation, and development of personal and social ties of the prisoner. The sole motive of prison's educational, social, and psychological work is to ward off the prisoners' withering situation, solve their social issues, enhance their personal potential, and reconstruct their attitude towards imprisonment's problems (Timofeeva, 2019).

Resocialization is practiced all over the world. However, the methods and resources may differ for every country. In Europe, inmates are given both primary and secondary education. While in Germany's prisons, more than 50% of inmates are given training education, including school programs. In Finland, prisoners are allowed to choose between studies or work with both funded by the state. Work includes carpentry, construction, agriculture, etc. All of these are done in civilian enterprises. Furthermore, Scandinavian countries initiated gender-oriented professional programs to resocialize women prisoners. These programs are rich in information and provide various training, i.e., cooking, gardening, housekeeping, etc. (Timofeeva, 2019).

Some of the work offered in prisons may even depend on the prisoner's identity. In Germany, they conduct surveys on prisoners, which help identify what form of detention, training, type of work, education, and religious hold is to be decided. In some cases, programs such as psychotherapy, group therapy, and anger control programs may also be required as part of the process. Mental rehabilitation has been shown to hinder the recurrence of crime and limit social and psychological effects in the USA, Canada, and Australia (Timofeeva, 2019).

Moreover, prisoners are appreciated in the form of rewards when they are cooperative, quiet, obedient, and well settled (Sapsford, 1978). This, too, is part of the resocialization process. It

helps motivate them to attend educational classes, give in their decided work hours, or engage in group therapies.

We understand how prisoners are resocialized after incarceration. But what we seldom focus upon is the world view of the same prisoners back when they lived in the community. Could they have seen crime as an escape? Or could they have wanted to indulge themselves in deviant behavior? Or could society have left them helpless? There is not much literature collected to cover all spheres of their life. Prisoners incarcerated for drug abuse had reported doing so because it was part of their family norms. Hence, they also learned it along the way (Fedock, 2017). Data analysis showed that 25% of prisoners had access to one parent, usually a mother, while 10% were orphaned at the time of the arrest. We see a lack of parental care here which might have made life for young offenders unstable, resulting in a tendency to commit a crime (Vikstrom, 2011).

As per research, the absence of emotional attachment with families is one of the leading causes of drug abuse in women. In other cases, drug abuse results in a lack of familial connections. The addicts may become violent and erratic; hence family members stop taking care of them (Henriques & Manatu-Rupert, 2001).

Moreover, some crimes resulted from observing abuse as a child. For example, Irene grew up in a house where her father used to abuse her mother and stepmother. After her marriage, she killed her husband when she encountered the same abuse for 24 years (Fedock, 2017).

Studies show that a large number of female inmates were never directly involved in drug abuse. However, to maintain a traditional intimate relationship with their partners, they supported their drug use. Sometimes female offenders take part in their partner's criminal activities, hoping to

bring those two emotionally closer. In addition, they also aimed to prove to their partners that they loved them so much to support them in everything. The women expected the sexual and physical abuse to end as a result (Henriques & Manatu-Rupert, 2001). Furthermore, one-third of women in research described that they never or infrequently felt loved or accepted when they were a child. At the same time, 60% of the imprisoned lifer females reported that they were abused/victimized sexually by different people as well as by their partners (Leigey & Reed, 2010). Prisoners have typically been found to have had complicated families. An average male had three female partners at a time, while an average female had two male partners. However, most couples reported having a great time and supported each other's decisions. Some also reported severely unhealthy pre-imprisonment family dynamics (McKay et al., 2018). Female inmates who were life-sentenced felt emotionally shattered. This is because they were more likely to be victims of physical and sexual abuse in their childhoods as compared to the short-sentenced female inmates (Leigey & Reed, 2010).

Living in a total institution for years may undoubtedly have diverse effects on the world views of prisoners. Previously existing literature hints towards the same. African American inmates believed that they had become too dependent on the facilities and instructions being provided in the prisons. They felt the need to unlearn that dependency once they were released. Added to this, prisoners who had previously lived imbalanced, uncertain lives with their families believed that the prison environment was right for them (Henriques & Manatu-Rupert, 2001). A significant number of social and personal problems emotionally isolate the African American inmates from their families (Henriques & Manatu-Rupert, 2001).

During imprisonment, inmates go through disturbing experiences of isolation, destitution, and victimization (McKay et al., 2018). Emotional adjustment problems were more visible than

behavioral adjustment problems (Reef & Dirkzwager, 2019). However, some female respondents reported a significant decrease in their anxiety during imprisonment due to good food and medical care (Reef & Dirkzwager, 2019). Female prisoners who are also victims of abuse are emotionally and psychologically disturbed. Yet they tend to forgive their partners who used to victimize them. They may even return to them because of familiarity, fear, sense of loyalty, and fright of being alone (Henriques & Manatu-Rupert, 2001).

Conclusion

Though there is not much literature on the changing worldviews of prisoners before and after prison, we still find significant changes. Most of the differences are emotionally triggered. If prisoners had previously been victims of abuse, they still supported their partners with the fear of being left alone. After being imprisoned, isolation bothered them the most. Plus, most prisoners had their spouses file a divorce since they could not meet frequently and many more issues.

On the other hand, prisoners experienced a lack of emotional attachment before imprisonment, but in prison, the family visits were the only thing they felt would keep them safe. They felt detached and avoided discussing what it would be like when released. Considering the routine life at prison and the inmates' long years, they often lost hope and did not feel driven by anything. They had no life goals either. They became very dependent; they lost their decision-making ability and showed little interest in social activities. Moreover, they had no hope for the outside world either. They believed their lives had ended.

In every situation, there were a small number of prisoners who remained hopeful. Who were still attached to their family, their spouses, and their children were looking forward to meet them

after release. Similarly, only a few were motivated to attend the resocialization classes and participate in the methods. Some were also eager about life after release. This is primarily true for religious prisoners compared to non-religious ones.

The literature cited above shows greater findings about negative changes in prisoners rather than positive changes. This shows that resocialization is not very successful in terms of the psychological effect that it seems to have on the prisoners. Instead of being hopeful, wanting to be a good person again, or making the most of the resocialization facilities, their conditions are deteriorating. Resocialization prepares them for the outside world, but research shows us how they only fear the post-release stage. There could be a few other variables at play here, or perhaps the process of resocialization lacks credibility in prisons.

Research Questions

1. What are the mechanisms of resocialization in total institutions?
2. What are the effects of resocialization on prisoners?
3. What are the motivations of prisoners during incarceration?
4. Has imprisonment affected their familial relationships?
5. What is the role of religion in their lives at prison?

Theoretical Framework

Erving Goffman (1961) defined a total institution and the process of resocialization. For him, a total institution was where a large number of people were situated for a similar purpose, cut off from the rest of society. The people are carefully controlled and administered. The goal of the institution hence is to resocialize the people. According to Goffman, resocialization was the manipulation of personalities in order to erode the previous identity and build a new personality. He studied this process of resocialization in Asylums. Our research intends to build onto his findings and study the same resocialization process within prisons. I will look into how

resocialization occurs, its effects on beliefs, life goals and familial relationships, and the role of religion.

Methodology

Participants

The sample for my research consisted of prison officials (16) and social welfare officials (2) who interact with the prisoners and are involved in resocialization. To recruit the participants, the district jails of Lahore (5), Gujranwala (5), and Sheikhupura (6) were approached. Their service in the jails ranged from 7 months to 27 years, where 8 of them served 10 years and below and 10 of them served more than 10 years. Their educational backgrounds included Matriculation, FA, BS, MS, MCom, MPhil, BCom, DCom, and MPA. These officials were approached with the help of my supervisor.

Ethics

All participants were first informed about the aims of the research. Along with this, they were told of what they would have to do once they were part of the research. They were also informed about their interviews being audio recorded. They were permitted to withdraw at any point during the course of the research. They were assured that their names would not be recorded.

Confidentiality of their identities was maintained by assigning a number or letter to each participant. The data they provided will not be used for anything other than this research alone. No one but the researcher accessed raw notes. Once they were satisfied with the brief, the researcher asked them for their consent twice to be sure of their decision.

Control of information:

The information collected during the interviews was only accessed by the researcher and the supervisor.

Materials

Materials required were a notebook, a pen, and a mobile recorder. They enabled me to make notes of anything important. Recordings were a more accurate source to refer to while transcribing and analyzing results.

Procedure

For the research, I was permitted by authorities of Central Jails located in Lahore, Gujranwala, and Sheikhpura. Once I was allowed, I visited the jail office to interview respondents. The interviews started on 20th August and went on till 20th September.

During the interview, once consent was received, I started audio recording our conversation. I conducted a semi-structured interview which was carefully designed, keeping in mind the research questions. I noted down important information along the way. Each interview was about 15-20 minutes long.

Data Collection

For my research, I collected data through my notes as well as the audio recording files, both of which were kept entirely confidential. The audio recordings ensured that I did not miss out on anything while analyzing my data and creating my results. Interviews were a great way to give us data about how the participants felt and thought during imprisonment. It provided an in-depth view of their experiences.

Data Analysis:

All data recorded in my notes and audio recordings were obtained in the Urdu Language since Policemen were fluent in Urdu.

After all interviews were completed, the data was converted from Urdu into English with the help of English and Urdu Professors, in order to perfect transcription.

Thematic analysis was used to analyze the interviews. Thematic analysis was best suited to this research because it studies the experiences of prisoners through the lens of prison officials.

Thematic Analysis is not tied to any epistemological assumption such as realist, phenomenological or social constructivist. Rather it enjoys epistemological freedom and flexibility. The process included line-by-line coding since the research had a small dataset. A manifest and empathetic approach was used for inductive coding, where the collected data was the only text used to generate patterns and themes.

Results

Codes

Table 1 will show the codes that were used to generate themes from the interviews.

Table 1

Themes generated from codes

Themes	Codes	Occurrence
Mechanisms of resocialization	Tasks for prisoners	17
	Learn skills	13
	Counselors	3
	Religious teachings	12
	Education	20
	Medical	1
	Psychologist	8
	Rewards	3
	Technical skills	2
	Celebrations	2
	Training	3
Effects of resocialization	Family meetings	9
	Recidivism	8
	Change for good	5
Motivations of prisoners	Temporary jail time	2
	Escape conviction	1
	Rewards	3
Familial relationships	Meetings	9
	Phone calls	6

	Divorce	2
	Bullied children	2
Role of religion	Religious classes	4
	Religious instructions	3
	Repent	3
	Fasting	2
	Recitation	2
	Helplessness	2
	Realization	6
Obstacles in resocialization	High population	3
	Society rejection	10
	Unaware society	4
	Lack of jobs	4
	Peer pressure	1
	Police giving reminders	5
	Inefficient courts	2
	Mindset	2
	Old criminals	2
	Drug addicts	5
	Luxurious life	4
	Lack of fear	4
	Films	9
	Crime as profession	2
	Conditions of guards	10
	Poverty	8
	Corruption	5
	Poor judiciary	4
	Greed	2
	Poor company	1
	Criminal ancestors	3
	Stigmatization	2
Suggestions for	Steadfast in prayer	3
resocialization	Rehabilitation centers	6
	Maintain post-release data	4
	Provide jobs	6
	Educate society	5
	Inspiration from guards	4
	Conditions of guards	5
	Capital punishments	2
	Sports	2
	Meaningful work	1
	Moral training	2
Jails are not for	Separation	1
resocialization	Punishment	1
	Impossible	1
	Detention center	1

Note. Themes were derived according to research questions.

Themes

Mechanisms of resocialization

The interviewees mentioned that the facilities and skills offered in prison are the most significant contributor to the resocialization of prisoners. The facilities include access to a psychologist, a separate counseling center, libraries, indoor games for juveniles Mosques, meeting or calling friends and family, Informal education, religious education along with Technical education and vocational training authority (TEVTA). MK: *All they have to do to avail these facilities is, follow the rules.* Disobeying rules may deprive the prisoners of these facilities as a punishment.

Mechanisms of resocialization also include teaching the following skills; motor winding, motor mechanic, computer software, electrician, and cleaning. Other work offered to prisoners includes working in the kitchen, in the factory, or the central tower of the prison. However, Undertrial (UT) prisoners are not given any tasks since their cases are still ongoing in court.

AA: *“We try to facilitate them as much as possible. We offer religious courses, education, technical education, and counselling so that they stop committing crimes which is our utmost desire.”*

The guards believe that learning skills offering education and counseling can help in their process of resocialization because it would teach them something new in life, something that they can use to generate income once they are released. They feel that skill can lessen their chances of stealing in the outside world.

Successful completion of their education rewards them with a 3 months reduction in their punishment. Working at other places around the prison also holds rewards; however, they are not monetary benefits.

AA: if someone works in the kitchen, they are given an off for 7 days. If someone works in the factory, they are given an off for 5 days. If someone works in the central tower, they are off for 6 days. An off means an off from any jail punishments and a reduction in jail time.

Besides that, prisoners are also made to celebrate every festival in jail. On this day they are given an off from all work. On regular days though, Sunday is always an off from work.

Effects of resocialization

Most of the responses collected for the effects of the resocialization process were not favorable.

Many guards believed that despite all the skills, education, religious teaching, and psychological counseling, prisoners get back to the same old crime once they are released. A few of the responses are as follows:

AA: Only 3 to 4 of them change for good. Many of them step out, commit again, and are brought back inside.

SH: 1 or 2 only, change.

ZA: 2 out of 10 people are resocialized.

MS: 75% of the criminals are the repeaters.

On the other hand, a single guard was optimistic in his response where he believed that a greater number of prisoners successfully resocialize by the time they are released.

DH: About 50% are successfully resocialized. Around 8 of 10 never return. But regular criminals come repeatedly.

A high rate of recidivism can be identified from the responses of every interviewee, even though the prisoners are given a plethora of resocialization mechanisms so that they can work on themselves.

Motivations of prisoners

Participants identified two types of motivations that the prisoners feel during their incarceration.

One type of motivation was positive. They explained that the hope for the jail time to end is the single belief that keeps the prisoners motivated to wake up another day and participate in all activities.

AA: someday, we will be out of the jail premises and try to live a better life. This is what motivates them.

J: they have this hope of being released soon, knowing that they only have to serve a fixed amount of time and that they can earn rewards to shorten jail time as well.

In addition, family members motivate prisoners during their meetups and keep them hopeful about things getting better soon.

Moreover, the second type of motivation identified by a respondent was associated with unsuccessful resocialization. The guard mentioned that when prisoners hear of a criminal who attempted a crime and got away with it during incarceration, they are motivated to recommit after release. This time they are hopeful and confident that they will not be caught.

WZ: Prisoners get their motivation for crime by finding out someone escaped conviction even after murdering 3 different people.

Familial relationships

Prisoners are allowed to meet with their families and friends once every week for 30 minutes and are allowed to make a phone call to them once every week for 5 minutes; after 5 minutes, the call

drops automatically. According to some guards, family meetings are essential to successful resocialization since prisoners tend to realize their mistakes after seeing their families suffer during their incarceration period. However, if, in any case, families leave the prisoners, their mental states deteriorate significantly. This is mostly true for thieves whose families leave and only friends visit them. Divorces are more common when the prisoner is given a death sentence. Parent prisoners remain very worried for their children outside and feel ashamed that they are bullied for having criminals and prisoners as parents. Despite this, some prisoners still do not change after release.

SH: They are also bothered about their children being bullied for the crimes of their parents. But this varies person to person. Some of them realize their mistakes but some don't. 5 out of 10 may realize.

Role of religion

Emphasis was drawn on how religion is an important refuge for prisoners in jail. The jail staff also gives a lot of importance to religious teachings and practices hoping that it will make them repent and change for good. Some were of the view that prisoners have no other option except to turn towards God when being imprisoned. Prisoners can pray in the Mosque or their cells; they also have a regular 2-hour religion class every morning. People of different sects and religions are free to practice in their way and on their own time. One guard felt that the morning class has a very positive influence on their general outlook in prison. A large part of prisoners' instructions seems to be related to religion, especially Islam.

DH: We give them instructions about Islam. We ask them to pray, repent to God, and become pious individuals before release.

Despite repeated reminders, the majority was of the view that the change was not permanent for most prisoners. However, two guards were of the firm belief that religion alone helps resocialize prisoners.

DH: Nothing other than prayer, fasting, and recitation. Besides that, a Quranic teacher guides them and corrects their recitation.

MAM: They need to turn towards religion.

Obstacles in resocialization

Participants had a long list of obstacles to state for resocialization. The three most common responses revolved around society, lack of space in prisons, and the government. They were of the view that even if a prisoner successfully resocializes, once he steps back into society, he is unaccepted. Businesses do not give him work because he was once a criminal, which results in him going back to the same methods he used earlier to earn a living. The police are part of the problematic society where they bother the former prisoners after release by calling them over to the police station and discussing the crimes they committed in the past. The repeated reminder that they receive worsens their position and results in recidivism. Secondly, the lack of space in prisons creates a challenge for the jail staff to monitor each individual and give them time separately to work on their resocialization. Thirdly, the government creates a barrier by not ensuring jobs for released prisoners even after learning skills during incarceration. Not having a formal job forces them to earn easy money through criminal activities.

The guards stated that the media highlighted and presented the scariest criminals as heroes or distinguished people. Some movies have plots where they present the background of the criminal to be very troubled, wherein they justify the crime. This was believed to be one big reason why

prisoners are not resocialized and instead they are motivated to commit crimes because they want to be like the man they see on TV.

MS: One of our greatest failures has been to create films on the most dangerous criminals and gangsters. Viewers begin to want to follow the characters and this is one of the greatest failures that our country experiences. We present the criminals as idols and as exemplary figures. For example, Hamayun Gujjar and Pappu BarafWala. These are two people who escaped prison and killed police officers. They were presented as ideal figures in films. Are we supposed to take pride?

In addition, it was believed that once a criminal was sent to jail, he was no longer scared of coming back to the same place.

K: They lose the fear of prisons after their 1st sentence in jail.

According to the guards, this is mostly because the jail environment is no less than the world outside. In fact, they feel that criminals have a better lifestyle inside jail compared to the life they live outside. One comparison made here was of how criminals belong mainly to poorer families where they scarcely have enough food to eat, but in prison, they have a variety of foods to eat from. This lifestyle omits any fear that they previously had of being incarcerated.

MS: If they were getting chicken 6 days a month at home but get it 24 days a month in prison, how will they fear being imprisoned, and how will they differentiate between the outside and inside world?

Other stated obstacles were being “addicted” to crime, criminals remaining criminals because it has been running in the family from their ancestors, there is corruption in the judiciary, police and jail system, and guards turn hostile towards prisoners because their duties are long and tiring.

Suggestions for resocialization

Keeping in mind that the guards were unsatisfied with the mechanisms and effect of resocialization, they offered many suggestions during their interviews. Most of the suggestions were directed to the government as criticisms.

One popular suggestion was to observe prisoners even after release and offer them jobs or job positions that they could take in order to fulfill their monetary needs. Having enough income would help them provide for their families through lawful means.

J: The government also needs to generate employment opportunities for them.

UR: Bettering the economic conditions of the prisoner's post-release

ZA: Job opportunities should be given

They also felt a collective need for the general society to be trained on how to treat a released prisoner in order to remove stigmatization.

MS: Society needs to be aware of the things that a released prisoner goes through so that they can accept their integration into society

One unique opinion was to improve conditions for the jail staff and guards so that the prisoners could be inspired by their work and hope to be like them one day. But if the jail staff is in a lesser condition than the prisoners, they would feel they are better off even if they are imprisoned. Currently, the only people they look up to are their fellow prisoners, who boast about the number and nature of crimes they have committed.

MS: How are they going to resocialize in a place like this? They can only resocialize where they are inspired by one another and where they look at each other and say, I want to be like him, I want to change.

WZ: They are not well facilitated in jail because the staff is not well facilitated by the government and guards are not role models for prisoners

According to them, juvenile criminals should never be sent to jails. Instead, they should be sent to institutes that especially work on their resocialization so that the fear of being imprisoned stays alive in them and so that they can stop recidivism way before it becomes a habit. Instead of punishing them, they need to be preached. Added to this, they feel that drug addicts should be sent to medical centers rather than jail. They believe that adding sports (namely: cricket, badminton, volleyball) moral teachings and meaningful work would assist their resocialization. Including capital, punishments was another suggestion.

Jails are not for resocialization

Six out of 18 guards were utterly hopeless about the process of resocialization. They either believed resocialization was not possible at all, or they were of the view that prisons were not made to resocialize prisoners. Rather they saw prisons as a place to punish criminals or keep them away from the general public, fearing that the others might be harmed. It seemed like they had no intention of resocializing the prisoners. Their jail time was more like a stay, and the prisoners had to kill time only.

MS: Prison is not to resocialize prisoners but to keep them away from average citizens.

MSA: Jails are to keep prisoners away, not to rehabilitate them.

MAM: They cannot be resocialized.

IA: They are sent to prison to serve sentences, not to be corrected. Criminals of organized crimes cannot be resocialized. I am entirely hopeless of prisoners' resocialization.

UR: The very reason for a jail's existence in Pakistan is just a detention center and not a resocialization center. This is the biggest hurdle.

MA: It is not possible to resocialize prisoners because every system of the whole country is flawed.

Discussion

The study aimed to explore how prisoners in Pakistan are resocialized during incarceration. This was researched through the lens and experiences of guards on duty inside the prisons and two interviewers collected from officials of the social welfare department. The research questions posed for the study were to discover the mechanisms of resocialization, the effects of resocialization, the motivations of prisoners, the impact on their familial relationships, and the role of religion in their process of resocialization.

Existing literature revealed that prisoners in other countries are resocialized through education, religious practices, psychological counseling, and various tasks that the prisoners are supposed to perform in jail (Timofeeva, 2019). This is in line with the findings of this study where participants mentioned that prisoners in Pakistan are given formal education, 2 hour-long religious classes every morning, access to psychologists, and tasks to complete in the kitchen, in the factory, or the central tower. They are also taught motor winding, motor mechanics, computer software, electrician, and cleaning skills.

Prisoners worldwide are rewarded in various ways to motivate them to work harder and keep them optimistic about their condition (Sapsford, 1978). Pakistani prisons have a similar approach where prisoners are rewarded with days off or a reduction in their jail time after successfully completing their chores and education.

Some prisoners feel they belong to the right place when they are incarcerated because, before incarceration they lived imbalanced lives where every day was another struggle (Henriques & Manatu-Rupert, 2001). The interviewed Pakistani guards have confirmed the same, though they were not happy about it. Their concern was mainly that criminals would no longer fear being imprisoned once they had experienced how comfortable the jail environment was in terms of the excellent quality food, medical facilities, education, and religious freedom.

Another finding that coincided with previous research (Reef & Dirkzwager, 2019) was how parent prisoners were worrisome about their children back at home who were being raised either with a single parent or other guardians. Parent prisoners were mainly distressed about their children being bullied for having parents who were incarcerated. Furthermore, meetings with family and friends contributed to the resocialization of prisoners because they gave them hope about everything being okay again soon. This applied to previous literature (Sapsford, 1978) and the current study.

When it comes to religion, prisons in Pakistan emphasized faith and its importance in resocializing prisoners. Guards would give repeated instructions which involved asking the prisoners to indulge in religious practices and repent to God. Many did abide, but they would return to their old self post-release. No major stress on religion was found in preliminary studies though it was indicated that faith helped prisoners pass their time with greater motivation (Clear & Sumter, 2002) which applies to Pakistani prisons as well.

Information on Pakistani prisons that was not in line with other prisons across the world included the belief of guards that Pakistani prisons were not made to resocialize; rather they were made to separate criminals from the general public. Those who found it to be a place for resocialization mentioned that only a few prisoners successfully resocialize while most of them return due to

recidivism. They mostly held the media responsible for posing criminals as heroes and justifying their crimes which motivates viewers into following them. They felt that society was uncooperative towards released prisoners. Some criminals are addicted, have criminal ancestors, and are pressured into earning money, which is why they go for unlawful means. They were also concerned about the jail facilities making prisoners too comfortable rather than scaring them from being imprisoned. They suggested that the government offer jobs to released prisoners and improve the conditions of guards who could present themselves as role models to the incarcerated.

Overall, there was a significant negative and positive polarity of views among the guards. However, it was difficult to determine what might have caused a significant difference in their opinions since this was not the scope of the study. Though a presumption is that the guards had different experiences in different jails, their time could have also influenced their responses. Thirdly, their own optimistic or pessimistic views in life may have also affected their responses.

Benefits

The Benefits of this study entail understanding the effectiveness of resocialization on prisoners. This means finding out whether, after the process of resocialization, prisoners change for good or not. We will also be able to identify inadequacies of the process considering the role of police wardens. This information will help prison officials and the government to amend their policies related to the prisons of Pakistan. Prisoners are as human as the rest of the community; hence they need to be treated with care. If our research shows otherwise, then officials must take immediate action. They could even lay their foundations of resocialization on the methods used in international prisons.

Limitations

On the contrary, the primary limitation of my research was that the sample was restricted to studying prison wardens, police officials, and social welfare officials only. I could not extend the study to prisoners due to a lack of permission from the university and prisons. Therefore, my research lacks insight into the resocialization experiences of the prisoners themselves. Through the sample, second-hand information was gained regarding prisoners plus data about the wardens' and officials' role in the process of resocialization.

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Appendix A
Informed Consent Form

Date:

Dear Respondent,

You have been invited to participate in research titled Total Institutions and Resocialization in Prisons of Pakistan: A qualitative study of prison officials of Punjab. The study wants to assess the role of people who are involved with prisoners and interact with them on daily basis. The attached interview questionnaire will just require your 20-25minutes approximately to answer, the interviews will be audio recorded and notes will be taken in the process.. There is no compensation for responding nor is there any kind of known risk. The information provided will not be released to a third party and all efforts to protect your identity and keep the information confidential will be taken. Your participation in this study is completely voluntary and you have the full legitimate right to withdraw from this at any point. By signing this form, you are agreeing that you have read the above information and indicating your consent to participate or take part in this research study.

Name of the participant:

Signature:

Researcher: M. Fawad Khan

BS (Hons.), Department of Sociology, Forman Christian College

22-10568@formanite.fccollege.edu.pk

Appendix B

Semi Structured Interview Guide

Age: _____

Total Years of service: _____

Total service in prisons: _____

Years of service in this prison: _____

Education: _____

1. Can you briefly explain me what happens when a convict is shifted to the prison
 - a. What usually happens on the first day? [How resocialization starts from the first day? What instructions are they given on the first day? Are they told about rules and regulations and the consequences of not adhering to these principles?
2. What happens next? How are tasks distributed? What are the bases of this distribution?
3. Where are prisoners kept? [overall condition of the place?] If possible, can you take me to visit your jail if possible at the end of interview?
4. Are prisoners confined keeping in view the nature and seriousness of offense? How are they monitored in their cells? What are the usual behaviors that prison officials are likely to observe in incarcerated population? What do they do to control such behaviors?
5. What facilities are available to prisoners and what do they have to do to avail these facilities? What happens if they do not comply with the guidelines?

6. How is religion practiced in prisons? Do prisoners have access to a religious scholar? Do prisoners have access to some worship place in the premises?
7. What are the key elements that can lead to successful resocialization in your opinion?
8. What are the factors that disrupt resocialization in prisons?
9. What are different trainings given to prisoners? [e.g. healthcare/hygiene, some skills?]
10. What motivates prisoners in jails? What is their general behavior? Do these behaviors differ according to nature of offense?
11. Are prisoners allowed to meet their relatives? What behaviors/rules they have to display/follow to meet their relatives?
12. Do you think that the overall attitude, motivations, life goals of prisoners change in these settings? [If yes, how?]
13. What, in your opinion, should be done to make the process of resocialization more effective?

Appendix C

Permission Letter

Date:

Respected In charge district jail Lahore/Gujranwala/Sheikhupura,

I am conducting a research titled “Total institutions and Resocialization in prisons of Pakistan: A qualitative study on prison officials of Punjab”. This study aims to assess the role of people who are involved with prisoners and interact with them on daily basis. I will be required to conduct 10-15 minutes semi-structured interviews of prison officials. The interviews will be audio recorded and notes will be taken in the process. The information provided will not be released to a third party.

I request you to grant me permission to conduct this research in district jail
Lahore/Gujranwala/Sheikhupura.

By signing this form, you are agreeing that you have read the above information and indicating your consent to conduct this research.

Researcher: M. Fawad Khan

BS (Hons.), Department of Sociology, Forman Christian College

22-10568@formanite.fccollege.edu.pk

Signature: