

Rehabilitation Programs in Relation to Psychological Well-Being and Behavioral Adjustment of Detainees in Provincial Detention Facility

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ABSTRACT

This study examined the link between rehabilitation programs and the psychological well-being and behavioral adjustment of detainees in a provincial detention facility in Misamis Occidental. Using a descriptive-correlational design and purposive sampling of 100 detainees, data were gathered through modified questionnaires and analyzed with statistical tools. Results showed that detainees found rehabilitation programs—especially skill development and employment preparation—moderately helpful. They also exhibited strong coping skills, emotional resilience, and improved social behaviors. A significant correlation was found between program participation and both psychological well-being and behavioral adjustment. The study recommends enhancing program quality, expanding vocational training, and fostering multi-sectoral collaboration to improve reintegration and reduce recidivism.

Keywords: behavioral adjustment, coping skills, detention facility, psychological well-being, rehabilitation programs.

INTRODUCTION

Rehabilitation programs within provincial detention facilities play a critical role in promoting the psychological well-being and behavioral adjustment of detainees (Edward, 2021). In the Philippines, little empirical research has examined how support systems influence detainees' behavior and mindset during incarceration. Rehabilitation programs such as educational, vocational, spiritual, and health services have been shown to positively shape inmate experiences despite challenges like overcrowding and limited resources (Bersamina et al., 2021). While emotional adjustment and program continuity remain concerns, these programs contribute to personal growth and skill acquisition (Luceño, 2024; Aliyu & Mustaffa, 2022).

Targeted rehabilitation efforts have proven effective in reducing recidivism by addressing criminal behavior at its root (Arbour et al., 2021). For instance, the R&R2 program in Switzerland improved inmate behavior and reduced reoffending (Baggio et al., 2020), while Nigerian research highlighted gains in literacy and employability through such programs (Aliyu & Mustaffa, 2022). The absence of these supports in provincial jails increases risks to public safety and places added economic burdens on society. Tailored rehabilitation can improve reintegration outcomes and lessen the likelihood of reoffending (McInnes et al., 2022).

Psychological well-being is a vital component of rehabilitation, yet many inmates suffer from poor mental health due to stigma and insufficient support (Hikmat et al., 2024). Extended incarceration has been linked to emotional distress, suicidal ideation, and aggression (Sobhanian & Boyle, 2016; Arbour et al., 2024). Without proper psychological care, detainees face higher risks of anxiety, depression, and recidivism. Conversely, effective services foster self-respect, dignity, and confidence, all essential for successful reintegration (Arde et al., 2022).

Behavioral adjustment among detainees varies across offender types. White-collar offenders show fewer adjustment problems, whereas inmates in India and the Philippines often struggle with emotional and social challenges (Sinha, 2010; Macabago, 2020). Coping strategies are shaped by socio-demographic factors, yet many provincial facilities still lack vital services such as dental care, legal assistance, and mental health

support (Bersamina et al., 2021). These gaps emphasize the need for comprehensive and individualized rehabilitation efforts.

Despite extensive literature on rehabilitation, few studies focus specifically on provincial detention centers. Most research targets national prisons, leaving a contextual gap in understanding local challenges and population-specific needs. Detainees in provincial facilities are often overlooked, and the influence of specific rehabilitation components on mental health and behavioral outcomes remains underexplored. There is a clear need for localized, empirical studies to guide more effective and context-sensitive rehabilitation strategies.

This study aimed to examine the relationship between rehabilitation programs and the psychological well-being and behavioral adjustment of detainees in a provincial detention facility. It focused on the impact of mental health services, skills training, employment preparedness, and social reintegration initiatives. By assessing improvements in mental health, emotional resilience, coping strategies, behavior, and social interaction, the research offers critical insights and recommendations for improving correctional rehabilitation in provincial settings.

Statement of the Problem

This study was conducted to assess the impact of rehabilitation programs on the psychological well-being and behavioral adjustment of detainees in provincial detention facilities. Specifically, it will answer the following questions:

1. What is the impact of rehabilitation programs in terms of mental health services, vocational training and skill development, and social reintegration programs?
2. What is the psychological well-being of detainees in terms of mental health improvements, emotional resilience, coping mechanisms?
3. What is the behavioral adjustment of detainees in terms of changes in attitudes and behavior, conflict resolution skills, social interaction improvements?
4. Is there a significant relationship between rehabilitation programs and psychological well-being of detainees?
5. Is there a significant relationship between rehabilitation programs and behavioral adjustment of detainees?

METHOD

This study utilized a quantitative, descriptive-correlational research design to examine the relationship between rehabilitation programs and detainees' psychological well-being and behavioral adjustment within a provincial detention facility in Misamis Occidental, Northern Mindanao, Philippines. The approach allowed for objective data collection and analysis without manipulating variables, focusing on measuring associations between rehabilitation program exposure and detainee outcomes. The research was conducted in a government-run facility operating under BJMP guidelines, serving detainees convicted of or awaiting trial for various offenses. A total of 100 detainees who had actively participated in rehabilitation programs such as mental health counseling, vocational training, and reintegration initiatives were selected through purposive sampling, ensuring relevance to the study's aims.

RESULTS AND DISCUSSIONS

Impact of Rehabilitation Programs

Table 1 shows that rehabilitation programs had a Moderate Impact (MI) on detainees across mental health services, skills development and employment preparedness, and social reintegration. Skills Development and Employment Preparedness had the highest weighted mean (WM = 3.45), indicating that vocational training and job readiness activities were the most beneficial. Mental Health Services had the lowest mean (WM = 3.38), suggesting a need for improved accessibility and consistency. Social Reintegration Programs (WM = 3.40) also showed moderate effectiveness, indicating positive but still limited outcomes in preparing detainees for reintegration.

The implication of these findings suggests that detainees perceive the rehabilitation programs, particularly skills development and employment preparedness, as having a moderate but evident impact on their well-being and readiness for reintegration. The higher rating was for skills development and employment preparedness ($M=3.45$) indicates that detainees may feel more positive about the benefits these programs offer in terms of preparing them for life after detention. However, the lower score for mental health service ($M=3.38$) suggested that detainees view these services as less impactful or possibly less effective in addressing their psychological needs.

The slightly higher rating for skills development and employment preparedness suggested that detainees may place greater value on practical programs that equip them with skills they can use after their release, such as job readiness or livelihood development. Research has indicated that programs like vocational and educational training, spiritual development, and health services can have a significant positive effect on inmates' rehabilitation and overall experiences (Bersamina et al., 2021). Non-formal education initiatives, particularly social skills training, have been shown to enhance prisoners' personal development, motivation, and autonomy, fostering positive behavioral changes. Moreover, integrating social learning theory into work release programs can improve post-release outcomes by addressing the social factors contributing to criminal behavior and promoting self-efficacy among inmates (Costa & Fernandes, 2021).

The findings suggested that while mental health services were still perceived as helpful, their lower rating may reflect issues related to visibility, accessibility, or detainees' limited understanding of the services' benefits. Mental health played a crucial role in individuals' ability to cope with the challenges of incarceration and adjust post-release, and it is essential that these services receive more attention and resources to be truly effective. While timely mental health services were crucial, they have been associated with increased risk of re-incarceration due to technical violations, highlighting the complex relationship between mental health and criminal justice services (Domino et al., 2019).

From a rehabilitation perspective, these findings aligned with the theory that successful reintegration into society required not only practical skills but also emotional and psychological support. The lack of adequate mental health services might hinder detainees' ability to fully benefit from rehabilitation programs. McInnes et al. (2022) demonstrated that job training programs in correctional facilities help detainees adjust better post-release, particularly in their job search. However, the absence of sufficient mental health support may undermine the effectiveness of such programs. Arbour et al. (2024) further emphasized that mental health programs are vital for inmates' rehabilitation but often suffer from underfunding and a shortage of trained staff. These studies, in conjunction with the current research, underscore the need for a more comprehensive approach to rehabilitation—one that not only enhances detainees' practical skills but also significantly strengthens the emotional and psychological support available to them.

Table 1 Impact of Rehabilitation Program

Rehabilitation Programs	WM	StDev	I
Mental Health Services	3.38	0.5687	MI
Skills Development and Employment Preparedness	3.45	0.5416	MI
Social Reintegration Program	3.40	0.5505	MI
Overall Weighted Mean	3.41	0.0361	MI

Legend:

3.76-4.00 – High Impact (HI)

1.76-2.75 – Limited Impact (LI)

2.76-3.75 – Moderate Impact (MI)

1.00-1.75 – Negative Impact (NI)

Psychological Well-Being of Detainees

Table 2 showed how detainees rated their psychological well-being based Mental Health Improvements, Emotional Resilience, and Coping Mechanisms. The overall average score is 3.41, which means that, overall, detainees believed their psychological well-being was high state inside the facility. Among the three components, Coping Mechanisms got the highest average score ($M= 3.44$, $SD=0.55$) meaning detainees

believe they have developed better ways to handle stress and challenges while in detention. Emotional Resilience also received a high rating ($M=3.42$, $SD=0.53$.) Mental Health Improvements, however, had the lowest score ($M=3.39$, $SD=0.05$), though still rated as High.

These findings were significant because they demonstrated that rehabilitation efforts within the facility contributed meaningfully to detainees' emotional and psychological development. Strengthening coping mechanisms and emotional resilience was critical not only for managing the immediate stresses of incarceration but also for supporting long-term adjustment after release. However, the relatively lower score for Mental Health Improvements signaled an area where additional focus and resources could have further enhanced outcomes. Greater investment in mental health services would have helped close this gap, ensuring that detainees received the comprehensive support needed for sustainable personal growth and successful reintegration into society.

The high rating of coping mechanisms indicates that the detainees actively engage in strategies to tackle program directly. This was parallel to the study of McInnes, Roberts, and Williams (2022) that in rehabilitation programs that include mental health and coping strategies help reduce anxiety and depression among inmates, making it easier for them to adjust during and after detention. Similarly, Arbour et al. (2024) highlighted that helping inmate's build resilience and emotional control contributes to more positive outcomes during reintegration and lowers their chances of reoffending.

The high rating for emotional resilience similarly indicated that interventions aimed at strengthening emotional resilience—such as therapy, mindfulness training, and social skills development—were perceived as beneficial by detainees. These interventions specifically targeted the enhancement of coping abilities and emotional regulation, both of which are critical for psychological stability during incarceration. This result aligned with previous research, which defined emotional resilience as the capacity to adapt to and recover from stressful circumstances while maintaining mental well-being despite adversity (Murden et al., 2018).

Although mental health improvements received a relatively lower score compared to other dimensions, it was still rated within the high range, indicating that detainees perceived important benefits in this area. Promoting positive mental health was critical, as it can enhance coping strategies and increase resilience, particularly among vulnerable populations such as incarcerated individuals with serious mental illnesses (Leidenfrost et al., 2016). Existing research on mental health within detention settings reveals complex and sometimes contradictory dynamics. For example, Filges et al. (2018) concluded that detention had a detrimental effect on the mental health of asylum seekers when compared to non-detained groups.

These findings imply that current interventions are positively impacting detainees' mental and emotional health, as evidenced by high ratings in mental health improvements, emotional resilience, and coping mechanisms. This indicates that the rehabilitation environment and support systems are effectively addressing the psychological needs of detainees, helping them adapt to their circumstances and manage stress in healthier ways. However, while the results are promising, they have not yet reached the "very high" category, highlighting the need for further program enhancements. These may include the integration of more personalized psychological services, increased access to professional mental health support, regular counseling sessions, peer support programs, and activities that promote self-reflection and emotional expression.

Table 2 Psychological Well-Being of Detainees

Profile	WM	StDev	I
Mental Health Improvements	3.39	0.0534	H
Emotional Resilience	3.42	0.5348	H
Coping Mechanisms	3.44	0.5540	H
Overall Weighted Mean	3.41	0.0252	H

Legend:

3.76-4.00 – Very High (VH)

1.76-2.75 – Average (A)

2.76-3.75 – High (H)

1.00-1.75 – Low (L)

Behavioral Adjustment of Detainees

Displayed in Table 3 on how detainees rated their behavioral adjustment while in detention in terms of changes in attitudes and behavior, conflict resolution skills and social interaction improvements. The changes in attitudes and behavior received the highest rating ($M=3.45$, $SD=0.61$) while the conflict resolution skill was also observed high with the point difference ($M=3.44$, $SD=0.63$), both indicators was observed often by detainees that had significant improvements in how they think and act. Although, the social interaction improvements had the lowest score ($MD=3.41$, $SD=0.64$) it was important to note that this still represents a high rating. This suggests that while progress in this area may not be as pronounced, detainees acknowledged observable improvements in their ability to engage socially. The overall average score ($M=3.43$, $SD=0.02$) indicating that detainees generally feel that their behavior has improved in a high or positive way during their time in the facility.

The findings indicate that detainees recognize significant positive changes in their attitudes, conflict resolution skills, and social interactions during their time in detention, suggesting that the implemented rehabilitation programs may play a crucial role in facilitating personal growth and potentially reducing the likelihood of recidivism.

The highest rating in changes in attitude and behavior supported from the recent studies has shown promising results in changing attitudes and behaviors among inmates through various interventions. Prison arts programs have been found to improve life effectiveness attitudes, reduce disciplinary reports, and increase participation in academic and vocational programs. A criminal attitude treatment program demonstrated significant reductions in criminal attitudes and a 7% lower rearrest rate among participants (Simourd et al., 2016). Similarly, study by Bosma et al. (2020) found that structured programs in prisons can lead to clear improvements in behavior and reduce the chance of reoffending. Another study by Goncalves et al. (2019) emphasized the importance of behavior-focused interventions in helping young offenders adjust better during detention and beyond. These studies support the current findings, showing that behavior change is possible when detainees are given the right tools and support.

The conflict resolution skills received high, indicating it was observed among detainees that conflict resolution and restorative justice interventions have been associated with modest reductions in individual criminal recidivism compared to standard criminal justice treatments.

Additionally, there were studies have explored various approaches to conflict resolution and rehabilitation among inmates. The Risk-Need-Responsivity model emphasizes assessing and treating inmates based on their risk of reoffending, addressing criminogenic needs through programs like counseling, education, and vocational training. Inoculation theory has been proposed as a potential method for reducing recidivism in prison populations. Peaceful conflict resolution techniques, including restorative justice processes and prisoner-facilitated mediation, have shown promise in reducing interpersonal violence in prisons (Millana et al., 2020). Studies highlight the importance of multifaceted approaches to rehabilitation and conflict resolution in correctional settings, incorporating psychological, educational, and social interventions to address the complex needs of inmates and reduce recidivism rates.

The slightly lower scores in social interaction may suggest that, although many individuals have demonstrated improvement in communicating and collaborating with others, some continue to experience difficulties in establishing relationships. These challenges are likely attributable to underlying trust issues or a lack of prior social experiences. Existing research on inmate social interactions highlights the complexity of social structures within correctional facilities. Studies indicate that inmates often develop friendship-like networks that mirror those found in broader social environments, characterized by moderate racial and ethnic clustering (Schaefer et al., 2017). Relationships among inmates frequently serve as the primary mode of social interaction during incarceration, particularly when opportunities to maintain external social ties are limited. Social network analyses reveal that inmates form “get along with” networks that exhibit weak subgroup structures alongside moderate racial or ethnic clustering (Schaefer et al., 2017). These networks are comparable to peer associations observed among adolescents in educational settings, suggesting that inmates retain the capacity to build social bonds under appropriate conditions. A comprehensive understanding of these social dynamics is

crucial for informing policy development and enhancing rehabilitation efforts aimed at fostering more stable inmate communities (Schaefer et al., 2017).

These findings implied that rehabilitation programs are effectively fostering positive behavioral changes, equipping detainees with the necessary skills to manage conflicts, interact socially, and modify previously harmful attitudes and behaviors. The consistently high ratings imply that the interventions are contributing to the development of more constructive and socially acceptable behaviors. However, while the outcomes are encouraging, they also point to opportunities for further enhancement. Strengthening behavioral programs through continuous mentorship, behavior modeling, and group-based activities could help elevate these outcomes to a very high level, further supporting the successful reintegration of detainees into society.

Table 3 Behavioral Adjustment of Detainees

Behavioral Adjustment	WM	StDev	I
Changes in Attitudes and Behavior	3.45	0.6113	H
Conflict Resolution Skills	3.44	0.6391	H
Social Interaction Improvements	3.41	0.6443	H
Overall Weighted Mean	3.43	0.0208	H

Legend:

3.76-4.00 – Very High (VH) 1.76-2.75 – Average (A)
2.76-3.75 – High (H) 1.00-1.75 – Low (L)

Significant Relationship between Rehabilitation Programs and Psychological Well-Being of Detainees

Table 4 revealed the significant correlations between rehabilitation programs (mental health services, skills development and employment preparedness, and social reintegration program and the three areas of psychological well-being: (mental health improvement, emotional resilience, and coping mechanisms). The correlation coefficient (r) values and associated p-values provide insight into the strength and significance of these relationships. Result showed highly significant relationship between the variables. The strongest relationship was between skills development and employment preparedness and emotional resilience with a correlation score of $r = 0.758$, while the lowest—but still strong—relationship was between Social Reintegration and Emotional Resilience with a correlation of $r = 0.494$. All the p-values are 0.00, which means we reject the null hypothesis and conclude that the relationships are highly significant.

This result suggested that as detainees participate more in rehabilitation programs, their mental and emotional health also improves. The high correlation scores show that detainees feel more mentally stable, emotionally strong, and better at handling stress when they receive consistent support through vocational training, counseling, and social reintegration efforts. This suggests that these programs are doing more than just keeping them busy—they're helping them feel better and become emotionally stronger.

According to Arbour, Lacroix, and Marchand (2024), participation in well-structured rehabilitation programs contributes significantly to emotional healing and stress management among incarcerated individuals. Similarly, McInnes et al. (2022) found that inmates who engage in mental health support and vocational training show improvements in coping skills and emotional control. These studies support the findings here, confirming that rehabilitation programs are vital to building psychological strength and reducing recidivism.

These findings suggested that increased participation in rehabilitation programs was associated with improvements in detainees' mental and emotional health. The high correlation scores indicated that detainees experienced greater mental stability, enhanced emotional resilience, and improved coping mechanisms when provided with consistent support through skills development, counselling, and social reintegration efforts. Participation in these programs appeared to contribute not only to skill acquisition or time management but also to meaningful psychological growth. These results emphasized the importance of rehabilitation programs as key components in fostering emotional strength, promoting mental health, and preparing detainees for successful reintegration into society.

The implications of these findings were considerable for the design and implementation of rehabilitation initiatives. Correctional facilities and rehabilitation centers were encouraged to continue investing in comprehensive programs that simultaneously addressed skill development, mental health support, and social reintegration. By doing so, these institutions could better promote psychological well-being and increase the chances of successful rehabilitation and reintegration. Future program development should consider the integration of mental health services, vocational training, and social support structures as essential strategies for enhancing the overall effectiveness of rehabilitation efforts.

Table 4 Significant Relationship between Rehabilitation Programs and Psychological Well-Being of Detainees

Behavioral Adjustment	Mental Health Improvement	Emotional Resilience	Coping Mechanism
Mental Health Services	r= 0.728 p= 0.00** Reject Ho	r= 0.757 p= 0.00** Reject Ho	r= 0.695 p= 0.00** Reject Ho
Skills Development and Employment Preparedness	r= 0.743 p= 0.00** Reject Ho	r= 0.758 p= 0.00** Reject Ho	r= 0.494 p= 0.00** Reject Ho
Social Reintegration Program	r= 0.692 p= 0.00** Reject Ho	r= 0.712 p= 0.00** Reject Ho	r= 0.725 p= 0.00** Reject Ho

Ho: There is no significant relationship between rehabilitation programs and psychological well-being of detainees.

*Legend: 0.00-0.01** Highly Significant, 0.02-0.05*Significant, above 0.05 Not Significance*

Significant Relationship between Rehabilitation Programs and Behavioral Adjustment of Detainees

Table 5 revealed a highly significant relationship between the three types of rehabilitation programs—Mental Health Services, Vocational Training, and Social Reintegration—and all aspects of behavioral adjustment, which included changes in attitudes and behavior, conflict resolution skills, and improvements in social interaction. The strongest relationship was observed between Social Reintegration Programs and Attitude and Behavior Change, with a correlation score of $r=0.630$, while the lowest—but still significant—relationship was found between Vocational Training and Conflict Resolution Skills, with $r=0.464$. All p-values were recorded at $p=0.00$, leading to the rejection of the null hypothesis and confirming a highly significant relationship across all areas.

This meant that the more detainees engaged in rehabilitation programs, the more likely they were to exhibit improved behaviour. Detainees who participated in these programs became more respectful, more capable of resolving conflicts, and more socially interactive. Social Reintegration Programs appeared particularly effective in helping detainees reflect on and improve their behaviour. Skill development and mental health services also contributed positively to how detainees managed themselves and related to others.

These findings emphasized the importance of continuing and enhancing rehabilitation efforts in provincial jails, as the programs clearly supported positive behavioural change. Counselling, job training, and reintegration activities not only reduced tension within detention centers but also prepared detainees to live more responsibly and peacefully upon re-entry into society. The results further suggested that focusing simultaneously on practical skills and emotional development led to better overall behavioural adjustment.

This result supported by the finding of Bosma et al. (2020) found that detainees who completed prison-based behavioral programs showed better self-control and less aggression, which helped reduce recidivism. Goncalves et al. (2019) also reported that regular participation in correctional interventions improves inmates' social behavior and conflict resolution skills. These findings are consistent with the results of this study, proving that structured rehabilitation programs have a strong influence on positive behavioral change.

Table 5 Significant Relationship between Rehabilitation Programs and Behavioral Adjustment of Detainees

Behavioral Adjustment	Changes in Attitude and Behavior	Conflict Resolution	Social Interaction Improvement
Mental Health Services	r= 0.626 p= 0.00** Reject Ho	r= 0.563 p= 0.00** Reject Ho	r= 0.589 p= 0.00** Reject Ho
Skills Development and Employment Preparedness	r= 0.533 p= 0.00** Reject Ho	r= 0.464 p= 0.00** Reject Ho	r= 0.543 p= 0.00** Reject Ho
Social Reintegration Program	r= 0.630 p= 0.00** Reject Ho	r= 0.485 p= 0.00** Reject Ho	r= 0.490 p= 0.00** Reject Ho

Ho: There is no significant relationship between rehabilitation programs and behavioral adjustment of detainees.

*Legend: 0.00-0.01** Highly Significant, 0.02-0.05*Significant, above 0.05 Not Significant*

FINDINGS

The study found that rehabilitation programs significantly impact detainees, with skills development and employment preparedness, particularly vocational training, proving most beneficial. Mental health services and social reintegration programs also showed positive effects but may need improvement. Detainees rated their psychological well-being and behavioral adjustment as high, with strong coping mechanisms, emotional resilience, and notable attitude and behavior changes. While mental health improvements and social interaction showed slightly lower scores, they still reflected progress. A highly significant relationship was observed between rehabilitation programs and both psychological well-being and behavioral adjustment, with the strongest links seen between skills development and emotional resilience, and between social reintegration and attitude/behavior change.

CONCLUSION

The study concluded that rehabilitation programs in detention facilities play a vital role in enhancing detainees' psychological well-being and behavioral adjustment, with skills development and employment preparedness showing the most significant impact by fostering emotional resilience and providing direction post-release. While mental health services and social reintegration programs also contribute positively, they require further enhancement to fully address emotional and social needs. High ratings in coping mechanisms and emotional resilience indicate that detainees are gaining tools to manage incarceration challenges, though improvements in mental health services are still needed. Behavioral adjustments, particularly in attitudes, behavior, and conflict resolution, reflect the effectiveness of rehabilitation, despite slightly lower gains in social interaction. The strong relationships between rehabilitation components and both psychological and behavioral outcomes highlight the need for a balanced, holistic approach that prioritizes vocational training, mental health support, and social reintegration to promote successful reintegration and reduce recidivism.

RECOMMENDATIONS

Based on the study's findings, it is recommended that the Provincial Jail Administrator enhance rehabilitation by improving mental health services, incorporating behavioral interventions like cognitive-behavioral therapy (CBT) and peer mentoring, and conducting regular assessments using validated tools. LGUs and NGOs should expand vocational training by aligning skills programs with labor market needs, partnering with accredited institutions, and offering certifications to boost employability. Strong collaboration among BJMP, LGUs, NGOs, and mental health professionals is vital for sustainable reintegration support. Inmates are encouraged to actively participate in rehabilitation programs, while communities should help reduce stigma and support

reintegration. Future researchers should explore the long-term impacts of rehabilitation and examine gender- or age-specific responses for more inclusive and effective interventions.

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