



SELF-EFFICACY, EMOTIONAL REGULATION AND PERCEPTION OF LIFE AMONG PRISONERS

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ABSTRACT

The Indian Prison System which houses both the under trials and convicts offers a complex range of experiences to its inmates. While there are dark aspects to prisons, but there also lies positive aspects and teachings which has a role in giving better lives and personal growth through the activities. Prior studies have documented that prisons are emotionally fraught places where successful adaptation depends on the prisoners' abilities to calibrate their emotional expressions and deal effectively with the challenges. Also efficacy beliefs influences whether people think pessimistically or optimistically. Therefore, the present study aims to understand the effect of socio demographic variables and self efficacy on the emotional regulation and perception of life. For the purpose, total of 48 participants comprising both male and female were selected from Sabarmati Central Jail, Ahmadabad using purposive sampling. Assessment tools used includes: The General Self-Efficacy Scale, Life Orientation Test-R (LOT-R), and Emotion Regulation Questionnaire (ERQ). Results identify better education level among males, higher incidence of sexual abuse among females and higher incidence of severe crime among

males. Socioeconomic status is Socioeconomic status is found to be negatively correlated to optimism and general self efficacy among males. Higher incidence of optimism, cognitive reappraisal and self efficacy reported among inmates. The study highlighted the emotional aspects and perception of self and the world among the prisoners who are often seen with a negative connotation attached to their name.

Keywords: Emotional regulation, Self efficacy, Optimism, Pessimism.

INTRODUCTION

For Mahatma Gandhi prison was a place for inner reflection; for Jawaharlal Nehru it was a place for literary activity; for Sri Aurobindo it was a place for self-realization. WHO (1999) reported that Successful prison systems ensure safe custody and good order for detainees, but also opportunities for rehabilitation and reintegration on release back into the community. “Crimes” like any other action of the body, is a manifestation of thoughts in the mind which are regarded as punishable offence. In the recent times criminal acts have become a social problem and the major aim of the jail authorities is to bring about reformation and rehabilitation of the offender through its inclusion into different programs (Khurana & Dhar, 2000).

According to Prison Statistics in India (2014), although the categorization of central jail differs from State to State but a common feature observed among all the States/UTs are that the prisoners sentenced to imprisonment for a period longer than 2 years are confined in the central jails, which have larger capacity and rehabilitation facilities for its inmates. The highest capacity of inmates in the Central jail comes from Maharashtra (14,841), Tamil Nadu (14,127), and Punjab (13,810) West Bengal (11,300) Gujarat (7,680). In India, the terms "prison" and "jail" are used interchangeably reflecting no significant effort to separate "undertrials," as those awaiting trial, from convicts (Neier, 1990). Almost 68 per cent of all inmates in the 1,387 jails in the country are undertrials, according to the latest figures released by the National Crime Records Bureau (NCRB) for 2014. The report identified Goa, Jammu and Kashmir, Gujarat and Punjab as the worst condition, with over 75 per cent of undertrials remaining in jail for over three months.

The prison is considered a special setting – both as an institution where people may live for long or short periods and a workplace. Prison inmates have several roles and responsibilities, experiences of the past, living away and abandoned from family ties and maintain cordial

relationship in the high-risk environment comprising of complex characteristics and personalities. Some of the problems that affect both the staff and prisoners include overcrowding, intercultural conflicts, violence and gang crime, language problems, drug use, ageing buildings in poor repair and, frequently, insufficient staff levels with poor training to support them. Researchers have identified that the harsh conditions in jail, poverty, social background, institutionalized powerlessness and stigmatization undermine prisoners' self efficacy and in maintaining positive mental health behavior (Courtenay, 1998). Psychological factors such as frustration, hostility, and feelings of helplessness might be the cause or the consequence of criminal behavior and in some cases, both. Various prison reform measures are undertaken to reduce the inmate's feelings of hostility, helplessness and other negative emotions and further improve their psychological and physical health (Khurana, 2000)

Self efficacy

Albert Bandura has defined self-efficacy as "a person's belief in his ability to succeed in specific situations" (Wookfolk, 2009, p.71). Self-efficacy involves "beliefs in one's capabilities to mobilize the motivation, cognitive resources, and courses of action needed to meet a given situational demands" (Gist & Mitchell, 1992, p. 184). Research indicates that sources of self-efficacy emerge from several important social contexts (e.g., family, recreation, faith traditions, and beliefs; Staples, Schwalbe, & Gecas, 1984). According to Social Cognitive Theories "Self-management is regarded as good medicine" (Bandura, 2005, p. 245). An individual's sense of self-efficacy can play a major role on how he approaches goals, tasks, challenges and better health outcomes(Daltroy, 1993)(Marks et al. 2005). Someone who has a high self-efficacy in a certain area is likely to attempt a new task, whereas one with low self-efficacy is more likely to try to avoid it. According to Bandura (1997), sources of individual's self-efficacy are through mastery experiences, vicarious experiences (observations of others), social/verbal persuasion, and interpretations of psychological and emotional states.

Optimism

Incidence of drug and alcohol abuse, and associated health problems, is high among offenders. Moreover, the increasing rate of incarceration of females and older individuals further taxes the medical resources of jails and prisons, as both populations have a higher likelihood of physical health concerns relative to young male inmates (Maruschak & Beck, 2001; Maruschak, 2006).

Incarcerated persons reported significantly lower levels of self-efficacy before participating in education program than after participation (Allred et al., 2013).

However, one possible psychological factor that can be incorporated in improving health outcome of the incarcerated individuals is “Optimism” i.e. the expectation of positive outcomes and confidence in future success (Domino & Conway, 2001; Scheier & Carver 1985). Both cross sectional and longitudinal studies have identified optimism as prospectively correlated to outcomes such as a decreased likelihood of becoming ill, reduced severity and length of illness, and faster and more complete recovery following surgery (Carver & Scheier, 2002; Scheier & Carver, 1985; 1987; Scheier et al., 1989). Aspinwall, Richter and Hoffman (2001) have offered three explanations for the optimism/positive outcome relationship. He posits that optimists are more likely to utilize effective and adaptive coping strategies, better able to distinguish controllable situations from the uncontrollable ones showing more acceptance of the situation and demonstrating more flexible and adaptive thinking than pessimists. Research to address optimism in an inmate population (van Harreveld, Pligt, Claassen, & Dijk, 2007) among 30 male inmates in the Netherlands indicated that optimism was associated with lower concurrent self-reports of mental and physical health problems.

Emotional regulation

Thompson (1994) defined “Emotion regulation as the process of monitoring, evaluating and modifying of an individual’s emotional reactions in order to accomplish one’s own goals. According to Gyurak et al. (2011) this process may include both implicit emotion regulation, i.e. processes which occur automatically and largely outside conscious awareness and occur at very early stages of the emotion regulation process, and explicit emotion regulation, which involves using conscious strategies to modify emotional responses. Fully functional emotion regulation requires the ability to recognize the emotional significance of perceived stimuli, to appreciate the need for regulation, and then to select and implement an appropriate strategy (Sheppes et al., 2015). Kessler et.al. (2005) was of the notion that failure to regulate emotions can cause aggression, violations ,various other forms of anti-social behaviors and also emotional trauma

due to undermining morality which makes one more vulnerable to psychological disorders such as posttraumatic stress disorder and major depressive disorder.

Gross and John (1998) identified two major emotion regulation strategies that are often used by individuals which includes cognitive reappraisal and expressive suppression. *Cognitive reappraisal* is defined as the attempt to reinterpret an emotion-eliciting situation in a way that alters its meaning and changes its emotional impact (Lazarus and Alfert, 1964; Gross and John, 2003). *Expressive suppression* is defined as the attempt to hide, inhibit or reduce ongoing emotion-expressive behavior (Gross and Levenson, 1993; Gross and John, 2003). In adults, greater use of reappraisal emotional regulation strategy is associated with greater positive affect, greater well-being, diminished negative affect and fewer depressive symptoms (Gross and John, 2003). Other behavioral studies have identified reappraisal as effective in modulating several aspects of emotional responding, neural indicators of emotional responding (Schaefer *et al.*, 2002; Ochsner *et al.*, 2004; Hajcak and Nieuwenhuis, 2006; Urry *et al.*, 2006; Kim and Hamann, 2007), economic decisions thought to be influenced by affect (Sokol-Hessner *et al.*, 2009; van't Wout *et al.*, 2010), keeping the goal to reappraise in working memory; generating alternative (re)appraisals by retrieving from semantic memory information regarding the causes, significance and potential outcomes of the emotional situation; selecting among these possible reappraisals; maintaining the selected appraisal in working memory and finally monitoring the extent to which one is successful in changing one's affective state (Ochsner and Gross, 2008). Emotion regulation is crucial for different aspects of healthy affective and social adaptation (Gross, 2001; John and Gross, 2004). Further, dysregulation of emotions typically characterizes mood and anxiety disorders (Gross and Thompson, 2007). There are instances in prisons when the inmates cannot have control over space and they are forced to share their cell with a complete stranger, they cannot leave the prison at their own will and have to wait for their imprisonment years to end. Often, prisoners mostly men are said to have adapt to the environment by putting on emotional 'masks' or 'fronts' of masculine bravado which hide their vulnerabilities and deter the aggression of their peers (Crewe, et.al., 2014)

Overview of Sabarmati Central jail

The Sabarmati Central Jail constructed in 1895, is truly 'Angrezo ke zamaane ki jail' in structure and aura that one feels while entering into the historic prison that once housed Mahatma Gandhi

and Bal Gangadhar Tilak. The prison has cells named Gandhi kholi, Sardar kholi and Tilak kholi named after the leaders who were lodged here during British rule. Gandhi has mentioned in one of his correspondences that jail was like another ashram as he got solitude for introspection. The day in the male cells starts with one of the prominent and major reform undertaken which was the inclusion of spiritual programs such as Yoga, Meditation and Art of living courses. Headed by one of the inmates qualified as a Yoga instructor takes up the sessions in the common area which benefits the inmates to help in releasing the stress, aggression, guilt and ultimately mainstream them into the society. Gamman,L.,(2014) in a report in Times of India reported that the jail has a shop that sells products under the Uday brand. The packaging (carrier bags) says Uday is “committed towards rehabilitation of victims, prisoners and their families”. This includes packaging and creation of products by prisoners as “Namkeen, Bakery, Handloom, Tailoring, Chemicals, Soap, furniture, Leather products, printing press and laundry. According to an official in the prison “Inmates of Sabarmati jail are known far and wide for their skills and quality of work. The weaving department makes towels and mats while carpentry makes high end furniture. The bakery department is known for its bhajiyas, cakes and biscuits. It is the various state and national level designing organization that takes up training sessions for the inmates from time to time. Inmates also get a wage for their work in the prison setup. This translates into a boost of 15-20 per cent in the jail's earnings; at present, weaving, tailoring, carpentry, chemicals, batteries, bakery, printing press and laundry departments contribute to the average annual turnover of Rs 9 crore, according to a report published Ahmedabad mirror (2016) . One of the major aspect that is carried on in the setup is educating the masses, inmates are getting their education degree from different government approved distance Education University. Furthermore, prisoners are trained in such a way that they not only get degree but develop their skill to readjust in the society. There are also various rehabilitation programs undertaken for the female inmates where the female instructor is assigned the task of teaching them sewing, knitting and making incense sticks with the motive of livelihood generation and increase engagement in skill learning, but which only depends upon ones willingness to participate in the activity. As reported in a recent report published by UC News (2014), artistic creations of three inmates had been showcased at a unique exhibition, at Navajivan Trust’s Satya Art Gallery in Ahmedabad who were guided by renowned artists to unleash their creativity these dreams have found a creative release on the canvas these dreams have found a creative

release on the canvas. Even on entering the male campus of inmates one can have a glimpse of the surreal, abstract creations with a strong concept to depict to its passerby. Prisoners are also granted parole on the grounds of sickness, death, marriage, property dispute, education or any other sufficient reasons. The jail authority also arranges for cultural evenings, music classes and sports activities and competitions to boost up the inmates sense of identity and confidence from time to time.

Historically, Prisons have been described as emotionally volatile places (James, 2003) that are often saturated with violence and aggression (Edgar et al., 2003). In this environment - perhaps as a way of anticipating/avoiding danger - prisoners display intense masculinity, emotional stoicism, and largely reject 'softer' emotions (Scruton et al., 1991; Sim, 1994; Toch, 1998).

However, this may not be the complete story as with the changes in laws and policies, various reformation are being initiated in the prison setting which is why the study is initiated to understand the role of changing environment and reforms among the mindsets of prisoners. Also, it is important to understand the different 'emotional spaces' and "the perspective of the prisoners towards life" because it connects them to the possibilities and constraints of the wider environment.

METHODOLOGY

Aim: To understand the effect of socio demographic characteristics and self efficacy on the emotional regulation and perception of life among male and female inmates.

Hypothesis: H₀₁: There lies no significant difference in the socio demographic characteristics among male and female inmates.

H₀₂: There lies no significant relationship between socio demographic characteristics, self efficacy, emotion regulation and perception of life among inmates.

Participants

The study sample was collected through purposive sampling technique which consisted on 48 inmates comprising of 31 male and 17 female within the age group of 21- 50 years with basic understanding of Gujarati, Hindi or English and fulfilling the criteria of a minimum of 2 weeks

stay in Sabarmati Central Jail, Ahmedabad. Written consent was obtained from participants after they consented for the study.

Procedure

The experimental protocol was approved by the Sabarmati Jail Headoffice . After obtaining the permission the prison in-charge of the male and female cells were approached and explained about the study. According to the jail authorities, inmates are permitted to be visited within the stipulated period in the morning and afternoon hours. In the female cells, inmates are approached directly and explained about the study. After obtaining consent socio demographic details were collected, followed by the self efficacy, self esteem and emotional regulation measures. While in the male cells, the researchers were accompanied by the in-charge himself and after understanding the study protocol he himself called the participants in the interview area who were chosen according to their voluntary participation following questionnaires were circulated. After the completion of the study all the participants were provided certificates for her good conduct and cooperation as a token of appreciation.

Materials

Socio Demographic Details: It includes questions related to age, sex, years of education, socio economic background, marital status, domicile, type of crime accused of , inquiry into history of sexual abuse, sexual orientation and years of stay in prison.

General Self-Efficacy Scale (GSE): The General self-efficacy scale was developed by Schwarzer & Jerusalem in the year 1995 target for the adolescent and adult population. The 10 item self report measure was created to assess a general sense of perceived self efficacy and has been translated in over 30 languages. The Internal reliability for GSE scale is found as Cronbach's alphas between .76 and .90. The General Self-Efficacy Scale is correlated to emotion, optimism, work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety (Schwarzer & Jerusalem, 1995).

Emotion Regulation scale: The ERQ was developed by Gross and John (2003) for the purpose of measuring two ER strategies, one considered beneficial and the other harmful. *The Emotion Regulation Questionnaire* (ERQ; Gross & John, 2003) is an established 10-item self-report questionnaire targeting emotion-regulatory processes and strategies for how emotions are regulated and managed. Individuals are asked to rate the extent to which they typically try to

think or behave differently in situations to change their emotions. The questionnaire consists of 10 items capturing two specific emotion regulation strategies, cognitive reappraisal and expressive suppression on a 7-point Likert scale, where 1 means “strongly disagree”, 4 “neutral”, and 7 means “strongly agree”. Higher mean score on a subscale indicates that the strategy is more endorsed. The cognitive reappraisal scale has 6 items and the expressive suppression has 4 items. The ERQ had high internal consistency for both the cognitive reappraisal and expressive suppression subscales ($\alpha = .79$ and $.73$, respectively; Gross & John, 2003). Good convergent validity (Carver, Scheier, & Weintraub, 1989), and discriminant validity (John, Donahue, & Kentle, 1991) has been reported.

Life-orientation test –revised (LOT-R): The Life Orientation Test (LOT) was developed to assess individual differences in generalized optimism versus pessimism. LOT-R is a revised version of the original LOT developed by Scheier & Carver in the year 1992. The scale is a 10-item measure of optimism versus pessimism. Of the 10 items, 3 items measure optimism, 3 items measure pessimism, and 4 items serve as fillers. Respondents are asked to rate each item on a 4-point scale with 0 indicating *strongly disagree* and 4 = *strongly agree*. Cronbach's alpha for the entire 6 items of the scale was $.78$, suggesting the scale has an acceptable level of internal consistency. The test-retest correlations were $.68$, $.60$, $.56$ and $.79$, suggesting that the scale is stable across time. (Scheier, Carver, & Bridges, 1994).

RESULTS

Table 1: Table depicting gender differences in Frequency, mean, standard deviation (SD) and t value of socio demographic characteristics.

| Variable | Gender | Male (N= 31, 64.6%) | | Female (N=17, 35.4%) | | (t value, p value) |
|------------------------------------|-------------------|---------------------|------------|-----------------------|------------|--------------------|
| | Categories | F/ (%) | Mean/SD | F/ (%) | Mean/SD | |
| Age (in years) | – | – | 37.7,7.62 | – | 32.7,9.34 | 1.98*, .05 |
| Educational level (standard/years) | – | – | 13.7, 3.63 | – | 9.76, 4.53 | 3.34**, .00 |
| Socio economic status (SES) | Low SES | 6 (19.4) | – | 6 (35.3) | – | 1.84, .07 |
| | Medium SES | 14 (45.2) | | 9 (52.9) | | |
| | High SES | 11 (35.5) | | 2 (11.8) | | |
| Marital status | Unmarried | 6 (19.4) | – | 4 (23.5) | – | .334, .74 |
| | Married | 25 (80.6) | | 13 (76.5) | | |
| Domicile | Rural | 2 (6.5) | – | 3 (17.6) | – | 1.20, .23 |
| | Urban | 29 (93.5) | | 14 (82.4) | | |
| Type of crime accused of | Minor petty crime | 4 (12.9) | – | 10 (58.8) | – | 3.74**, .00 |
| | Severe crime | 27 (87.1) | | 7 (41.2) | | |
| Period of Prison stay (in years) | – | – | 7.45, 3.75 | – | 2.10, 3.9 | 4.63**, .00 |
| Sexual orientation | Heterosexual | 26 (83.9) | – | 17 (100) | – | 1.65, .10 |
| | Homosexual | 3 (9.7) | | – | | |
| | Bisexual | 2 (6.5) | | – | | |

Fig 1: Figures depicting history of sexual abuse among male and female

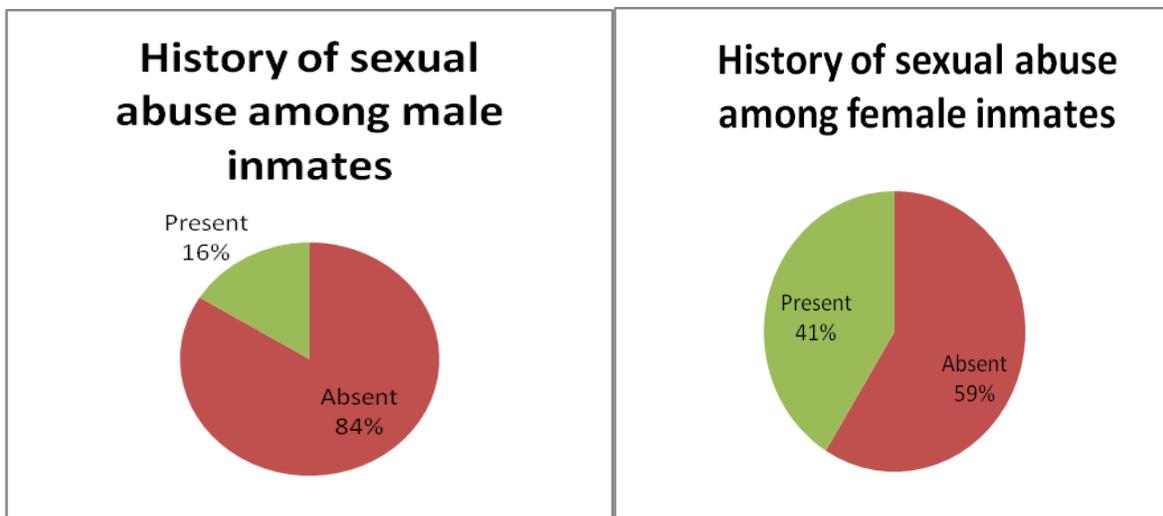


Table 2: Table depicting t-test, mean, standard deviation among inmates

| Variable | Mean | SD | t value | p value |
|------------------------------|-------|------|---------|---------|
| LOT-optimism | 9.97 | 2.23 | 30.92** | .00 |
| LOT-pessimism | 5.22 | 2.86 | 12.63** | .00 |
| General self efficacy | 31.18 | 6.33 | 34.11** | .00 |
| ER(reappraisal) | 30.52 | 6.90 | 30.64** | .00 |
| ER(Suppression) | 17.08 | 5.40 | 21.89** | .00 |

Table 3: Table depicting correlation between socio demographic variables and clinical variables

| Variables | LOT-Optimism (r value, p value) | LOT-Pessimism (r value, p value) | Self efficacy (r value, p value) | ER-Reappraisal (r value, p value) | ER-Suppression (r value, p value) |
|------------------------------|------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|
| | Male inmates | | | | |
| Socio economic status | -.369*, .04 | – | -.381*, .03 | – | – |
| Domicile | – | – | – | – | .425*, .01 |
| Type of crime | – | – | – | -.419*, .01 | – |
| H/o of sexual abuse | – | .386*, .03 | – | – | – |
| Educational level | | | .356*, .03 | | |
| | Female inmates | | | | |
| Type of crime | | | -.755**, .00 | -.545*, .02 | -.543*, .02 |

Results were analyzed using SPSS version 20.

Major Findings

1. There lies significant difference in the age and educational level with males more educated than females.
2. There lies significant difference in the type of crime committed with majority of the male population committing/accused of severe crimes such as murder, attempt to murder and rape while majority of females committed/accused of minor crimes such as drug dealing, property, kidnapping and tax related issues.
3. There lies significant difference in the period of stay in prison with males serving more number of years of imprisonment compared to females.
4. Homosexuality and Bisexuality were reported among males although a minor population.
5. Incidence of sexual abuse is reported to be higher among females
6. Self efficacy, Optimism, Cognitive Reappraisal was found to be high and used more often as a survival strategy among inmates
7. Socioeconomic status is found to be negatively correlated to optimism and general self efficacy among males.
8. Domicile is positively correlated to emotional suppression, indicating cultural aspects have a role in expression of emotion among males.
9. Type of crime is negatively correlated to self efficacy, emotional suppression and cognitive reappraisal among inmates.
10. Sexual abuse is positively correlated to pessimism among males.
11. Educational level is positively correlated to self efficacy

Discussion

Education being an important element of change among incarcerated individuals, support of the findings can be put up by citing a report published in times of india, 2015 that 279 inmates from

Tihar Jail were enrolled for the current year in the courses offered by Teach India, IGNOU, National Institute of Open schooling with the popular courses being chosen as human rights, BPO finance and accounting, travel tourism, public administration. Self efficacy is moulded by our interpretations of our prior accomplishments, verbal feedback provided by significant others, and vicarious learning (Stevens et al., 2004). Therefore being in a low SES may include poverty, challenging lifestyle which in turn influences ones self efficacy in a negative way if it has negative experiences in the past. Further, people of different age groups assign different psychological meanings to social experiences, life events, and personal attributes (Rosenberg & Pearlman, 1978) Studies also point that significant positions in daily living environments leads to better opportunities for autonomous action (e.g., self-direction, creativity) thus making the individual to self-attribute on the competence level. Self-efficacy belief influences the triadic relationship of behavior, cognitions, and social situations (Bandura, 1977). When facing life challenges, people with high self-efficacy beliefs are more likely to put greater effort, remain more problem focused, and persist for longer periods of time than those with low self-efficacy (Jackson, 2002) which further builds on their positive affect. Results from several studies found a significant positive relationship between optimism and engagement in health-promoting behaviors, such as exercise, and good nutrition (Robbins, Spence, & Clark, 1991; Steptoe et al., 1994) which improves their physical and mental health.

Supported findings indicates that Prisoners' educational level yielded a significant contribution to both reading and writing self-efficacy (Jones, 2012) Incarcerated persons reported significantly lower levels of self-efficacy before participating in education (Time 1) than after participation (Time 2) (Allred et al., 2013).

Use of emotional regulation strategy among prisoners consistent with the study was explained in a study by Crewe, 2013 which concluded that firstly, prisoners manage emotion by attending to different components of the emotion model (i.e. through situation selection, attention deployment, and response strategies). Secondly, attempts to regulate emotion are often hampered by the unique challenges of close confinement and prison rules. Finally, emotion management may be influenced by both 'hedonistic' and 'utilitarian' goals: the latter may explain situations where prisoners harness 'negative' emotions (such as anger and fear) to achieve long-term aims such as health and social conformity. Thus, both masking and fronting are applied based on the situational need.

Emotional suppression, one of these coping styles, is defined as an individual's ability to consciously control the expression of negative emotions, such as anxiety, sadness, and anger (Temoshok, 1986). While there are impressive similarities in the potential for emotions, the actual cultural patterns of emotional experience, and the endpoints of emotion regulation, differ cross-culturally and the society one stays in meaningful ways (Mesquita et al., 1997). These differences in the actual cultural patterns can be understood from the cultural relationship ideals (e.g., Kitayama et al., 2006; Mesquita and Leu, 2007).

As found by the study, Women prisoners are particularly vulnerable to custodial sexual abuse. According to a report published by National Inmate Survey during 2011-12, an estimated 4.0% of state and federal prison inmates and 3.2% of jail inmates reported experiencing one or more incidents of sexual victimization by another inmate or facility staff in the past 12 months or since admission to the facility, if less than 12 months. The adverse social positions and social disadvantage make the women more liable to rejection from families and greater dejection when they are in prison. Low levels of education and poor legal awareness makes women more likely to serve longer sentences in prison (Human Rights Watch 2001). Women in the contemporary prison face victimization, unstable family life, problems in education and work, and substance abuse and mental health problems. Some women are pregnant when they come into prison and this can be a particularly difficult time, physically and psychologically. Particularly difficult situations for women are separation from children and other significant people, including family. The National Inmate survey also found that Inmates who reported their sexual orientation as gay, lesbian, bisexual, or other were among those with the highest rates of sexual victimization which is consistent with the findings.

Limitations and Future Recommendations

Thus, although the study have highlighted many important aspects in the area of understanding prison setting and its positive aspects which often gets shadowed therefore a larger sample study can be planned for understanding and generalizing the findings. Also wide variety of variables can be incorporated to explore the issues related to sexual abuse, mental health aspects.

Further, building on the study results and the positive aspects the state government should arrange for certain principles for providing higher quality education and facilities for the inmates.

Policy makers should establish a minimum set of outcome related tracking programs and report it in the annual report of incarcerated individuals.

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