

**THE LEVEL OF AGGRESSIVE BEHAVIOUR, DEPRIVATION, WELL BEING AND
FRUSTRATION AMONG THE INMATES OF NORTH WESTERN PART OF NIGERIA
PRISONS: A CASE STUDY OF SOKOTO CENTRAL PRISON**

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Abstract

The article examines the level of aggressive behavior, deprivation, well being and frustration among the inmates in congested Nigerian prison. Nevertheless, the study elaborated the meaning of aggressive behaviour, factors contributed to aggressive behaviour, theory of aggressive behaviour, literature review, method of data accumulation and information analysis. Thus, prison setting can instigate aggressive behaviors, particularly in Nigeria, where inmates are deprived of their certain right and are treated brutality in some instances studies shows, that Nigerian prisons are not properly coordinated and managed as such, inmates are exposed to all forms of inhumanity. It should be noted that, a condition of deprivation and lack of societal well being especially among people being in an isolated environment as in the case with most prisons in Nigeria can degenerate to frustration and aggression which in turn can result to unwholesome situations such as riots/ violence in the prisons. Aggression can involve violence that may be adaptive under certain conditions in terms of natural selection. This is most evidently the example in terms of attacking prey to obtain food, or in anti-predator defense. It may as well be the case in competition between members of the same species or subgroup, if the fair reward (e.g. Status, access to resources, protection of self or kin) outweighs average costs (e.g. Injury, exclusion from the group, death). There are some hypotheses of specific adaptation to violence in humans under certain circumstances, including for homicide, but it is often unclear what behaviors may have been selected for and what may have been a byproduct, as in the case of collective violence.

Keywords: Aggressive behavior, Inmates, Warders, level and Imprisonment.

INTRODUCTION

Aggressive behavior is assigned as a type of behavior that come about in different ways which result in harmful behavior among inmates (Teicher, Samson, Polcari & McGreenery, 2006; Wang, lunette & Luk, 2010). Aggressive behavior was measured using aggressive questionnaire developed by Buss & Perry, (1992). This instrument assesses some aspects of aggressive behavior among people respectively. Aggression is defined as behavior aimed at harming another individual through verbal assaulting other individuals physical well being, or, through relational means, like group exclusion to damage a person's social status, and relations, and rumor spreading (Adam & Berzonzky, 2006; Lau & Marsee, 2013).

The development of prison systems was tied to the realization that running out to pose a credible, accountable, and consistent system for airing complaints could lead to prison riots or targeted violence against staff (Bernstein, 1975). Nevertheless, a critical observation in this growth was that violence was not merely instrumental acts of retaliation against staff or the regime by inmates who had a complaint but no means to conclude it. Failure to deliver a system to address inmate complaints lead to rising violence at the prison level generally, a magnification of the mundane and usual conflict that drove rates of misconduct and violence in a prison (Carroll, 2000; Santos, 2007). Likewise, disorder emerged pervasively rather than in small numbers of collective acts of protest (Bernstein, 1975). From these observations, critical lessons emerged regarding the impact of grievance systems on prison violence. Riots are dreadful, no matter where it takes place. In prison, riots can occur when the inmates are pushed to the breaking point with sheer brutality, low social well being and other deprivation of human right. While sometimes riot can simply be planned with a prospect of a break out. Whatsoever the case may be, all rights are squeezed at the end and order is reinstated. Here we are starting to adopt a look into some violent prison riot from around the globe.

In November 1987, the US was preparing to depot 2500 illegal Cuban immigration that had been rotting at Oakdale, Louisiana and at the US Federal Penitentiary in Atlanta. Only since the prisoners had not been noticed about the correspondence, they burst out into a riot, attempting a mass flight. What followed next was pure chaos, innocent hostages were shot down and injured. All these lasted almost a week. After being guaranteed of a fair hearing, the inmates at Oakdale surrendered, which was shortly adopted by the Atlanta inmates. Over the age about 1000 Cubans have been shipped back to their land (Willens, J. A. (1987).

Alcatraz Island Federal Penitentiary is located in the heart of San Francisco Bay and therefore considered inescapable. The feeling was almost proved wrong on May 2, 1946, when Bernard Coy, a prison inmate convicted of bank robbery, suddenly assaulted the guard who was overseeing the prison's weapons. Coy and his five accomplices— Miran "Buddy" Thompson, Joseph "Dutch" Cretzer, Clarence Carnes, Marvin Hubbard and Sam Shockley, stole some of the weapons and managed to disarm other prison guards as well. They had planned to; first, take some hostages and then hijacking the prison motorboats, dash for an escape. But the door to the prison yard got jammed and they got trapped. Unable to get away, they decided to kill the spectators to the screams and began firing erratic shots at the safeties. It was utter chaos inside. All this continued for two days until two Pantaloon Marines stormed into the prison and rescuing the hostages, put an end to the crisis (Tomlins, C. (2001).

In 1993, three very unlikely alliances were formed to demonstrate a riot at the Southern Ohio Correctional Facility in Lucasville between three separate prison gangs—the Aryan Brotherhood, the Sunni Muslims, and the Black Gangster Disciples. The tension rose when the prison authorities announced that the yard birds were to be vaccinated for tuberculosis. The Sunnis cried for boycotting the vaccination as it was breaking their religious feelings. The riot started on April 11th and ran on over a week until the authorities cut off the power and water installations. At the end 5 inmates were sentenced to death for committing murder during the drunken revelry (Hall, D. Y. (1993).

FACTORS CONTRIBUTE TO AGGRESSIVE BEHAVIOR

In this advanced era several elements contribute to aggressive behavior, such as deprivation, frustration and low social wellbeing. Aggressive behavior has posed a serious challenge to relevant authorities and society at large under the social change situation (Calvete & Orue, Haynes, 2006). The prime aim of establishing prisons is not adequately realized in most of the Nigerian prisons, this is because, most of the yard birds are

constantly aching from the problem of deprivation, social good being, frustration, which triggered or lead to aggressive behavior in most of Nigerian's Prisons. Still, the much needed social wellbeing can force inmates to live in a deplorable condition, which bring about feeling of failure and frustration that in result to aggressive behavior. Sykes (1958) showed that institutional aggression is created inside the establishment, not from outside, this is therefore a situational explanation as it suggests that aggression occurs as a result of the environment in which these people are, and not necessarily the individual themselves. Also, problems like hitting, hurting, stealing and vandalism at prison environment increase aggressive behavior (Lee, 2007). It is through this occurrence as a result of the deprivation that the inmates experience on a daily basis. People always like to involve in aggressive act they expect to result in rewarding outcomes (Ajzen & Fishbein, 1980; Bandura, 1997, 2001). Aggressive behavior is a negative behavior that leads to negative outcome (Horn, 2004; Geiger & Fischer, 2006).

The psychological well being of prison inmates in Nigeria is appalling. Amnesty international (2008) reported that this condition may damage the mental, physical and psychological well being of inmates and, in many instances, constitute clear threats to health conditions like poor sanitation, lack of food and safe medications, denial of contact with households and friends falling short of United nation standards for treatment of prison convicts. The worst conditions constitute ill treatment. In many Nigerian prisons, inmates sleep three in a bed or on the floor with thirty inmates or above in single Room, which is an element of deprivation. Crowding and deprivation in prison setting has been associated with lower psychological well being. Problem of improper eating and inadequate medical care couple with bad hygiene that are part of the prominent characteristics of prisons in Nigerian can lead to serious diseases, such as tuberculosis and other skin diseases that can still lead to lost of life in prisons (Lepor, Evans and Schnieder, 1991) For instance, the rate of emotional distress and frequent report of anxiety and feelings of depression by inmate have been reported.

Frustration can cause any other trouble that is conceived to be prominent with the prisoners is that of delay of judgment and detention before trial, this can be attributed to the slow judicial process which is also an abuse of human right that can equally instigate frustration which lead to aggressive behaviors. (Azizi, 2011). Closely associated to the above problems, is social stigma which makes some of the ex-convicts to prefer going back to the prison (recidivism). The major focal point of this work therefore is to recover out the link between the physical and social condition of inmates in the prison and aggressive behavior as it regards their lives both as convicts, awaiting trial and ex-cons. The degree of aggressive behavior, deprivation, low well being and frustration among the inmates in Nigerian prisons are really high due to the fact that they are suffering from the deprivation of human rights. Barros & Padua (2008); and Latalova & Prasko, (2010) argue that loss is the human activity that predicts aggressive behavior. Inmates temper can lead to intention on an early continuation of real aggressive behavior (Tremblay & Nagin, 2005). Neediness is a mental illness that inmates of today are facing which have been taken by a heedless disregard for social norms, an inability to experience guilt, and which contributes to frustration than aggressive behavior (Mendez, 2009).

THEORITICAL FRAME WORK: Frustration aggression Theory

Frustration aggression theory as expounded by Ted Rober Gurri, John Dollard, Leonard Berkowitz and Aubrey Yeats assumes that conflict is a direct response to accumulated frustration and anger felt by the citizenry in the club, where they could not see their desires due to scarce resources or some forces beyond their powers. This theory's common causal explanation of dispute is that people's inability to meet their needs and their existent demands. i.e. Expected need satisfaction vs. Actual need satisfaction, where expectations do not meet attainment, the trend is for people confront those they perceived to be responsible for thwarting their ambitions. Leonard Berkowitz (1989) realized that the original theory overstated the frustration – aggression connection, so he revised it. Berkowitz theorized that frustration produces anger, an emotional readiness to speak. Anger comes up when someone who cross us could have preferred to do otherwise (Averill, 1983; Weiner, 1981). Likely to lash out when aggressive cues pull the cork, releasing bottled up anger. Sometimes the cork will blow without such cues. Merely, as we will see, cues associated with amplified aggression (Carlson & others, 1990).

The terrorist understands the anger eliciting effect of their activities. Social psychologists Clark Mc Cauley (2004) and Richard Wagner (2006) Note that terrorist sometimes commits an act that will cause a strong anger, enemy to over react, creating effects that ultimately help the terrorist interests. Frustration arises from the gap between expectations and accomplishments. When your expectations are met by your attainments,

and when your desires are reachable at your income, you feel satisfied rather than frustration (Solberg and others, 2002).

The frustration – aggression hypothesis is one of the social- psychological theoretical positions on aggression. The speculation stems from the belief that frustration is a necessary condition for aggression. Most of the discriminatory patterns in Nigerian prisons cause frustration and frustration in most fonts can contribute to aggressive behavior.

The Frustration aggression theory states that aggression increases if a person feels that he or she is being stopped from reaching a goal (Aronson et al. 2005). One survey found that the closeness to the goal makes a deviation. The study examined people waiting in line and concluded that the 2nd person was more belligerent than the 12th one when somebody cut in line (Harris 1974). Unexpected frustration may be another component. In a separate field to show how unexpected frustration leads to increased aggression, Kulik & Brown (1979) selected a group of students as volunteers to work calls for charity contributions. One group was told that the people they would predict would be generous and the collection would be really successful. The other group was given no expectations. The group that expected success was more trouble when no one was pledging than the group who did not expect success (everyone really had horrible success). This research indicates that when an arithmetic mean does not materialize (successful collections), unexpected frustration arises which increases aggression.

There is some evidence to indicate that the presence of violent objects such as a gun can trigger aggression. In a survey performed by Leonard Berkowitz and Anthony Le Page (1967), college students were made angry and then left in the mien of a gun or badminton racquet. They were then guided to think they were delivering electric shocks to another student, as in the Milgram experiment. Those who had been in the mien of the gun administered more shocks. It is potential that a violence-related stimulus increases the likelihood of aggressive cognitions by activating the semantic web.

A new proposal links military experience of anger and aggression, developing aggressive reactions and investigating these effects on those having the traits of a serial killer. Castle and Hensley state, "The military supplies the social context where servicemen learn aggression, fury, and murder. Post-traumatic stress disorder (PTSD) is also a serious matter in the military, also believed to sometimes believe lead to aggression in soldiers who are suffering from what they witnessed in battle. They come back to the civilian world and may still be haunted by flashbacks and nightmares, causing dangerous strain. In summation, it has been claimed that in the rare minority who are taken to be inclined toward serial killing, violent impulses may be reinforced and refined in war, perhaps making more effective murderers. (Veenema, AH; Neumann, ID (2007).

LITERATURE REVIEW

The evolution of prison services generally dates back to the fourth dimension of civilization of mankind when people bug out to established political entities or organized leadership. Imprisonment as a form of punishment for offenders was not new to many societies in pre-colonial Nigeria. In Nigeria, the modern prison system came into being in 1861. The colonial administrators established an organized prison system that led the British model after they accepted the government of Lagos. The prison becomes one of the earliest phases of dealing justice as a termination of their re-establishment. The broad street prison was established in 1897, but the prison ordinances that give legal backing come into power in 1879. Furthermore, Lurgard after amalgamation of Southern and Northern protectorate in 1914 promulgated the prison ordinance in 1916 and the prison regulation in 1917 in order to receive a uniform system of administering prison in Nigeria. The charge of prison has the force to give direct command, correction and dominance as well as the worldwide governing body of the prison staff.

The Nigeria prison has undergone enormous development since the organization of the first English – type prison in the nation at the broad street, Lagos in 1872. The system which began about one hundred and twenty years ago has grown into a large national bureaucratized organization. Currently, Nigerian prisons are housing 49,000 in two hundred and thirty four prisons out of which 20% are convicted while the remainder are awaiting trial inmates (Amnesty International Report, 2012).

Imprisonment necessitates a substantial curtailment of an individual's freedom and many other basic rights, deprivation is an inherent feature of being incarcerated. In a work of long term inmates in Missouri, Sabbath and Cowles (1992) establish that the most grave problems for long term prisoners included travel distance for loved ones, privacy during visitation, privacy in cells and pushing. These problems are indicative of several kinds of privation. An earlier survey, carried out by Timothy Flanagan to examine the attitudes and

perspectives of long term inmates, asked inmates serving sentences of 10 years or more to priorities what they regarded as the most serious deprivations of incarceration. The 5 problems they listed, from most to least severe, were missing somebody, missing social life, worrying about how they will cope when released, feeling that their spirits are being wasted and feeling sexually frustrated (Flanagan, 1980). When asked to identify the single most important or life-threatening trouble that they had met since being incarcerated, loss of relationships with kin and friends outside the prison was consistently cited as the most severe loss. More or less long term inmates cut themselves away from these relationships as a way of warding off the anxiety and despair that come with separation. Yet, for the majority of convicts who do not practice this strategy, family ties become a two-edged sword over the years, providing encouragement and support and at the same time, making it more difficult to serve time (Flanagan, 1980). This survey also showed that most inmates reported that imprisonment had not seriously threatened their emotional wellbeing. All the same, when interpreting this data, the researcher pointed out that these responses concerning possible mental health problems could have been more contemplative of the masculine role model that many inmates attempt to emulate. Furthermore, the data indicated that the preferred method for dispensing with most types of problems among inmates was to hold them to oneself. Fellow inmates either cannot be believed or have problems of their own, family members are not examined as alternatives and institutional staff are seen as unconcerned (Flanagan, 1980).

In Nigeria, Obioha (2011) argued that the rooms and cells are not good for human habitation, while the beddings are, in most cases, absent as many prison inmates in Nigeria sleep on bare floor. Okunola et al. (2002) reported that in Nigeria prisons, prisoners sleep in batches and that there are three to five stacks. When it is time to sleep, every other batch makes space for the first sight. According to Okunola et al. (2002) Most of the prisoners, particularly awaiting trial prisoners, look emaciated, skeletal with bones almost visible from the hide. Elderly inmates face more critical problem when it comes to health provision in prisons. Davies (2011) quoted a range of psychological challenges that are experienced by the elderly population in prisons, ranging from respiratory conditions. Full recreational facilities are not usable in most prisons. Obioha (2011) noted that there are no good recreational facilities and other conveniences in most prisons in Nigeria. Okunola et al. (2002) indicated that the facilities for personal hygiene are in a terrible a state as those of environmental hygiene.

There is the maltreatment of the older inmates too. Robins (2009) added that the ill-treatment of the young by the older inmates is also a usual phenomenon in most of the prisons. Viano (2008) also argued in the same statement, observing that weaker inmates and those who have committed particularly heinous crimes were often victimized by other cons who were hardened Criminals and that as a consequence of this, policies and guidelines for handling aggressive inmates should be specific and strictly follow by all staff.

As of 2010, it is estimated that at least 10.1 million people are currently imprisoned worldwide. As of 2012, the United States has the world's largest prison population, with over 2.3 million people in American prisons or jails—up from 744,000 in 1985—meaning 1 in every 100 American adults is in prison. That same year, it was likewise reported that the United States government passed an estimated US\$37 billion to keep up these prisons. The cost of these prisons was then estimated at US\$74 billion per year (Shalev, Sharon (2013)As of 2009, California's 158,000 inmates were detained in prisons that were designed to hold 84,000—almost 14,000 of these inmates were sleeping in very tight spaces, or in hallways, or on floors. People are also being incarcerated at an increasing rate and new prisons cannot be built fast enough. In 2009, China's prison population was close to 1.6 million, while the prison population of India was 332,112. (Schmitt, J., Warner, K., & Gupta, S. (2010).

A mid-November 2013 news report announced that four prisons in Sweden were closed during the year due to a substantial fall in the number of convicts. The reduction in the number of Swedish prisoners was considered "out-of-the-ordinary" by the head of Sweden's prison and probation services, with prison numbers in Sweden falling by about 1% a year since 2004. Prisons were closed in the towns of Åby, Håja, Båtshagen, and Kristianstad.

In the United States alone, more than \$74 billion per year is spent on prisons, with over 800,000 people employed in the prison industry. As the prison population grows, revenues increase for a variety of small and large businesses that construct facilities, and provide equipment (security systems, furniture, clothing), and services (transportation, communications, healthcare, food) for prisons. These parties have a substantial stake in the elaboration of the prison system since their development and prosperity directly depends on the number of inpatients. (Kann, Mark E. (2005).

RESEARCH METHODOLOGY

In this chapter, an endeavor is made to explain how information is starting to be picked up from the area. Regarding the nature of the survey, quantitative method seems to be relevant. Consequently the primary concern of this section a research plan, brief history of the subject region, description of the population, sample and sampling techniques, instrument for data accumulation, and method of data analysis.

Research design

This study was approached by a quantitative research method which employed survey research design. According to Creswell (1994) quantitative study is the investigation of the human social problem based on testing of theory composed of variables which require to measure with numbers and analyzed with statistical method in order to achieve a logical end to assure whether expected prediction of theory hold true or not. This quantitative research employed a cross-sectional and survey as well as correlation study. The correlation method used to encounter out the nature of relationships between variables. Two or more variable measures drawn from the same group of themes were related by correlation research design (Salkind, 2006). In this inquiry, sketch design was used because survey involved using a questionnaire to find out the relationship between deprivation, well being, frustration and aggressive behavior among the inmates in Nigerian prisons. According to Barusch & Wilby (2010) and Duan, Brown & Keller, (2010) survey design is a type of descriptive technique that takes a set of scientific and organized techniques for keying out, explaining phenomena and exploring attitudes and behaviors through questionnaires for the purpose of generalizing the findings to a larger population of interest. Survey design has been selected because it helps together and identify the features of a population for a valid outcome (Fraenkel, Wallan & Hyun, 2012).

The reason why quantitative research was required, because the focal point is to plan or establish the use of tests, scales and statistical methods to collect and analyze numerical information, objectivity, validity and reliability for the intent of identifying and explicating the issues that contribute to the explanation of deprivation, well being, frustration and aggressive behavior. It has been practiced in many social sciences (Burnard, Morrison & Gluyas, 2011).

Survey design has been chosen because is among the best method of collecting information from the prison inmates, about aggressive behavior (Ignou, 2007; Shaughnessy, Zechmeister & Zechmeister, 2009).

Location of the study

The study was carried out in Sokoto State central prison in Nigerian. The prison was built in 1908 right in the Marina area of Sokoto State during the period of British colonial in Nigeria. Since then the prison has passed through developmental levels, the country felt that from regional two federal levels. It should be mentioned, nevertheless, that it was Prison Act 1960 that effectively brought all the Nigerian prisons under the legal power of the federal government. However, the researcher selected Sokoto State Central prison, Zamfara state and Kebbi state central prison in the northwestern constituent of the Nigeria, but the controller general of the Nigerian prison service only approved Sokoto state central Prison because of the crisis of Bokoharam that affect the system in particular and the social institution in general. Sokoto Central Prison as proposed selected prison in Northwestern Nigeria is one of the 234 prisons in the country (Nigeria) with the total capacity of 576 inmates. Population of sokoto central inmates was 640 and 164 waders . The population is divided into categories or section based on awaiting trail and convicted.

Moreover, Sokoto central prison has different department, which include, welfare unit, security instructor, central admin section, sewing department, carpentry department, wandering department. These sections work inter party in order to maintain and achieve the main objective of the total creation.

Sokoto central prison was selected and approved by the Nigerian Government in order to render the remaining prisons in Nigeria since the bunk is all the same and under one control. Some other reason is that Sokoto central prison is one of the biggest and a central prison in the zone which comprises of different inmates from different States. Lastly, there are issues of deprivation, well being, frustration and aggressive behaviour among the convicts, which lead to the retardation of human development.

Map of Sokoto State

Population of the study

The subject population for this study are the inmates males only of the Sokoto central prison, both the awaiting trial and convicted were inclusive. From aged about 18-45 and 45 for the above years. These were not mentioned are excluded. The female was kept out because they are very few in numbers and the stratum

of their aggressive behavior is minimal. Population is defined as all members of any well defined people, event and it also the entire group of interest to the researcher, the group to which researcher would like the answers to be generalized (Ary, Jacobs & Sorensen, 2009)

Sampling size

Sample refers to the portion, a fraction or part of the population that will select for the purpose of the study that represent the entire population (Avana et al 2004). Graziano & Raulin, (2000) as well as Neumann, (2006) indicate that the sample size in survey depends on the research design, the kind of data analysis employed, how accurate the sample has to be, and various other factors concerning the exact research. Finding a suitable sample size is really essential, since a heavy act of sample size determinants might also be constrained by cost; in terms of money, time administrative support, stress, resources and the number of researchers (Borg & Gall, 1979; Cohen, et al., 2007). A small samples may lead to wrong results (Schaffer, 2007). However, Sekeran (1983) suggested that as a normal thumb, more sample size of about 350 to 500 could be effective. Similarly, Tabachnick & Fidell, (1996) given the accompanying template for sample size: 50 as very poor; 100 as poor, 200 as fair, 300 as well, good, 500 as very good and 1000 as excellent. According to Cohen, Manion & Morrison, (2007) sampling is a minor subset of observations selected to characterize and generalize researcher’s findings about the intact population of interests. There are several procedures that determine the sample size of the research. For the purpose of this research, Cochran’s (1977) method was used in order to produce precise needed sample size related to the population. Cochran’s (1977) formula uses two much more important factors:

1. The inaccuracy the researcher is eager to accept.
2. The alpha level of accepting the risk, the researcher is willing to receive that the true border of error goes above the acceptable margin of error.
3. $t^2 = 1.96$ or 2 as maintained by Bartlett; (2001), the t value for the alpha 0.5 and a population of $>_ 60 = 2$

t^2 = risk willing to assume that actual margin of error may exceed acceptable margin of error.

P = 0.5 (according to Cochran’s (1977) recommended that, the researcher should use 0.50 as an estimated of the population ratio.

P = estimates the ratio of the elements in the population of the categories of interest (estimated variance in the population).

Q = 1-p q=1-0.5 = 0.5

P q = estimated variance in population (50% chance = 0.5).

D = 95% (0.5) Bartlett et al (2001) asserted that, an alpha level 0.5 is acceptable for many research.

D = acceptable margin of error for the proportion being estimated = 0.05 (the error researcher is willing to have a bun in the oven).

N = population size.

The Cochran’s (1977) Sample formula is shown to a lower place:

$$n_1 = \frac{n_0}{1 + \frac{n_0}{N}}$$

n = Sample size

Where $n_0 = \frac{(ci)^2(p)^2}{(d)^2}$

c_i = 95% confidence interval

p = 50% = 0.5 assumed proportions

d = 0.05 α level

N = total population

$$n_0 = \frac{(2)^2(0.5)^2}{(0.05)^2}$$

$$= \frac{3.84 \times 0.25}{0.0025}$$

$$n_0 = 384$$

$$n_1 = \frac{384}{1 + \frac{384}{640}}$$

$$n_1 = \frac{384}{1 + 0.6}$$

$$n_1 = \frac{384}{1.6} = 240$$

Additional 25% to avoid drop out based on (). To calculate the 25% here is the procedure.

$\frac{240}{100} \times 25 = 60$. Nagoya et al, (2005) In this study, the sample size is 299 respondents.

Sampling Technique

According to Gravette and Forzano (2006) that, any population of the survey which comprises of a number of sub-groups, especially gender, age group and class are expected to show their dissimilarities when studied. Thus, in this work, the researcher used probability sampling technique in which the population sample for the research was drawn through stratified simple random sampling. Rubin and Rubin (2005) assert that, on the technique of picking out samples, rather than selecting large samples representative is enough to make generalizations as in the case of quantitative study. According to Cohen (1988) selecting a representative sample of a population is better than obtaining a large, but biased sample that would contribute to an erroneous opinion in the population.

DATA ANALYSIS

TABLE 1: Significant Difference in Aggressive Behavior based on Dichotomous variables

Variables	N	Mean	SD	T	Sig.
Sex					
Male	299	75.9216	8.96421	3.291	0.001
Marital status					
Single	96	78.0417	8.74422	2.054	0.041
Married	203	75.7635	9.04955		
Status					
Awaiting trial	160	73.0870	9.00374	7.739	0.000
Convicted	140	80.4710	7.21028		

Marital Status: The result shows that there is significant difference between the levels of aggressiveness with respect to marital status. It revealed that people who are single are more aggressive than those have married.

Status: The result shows that there is significant difference between the levels of aggressiveness of those that are waiting for trial and those that have been convicted. It revealed that those that are waiting for trial are more aggressive than those that have been convicted.

Table 2: Descriptive measures on Age groups

Age Group	N	Mean	Std. Deviation
18-25	35	79.8000	7.27930
26-35	122	78.2131	8.48550
36-45	82	75.3704	9.25263
>45	61	72.6557	9.16312
Total	300	76.4950	9.00126

Table 3: Significant Difference in Aggressive Behavior based on the Age group

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1744.024	5	581.341	7.656	.000
Within Groups	22400.718	295	75.935		
Total	24144.742	300			

The results showed that there is significant difference between the levels of aggressiveness with respect to the classes of age groups.

Table 4: LSD test for Mean Difference among Age groups

(I) Age	(J) Age	Mean Difference (I-J)	Std. Error	Sig.
	26-35	1.58689	1.67092	.343
18-25	36-45	4.42963*	1.76268	.013
	>45	7.14426*	1.84781	.000
	18-25	-1.58689	1.67092	.343
26-35	36-45	2.84274*	1.24895	.024
	>45	5.55738*	1.36647	.000
	18-25	-4.42963*	1.76268	.013
36-45	26-35	-2.84274*	1.24895	.024
	>45	2.71463	1.47726	.067
	18-25	-7.14426*	1.84781	.000
>45	26-35	-5.55738*	1.36647	.000
	36-45	-2.71463	1.47726	.067

The result of LSD shows that prisoners within the age bracket of 18-25 and 26-35 are more aggressive than those in age bracket of 36-45 and those that are older than 45 years. The result also revealed that there is no significant difference between the levels of aggressiveness of prisoners of age bracket 18-25 and 26-35 and also between the age bracket of 36-45 and those above 45 years.

Table 5: Descriptive measures on Religions

Religion	N	Mean	Std. Deviation
Islam	256	76.5078	8.62599
Christianity	32	76.0000	12.04561
Traditional	9	76.7500	9.26977
Others	3	80.0000	3.60555

Table 6: Significant Difference in Aggressive Behavior based on the Religion

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	45.258	5	15.086	.185	.907
Within Groups	24099.484	295	81.693		
Total	24144.742	300			

The results showed that there is no significant difference between the levels of aggressiveness of the prisoners with respect to their religion. This implies that the aggressiveness among the prisoners is not influenced by their faith.

Table 7: Descriptive measures on Religions

Religion	N	Mean	Std. Deviation
Islam	256	76.5078	8.62599
Christianity	32	76.0000	12.04561
Traditional	8	76.7500	9.26977
Others	4	80.0000	3.60555

Table 8: Significant Difference in Aggressive Behavior based on the Religion

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	45.258	5	15.086	.185	.907
Within Groups	24099.484	295	81.693		
Total	24144.742	300			

The results showed that there is no significant difference between the levels of aggressiveness of the prisoners with respect to their religion. This implies that the aggressiveness among the prisoners is not influenced by their faith.

Table 9: Descriptive measures on Level of Education attained

Level of Education attained	N	Mean	Std. Deviation
Pry Certificate	131	75.8473	9.86172
O Levels	124	77.4355	8.10023
NCE/ND/OND	39	75.0513	8.92055
BA/Bsc/HND	6	81.4000	3.20936

Table 10: Significant Difference in Aggressive Behavior based Education level

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	366.215	5	122.072	1.514	0.211
Within Groups	23778.528	295	80.605		
Total	24144.742	300			

The results showed that there is no significant difference between the levels of aggressiveness of the prisoners with respect to their level of education attained. This implies that the high level of education those not reduce the aggressiveness of the prisoners.

Table 11: Descriptive measures on various occupations

Occupation	N	Mean	Std. Deviation
Farming	108	76.7130	8.39008
Fishing	41	77.1951	6.39226
Civil Servant	63	76.8254	9.68794
Trading	62	77.4516	9.65754
Driver	16	72.2500	11.60747

Others	9	69.3333	8.73212
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Table 12: Significant Difference in Aggressive Behavior based on the Occupation

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	838.767	7	167.753	2.109	.064
Within Groups	23305.975	293	79.543		
Total	24144.742	300			

The results showed that there is no significant difference between the levels of aggressiveness of the prisoners with respect to their occupation. This implies that everybody prefers freedom irrespective of how small/big his/her income is, to imprisonment.

Table 13: Descriptive measures on Tribe

	N	Mean	Std. Deviation
Yoruba	48	78.6667	8.46604
Igbo	44	77.3182	6.81234
Hausa	196	75.7755	9.31724
Others	12	76.5455	12.22590

Table 14: Significant Difference in Aggressive Behavior based on Tribe

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	357.681	5	119.227	1.479	0.220
Within Groups	23787.062	295	80.634		
Total	24144.742	300			

The results showed that there is no significant difference between the levels of aggressiveness of the prisoners with respect to their tribe. This implies that the aggressiveness among the prisoners is not influenced by their culture.

Table 15: Descriptive measures on State

	N	Mean	Std. Deviation
Sokoto	173	76.4798	9.00490
Kebbi	27	72.5185	10.56617
Zamfara	5	76.5000	5.25991
Others	95	77.6526	8.41575

Table 16: Significant Difference in Aggressive Behavior based on State

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	554.286	5	184.762	2.310	.076
Within Groups	23590.457	295	79.968		
Total	24144.742	300			

The results showed that there is no significant difference between the levels of aggressiveness of the prisoners with respect to their state. This implies that the aggressiveness among the prisoners is not influenced by their origin.

Table 17: Descriptive measures on Residential Areas

Residential Areas	N	Mean	Std. Deviation
City campus	99	78.9192	7.37159
Rijiya	62	77.8689	7.59271
Angorogo	46	77.1957	7.41955
Others	93	72.6667	10.83506

Table 18: Significant Difference in Aggressive Behavior based on Residential Areas

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2082.532	5	694.177	9.282	0.000
Within Groups	22062.210	295	74.787		
Total	24144.742	300			

The results showed that there is significant difference between the levels of aggressiveness with respect to the residential areas

Table 19: LSD test for Mean Difference of Residential Areas

(I) Residential Area	(J) Residential Area	Mean Difference (I-J)	Std. Error	Sig.
City campus	Rijiya	1.05034	1.40764	.456
	Angorogo	1.72354	1.54312	.265
	Others	6.25253*	1.24883	.000
Rijiya	City campus	-1.05034	1.40764	.456
	Angorogo	.67320	1.68874	.690
	Others	5.20219*	1.42484	.000
Angorogo	City campus	-1.72354	1.54312	.265
	Rijiya	-.67320	1.68874	.690
	Others	4.52899*	1.55884	.004
Others	City campus	-6.25253*	1.24883	.000
	Rijiya	-5.20219*	1.42484	.000
	Angorogo	-4.52899*	1.55884	.004

The results of Table 19 reveal that prisoners who were resident of Sokoto were more aggressive than other prisoners who resided outside Sokoto metropolis.

Summary of levels

S/N	VARIABLES	LEVEL			MEAN	SD
		LOW	MEDIUM	HIGH		
		(45-65)	(66-86)	(87-106)		

1	Aggressive behavior	37(12.3%) (18-36)	234(78.1%) (37-55)	28(9.6%) (56-70)	76.50	9.01
2	Deprivation	43(14.3%) (20-38)	245(81.7%) (39-56)	11(4.0%) (57-73)	41.72	6.90
3	Prisoners Well Being	196(65.4%) (4-7)	64(21.3%) (8-11)	39(13.3%) (12-15)	39.93	11.72
4	Relationship between the Inmates and Wader	75(25.0%)	204(68.0%)	20(7.0%)	8.16	1.54

CONCLUSION

The empirical consensus on the most negative effects of incarceration is that most people who have done time in the best-run prisons return to the free world with slight or no permanent, clinically-diagnosable psychological disorders as a termination. Prisons do not, in general, make people "crazy." Yet, even researchers who are openly sceptical about whether the pains of imprisonment generally translate into psychological harm concede that, for at least some people, prison can produce negative, long-lasting change. And most people concur that the more extreme, harsh, unsafe, or otherwise psychologically-taxing the nature of the restriction, the larger the number of people who will sustain and the deeper the damage that they will incur.

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