

# **A CORRELATIONAL STUDY BETWEEN ADJUSTMENT TO PRISON AND TRANSITION TO COMMUNITY LIFE OF FEMALE INMATES AT THE CORRECTIONAL INSTITUTION FOR WOMEN IN MANDALUYONG CITY**

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## **Abstract**

*The main aim of this study is to know if there is a relationship between the adjustment to prison and the transition to community life of female inmates in Correctional Institution for Women in Mandaluyong City. The research shows that the more female inmates are well adjusted inside the prison, the more they become optimistic to their transition to community life. Those aged 46-50 years are very well adjusted inside the prison and, at the same time, have optimistic view in their transition to community life compared to other range of ages. The civil status of female inmates does not affect their adjustment to prison and transition to community life. Female inmates who have stayed zero to five years in prison are considered very well adjusted and very optimistic rather than the female inmates who have stayed for 10 or more years. The institution should encourage the female inmates to become more participative in reformation programs inside the prison because it would help them to adjust inside the prison and be able to adapt easily to the community outside prison.*

**Keywords:** *adjustment, prison, transition, community lifem female inmates*

## **INTRODUCTION**

“A prisoner, also known as an inmate, is anyone who is deprived of liberty against his/her will. This can be by confinement, captivity, or by

forcible restraint. The term applies particularly to those on trial or serving a prison sentence.”

Crime happens everyday. In fact, crime rate in the Philippines is inevitable and continuously increasing in records. Some prisoners are guilty with the act, some are innocent with the crime, and some are suffering from a mental disorder that is why they committed crime. But overall, a crime is a crime because evidences do not lie, so prisoners are liable to their actions that are against the law. According to Sudhinta Sinha, the adaptation to imprisonment is almost always difficult and, at times, creates habits of thinking and acting that can be dysfunctional. Yet, the psychological effects of life in prison vary from individual to individual. The researchers chose female inmates rather than male inmates for their study because there are certain things like females’ insights and outlook in life that are different from the males.

Female inmates largely resemble male inmates in terms of race, ethnic background, and age. However, women are substantially more likely than men to be serving time for a drug offense and less likely to have been sentenced for a violent crime. Nearly six in 10 female inmates grew up with at least one parent absent, and about half were reported with a family member who had also served time. More than four in 10 were reported due to prior physical or sexual abuse.

The researchers focused their study on the female inmates of the Correctional Institution for Women in Mandaluyong City because it is the only institution in the Philippines that is exclusive for female inmates. Female inmates are categorized in three groups: maximum, medium and minimum. The researchers focused on the Minimum group because they are soon to be released in prison. More so, they had served at least 10 years in prison or more. The Correctional Institution for Women in Mandaluyong City, in its

pursuit for a restorative justice, aims to protect the society by confining female offenders in the controlled environment of prisons and community-based facilities that are safe, secure and humane, and cost efficient. The goal of the institution is the successful re-entry of female inmates to the communities as renewed individuals, God-fearing, law abiding, and productive citizens.

The researchers are inquisitive to know the relationship of the adjustment to prison and the transition to community life of female inmates. They want to know if they have adjusted more in prison that they will become optimistic in their transition to community life or they have not adjusted in prison that they will become pessimistic in their transition to community life. The institution has phases of confinement for female inmates to know the process of incarceration. First is the admission which is the stage when an offender is committed for confinement by virtue of a duly authenticated commitment order which bears the seal and signature of the committing authority. Next is the quarantine wherein under routine inspection, an inmate will be placed at the quarantine for one or two weeks. During which time, an inmate undergoes physical examinations to determine her capacity for work where she is given psychiatric, sociological, and psychological examinations. After the quarantine is the designation of work. Work assignment for female inmates is based on her potentials and capabilities. The last is the reclassification or promotion of an inmate due to her commendable performance of her work assignment where she is recognized and rewarded correspondingly.

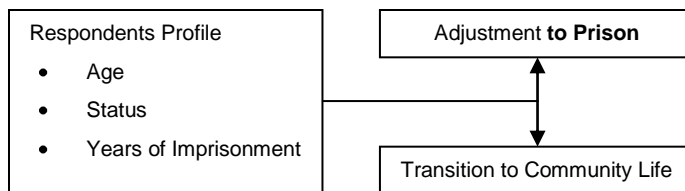
There are reformation programs for female inmates such as the moral, spiritual, educational and training program, work and livelihood program, sports and recreation program, health and welfare program, and behaviour modification program that may help them to be more well adjusted

while in prison. Upon completion of service of sentence or upon recommendation of the Board of Pardons and Parole, a female inmate is recommended for parole after serving her minimum sentence, or for executive clemency.

After gathering this information, the researchers want to know what would be the female inmates' response to the society when they will be exposed after being imprisoned for many years. What motivates the researchers to conduct a study about the female inmates is to know their insights about life and how they will deal again with the society. The researchers are also curious as to how the society will interact with the female inmates when the sentence is finished. This is a very interesting topic because the researchers will be able to open their minds to see if there is a factor of being well adjusted while in prison in the transition to community life of female inmates.

This study will focus on the correlation between the adjustment to prison and the transition to community life of female inmates at the Correctional Institution for Women in Mandaluyong City.

### **Conceptual Framework**



**Figure 1. Conceptual framework.**

The figure above shows the research framework of this study. The study focused only to the demographic profiles of the female inmates in the Correctional Institution for Women in Mandaluyong City according to their

age, civil status, and years of imprisonment; therevly considered as the independent variables of this study. Mean scores were separately calculated based on the demographic profile and based on the dependent variables such as adjustment to prison and transition to community life. Correlations were made with the aid of Pearson's r correlation coefficient to determine the significant relationship between the adjustment to prison and the transition to community life.

### **Objectives of the Study**

This study aimed to determine a correlational study between the adjustment to prison and the transition to community life of female inmates at the Correctional Institution for Women in Mandaluyong City. Specifically, it aimed to achieve the following:

1. to determine the profile of the female inmates when they were grouped according to:
  - 1.1. age;
  - 1.2. civil status; and,
  - 1.3. number of years in prison.
  
2. to determine the mean score for the adjustment to prison when respondents were grouped according to:
  - 2.1. age;
  - 2.2. civil status; and,
  - 2.3. number of years in prison.
  
3. to determine the mean score for the transition to community life when respondents were grouped according to:

- 3.1. age;
  - 3.2. civil status; and,
  - 3.3. number of years in prison.
4. to determine if there is a significant difference with the mean score of adjustment to prison when respondents were grouped according to:
    - 4.1. age;
    - 4.2. civil status; and,
    - 4.3. number of years in prison.
5. to determine if there is a significant difference with the mean score of transition to community life when respondents were grouped according to:
    - 5.1. age;
    - 5.2. civil status; and,
    - 5.3. number of years in prison.
6. to determine if there is a significant relationship between adjustment to prison and transition to community life.

## **METHOD**

### **Research Design**

This study used descriptive-correlational type of research. Descriptive research is used to obtain information concerning the current status of the phenomena to describe “what exists” with respect to variables or conditions in a situation. The methods involved range from the survey which describes the status quo, and the correlation study which investigates

the relationship between variables, to the developmental studies which seek to determine changes over time. It measures the variables as they exist naturally. The goal of the descriptive research is to describe the variables needed. Its advantage is to provide a relatively complete picture of what is occurring at a given time. It allows the development of questions for further study.

Its disadvantage is that it does not assess relationships among variables. It may be unethical if participants do not know they are being observed. Correlational research, on the other hand, is designed to discover relationships among variables and to allow the prediction of future events from present knowledge. It measures two or more variables as they exist naturally. Its goal is to establish that a relationship exists between variables. Its advantage is that it allows the testing of expected relationships between and among variables and the making of predictions. It can also assess these relationships in everyday life events. Its disadvantage is that it cannot be used to draw inferences about the causal relationships between and among the variables.

Both the descriptive and correlational strategies are non-experimental approaches to research and no attempt to manipulate or control or interfere with the variables.

### **Research Locale**

The researchers selected the Correctional Institution for Women in Mandaluyong City as the specific area to conduct a study concerning the adjustment to prison and the transition in the community life of female inmates because the female inmates are more accessible and well-equipped to be recruited as the respondents of the study.

## **Respondents of the Study and Sampling Design**

This study utilized the non- random convenience sampling. All 43 female inmates that are group in the Minimum were the respondents of this study.

## **Research Instrument**

The researchers conducted pilot testing so that the test instrument will be reliable and valid. After the pilot testing, with the reliability score of 0.868, the test instrument was distributed for actual data gathering. Likert scale was used by the researchers in generating the statistical data because it is more convenient to know the perception of the respondents. The researchers focused more on the subjective part of the respondents and also to know the accuracy of the result. The researchers identified the profile of the female inmates such as age, civil status, and length of imprisonment, as well as their adjustment to prison and their transition to community life where they answered: strongly agree (4), agree (3), disagree (2) and strongly disagree (1). The Likert scale would measure their adjustment to prison and their preparedness outside the prison.

To measure their adjustment to prison, below is the Likert Scale and its interpretation:

<u>Likert Scale</u>	<u>Verbal Interpretation</u>
Strongly Disagree	have not very well adjusted
Disagree	not well adjusted
Agree	well adjusted
Strongly Agree	very well adjusted



To measure the transition to community life, below is the Likert Scale and its interpretation:

<u>Likert Scale</u>	<u>Verbal Interpretation</u>
Strongly Disagree	not very optimistic towards transition
Disagree	not optimistic towards transition
Agree	optimistic towards transition
Strongly Agree	very optimistic towards transition

### **Data Gathering Procedure**

Below are the procedures in data gathering:

First, the researchers had their brainstorming in the formulation of concept or what type of study will be undertaken. They first came up with what study or problem they will focus on. The researchers had a review of different studies or researches which they thought would help them in formulating a concept.

Second, the researchers then gathered empirical studies that would support their current study through books and the Internet. They had gone through different libraries of different universities and searched different articles and studies on the web. They gathered significant studies from previous researchers or authors that would help them make their study more valid and accurate.

Third, questionnaires were constructed by the researchers specifically to measure the correlation between the adjustment to prison and the transition to community life of female inmates in the Correctional Institution for Women in Mandaluyong City.

Fourth, pilot testing was conducted to third year AB Communication students who were randomly selected to test the reliability and validity of the test instrument. There are 40 items that were answered by the respondents which were rated using Likert Scale. The researchers chose the AB Communication students as their respondents for pilot testing so that the answers of the respondents would be rated as an objective point of view rather than subjective to avoid bias between the questions indicated. After validating the test instrument, the 40-item questions were decreased to 20 items only. The result of the interpretation of the test instrument was 0.868 which means the test instrument is reliable and valid to support the study. Only 20 items from the test instrument was reliable and valid.

Fifth, a secured letter of approval for the conduct of research was given to the Superintendent of the Correctional Institution for Women in Mandaluyong City, together with the letter containing the questionnaire for data gathering. The collection of data was scheduled in accordance with the approved letter of the Superintendent of the institution. The letter of approval was photocopied and given to the security officer in order for them to be informed about the study that will be conducted. The quantity of the test instruments was based on the total population of Minimum female inmates in the institution.

Sixth, data gathering was done with the Minimum female inmates of the institution for them to be able to finish it in a day. The researchers targeted the total population of the Minimum female inmates of the institution. After the respondents answered the survey questionnaire, they were given toiletries as a token for being part of the researchers' study.

Lastly, gathered data were collated and tabulated for statistical analysis. Then, the results of the statistics were interpreted for findings and recommendations.

## **RESULTS AND DISCUSSION**

Below are the results that were taken from the data gathered:

Table 1 shows the distribution of respondents in terms of age. Out of 43 respondents, 12 or 28 percent of the respondents fall under age bracket of 39-45; 8 or 19 percent of the respondents fall under age bracket of 46-50; 4 or 9 percent of the respondents fall under age bracket of 51-55; 10 or 23 percent of the respondents fall under age bracket of 56-60; 7 or 16 percent of the respondents fall under age bracket of 61-65; and 2 or 5 percent of the respondents fall under age bracket of 66-70. The age bracket that dominated as respondents of this study is 39-45.

**Table 1. Profile of respondents in terms of age**

<b>Age Bracket</b>	<b>F</b>	<b>%</b>
<b>66-70</b>	2	5
<b>61-65</b>	7	16
<b>56-60</b>	10	23
<b>51-55</b>	4	9
<b>46-50</b>	8	19
<b>39-45</b>	12	28
<b>TOTAL</b>	<b>43</b>	<b>100</b>

Table 2 shows the profile of the respondents in terms of civil status. Out of 43 respondents, 27 or 63 percent of the respondents are single, and 16 or 37 percent of the respondents are married. The respondents of this study who are single dominated in terms of civil status.

**Table 2. Profile of respondents in terms of civil status**

<b>Civil Status</b>	<b>F</b>	<b>%</b>
<b>Single</b>	27	63
<b>Married</b>	16	37
<b>TOTAL</b>	<b>43</b>	<b>100</b>

Table 3 shows the profile of respondents in terms of years of imprisonment. Out of 43 respondents, 0-5 years of imprisonment bracket has 1 or 1 percent of the respondents; 6-10 years of imprisonment bracket have 9 or 21 percent of the respondents; 11-15 years of imprisonment bracket have 10 or 23 percent of the respondents; 16-20 years of imprisonment bracket have 16 or 37 percent of the respondents; and 21-25 years of imprisonment bracket have 7 or 16 percent of the respondents. Hence, the respondents who stayed for 16-20 years in prison dominated in this study in terms of years of imprisonment.

**Table 3. Profile of respondents in terms of years of imprisonment**

<b>Year Bracket</b>	<b>F</b>	<b>%</b>
<b>21-25</b>	7	16
<b>16-20</b>	16	37
<b>11-15</b>	10	23
<b>6-10</b>	9	21
<b>0-5</b>	1	2
<b>TOTAL</b>	<b>43</b>	<b>100</b>

Table 4 shows the distribution of responses for adjustment to prison. The statement that got the highest mean score of 3.63 with a rating scale result of *strongly agree* is statement number 1 or “*I gained my spiritual faith inside the prison (Natamo ko ang aking ispirituwal na pananampalataya sa loob ng bilangguan)*”. The statement that got the lowest mean score of 2.70 with a rating scale result of *agree* is statement number 4 or “*I lived independently inside the jail (Namuhay ako nang mag-isa sa bilangguan)*”. It is consistent with the study of Joe Bulao Jr. about the spiritual gain inside prison which states that the primary factor which makes prisons a fertile ground for spirituality is the abundance of time that prisoners enjoy. Prisoners have plenty of time in their prison quarters for themselves, even for those who are condemned to do hard labor. A second factor is suffering.

Prisoners suffer; they suffer from restrictions of movement, food and human relations.

According to the study, Life in Prison, about living independently inside the prison, since there are fewer women's prisons, women are more likely to spend time in a prison which is far away from where they live, so much so that visits from family and friends are extremely difficult. Women in prison can experience profound isolation, which has an effect on their often already compromised mental health.

**Table 4. Distribution of responses in adjustment to prison**

ITEMS	Strongly Agree (4)		Agree (3)		Disagree (2)		Strongly Disagree (1)		MEAN	Rating Scale Result
	F	%	F	%	F	%	F	%		
1	28	0.65	14	0.33	1	0.02	0	0.00	3.63	Strongly Agree
2	29	0.67	12	0.28	0	0.00	2	0.05	3.58	Strongly Agree
3	20	0.47	17	0.40	6	0.14	0	0.00	3.33	Agree
4	12	0.28	10	0.23	17	0.40	4	0.09	2.70	Agree
5	17	0.40	23	0.53	2	0.05	1	0.02	3.30	Agree
6	24	0.56	19	0.44	0	0.00	0	0.00	3.56	Strongly Agree
7	24	0.56	18	0.42	1	0.02	0	0.00	3.54	Strongly Agree
8	23	0.53	20	0.47	0	0.00	0	0.00	3.54	Strongly Agree
9	26	0.60	16	0.37	1	0.02	0	0.00	3.58	Strongly Agree
10	24	0.56	18	0.42	1	0.02	0	0.00	3.54	Strongly Agree

Table 5 shows the distribution of responses in transition to community life. The statement that got the highest mean score of 3.84 with a rating scale result of *strongly agree* is statement number 20 or "*I will never go*

*back to the jail anymore (Ako ay hindi na muling babalik pa sa loob ng bilangguan)*”. The statement that got the lowest mean score of 1.95 with a rating scale description of *disagree* is statement number 13 or “*There is a possibility that I will be committing a crime again when the society will discriminate me (My posibilidad na ako ay makagawa ulit ng isang krimen kung magiging mapanghusga sa akin ang lipunan)*”.

It is consistent with the study of Visher and Travis about never getting back to jail and to the possibility of committing crime once they are released from prison, which states that an individual’s transition from prison back into a home and into a community is difficult, and avoiding crime can be the least of her problems.

Understanding these pathways and the reasons for and the dimension of an individual’s success or failure is the focus of recent scholarly attention to the problem of “prisoner re-entry,” the process of leaving the prison and returning to the free society.

**Table 5. Distribution of responses in transition to community life**

ITEMS	Strongly Agree (4)		Agree (3)		Disagree (2)		Strongly Disagree (1)		MEAN	Rating Scale Result
	F	%	F	%	F	%	F	%		
	11	33	0.77	8	0.19	2	0.05	0		
12	33	0.77	10	0.23	0	0.00	0	0.00	3.77	Strongly Agree
13	13	0.30	24	0.56	1	0.02	5	0.12	1.95	Disagree
14	11	0.26	25	0.58	5	0.12	2	0.05	3.05	Strongly Agree
15	33	0.77	10	0.23	0	0.00	0	0.00	3.77	Strongly Agree
16	16	0.37	20	0.47	7	0.16	0	0.00	3.21	Strongly Agree
17	33	0.77	10	0.23	0	0.00	0	0.00	3.77	Strongly Agree

<b>18</b>	27	0.63	13	0.30	1	0.02	2	0.05	3.51	Strongly Agree
<b>19</b>	27	0.63	15	0.35	0	0.00	1	0.02	3.58	Strongly Agree
<b>20</b>	39	0.91	2	0.05	1	0.02	1	0.02	3.84	Strongly Agree

Table 6 shows the mean score in terms of age for both adjustment to prison and transition to community life. For adjustment to prison, the mean score for respondents under age bracket of 39-45 is 3.53 with a verbal description of *very well adjusted*; the mean score of respondents under age bracket of 46-50 is 3.81 with a verbal description of *very well adjusted*; the mean score of respondents under age bracket of 51-55 is 3.13 with a verbal description of *well adjusted*; the mean score for respondents under age bracket of 56-60 is 3.21 with a verbal description of *well adjusted*; the mean score of respondents under age bracket of 61-65 is 3.46 with a verbal description of *well adjusted*; and the mean score of respondents under age bracket of 66-70 is 2.90 with a verbal description of *well adjusted*. It is observed that respondents whose age fall under age bracket of 46-50 got the highest mean score and are considered *very well adjusted* to prison in comparison to other age brackets.

For transition to community life, the mean score for respondents under age bracket of 39-45 is 3.60 with a verbal description of *very optimistic towards transition*; the mean score of respondents under age bracket of 46-50 is 3.71 with a verbal description of *very optimistic towards transition*; the mean score of respondents under age bracket of 51-55 is 3.28 with a verbal description of *optimistic towards transition*; the mean score for respondents under age bracket of 56-60 is 3.49 with a verbal description of *optimistic towards transition*; the mean score of respondents under age bracket of 61-65 is 3.40 with a verbal description of *optimistic towards transition*; and the

mean score of respondents under age bracket of 66-70 is 3.45 with a verbal description of *optimistic towards transition*. It is observed that respondents whose age falls under age bracket of 46-50 were *very well adjusted and very optimistic towards transition*.

It is consistent with the study of Arlene Harder about Erik Erikson's stages of development which states that the middle age is when people tend to be occupied with creative and meaningful work, and with issues surrounding their family. Also, the middle adulthood is when people can expect to "be in charge," the role they have longer envied. The significance task is to perpetuate culture and transmit values of the culture through the family (taming the kids), and working to establish a stable environment. Strength comes through care of others and production of something that contributes to the betterment of the society which he calls generativity, so when we are in this stage, we often fear inactivity and meaninglessness.

**Table 6. Mean score in terms of age**

Age Bracket	Adjustment to Prison		Transition to Community Life	
	Mean	Verbal Description	Mean	Verbal Description
66-70	2.90	Well Adjusted	3.45	Optimistic Towards Transition
61-65	3.46	Well Adjusted	3.40	Optimistic Towards Transition
56-60	3.21	Well Adjusted	3.49	Optimistic Towards Transition
6-10	3.13	Well Adjusted	3.28	Optimistic Towards Transition
0-5	3.81	Very Well Adjusted	3.71	Very Optimistic Towards Transition
<b>TOTAL</b>	3.53	Very Well Adjusted	3.60	Very Optimistic Towards Transition



Table 7 shows the mean score of respondents in terms of civil status for adjustment to prison and transition to community life. For adjustment to prison, the mean scores for both single and married respondents were 3.43 with a verbal description of *well adjusted*. For transition to community life, the mean score for single respondents was 3.59 with a verbal description of *very optimistic towards transition* and the mean score for married respondents was 3.43 with a verbal description of *optimistic towards transition*. It is observed that adjustment to prison has no difference for both single and married respondents but, on the other hand, single respondents were *very optimistic towards transition* to community life.

It is not consistent with the study of Jennifer Johnson which states that women who have no children under the age of 18 are also happier than average, showing that the separation of children from the mother is a major problem for the prison system.

**Table 7. Mean score in terms of civil status**

Civil Status	Adjustment to Prison		Transition to Community Life	
	Mean	Verbal Description	Mean	Verbal Description
Single	3.43	Well Adjusted	3.59	Very Optimistic Towards Transition
Married	3.43	Well Adjusted	3.43	Optimistic Towards Transition

Table 8 shows the mean score in terms of years of imprisonment for adjustment to prison and transition to community life. For adjustment to prison, the mean score of respondent that fall under 0-5 years of imprisonment is 4.00 with a verbal description of *very well adjusted to prison*; the mean score of respondents that fall under 6-10 years of imprisonment is 3.38 with a verbal description of *well adjusted to prison*; the mean score of respondents that fall under 11-15 years of imprisonment is 3.64 with a verbal

description of *very well adjusted to prison*; the mean score of respondents that fall under 16-20 years of imprisonment is 3.29 with a verbal description of *well adjusted to prison*; and the mean score of respondents that fall under 21-25 years of imprisonment is 3.41 with a verbal description of *well adjusted to prison*.

For transition to community life, the mean score of respondents that fall under 0-5 years of imprisonment is 3.73 with a verbal description of *very optimistic towards transition to community life*; the mean score of respondents that fall under 6-10 years of imprisonment is 3.53 with a verbal description of *very optimistic towards transition to community life*; the mean score of respondents that fall under 11-15 years of imprisonment is 3.61 with a verbal description of *very optimistic towards transition to community life*; the mean score of respondents that fall under 16-20 years of imprisonment is 3.47 with a verbal description of *optimistic towards transition to community life*; and the mean score of respondents that fall under 21-25 years of imprisonment is 3.50 with a verbal description of *optimistic towards transition to community life*.

It is observed that the respondents that have 0-5 years of imprisonment got the highest mean score and are considered *very well adjusted and very optimistic towards transition to community life*. It is consistent with the study of John Howard which states that the effects of imprisonment on a woman's self-concept are compounded by the pre-existing deterioration by other forms of deprivation and societal marginalization. Female long-term prisoners tend to be poorly educated and unemployed. Many have been victims of sexual and physical abuse. Their life circumstances along with feelings of guilt, fear, anxiety, alienation, and confusion which are aggravated when they are arrested and sentenced by

the justice system, combine to produce a group of women with extraordinarily low self-esteem.

**Table 8. Mean score in terms of years of imprisonment**

Year Bracket	Adjustment to Prison		Transition to Community Life	
	Mean	Verbal Description	Mean	Verbal Description
<b>21-25</b>	3.41	Well Adjusted	3.50	Very Optimistic Towards Transition
<b>16-20</b>	3.29	Well Adjusted	3.47	Optimistic Towards Transition
<b>11-15</b>	3.64	Very Well Adjusted	3.61	Very Optimistic Towards Transition
<b>6-10</b>	3.38	Well Adjusted	3.53	Very Optimistic Towards Transition
<b>0-5</b>	4.00	Very Well Adjusted	3.70	Very Optimistic Towards Transition

Table 9 shows the overall mean score for adjustment to prison and transition to community life. The overall mean score for adjustment to prison is 3.43 with a verbal description of *well adjusted to prison*. The overall mean of transition to community life is 3.53 with a verbal description of *very optimistic towards transition to community life*. Hence, the respondents of this study manifested well adjustments to prison and observed a very optimistic view of what life is outside prison.

It is consistent with the study of Jennifer Johnson which states that the literature on the adjustment of women in prison also suggests that women who participate in prison activities such as bible clubs, attendance to classes on child-rearing skills or participation in similar activities may be more successful upon release than those women who simply ignore the prison programs designed by officials to “help” them. Women who were most likely to participate in prison groups were in fact least happy when stepwise regression analysis was undertaken, confirming the zero-order correlation.

From a policy point of view, this is somewhat surprising, since prison activity programs are set up to help an inmate adjust not only to prison, but to life on the outside.

**Table 9. Overall mean score in terms of adjustment to prison and transition to community life**

	<b>Mean</b>	<b>Verbal Description</b>
<b>Adjustment to Prison</b>	3.43	Well Adjusted to Prison
<b>Transition to Community Life</b>	3.53	Very Optimistic Towards Transition

Table 10 shows the test for significant difference in terms of age for adjustment to prison and transition to community life. For adjustment to prison, the computed level of significance is 0.00 and since it is lower than the set value of significance at 0.05 level 2-tailed then null hypothesis is rejected. There is a significant difference between the mean score between respondents whose age falls under 46-50 and respondents whose age falls under 66-70. The first one perceived significantly higher compared to the later as shown in Table 11. For transition to community life, the computed level of significance is 0.012 and since it is higher than the set value of significance at 0.05 level 2-tailed then null hypothesis is accepted.

There is no significant difference between mean score for transition to community life in terms of age. It is consistent with the study of Arlene Harder about Erik Erikson's stages of development which states that the middle age is when people tend to be occupied with creative and meaningful work, and with issues surrounding their family. The significance task is to perpetuate culture and transmit values of the culture through the family (taming the kids) and working to establish a stable environment. Strength comes through care of others and production of something that contributes to

the betterment of the society which he calls generativity, so when people are in this stage, they often fear inactivity and meaninglessness.

**Table 10. Test for significant difference in terms of age**

	<b>Computed Level of Significance</b>	<b>Null Hypothesis Decision</b>
<b>Adjustment to Prison</b>	0.00**	Reject
<b>Transition to Community Life</b>	0.12	Accept

\*\*Significant at 0.01 level (2-tailed)

Table 11 shows the means for groups in homogenous subsets for age. The age bracket that falls under 39-45 years old, with the mean score of 3.53, does not have any significant difference; the age bracket that falls under 46-50 years, with the mean score of 3.81, has significant difference; the age bracket that falls under 51-55 years old, with the mean score of 3.13, does not have any significant difference; the age bracket that falls under 56-60 years does not have any significant difference; the age bracket that falls under 61-65 years old does not have any significant difference; and the age bracket that falls under 66-70 years old has significant difference. Hence, the age bracket that falls under 46-50 years has a higher level of significance with the age bracket that falls under 66-70 years old.

It is consistent according to the personal insights of the researchers that the adjustment to prison and the transition to community life of female inmates whose age bracket falls under 46-50 years old can easily adjust inside the prison and have an optimistic view in their transition to community life. According to the stages of human development of Erikson, it is the stage of reaching the intimacy or isolation whether what is developed to a certain individual, an intimacy that builds relationships that may help female inmates adjust well inside the prison. Positivity in their transition to community life varies if they think that all persons close to them wait for their return to the

community because they have built a strong relationship between those people they left outside the jail. It is more of good perspective on how they perceive the people around them and how to deal with them.

**Table 11. Means for groups in homogenous subsets for age**

Age	Subset for Alpha = 0.05	
	1	2
<b>66-70</b>	2.90	
<b>61-65</b>	3.46	3.46
<b>56-60</b>	3.21	3.21
<b>51-55</b>	3.13	3.13
<b>46-50</b>		3.81
<b>39-45</b>	3.53	3.53

Table 12 shows the test for significant difference in terms of civil status for adjustment to prison and transition to community life. For adjustment to prison, the computed level of significance is 0.97 and the computed level of significance for transition to community life is 0.08. Since both computed levels of significance are higher than the set value of significance at 0.01 level 2-tailed or 0.05 level 2-tailed, hence, null hypothesis is accepted. There is no significant difference between the mean scores for both adjustment to prison and transition to community life in terms of civil status. Single and married respondents perceived the same. It is consistent with the study of Jennifer Johnson which states that women who have no children under the age of 18 are also happier than the average, showing that separation of children from the mother is a major problem for the prison system.

**Table 12. Test for significant difference in terms of civil status**

	<b>Computed Level of Significance</b>	<b>Null Hypothesis Decision</b>
<b>Adjustment to Prison</b>	0.97	Accept
<b>Transition to Community Life</b>	0.08	Accept

*\*\*Significant at 0.01 level (2-tailed)*

Table 13 shows the test for significant difference in terms of years of imprisonment for adjustment to prison and transition to community life. For adjustment to prison, the computed level of significance is 0.13 and the computed level of significance for transition to community life is 0.78. Since both computed levels of significance are higher than the set value of significance at 0.01 level 2-tailed or 0.05 level 2-tailed, hence, null hypothesis is accepted.

There is no significant difference between the mean scores for both adjustment to prison and transition to community life in terms of years of imprisonment.

It is not consistent with the study of Kenneth Adams which states that most inmates, including long-term prisoners, adjust successfully to prison life. Many do not cope well with the pains of imprisonment. Maladaptive responses such as emotional disorders, self-mutilation, suicide attempts, and prison misbehaviour are more common during the early phase of incarceration.

**Table 13. Test for significant difference in terms of years of imprisonment**

	Computed Level of Significance	Null Hypothesis Decision
<b>Adjustment to Prison</b>	0.13	Accept
<b>Transition to Community Life</b>	0.78	Accept

*\*\*Significant at 0.01 level (2-tailed)*

Table 14 shows the Pearson's r correlation coefficient between adjustment to prison and transition to community life. The computed level of significance is 0.00 and since the computed level of significance is lower than the set level of significance at 0.01 level 2-tailed, hence, null hypothesis is rejected. It can be inferred that as respondents' adjustment to prison increases, their optimistic view of transition to community life also increases. The more a female inmate is adjusted to prison, the higher her optimistic view towards life is after imprisonment.

It is consistent with the study of Kenneth Adams which states that offenders who have the greatest difficulty adapting to prison tend to have difficulty functioning in other environments. Attributes of individuals and of environments combine to influence inmate adjustment.

**Table 14. Pearson's r correlation coefficient between adjustment to prison and transition to community life**

		ATP	TCL
<b>Adjustment to Prison</b>	Pearson Correlation	1	0.638**
	Sig. (2-tailed)		0.00*
	N	43	43
<b>Transition to Community Life</b>	Pearson Correlation	0.638**	1
	Sig. (2-tailed)	0.000	
	N	43	43

*\*Correlation is significant at the 0.01 level (2-tailed).*



## **CONCLUSION AND RECOMMENDATION**

### **Conclusions**

The following were the conclusions drawn for this study:

1. Female inmates whose ages fall under 46-50 were very well adjusted and very optimistic towards transition to community life;
2. Single and married female inmates have the same level of adjustment when it comes to adjustment to prison, while single female inmates were very optimistic towards transition to community life in comparison to married female inmates who were optimistic towards transition to community life;
3. Female inmates who have stayed in prison for 0-5 years are considered to have adjusted very well and are very optimistic;
4. Female inmates who have adjusted very well inside the prison are more likely to be very optimistic with their transition to community life; and,
5. Prison activity programs are set up to help an inmate adjust not only to prison but to life on the outside

### **Recommendations**

In the light of the findings and conclusions, the following recommendations are hereby advanced:

1. The institution should provide post-released programs for the female inmates;

2. Without adequate preparation and support for life after prison, chances are great that inmates will return to their former situations and lifestyles;
3. The government should provide new execution of laws to make the sentence of inmates shorter so that they will still be functional to the community when they are released in prison;
4. The female inmates should have more counselling sessions so that their minds will be renewed and they will start their new life with a good path;
5. The institution should have the image of a rehabilitation facility rather than a correctional institution;
6. Industries and institution should be more open in accepting inmates to have a job to give them a chance to make a living;
7. The future researchers could extend the study to relate the particular age bracket in the stages of development of Erik Erikson in the number of years in prison;
8. The future researchers could extend the study regarding the adjustment of female inmates to the community after they have been released from prison;
9. The future researchers could extend the study depending on the socio-economic class of female inmates if there is also an effect to their adjustment to prison and transition to community life; and,
10. The Lyceum of the Philippines–Laguna as an institution could help the administration in formulating policies with regard to outreach programs that are essential to students especially in their practicum

programs and community involvements such as the Correctional Institution for Women.

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