

The role of well being as mediating variable and frustration in the relationship between deprivation and aggressive behavior among inmates of Nigerian congested prison

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ABSTRACT: *The article analyses the use of mediating variable, well being and frustration in the relationship between deprivation and aggressive behavior among the inmates in congested Nigerian prison. However, the study elaborated the meaning of well being, types of well being, theory of social well being, conclusion and method of information collection and data analysis. The most easy means to see this is to mention that it may have exceptions. It may fail to be a good thing, for instance, when wicked people are well off; perhaps it would be more beneficial if they were badly off. Lastly, our question is not, What sort of life makes for a morally upright life? It seems that we can well conceive of someone leading a morally upstanding life that turns out to be of no benefit to her. yet if we became persuaded, through philosophical argument, that this is not possible, perhaps because moral virtue is its own reward, it even appears that being well turned and being moral are distinct phenomena. It hardly needs arguing that the question of what makes a person's life work well is important. First, the question is just inherently interesting, and worth reading in its own right, even if answering it were relevant to no other important queries. It also has obvious practical implications: most of us want to get a good life, and knowing what one is might help us become one, from these direct reasons to be interested, our subject is relevant to many of the most significant questions we face as people face. One cause is that the subjective wellbeing of individuals entails important information about the character of the social system in which they exist. If people typically feel bad, the social system is apparently not easily suited for human habitation. Ace of the aims of sociology is to contribute to a safer society, and the work of subjective well-being provides clues for a more livable society.*

Keywords: *well being, Inmate, social well being, physical well being and psychological well being*

I. Introduction

Well being, is a more stable state of being, well, feeling satisfied and contented.

In this study, well being is not only the absence of disease or illness, but, is a complex combination of a person's physical, mental, emotional and social health factors Well being is a positive consequence that is meaningful for people and for many sectors of society (Mar 6, 2013).

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.

well-being is a sense of participation with other people and with our communities. Many researchers believe that wellbeing is not simply close to being happy or content, but also about being actively engaged with life and with other people. (Gale et al. International Psychogeriatrics, 2010). It has been argued that prison congestion has led to poor and inadequate nutrition of the captives. Food is short both in amount and quality. Captives, in most prisons, are undemourished and in poor health, due to inadequate food and non availability of drinkable water in many Nigerian prisons (Robins, 2009) With the explosion in the prison population, feeding the prisoners adequately has become task impossible for the prison authorities. Most foods being served were unpalatable and at worst not fit for human use (Williams et al. , 2009).

Prisons generally have to provide food for a large number of people, and so are mostly fitted with a large institutional kitchen. Thither are many security considerations, all the same, that are unique to the prison dining environment. For instance, cutlery equipment must be very carefully monitored and accounted for at all times, and the layout of prison kitchens must be designed in a way that allows staff to observe the activity of the kitchen staff (who are usually prisoners). The quality of kitchen equipment varies from prison to prison, depending on when the prison was constructed, and the tier of support available to procure new equipment. Prisoners often served food in a big cafeteria with rows of tables and benches that are firmly tied to the base. However, inmates that are locked in control units, or prisons that are on "lockdown" (where prisoners are made to stay in their cubicles all day) have trays of food brought to their cells. (Ross, Jeffrey Ian (2012).

II. Physical Well Being

Williams et al, (2009) found that the majority of women and adult males in prisons have at least one chronic health condition and that the subject of the right to health of prisoners is being grossly offended. Prisoners suffer serious illness due to lack of exercises (Robins, 2009). Obioha (2011) Argued that deplorable health conditions have led to infectious diseases, such as such as skin scabies and bilharzias. To worsen the situation, there are no standard hospitals, drugs and qualified medical personnel to take care of the sick inmates.

Prisons in wealthy, industrialized nations provide medical care for most of their inpatients. Additionally, prison medical staff takes on a major role in monitoring, organizing, and commanding the prison population through the role of psychiatric evaluations and interventions (psychiatric drugs, isolation in mental health units, and so on). Prison populations are mostly from poor minority communities that experience greater rates of chronic illness, substance abuse, and mental illness than the world-wide population. This contributes to a high demand for medical services, and in rural areas such as the US that don't provide free healthcare, prison is often the first topographic point that people are able to receive medical treatment which they couldn't afford outside (Solinger, Rickie (2010).

Prison medical facilities include primary care, mental wellness services, dental care, substance abuse treatment, and other sorts of specialized attention, depending on the demands of the inmate population. Other forms of specialized care, depending on the needs of the inmate population. Health care services in many prisons have long been criticized as inadequate, underfunded, and understaffed, and many prisoners have experienced abuse and mistreatment at the hands of prison medical staff who are entrusted with their care (Wilson, David & Reuss, Anne, Eds. (2000).

Many prisons provide limited recreational and fitness facilities for prisoners. The planning of these services is controversial, with certain elements of society claiming that prisons are being "soft" on inmates, and others claiming that it is vicious and dehumanizing to confine people for long time without any recreational opportunities. The latent hostility between these two views, coupled with lack of funding, leads to a great assortment of different recreational procedures at different prisons. Prison administrators, however, more often than not find the supply of recreational opportunities to be useful in keeping order in the prisons, because it keeps prisoners occupied and offers leverage to gain compliance (by depriving prisoners of recreation as punishment). Cases of common facilities/programs that are useable in some prisons are: gyms and weightlifting rooms, arts and crafts, games (such as cards, chess, or bingo), TV sets, and sports teams. To boot, many prisons have an outside recreation area, normally referred to as an "exercise yard"(Ross, Jeffrey Ian (2012).

Some prisons provide educational programs for convicts that can include basic literacy, secondary education, or even college of education. Prisoners seek education for a mixture of causes, including the evolution of skills for after release, personal enrichment and curiosity, discovering something to fill their time, or trying to please prison staff (which can often secure early release for safe conduct). Still, the educational needs of prisoners often come into struggle with the security fears of prison staff and with a public that wants to be "hard on crime" (and thus supports denying prisoners access to education). Whatever their reasons for participating in educational programs, prison populations tend to experience very low literacy rates and lack of basic mathematical skills, and many have not completed secondary education. This deficiency of basic education severely limits their work opportunities outside of prison, leading to high rates of recidivism, and research has shown that prison education can play a substantial part in helping prisoners reorient their lives and become successful (Orange, Richard (2013).

Many prisons also provide a library where prisoners can check out books, or do legal research for their shells. Often these libraries are really modest, consisting of a few shelves of records. In some states, such as the United States, drastic budget cuts have resulted in many prison libraries being shut down. Meanwhile, many states that have historically lacked prison libraries are going to develop them. Prison libraries can dramatically better the quality of life for prisoners, who deliver great amounts of empty time on their work force that can be occupied with reading. This time spent reading has a diversity of benefits including improved literacy, ability to read the principles and regulations (leading to improved behavior), ability to read books that promote self-observation

and analysis of one's emotional state, conscious of important material-world effects, and instruction that can lead to successful re-entry into society after going. (Kai, Jonathan, (2013).

III. Prison Conditions And Psychological Well Being Of The Inmates

Inmates psychological well-being, is a general term for the shape of an individual or group, for example their social, economic, psychological, spiritual or medical state; a high point of well-being means positive experience of an individual or group while low well-being is connected with negative happenings. For instant psychological well being is concerned with delivering a sensation of how happy or content we feel with life. (Gale et al., PLoS One 2012)

The psychological well being of inmates is perhaps an under researched topic. According to Wooldredge (1999) psychological well being is conceived as "reflecting inmate perceptions of insecurity, stress, depression, anger, low self esteem and loneliness felt during incarceration". Special aspects of the prison environment may decrease some of the negative psychological effects of incarceration, such as depression and alienation, but they depend on the unique need of the inmates (Toch, 1977).

With respect to depression and Anxiety Research has indicated that inmates exhibit higher degrees of anxiety and depression than the general population, along with lower grades of self regard, specifically among certain groups of inmates (Castellano and Soderstrom, 1997). This suggests that programs need to be in position to improve inmates self esteem. Furthermore, the threat or persistent fear of victimization among inmates that is exhibited in the prison environment can lead to hypervigilance which is the "sustained heightened cognitive and affective arousal in the service of scanning the environment for threats" (Boxer et al., 2009) and is a central factor of anxiety related syndromes Liebling (1992) establish a clear nexus between the pain of imprisonment and damage, both self inflicted trauma and suicide. Yet, comparatively little is known about which aspects of the prison experience and its environment contribute to suicide ideation, attempts or completed (Dye, 2010). According to Towl (2003), the most powerful predictor of suicide in prisons is the quantity of time spent at the particular institution; 10% of those who commit suicide do so within 24 hours of their arrival, suggesting a high risk stop. Between 1978 and 2003 suicide in male prisoners in England and Wales was around 5 times more common than in the general male population of similar ages (facile et al., 2005), highlighting the disproportionate between the populations. The deprivation theory predicts that "prisons in which inmates receive a bigger deprivation of freedom, have lesser control over daily routines, and are denied access to rehabilitative programs will cause a higher incidence of suicide" (McNulty and Huey, 2005). Furthermore, in that location are certain elements which can predispose inmates to suicide when they face crisis situations such as incarceration. These include: recent excessive drinking or use of drugs, loss of stabilizing resources, guilt or shame, mental illness, a history of suicide or an approaching court date (Hayes and Blaauw, 1997). This indicates there is a complex relationship between imprisonment and the damage caused to inmates and that individual differences must be regarded.

Thither are many elements which can lead to negative reactions to imprisonment. Hayes and Blaauw (1997) propose that certain characteristics of the prison setting can negatively affect coping and adjustment to incarceration. These include fear of the unknown, distrust of authoritarian environment, lack of apparent control over the future, isolation from family, the shame of imprisonment and the dehumanizing effects of imprisonment Coping Strategies.

The power to mentally cope with imprisonment has implications for institutional plans and for cutting the violence that results from anxiety and depression amongst inmates (Wooldredge, 1999). Coping strategies refer to the attempts made to "master, reduce or tolerate the needs created by stress" (Weiten et al., 2011). Since prison inmates have higher degrees of stress, anxiety and suicide than the general population, it is important for institutions to aid the coping of inmates. It has been found that inmates who are new to prison, but anticipates serving long sentences in prison, experience the most emphasis. Convicts who had received long sentences and had already done a lengthy time in prison, on the other hand, have less stress (MacKenzie and Goodstein, 1985).

Condition of improper eating, isolation and medical care might cause some of the inmates to contact some dangerous diseases, such as tuberculosis and other skin diseases that can even cause lives in peril. Significant financial pressures were commonly seen by household members due to the imprisonment of their spouse or household member. This usually required the relocation of finances, which potentially or actually affected health and well being. Additional financial pressures and their resulting impact on health and wellbeing included: Increased financial responsibilities of childcare, compounded by delays of up to three months to access financial entitlements (i.e. Where Work and Income may require a letter from the prison). These responsibilities include the added costs of children's schooling, food, medical, transport, clothing, bedding and personal needs, placing significant financial strain on families already living within tight budgets. Much, this

implied that the primary caregiver had to “go without”, including having less food, not visiting the doctor and scrimping on basic needs. They’re worse for the mental wellbeing of those who find it hard to cope with life in prison than being jobless” (HMCIP, 1999: 62).

Rigid and sometimes incomprehensible rules have always been basic features of incarceration. Inflexibility and unresponsiveness to the concerns of prisoners often result from bureaucratic indifference, whereby events which seem important or vital to those at the bottom of the heap are viewed with an increasing lack of concern with each step upward. The principles, commands and decisions that are inflicted on inmates are not accompanied by explanations, as many corrections officers feel that they do not need to justify their demands and actions; inmates are doing what they are stated and not ask questions. Thwarting the inmate's ability to create choices and refusing to furnish an explanation for prison rules and regulations involves a profound threat to the inmate's self image by reducing the inmate to the faint, helpless, dependent status of childhood (Sykes, 1966). Loss of autonomy can also imply a severe menace to the inmate's self image as a fully accredited member of adult company. Public humiliation, enforced respect and deference, the finality of authoritarian decisions, and the demands for certain conduct because it is in the individual's best interest are all characteristics of childhood helplessness in the facial expression of a superior adult world. This may be irksome and disturbing to a kid, but for the grownup who has escaped such helplessness with the passing of years, being thrust back into such helplessness could prove yet more painful (Sykes, 1966). Treating inmates as if they were children is adverse to the best interest of society: when long term prisoners are released they may have lost the power to make determinations for themselves and are less likely to be able to live productive lives in the residential district.

IV. Social Well Being

Subjective wellbeing (SWB), people's emotional and cognitive evaluations of their lives, includes what lay people call happiness, public security, fulfilment, and life satisfaction. Personality dispositions such as extroversion, neuroticism, and self-esteem can markedly influence levels of SWB. Although personality can explain a significant quantity of the variability in SWB, life circumstances also influence long-term levels. Cultural variables explain differences in average levels of SWB and appear to be due to objective factors such as wealth, to norms dictating appropriate feelings and how important SWB is considered to be, and to the relative approach versus avoidance tendencies of social clubs. Although it is challenging for inmates to receive access to SWB across the prisons because inmates are not happy with the nature of their interaction, and their cultural activities Lindquist, C. H. (2000, September)

In most African society/culture, a human is supposed to be the head of his household. When the principal of a house which is the husband goes to prison, the wife is likely to suffer certain deprivation which may bear on her psychological wellbeing. The effects of imprisonment are felt not entirely by prisoners themselves, but also their household members. Captives may be unaccompanied in a mobile phone or on trial, but most have families and friends that often feel as though they are imprisoned along with their loved ones. There is a limited body of research conducted with partners of incarcerated men and the far-reaching effects of imprisonment on these secondary victims within the Nigerian context. Studies on incarceration in Nigeria have been directed at issues affecting prison inmates while in custody (Okunola, Aderinto, and Atere, 2002). Researchers have just started to explore the far-reaching effects of imprisonment beyond the prison walls. Separation due to incarceration can be a trying experience for the family members, particularly the female spouses of the incarcerated men. This is because for every adult male who is put behind bars, there are adult females and minors, who suffer social, psychological and financial con-sequences (Grinstead, Faigeles, Bancroft, & Zack, 2001).

These challenges are stresses which may cause negative outcomes for the psychological welfare of the defendants, particularly partners, of the incarcerated person. Much attention has not been paid to the female spouses of adult males in prisons who are practically incarcerated socially, emotionally and economically as a termination of the principal of the house being in prison. A rising number of literature and empirical research have shown the relationship between social support and psychological problems among partners of prisoners. For instance, lack of social support has been set up to be one of the elements that contribute to many psychological well being problems, Uchino (2006). Life generally is stress, without a good coping skill an individual may have poor psychological well being. In that respect are different causes why people think that coping might contribute to the pro-motion of psychological well being. The thought that coping can have positive functions parallels recent research, highlighting the purpose of coping in the advancement of health (Taylor, Kemeny, Reed, Bower and Gruenewald, 2000). According to Ryff (1989) psychological well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health related behaviors. People are supposed to be in a state of psychological well-being when there is no mental or emotional upsets.

The universe of the inmate is characterized by a large number of regulations and controls designed to hold in his or her conduct. However, some contend that the convict is not much worse off than the individual in the free community who is regulated in a great many aspects of his or her lifespan by the dictates of tradition. Nonetheless, regulation by a bureaucratic staff is felt far differently than ordered by tradition. Most prisoners express an intense hostility against their far-reaching dependence on the decisions of corrections officials, which is what makes their restricted ability to make choices, one of the major deprivations of imprisonment (Sykes, 1966). Long term inmates often lose their sensation of self efficacy once autonomy is brought out. Offenders are told where to live and when and what to eat, they are asked to wear regulation clothing, perform certain jobs and follow numerous rules (Santos, 1995). Self motivation and personal achievement are neither facilitated nor reinforced among inmates.

V. Theory Of Subjective Well Being

Some lives go better than others; that some things that befall us in animation are good, and others bad; that certain things are harmful to people and others beneficial. Each of these facts involves the concept of well-being, or welfare, or of a life going well for the person living it. Many other familiar faces – ‘quality of life’, ‘a life worth living’, ‘the good life’, ‘in one’s best interest’, ‘What’s in it for me?’ – involve the same feeling. We thus make claims about well-being all the time. Such claims naturally give rise to a philosophical question: What is it that causes a life go well or badly for the person living. It’s interesting to investigate whether people’s lives are made better by, well-being your life would be made better by winning the lottery, this is due to the effects that winning the lottery would have on other features of your life, such as on your ability to pay for college or on the sorts of vacations you could take and the value of these latter things might similarly lie wholly in their effects (Lucas, Clark, Diener, & Georgellis, 2003),that is still another indication that cognitive theories of subjective well-being fall short. Merely in the philosophy of wellbeing, we are attempting to calculate out what matters are in themselves in our pastime to accept. We are inquiring what things are intrinsically good or bad for people, as opposed to what matters are merely instrumentally good or bad for people. No is our question, What things make the world intrinsically better or worse.

The philosophical question of welfare is the query of what things are intrinsically safe for people, and other issues of public assistance. But we also make claims about what things are good period, or better “from the point of persuasion of the Universe.”¹ For example, some people think that it is right in itself when something beautiful exists, even when no one will ever notice it. Whether or not this opinion is correct, philosophers of well-being aren’t asking about this kind of value. Merely it is easy to confound it with welfare, because the clearest case of something that causes the world better is someone’s having things go better for him or her. The claim that it’s good when things move well for someone is not superficial, even so. The most comfortable means to determine this is to note that it may cause exclusions. It may fail to be a salutary thing, for instance, when wicked people are comfortably off; maybe it would be more beneficial if they were badly off. Lastly, our question is not, What sort of life makes for a morally upright life? It appears that we can easily conceive of someone leading a morally upstanding life that turns out to be of no benefit to her. But yet if we became persuaded, through philosophical argument, that this is not possible, perhaps because moral virtue is its own reward, it even appears that being well turned and being moral are distinct phenomena. It hardly needs arguing that the interrogation of what constitutes a person’s life work well is significant. Foremost, the query is just inherently interesting, and worth reading in its own right, even if answering it were relevant to no other important queries. It too has obvious practical implications: most of us want to make a respectable life, and knowing what one is might help us become one. Apart from these direct reasons to be interested, our subject is relevant to many of the most significant questions we face as people face. One cause is that the subjective wellbeing of individuals entails important information about the character of the social system in which they exist. If people typically feel bad, the social system is obviously not well fitted for human inhabitation. Ace of the aims of sociology is to lead to a safer society, and the work of subjective well-being provides clues for a more livable society (Veenhoven 2004).

This inductive approach to the good society is also a counterpoise to the speculative theorizing about the honest society and an antidote against the ideological prepossessions on that topic. Thither is a growing demand for information about social conditions that foster subjective well-being among policymakers. Most evidently, it is relevant to our moral obligations. This is of course true if utilitarianism is true, but it is no less true otherwise. For on any plausible moral theory, the effects that an enactment would have on the wellbeing of masses and other animals is at least one morally relevant consideration. Utilitarianism stands out in claiming that welfare is the only basic morally relevant factor. Well-being also matters of politics. When determining which political systems, institutions, and laws we ought to adopt, one obviously relevant factor is how good people will fare under the possible strategies. Well-being relates also to justice. One kind of justice, for example, calls for

distributing welfare according to desert. The concept of well-being is also bound up with many merits and vices, moral and non-moral. For instance, a considerate person is one who frequently takes the interests of others, while a selfish person does this insufficiently. A mortal who can delay gratification for the sake of her long-term interests is a prudent person (this is why 'prudential value' is yet another synonym for 'well-being'). One room to begin resolving the interrogation of what constitutes a person's life go well for him or her is simply to develop a list of things whose presence in our lives appears to reach them better enjoyment, freedom, happiness being respected knowledge health achieving one's goals, friendship getting what one requires being a good person being in love creative activity contemplating important questions appreciation excelling at worthwhile activities, (a famous exception is Nolan & Lenski, 2004).

Most or all of these have opposites that are intuitively bad, but to keep matters simple, we'll focus on the right things. Something interesting about our list above is that all of the details on it are things that most people enjoy, and want in their spirits.its. They are things we have positive attitudes towards (or, in some cases, they just are positive attitudes). This brings up a doubt that is among the most mysterious and most cardinal to the philosophical study of well-being: Are the matters on the list above good solely in virtue of the positive attitudes that we have towards them, or do they benefit us whether or not we have these attitudes towards them. (Lyubomirsky & Diener 2005). Understandably, these properties are relevant for understanding the operation of the democratic system. Subjective well-being is also probable to bear upon the operation of other social systems, such as work organizations and friendship networks.

VI. Research Methodology

In this section, an endeavour is made to explain how information is starting to be picked up from the area. Considering the nature of the survey, quantitative method seems to be relevant. Therefore the main concern of this section a research plan, brief history of the subject, region, description of the population, sample and sampling techniques, 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 analysed with statistical method in order to accomplish a legitimate conclusion 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 trial 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)

Sample 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 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 $n_o = \frac{(ci)^2(p)^2}{(d)^2}$

$$\begin{aligned}
 c_i &= 95\% \text{ confidence interval} \\
 p &= 50\% = 0.5 \text{ assumed proportions} \\
 d &= 0.05 \alpha \text{ level} \\
 N &= \text{total population} \\
 n_0 &= \frac{(2)^2(0.5)^2}{(0.05)^2} \\
 &= \frac{3.84 \times 0.25}{0.0025} \\
 n_0 &= 384 \\
 n_1 &= \frac{384}{1 + \frac{384}{640}} \\
 n_1 &= \frac{384}{1 + 0.6} \\
 n_1 &= \frac{384}{1.6} = 240
 \end{aligned}$$

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

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

Sample Technique

According to Gravette and Forzano (2006) that, any population of the survey which comprises of a number of subs-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 : Coefficients of regression analysis between Aggressive behavior and variables

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	29.838	3.541		8.407	0.000
Deprivation	1.431	0.117	0.786	12.227	0.001
Prisoners Well Being	-.047	.049	-.064	-.965	0.335
Relationship between the Inmates and Waders	-.154	.161	-.052	-.957	0.340
Number in one room	0.465	.086	0.146	5.403	0.002
Status	-7.212	.984	-.400	-7.330	0.000
R-Square=0.578, Adjusted R-Square=0.496					

a. Dependent Variable: Aggressive Behavior

Deprivation: The results of multiple regression shows that deprivation of prisoners’ right increases the level of aggressiveness of prisoners and t-test shows that the contribution of deprivation in increasing the aggressiveness is statistically significant.

Prisoners Well Being: The results of multiple regression shows that Prisoners Well Being decreases the level of aggressiveness of prisoners and t-test shows that the contribution of Prisoners Well Being in reducing the aggressiveness is not statistically significant.

Relationship between the Inmates and Waders: The results of multiple regression shows that Relationship between the Inmates and Waders decreases the level of aggressiveness of prisoners and t-test shows that the contribution of this parameter in reducing the aggressiveness is not statistically significant.

Number in one room:- The results of multiple regression shows that high number of prisoners in one room increases the level of aggressiveness of prisoners and t-test shows that the contribution of parameter in increasing the aggressiveness is statistically significant.

R-square:- the coefficient of determination (R-square) 0.578, indicates that the model adequately fit the data. This implies that about 57.8% variance intention of aggressive behavior was explained by all the predictors variables entered into the regression model

VII. Conclusion

The philosophical question of well-being is the interrogation of what things are intrinsically safe for people, and other topics of public aid. But we also make claims about what things are good period, or better “from the point of view of the Universe. For example, some people believe that it is right in itself when something beautiful exists, even when no one will ever discover it. Whether or not this view is correct, philosophers of well-being aren’t asking about this kind of value. But it is easy to confuse it with welfare, because the clearest instance of something that causes the world better is someone’s having things go better for him or her. The claim that it’s safe when things go easily for someone is not superficial, yet then.

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