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Title

The ex-prisoners' transition processes into society
THE CASE STUDY AT GOTHENBURG CITY - SWEDEN

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ABSTRACT

The primary goal of this study was to learn and understand what significant events; positive and negative ex-prisoners encountered during their transition processes into society. Main areas of interest, however, were to explore the influence of formal institutions and informal social networks and support to ex-prisoners who are returning back into society after accomplished their sentences in prisons. Further, was to understand what obstacles they face during the process.

The researcher has used qualitative method to study and understand the nature of the problem. Besides, semi-structured interviews were main tools used to collect data from seven ex-prisoners who interviewed separately. Symbolic interactionism, ecological and social psychological perspectives were used to analyze interviews data.

The results obtained shown that both formal institutions and informal social networks had influenced ex-prisoners in various ways and its effects differ. While formal institutions helped ex-prisoners accession to various social assistances like financial, accommodations, rehabilitations, and smooth re-adjustments into community, informal social networks (families, peers, relatives or neighbors) had dual impacts; in one hand had provided social supports like, emotional, psychological, counseling, advice and material supports which facilitated ex-prisoners start new life easier. On the other hand, had negatively influenced some participants by denied those assistances due to their criminality behaviors they maintained. This situation has cause more serious problems to ex-prisoners themselves and to the general public, because ex-prisoners had relapsed into their former criminal careers.

The study had revealed that the formation of former criminals and drug addicts networks (KRIS) has lead ex-prisoners to have their own life style which is slightly different to ordinary people in society. The network or self-help organization has various programmes for serving inmates in prisons and ex-prisoners to overcoming various difficulties in their processes to re-integrate into society. However, it has been learnt that, due to its efficiency in provision of important and timed social assistances that associated with caring and giving hope to its clients, has attracted more newly released prisoners who seek change and rehabilitation.

Moreover, in their transition processes, ex-prisoners have faced varieties of obstacles that originated from ineffective pre-released plan in correctional institutions as well as post-release interventions in various social agencies that deal with prisoners and ex-prisoners matters. Prisoners when leaving correctional facilities have limited human capital that prevent them accession to different opportunities available in society. In addition, problems of accommodations, financial constraints, breaking family ties, and stigmatization have decelerated their momentum for re-integration into society and set them on cross roads.

Key words; Transition processes, Formal institutions, Informal social Networks, Social Supports

ACKNOWLEDGEMENTS

LIST OF ABBREVIATIONS

AA   =   Alcoholic Anonymous

NA   =   Narcotic Anonymous

KRIS =   Criminal Return in Society

NCCP =   National Council for Crime Prevention (BRÅ)

SPPS =   Swedish Prison and Probation Service

SFS   =   The Prison Treatment Act of 1999:203

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CHAPTER 1

1.0 INTRODUCTION

Imprisonment is the mode of punishing wrong-doers and of protecting citizens from them. However, one of the fundamental underlying principles of the correctional systems is that of rehabilitation of the inmates to play active role and proper part of society after their sentences (Giddens, 1997).

Prisons do not offer inmates permanent shelters, their prison stay is for rehabilitation while they are in transition period to new and honest life into society. Similarly, People expect that those who offended the society and sent into correctional institutions should come back into community and received as new born individuals, after undergone systematic rehabilitation processes. Conversely, people forgotten to understand that long periods inmates spent into correctional institutions exposed them to varieties of social, health, economical and psychological problems which weakened their initiatives and social skills which they had prior to incarceration.

The reasons to research on this social phenomenon came, after the long experience which I have of working with correctional system back in my home country Tanzania. As a social worker, I had witnessed significant negative episodes inmates encountered for in correctional institutions as well as after served their sentences, that situations, need to be studied in-depth, addressed and understood for the benefit of ex-prisoners themselves and for the safety of communities. However, the problems which ex-prisoners faced and of which are underestimated, are among of factors that cause rate of crimes rise in many countries around the world and marked the high significant rate of prisons recidivism.

Therefore, through this study, I hope, with other advantages which I will get, would help to illuminates ex-prisoners' problems, impacts of formal institutions and informal social networks and supports to their post-release lives, and would be used in comparison between the Swedish policy that deal with ex-prisoners and former addicts and that of my country. However, it would be also the basis for convincing policy markers in Tanzania to throw their eyes to, and see people who have been released from correctional institutions to how much they are continue suffering due to lack of social supports in their post- imprisonment period.

1.1 HISTORICAL BACKGROUND

Each year over a million crimes are reported in Sweden (NCCP, 2006). A quarter of these cases are solved. Those who have broken the law begin a long journey through Swedish Justice System to prison and probation services. However, there are claims that, those who come into contact with correctional institutions have background of social exclusion; low education levels, unemployment, and health problem or drug dependency (SPPS, 2006). In addition to their social exclusion, which they had experienced outside the prison, again, prisons, excluded them from the outside world, and bridges that connect them with their families, lovers or friends often have burned out.

The reasons, however, for locking prisoners up is to give an ultimate and measured demonstration of society's disapproval of what is deemed to be a criminal act, to promote atonement so far as possible for the loss caused to the victims, and to reduce the risks of re-offending by giving prisoners means for returning to the mainstream. To some imprisonment may be an opportunity to get a needs assessment and training that they were unable to get outside; training that can hand them the means for returning to work in society and rebuilding their self-esteem[1]· Similarly, prisons offer rehabilitation programs to inmates which are the start of a whole new journey back to society. For others, however, imprisonment solves nothing, the longer the sentence, the more likely that a prisoner's skills will be eroded or become outdated, (SPPS, 2006).

Though, there are deliberate rehabilitation strategies done by correctional institutions for preparing inmates to start new life out side, situation is worse for ex-prisoners leaving correctional institutions (Bondesson, 1989). Reports, studies and media stories have highlighted the impossible situation most discharged prisoners end up in after serving their sentences, a life without accommodation or work where the door back to a life of crime and substance abuse lies wide open [2]. Similarly, NCCP (2001 cited Hedin et al, 2005.p.8) contended that, the social situation of inmates does not appear to improve during their prison stay, instead, the opposite seems to occur, on release, nearly half are unemployed, a fifth have work and another fifth receive temporary disability pension or pension. Moreover, Månsson et al (2002 cited Hedin et al, 2005. p. 8) articulated that, in addition to difficulties in finding work and supporting themselves financially, they often have problems of finding accommodation and have conflicts in the family relationships. In many respects, ex-prisoners are in worse condition mentally and socially when they leave correctional institutions.

Furthermore, on post-imprisonment period, ex-prisoners continue to suffer the *pains of imprisonment* (Bondesson, 1989.p. 155-177) which is the mixture of effects of institutionalization and stigmatization as the consequences of confinement. Ex-convicts (Bondesson) are already socially handicapped and these effects are reinforced rather than ameliorated at the institution and nurtured by their increased social sensitivity through the public condemnation they experienced as convicts in post-release situation. In a similar vein, ex-prisoners do not trusted by people, society keep them locked out and looks at them with suspicious and when things go wrong, society place them on top list. (Goffman, 1981).

1.2 THE TRANSITION PROCESS INTO SOCIETY
1.2.1 Transnational Perspectives
The question of ex-prisoners' transition processes into community is the transnational issue, since many countries dealt with it in different ways. In 2000 the Scottish prison service[3] launched a revised drug strategy aimed at effectively managing the transition between prison and community. The main objective of transition care was to facilitate access to pre-existing community services based on an individual's assessed needs. The

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[1] www.eapn.horus.be/modules_page/images/pdf/pdf_/EAPNO/O20Publications/nn/116-E.pdf 2007-05-10

[2] www. vagenut.coop/filer/32-sid_engelsk_final.pdf 2007-05-6

[3] www.scotland.gov.uk/publications/2006/2/08110958/2007-02-04

study highlighted that, the programmes, should considered the need of ex-prisoners; which include health issues for drug addicts, housing, employment, education and other trainings especially for younger prisoners. The study report further maintained that, gender issues must be accessed to find out which are fundamental needs to each gender for instance, the need of housing was of priority among women prisoners while for men was employment. In addition, the report maintained that, all service providers should assess the needs and provide them during a 12-week period immediately following a prisoner's return to the community.

The report concluded that contact with prisoners prior to their release is important and have great influence to the accession of services in community, hence help to solve their standing problems. Further still, the report suggested transition care services should be provided by non-statutory agencies in collaboration with statutory institutions to create a wider scope of social support. Finally, the report highlighted the need of training transition care workers to have capability of performing effectively and allocating clients to appropriate agencies for services.

Equally, in Ireland, the Community Technical Aid had conducted a research that involved 20 ex-prisoners in Dublin City[4]. The study was aimed at explore about the experiences of prisoners and ex-prisoners upon release. In the findings, the study highlighted various barriers prisoners and ex-prisoners confronted in their post-imprisonment period which include, health related problems because of drug abuse, homelessness due to lack of accommodations, financial constraints, ineffective prisons rehabilitation programmes, harassment for women prisoners from their fellow men prisoners as well as government officials and the general public. Other problems were failure of social welfare department to serve prisoners and ex-prisoners during and after released from prisons, lack of information about availability of services in community, break family relationship for prisoners who have sentenced a long-term imprisonment, and prison health which the report pointed out those prisons medical officers were even unwillingly to touch sick prisoners.

The study however, suggested that there should be mechanisms to reintroduce ex-prisoners into community to the satisfactory of ex-prisoners and the community. The suggested mechanism was the introduction of Community Restorative Justice where the goal is to heal the wounds of every person affected by the offence, including victim and offender. Other solutions were, family, relatives and friends to visit inmates in prisons; the welfare officers to be allowed access in prisons to sort out names of prisoners, who are approaching for releases and distribute them in various social agencies for allocating assistances in advance, so that when prisoners released found their social assistances ready.

1.2.2 The Swedish Case
The preparation for transition process into society for ex-prisoners starts in correctional institutions. The Swedish prison and probation service have the vision that person's time

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[4] http://www.expac.ie/textfiles/Get.pdf-2007-05-07

in prison and probation system will achieve change and growth rather than exclusion, and will give them a chance for a better life after serving their sentences[5].

 However, while in prison, Prisoners are accorded with means to start new life and adjustment into society after release; the means include opportunity for work, study, vocational training, programs for behavioral change or other arrangement of activities in order to counteract criminality and drug abuse[6]. In addition to institutional facilitations, inmates are allowed to participate in outside organizational programmes that can provide with them alternatives for new life free of crimes and easier re-adjustment into community. [7] The outside programmes that inmates often attend, cover education, treatment therapies for those who have drug problems, work trainings and socialization with informal social networks (families, friends, relatives, girl or boys friends) that likely to support them after released. Moreover, on release, special efforts is made by prison and probation services to help ex-prisoner gets accession to suitable employment, accommodation, financial, social and medical assistances[8].

Consequently, the system of regular prison leaves which, is unique to the Scandinavian countries (Grundtman, 2001. p.46) prepare inmates for the coming life outside of prison after released. The objective of such leave is to facilitate the inmate's readjustment to society and combat the harms associated with institutionalization. Similarly, the leave enabled inmates come into contact and maintain intimacy relationships with their families, relatives, friends whom would be of much help as prisoners leave the correctional facilities [9]. Grundtman maintained that leaves offer an opportunity for children of inmates to see their parents outside the penal institutions environment and meanwhile inmates felt self-esteem and identity over the course of long prison sentences.

In addition, Parole is the program that aimed at preparing inmates to new life out side of prison after served part of the sentence. Prior to inmates release from prison (NCCP, 2001, 48) contact is established between the inmate and probation officer who would supervise the inmate while in parole. The probation service is responsible for helping ex-prisoners get important social assistances, and try to solve barriers that might prevent smooth reintegration of ex-prisoner into society. The probation service is working closely with the social service department and other social agencies to facilitate proper re-entry of ex-prisoners into society (NCCP, 2001. p 50).

Moreover, achievement of ex-prisoners treatment, successful re-entry and reintegration into society is done by correctional instruments in collaboration with different social bodies, organizations and the affected authorities [10], for instance, the Municipalities, County Councils and Labor market agencies are responsible for provision of social

[5] www.kvv.se/templates/kvv_infopageGeneral-4067.aspx 2007-02-19

[6] S. 10 of SFS 1999:203

[7] S. 14 and 32 ibid

[8] S. 16 ibid

[9] S. 32 ibid

[10] S. 5 ibid

welfare services such as housing assistance, health care services, employment and financial assistance (NCCP, 1998.p.49). The ex-prisoners' transition period into society is important for themselves and for the community safety, every possible supports should be in place to accelerate easier re-entry and prevent relapse into their former criminal careers.

Furthermore, in Sweden recently, there are mushrooming of self-help organizations and social networks that established by former criminals and drug addicts aiming at helping each other on the way to recovery from life of crime and drug dependency to honest life without crime or substance. In Gothenburg for instance, such organizations which are in place include, Criminal Return in Society (KRIS), Bryggan (The Bridge), Vävstugan (The weaving lodge), and the Atelje Trädet studio. Others are Alcoholics Anonymous (AA), Narcotic Anonymous (NA) and Villa Solberg. The services that the organizations provide to their members include, occupational, housing, facilitation of contacts with social services agencies, treatment therapies, social and psychological supports, counseling, visiting prisons and talk to inmates and income-generating activities. (Frodlund Å, 2003:62).

1.3 PROBLEMATIZATION

When individuals break laws, law enforcers take legal measures against them. However, the immediately action that have been taken after court decisions actually is to send law breakers into correctional institutions for rehabilitation and treatments (SPPS, 2006). Some inmates obviously have benefited from correctional services by changing criminality and drug addiction behaviors to law-abided citizens. For others, correctional services serve nothing, instead of helping them, often they became hard core criminals after completed their sentences, (Giddens, 1997). In addition, Webb (1922 cited Bondeson, 1989.p.7) contended that […] *"prisons are universities of crimes"*. Further still, ex-prisoners when leave correctional facilities and entered into society faced enormous difficulties such as lack of accommodations, jobs, financial assistances as well as social supports from family members, friends and their lovers, Ekbom et al(1990 cited Hedin et al,2005, NCCP, 2001). Furthermore, stigmatization and social exclusion triggered by mistrust by society put them on cross roads. (Goffman, 1981).

1.4 MAIN OBJECTIVE OF THE STUDY
- To understand significant events, positive and negative which ex-prisoners experience in the transition process into society, and thereafter, suggest solutions to their problems.

1.5 RESEARCH QUESTIONS
To achieve the study objective, I intend to specifically answer the following questions:
- What are impacts of formal institutions and informal social networks to ex-prisoners returning into society?
- What problems and social supports do ex-prisoners experienced in their transition processes?

1.6 DEFINITIONS OF TERMS

Transition process

Transition process is the multi-facets term. The explanation that is given hereunder falls within the parameter of ex-prisoners retuning into society. The term refers to the process by which prisoners that completed their sentences move from correctional institutions to independent life in community. On the other hand the process can be formal and mandatory such as parole or tagging supervisions.[11]

However, there are transitional services aims at assisting in the process, these include formalized supports provided, just before, at the point of, or following release and specifically referred to as transitional or pre-release centers (After Care, Halfway Houses), which bridge the gap between community and custody, allowing inmates substantially interaction with the outside world such as outside employment and, families contact. Similarly, there are informal supports which provided by families, peers, relatives or neighbors. Therefore, formal and informal supports that provided at this period are termed as post-release interventions that aim to ensure post-release adjustment and minimize negative forces.

Social Supports

A study by Cohen, Gottlieb and Underwood, (2000 cited Taylor et al 2003.p.234) defined the term social supports as interpersonal exchanges in which one person gives help or assistance to another. However, there are several types of social supports: Instrumental supports refers to providing financial assistances or other types of goods and services; Information support refers to providing advice, guidance or useful information and Emotional expressed through linking, love, or empathy.

Formal institutions

Encompass all governmental and non-governmental institutions that deal with inmates and ex-prisoners issues, for instances, prison and probation services, Social welfare offices, halfway houses or self-help organizations.

Informal social networks

Include families of prisoners or ex-prisoners, relatives, neighbors, peers and individual persons that in one way or another have helped ex-prisoners in their transition processes.

1.7 STRUCTURE OF THE DEGREE REPORT

This paper is divided into five chapters. Chapter one consists of; (1) introductions (2) Historical background of the study phenomenon (3) Transition process into society (4) Problematization (5) objective of the study (6) Research questions (7) Definitions of concepts used in this study. Chapter two, however, consists of theoretical framework and previous researches. Chapter three is for methodologies while, Chapter four is for study results and analysis. However, Chapter five is concerned of discussions and conclusions. In this chapter, the researcher had concluded by make a short summary about the study; outlined recommendations, and finally had suggested areas for future studies.

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[11] **www. crimeprevention.gov.au/agd, 2007-04-29**

CHAPTER 2

2.0 THEORETICAL FRAME WORK

The use of theories in social researches is to equip the researcher with abilities to explain and understanding the findings of research within a conceptual framework that makes sense of the data, also is the mark of a mature discipline whose aim is the systematic study of particular phenomena (May T, 2001).

This illumination of clear thoughts about the use of theories vividly convinced the researcher to apply the following theories which I think would guide my thinking in explaining and understanding processes which ex-prisoners pass through and what do they experienced in those processes.

2.1 SYMBOLIC INTERACTIONISM PERSPECTIVES

One of the most dominant theoretical influences on qualitative methods has been symbolic interactionism**, (**Mead, 1938 and, Blumer, 1969). The researcher, however, has focused on fundamental aspects of the perspective; 'the self and minds' to described the transition processes of ex-prisoners into society, what difficulties they encountered and how do they managed to solve or cope with the strange environment.

Charon (2001), the person has a self, the self is an internal environment that is constantly changing because it continues to be defined and redefined in the course of social interaction. Therefore, viewing the self as an object mean that person can acts towards himself as he acts toward other people around him**.** Blumer (1969) contended that, self possesses social nature in the sense that it is a process rather than stable entity. For instance, how a person view himself, how he defines himself, how he acts towards himself throughout life are highly dependent on the social definition he encountered in everyday of his life. Persons as they communicate toward self they are able to see themselves in the situation, to recognize who they are in relation to others and vice versa, as well as to evaluate their own actions in the situation, often, they are able to judge themselves and to establish an identity.

Symbolic interactionism focuses on the *mind* as Giddens, (1997.p. 564) posits 'symbolic interactionism gives more weight to the active, creative individuals'. The persons have active minds, that enabled them to think (covert action), talking to themselves, engaging to conversation with oneself about the environment and one's action in that environment. Because of possessing minds they tell themselves on how to act towards the environment around them; they are able to apply what they know to the situation; to make plans of what to do; and to alter their plans and definitions as they and others act in the situation (Charon, 2001. p.106). Further still, persons manipulate the situation and figure out how to act in the difficult situation, they plan, do rehearse and try to overcome whatever stands in the way of their achieving the goals they have in particular situation. Moreover, consciousness (Mead, 1938) is involved where there is a problem, where one is deliberately adjusting one' self to the world, tries to get out of difficult or pain. Persons are aware of experiences and they are trying to adjust to the situation so that conducts can go ahead.

2.1.1 RELEVANCE OF SYMBOLIC INTERACTIONISM TO EX-PRISONERS

Charon (2001), Symbolic interactionism is the perspective that can be applied to all social situations and help illuminating them. However, relevance of symbolic interactionism lies in the fact that is trying to understand ex-prisoners and their abilities to act as free in the world. Interactions among ex-prisoners in their networks (KRIS, AA, NA or Bryggan) as well as within each individual ex-prisoner are important because, ex-prisoners have a self, mind, symbol and perspectives which are tools assisting them to analyze, problem solve, cooperate, share, communicate and align acts. The convicted criminal, can be put away in a prison community, can learn both positive and negative values, can take on different perspective, can have different personality, but when the prisoner is released these things will be effective only if interaction is influenced and only if interaction does not lead the ex-prisoner to define the world in the same way he or she defined it before imprisonment. To change the ex-prisoner as (Charon, 2001.p. 217) articulated, is to change his or her interaction, social world, reference groups and perspective and thus to alter the ex-prisoner's definition of self and situations.

2. 2 SOCIAL PSYCHOLOGICAL PERSPECTIVES

Charon (2001), of all perspectives in social science, social psychological is broader. With this view in mind, the researcher has decided to pinpoint perspectives that are related to the phenomenon under study.

Hogg and Abrams (2001cited Payne, 2005) the cornerstone of social psychological views, lies on the effect of relationships within and between groups on creating and maintaining social identities. However, maintenance of social identities involves ideas on how people behave in relation to, and therefore influences others and the effects of social factors such as stigma, oppression, discrimination, stereotyping and ideology on behavior in group.

Breakwell and Rowett (1982), Social Psychological perspectives emphasize on how relationships are formed and managed by people in social situations, issues of identity related to matters such as stigma, group behavior and the effect of environment, territory and the need of personal space and material on social and personal change.

Baron et al (1974), Social Psychological approach, examines attitudes and attitude change. Attitudes lead to behavior, if is to change individual's behavior is to change his or her attitudes. Baron et al maintained that attitudes of a person can be influenced by others in the course of social interaction and lead to adapt new behavior. Therefore, the Social Psychological Approach seeks to investigate the manner in which behavior, feelings and thoughts of one individual are influenced and determined by the behavior and characteristics of others. However, social influence occurs whenever behavior is altered by the actions, attitudes or feelings of others, such influence could be in form of overt or covert, conscious or unconscious, formal or informal. It should be clear known that human being is a social animal that can adjust his or her behavior in accordance to actions of others in social situations (Charon, 2001).

Taylor et al (2003), social psychological perspectives examined aspects of conformity, compliance and obedience in social situations. In addition, (Baron et al op cit) describe conformity as the tendency to change one's beliefs or behavior in ways that are consistent with group standards. Similarly Taylor et al (op cit) described compliance as doing what we are asked to do even though we might prefer not. However, through conformity and compliance individuals influenced others to act according to rule that they have set.

2. 3 ECOLOGICAL PERSPECTIVES

O'Donoghue and Maidment (2005), the ecological perspective draws heavily on system theory. However, the researcher had selected aspects of network and social support systems as well as life model as presented in this perspective to explain on how formal institutions, informal social network and support systems influenced ex-prisoners' transition processes into society.

2.3.1 NETWORKING AND SOCIAL SUPPORT SYSTEMS

Trevithick (2005), described that the ecological perspective stress that individuals are seen to be located within the context of family, social group networks and the wider society in which they belong and live. Consequently, there are a wider range of environment factors that exerted influence and affect individuals' functioning such as a wider family, belonging to a specific groups, networks and communities, housing, employment, income, the family's or group's or community's integration and access to service. In addition, the perspective takes into account a wider social support networks by analyzing both formal and informal sources of supports that may be available to individuals. Walton, (1986 cited Payne, 2005. p. 155).

Taylor et al (2003), described that social supports in social relationships satisfying people's social need, and mute the effects of stress and help people cope with stress and enhance their health. Similarly, Broman (1993 cited Taylor et al, 2003. p. 453-454) contended that social support effectively reduces psychological distress during stress time. Further, they maintained that social supports can be provided by partners, relatives, family members, friends, community, organizations or clubs. Social supports often are of different types (Taylor et al op cit) instrumental social supports which include provision of goods and services during stressful periods; information provision about stressful situation act as social supports if it lead to self-appraisal, that is, self-evaluation and emotional supports that expressed through linking, love or feeling of empathy.

2.3.2 LIFE MODEL

Germain and Gitterman (1996) described the life model of individuals as based on the metaphor of ecology in which individuals are interdependent with each other and their environment. In the life model, individuals are seen as moving through their own unique life course, on their ways, they encountered and experience life stressor, transitions, events and issues that prevent them to suit and adapt to new environment, then feel that they cannot cope with it.

However, Germain and Gitterman maintained that, individuals pass through two phases, first, they think on how serious the situation is, and if it will bring harm or loss or be

challenge to them; and secondly, they look for which strategies they have to take and whether they have resources to cope with the situation. As all these have been done, individuals try to cope by altering some aspects of themselves, the environment or the exchange between them.

Moreover, resources that individuals need to cope the situation include, relatedness which is the capacity to form attachment; their confidence in their ability to cope (efficacy); competence, their sense that they have relevant skills, or can get assistance from others, self-concept, the overall evaluation about themselves; self-esteem, which is the extent to which they feel significant and worthy; self-direction, the sense of having control over their lives, alongside taking responsibility for their actions while respecting other's rights Germain and Gitterman (op cit).

2.4 SUMMARY OF PREVIOUS STUDIES
2.4.1 THE BREAKING WITH THE PAST AND RECOVERY
Hedin et al (2005) in their report titled 'Exit Processes and Empowerment-a study of social cooperatives', they studied about former criminals and drug abusers working with social cooperatives. One of the aims of the study and of which I would concentrate on, it was to investigating on how individual and gender specific factors influencing the exit process and the significant of work in the process of achieving change. The researcher would summarized the findings by looking into stages for change; grounds for breaking away; the impact of social networks both formal and informal to ex-convicts and abusers as well as problems that they encountered in their transition process as presented by authors.

Authors accounted a number of elements present in phases of change. In the first stage, they said, external events or changes (like detention, imprisonment, children being taken to care or serious illness), these elements set in motion a course of events and compelled the ex-criminal or abuser feels that change is inevitable, under this situation the perpetrator experience both emotional and cognitive elements; In the second phase, the ex-criminal or abuser makes decision to abandoned former role and start behave differently than what he or she used to behave, this incident tend to control his or her actions; in the final phase, changes made could be identified by people who are close to the person such as relatives or professionals in various institutions who are helping them.

However, authors described that each individual experienced breaking away different from each other and grounds for turning point also differ among individuals. The ageing out, physical problems and sense of dissatisfactions individuals felt when compared themselves with friends who do not use drugs and maintained well or attached to their families and have jobs find themselves emptiness and meager, these have been mentioned as factors leading to their turning point. In addition, the correction institutional effects to some have been the factor for change. Furthermore, the longer period without accession to substance abuse was highlighted as the factor that facilitates change. Authors finalized by arguing that, those who were interviewed at the cooperatives admitted to experience the cross roads that forced them to make various choices that enabled them to break away from substance and crimes.

Moreover, authors described the importance of formal institutions and social networks for ex-prisoners and drug addicts after breaking away from crimes and addiction. Formal institutions that include social welfare offices, self-help organizations such as AA, NA, KRIS, Bryggan (The bridge), half-way houses and foster care centers played significant role in supporting them. However, the first period after break away ex-prisoner or abuser felt insecure and refrained from associating with ordinary people since they feel guilty once asked to tell stories about their past live experiences. Being in self-help organizations they feel secured because every one there had experienced the same life and problems Karlsson (2002 cited Hedin et al, 2005. p. 86).

Besides of security, individuals came with their own life experiences and activities that are shared with others in group, such situation Antonovsky (1991 cited Hedin et al, 2005.p. 87) described it as the *'salutogenetic way''* of dealing with life situation where one uses one's interests and resources to bridge between two lives and identities. Equally, presence in self-help organizations facilitate some of them to work through the remaining problems e.g. affects of drugs or alcohol by participating in treatment programs like psychotherapies in AA or NA groups. Similarly, being in groups Hedin (2002 cited Hedin et al 2005) they came into contact with old friends as well as making new friends who could fill the gaps in their cut off social networks. Hedin et al (op cit p.84), described the importance of informal social networks in supporting ex-prisoners and abusers, relatives and families have been mentioned as key supporters in order to resolve for change. Furthermore, Authors, described difficulties ex-prisoners and former addicts experiences during and after their sentences; financial constraints, unemployment and strained social relationships.

2.4.2 RELEASE FROM PRISON

NCCP had conducted a survey titled 'released from prison' to evaluate efforts made by prison and probation service and other related administrations (The Municipalities, Labor market and education authorities) for ensuring that prisoners had accommodation, necessary financial support, work, and opportunity for education, vocational training, and treatment for substance abuse on release. However, the survey was to take into account of efforts made before and after release. Besides, the survey was required to highlight on how responsibility was divided between prison and probation service and other key stakeholder administrations. (NCCP Report, 1998:6).

The study concluded that, there should be a basic shared philosophy among staff of central, regional and local administrations whose works include dealing with former prisoners, to combine efforts and help ex-prisoners adjust into community in order to prevent crimes. The cooperation among actors should take the views that any failure which could happen would not only affect ex-prisoners but the safety and security of the entire public. However, the NCCP stressed that the continuous efforts of motivation for change should be upheld for prisoners returning into community. If such measures are lacking there is high possibility that ex-prisoners can be attracted in their former criminal career and defeats the whole purpose of rehabilitation. The study further recommended that, prisoners should be offered leave of absence in prisons to visit social agencies and

other organizations, access to treatment and uphold contact with families and friends which are fundamental preparation for release. These views are found also in study findings done by Grundtman (2001) and S. 32 of SFS, 1999:203.

Moreover, the NCCP emphasizes the strengthening collaborations among various administrations in matters concerning released prisoners. Staffs from stakeholder administrations should form teamwork to counteract any issues related to ex-prisoners in community. By doing this, the NCCP stressed, the concept of a shared philosophy is put into practice and ex-prisoners are seen in a holistic perspective. In addition, the NCCP appealed to Local Crime Prevention Councils under municipality to assist ex-prisoners get touch with social facilities available at municipal levels as means of preventing them find illegal ways of obtaining their basic needs and eventually fall back into crimes. Similarly, for habitual offenders, the NCCP stipulated that social efforts should be directed towards solving specific individuals' problems for the aim of breaks the circle of criminality.

Finally, the study highlighted the problems of monitoring and evaluation by the prison and probation service. The current system in place, the NCCP argued, does not provide concrete and adequate information for assessment of release preparations for prisoners from prisons. It was alleged that such problems inter alia are caused by; lack of follow up of former prisoners after release, which make hard for assessment of effects of release preparation; and the various kind of release preparations are not documented. Consequently, the study pointed out those different administrations that involved in release preparations do not collaborate on the monitoring of measures taken. The assessments of measures taken by different administrations are possible if there was a follow up made upon individual person through the whole chain of resettlement efforts.

2.4.3 FROM PRISON TO A LIFE AT LIBERTY - ON THE OUTSIDE

NCCP (2001:2) summarized findings of a study about how prison service prepares prisoners for release on parole and facilitates re-adjustment to life out side prison. The study examined ninety five ex-prisoners from one month prior to their release up to six months after released. However, the study focused on the way the probation service has worked with ex- prisoners regarding the planning of treatment, lay supervision, maintaining contact with ex-prisoners, and how noncompliance has been dealt with, the extent of how ex-prisoners have been re-offended following their release on parole, the way how ex-prisoners' social situation changed prior and after released and how probation service has helped and supports ex-prisoners; whether all ex-prisoners have been treated in the same ways and the levels of cooperation between probation service and other social agencies' authorities.

The study concluded that, half of ex-prisoners were convicted or suspected by police for committing new crimes. Those who fell under this category had prior criminal records. The majority had violated parole conditions either by committing new crimes or use drugs. However, one-fifth for those who violated conditions had been warned by probation officers, put in temporary custody, and in few cases ex-prisoners were forfeited

parole. In addition, ex-prisoners' social situations did not improve within the period, particular to the question of housing, where the situation was serious for those who had short prison sentences. The study indicated that probation officers did not help much prisoners accessed to their needs, grounds which were adduced, include that, ex-prisoners were unmotivated, did not need assistances or take into consideration to contact probation service, they had managed to solve the situation on themselves or had helped by other sources. Further the study highlighted that failure of improving ex-prisoner's social situations was because of probation officers' ignorant to ex-prisoners' social networks.

Moreover, the study had indicated that ex-prisoners who placed on probation service from prisons have been given less attention in relation to other probation clients, only by speculating that they had got assistances whilst in prisons. Similarly, the study findings highlighted the importance of probation service to cooperate with other social organizations such as social welfare department, because its main function is intermediating between prisons and other agencies.

2.4.4 SUMMARY AND REFLECTIONS

The above previous study reports highlighted various issues related to ex-prisoners lives after imprisonment. They pointed out the importance of different actors to cooperate in order to assist ex-prisoners live life free of crimes and drugs. In addition, they pointed out some barriers which ex-prisoners encountered in their transition process, of which to some extent influenced them changing their criminality behaviors. In the similar vein, studies had shown the necessity of formal institutions and social networks for helping ex-prisoners start new life in the contemporary society. Further, studies indicated that factors for change differed among individuals ex-prisoners.

Following the review of those studies, the researcher have revealed that, though issues of ex-prisoners returning into society have been deeply discussed, its discussion or investigations had been done at high levels by looking on how different authorities could assist ex-prisoners overcome barriers to their lives and avoid criminality which they postulated that was because of lack alternatives.

In this study, however, the researcher had looked for and studied the social dynamic lives of ex-prisoners. The researcher is of optimistic that by engaging with ex-prisoners themselves, investigating their daily lives, it will be possible to explore their pressing needs, effects of formal institutions and informal social networks to their lives and be able to know various difficulties they face in the processes of adjustment into society. Thereafter, the researcher would be in a better position to suggest viable alternative solutions which would benefit ex-prisoners themselves and the entirely society.

CHAPTER 3

3.0 METHODOLOGY
3.1 THE CHOICE OF RESEARCH METHOD
The question of ex-prisoners' transitions process into community needs effective research methods for studying and addressing it. Gilbert (1996) posits that the method to be selected should be guided by the research topic, time as well as availability of financial resources. The researcher had faced time limited and financial constrains when conducted this study, to make things moved on, the researcher had applied multiple source of evidence approach. Multiple approaches seemed to be relevant, with regards to the nature and scope of the study, which is typical, a case study research. Yin (1994), pointed out that, 'case studies need not be limited to a single source of evidence'. Therefore, a qualitative approach which was supplemented with triangulation techniques was employed in this study. However, triangulation techniques would be explained in detail in the following paragraphs below.

A qualitative method, however, was chosen, because of its flexibility that facilitated a researcher to think abstractly, stepped forward and back and critically analyzed events happened in ex-prisoners 'transition processes into community and for the same time used his skills and experiences in this field for analyzing data. May (2001.p.193) stipulated that,' the method is flexible […] which gives it, prime advantage […] it gives a researcher not only to consider the way in which meaning is constructed, but also the way new meanings are developed and employed'.

Similarly, the use of qualitative method was important for the researcher for making in-depth description of the research problem through interaction with ex-prisoners where knowledge was being developed as Kvale, (1996. p. 14) stated, 'qualitative research interview is a construction site of knowledge'. With regards to the study of ex-prisoners' transition processes into society, qualitative approach was appropriate and suited the study because the researcher managed to interact with ex-prisoners, manipulated their views through conducted in-depth interviews and discussions about themselves, their inner and outer processes as well as constrains that they experienced in the outer social process.
In addition a qualitative approach was used because of its reliance on naturalism. Gilbert (2001.p . 33) contended that 'in its widest sense naturalism maintains that social phenomena are distinct from physical phenomena in such fundamental ways that they can not be understood by applying scientific methods and methodologies from the physical science'. The researcher was able to interact with ex-prisoners in their natural settings organization (KRIS) where he managed to study organization daily routines and the way ex-prisoners interact each other, evaluated the consequences of their interactions and make interpretations of overt behaviors that ex-prisoners displayed.

Furthermore, the qualitative method had allowed a researcher to interact with ex-prisoners through conversation during interview sessions. The semi-structure interviews were conducted for seven ex-prisoners who were interviewed separately. Interviews produced a bulk of materials, where a researcher explored ex-prisoners' views,

experiences and their knowledge in areas of criminality, particularly what transpired in the whole process of moving back to society. Kvale, (1996) has the views that through interactions and conversations we came to know about our respondents and collect information on the environment that surrounding the phenomenon under study.

Besides qualitative approach, a researcher used varieties of methodologies during his data collection, analysis and in confirming to his findings which Gilbert, (2001) termed as triangulation. Denzin (1978) identified different types of triangulations; Triangulations by data source, which can include person, places and time; triangulation by method like observation, interviews or document; or by theory. The researcher, however, has used different data sources particularly from NCCP, SPPS, Self-help Organizations, previous research reports, internet and library materials which collected for a range of time. In addition it was vital important for the research to conduct interviews for accession to ex-prisoners experiences on their process into community. Finally the researcher had selected symbolic interactionism, social psychological and ecological theories which are relevant to the research topic. Therefore, the use of triangulation technique assisted the researcher viewed the problem from different perspectives, improved the accuracy of judgments, and results which obtained have been confirmed and not contradicted to other literature or previous research reports.

However, the selected methods (qualitative and triangulation) for studying the phenomenon are interrelated in the sense that, a case study research is part of qualitative method (Yin, op cit) and, triangulation is interplay that can be applicable to any social study for obtaining different evidence from different perspectives (Gilbert, op cit p.208).

The major shortcoming of qualitative method is that it allows a researcher to use small sample (Miles and Huberman, 1994), which in itself defeats the whole essence of generalizability. Therefore, the researcher had hesitated to generalize the findings of the study, because the study employed small number of participants.

3.2 THE RESEARCH PROCEDURES
3.2.1 PREPARATION PERIOD
The good social research, involves the identification of a worthwhile topic and the selection and competent use of an appropriate method (Gilbert, 2001.p. 1). The researcher prior to engage himself in this study had with him the topic of interest (Ex-prisoners' transition processes into society), then decided that it would be wise to research on it. Having identified the topic, then, there was a sharing discussion with a supervisor to see in what way the study will be conducted including resources available, how to get participants and an interpreter who will facilitate translating English to Swedish, then, Swedish to English. The necessity of having an interpreter came because of the researcher was a non-Swedish speaker. Then, the following step was to construct interview guide.

3.2.2 COLLECTION OF EARLIER RESEARCH DATA
The researcher had conducted his field work in Högsbo prison, Probation services, Remand prison and Solroren (the Sun flower) from 26th February to 28th march, 2007.

Among of the aims of fieldwork was gathering of information for degree report writing. The researcher had conducted several meetings with prisons and probation officers which form part of data used in this study. It should be clear understood that this study does not target direct or involved these officers, their experiences of working with prisoners make them delivered valuable information that helped much a researcher.

3.2.3 INTERVIEWS WITH EX-PRISONERS
Before conducting interviews a researcher asked permission from the organization's authority (KRIS) where ex-prisoners meet for discussing their matters, as the permission was granted, the researcher contacted ex-prisoners in personal giving them description of the research and handed over letters of informed consent that makes ex-prisoner to voluntarily participate in the study or declined not to participate.

However, seven interviews were carried out with ex-prisoners; five of them were males and two females, each interview lasts for one and half hours. Interviews were conducted in the KRIS's offices from 21st March to 4th April, 207. Either face-to-face interview was conducted, which enabled the researcher to record the context in which interviews were taken place as well as non-verbal gestures made by ex-prisoners as Goffman (1971 cited Gilbert, 2001. p. 5-6) argued, in 'interaction order,' the way we behave in face-to-face interaction with others, we continually manage the impression that we make on others, that such things as gesture and gaze are crucially important for monitoring and interpreting the behavior of others. […] we continually monitor the gestures and movements of others in order to interpret their behavior.

Consequently, the tape recorder was used to record every word spoken during interviews. With semi-structured interviews, the method is said to achieve different purposes; it provides qualitative depth by allowing ex-prisoners to talk about their criminality experiences, difficulties they experienced in their way back into society and for the same time enabled the researcher to ask follow up questions that target to obtain certain information which are important to the study. Ex-prisoners were able to answer questions and provide greater understanding of the subject's point of view (May, 2001. p.124). In order to maintaining consistency and prevent the researcher from diverging the main focus of the interview, the interview guide was used. The guide was containing topics to be covered and detailed sequence of careful worded questions' (Kvale, 1996. p.129).

3.2.4 THE SOURCE OF DATA
The researcher faced extremely difficult to get adequate study materials in English concerned about ex-prisoners' transition processes into community. The researcher, however, has managed to use few English study documents that was able to access on it which were supplemented by few information obtained from internet. The following were the source of data;

(i) Region Västra Kansliort Göteborg;
Significant documents were obtained from the Region Västra Kansliort Göteborg which included the Swedish Prison Treatment Act (SFS 1999:203) that provides details on how

the Swedish correctional institutions deal with inmates during and after incarcerations. In addition, the office provides legal information and prisoners' statistics in prison and probation services that enabled the researcher to widen his understanding of the rate of crime commission in Sweden as well as on how prisoners and ex-prisoners are dealt with.

(ii)The National Council for Crime Prevention (BRÄ)
NCCP is the Swedish governmental organ that responsible for reduction of crimes, improve safety in society, collecting and disseminating knowledge of crime and crime prevention. In addition, the council is charged with such duties as of producing Swedish official's crime statistics; evaluate various reforms and conducting researches to develop new knowledge and understanding on crime condition in Sweden [12]. The council's information which the researcher sought and used in this study has high reliability because its collection done through systematic scientific researches.

(iii)Prison and Probation Services
The researcher has used documents that obtained in the prison and probation service. These documents include various research reports that have been done by different professionals who researched on different aspects within the Swedish correctional system. However, other information has been downloaded from its website[13]. Readers of this report should be aware of, that, information obtained from these governmental institutions was inadequate to fulfill the need of the researcher and his study as most of them were in Swedish, only few were in English.

3.2.5 SAMPLING METHODS
The researcher used Network or Snowball sampling. The rationale of employing this method was due to the fact that it was not easy accessed to an adequate list to use as a sampling frame. Hence, the researcher used small sample which was of optimistic that it would yield quality data as May, (2001, p. 93) stipulated, 'in sampling, size is not necessarily the most important consideration. A large poor sample which does not reflect the population characteristics, will be less accurate than a smaller one that does'. Equally, Miles and Huberman (1994. p.27) posited that **'**Qualitative researcher usually work with small samples of people nested in their context and studied in depth, unlike quantitative researchers who aim for large numbers of context-stripped cases and seek statistical significance'.

Similarly, Gilbert, (2001) snowball sampling is used when the target sample members are involving in some kind of network with others who share the same characteristics of interest. The researcher contacted the first interview with one ex-prisoner in KRIS organization, and then the researcher was asked that respondent if he knew other ex-prisoners who were members of the organization to come and met with the researcher for interviews. The first interviewee helped a researcher to get another two respondents, this process continued until all required numbers were covered.

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[12] www. bra.se
[13] www.kvv.se

3.2.6 ANALYZING/CODING

The researcher started with transcribing the taped interviews into text and organized data. Transcribing went together with interpretations of statements made by ex-prisoners to bring real meaning that they were intended to give to a researcher (Kvale, 1996, P. 165). The transcribing process produced a bulk of raw interview data, of which the researcher applied bracketing technique by marked essential statements, paragraphs to identified aspects and concepts that found within. After bracketing, the researcher re-organized the obtained data to form new text of which was followed by coding to obtain categories. However, the 'coding up' technique was used to described data for the purpose of generating theory (Gilbert, 2001.p. 236).

In addition, the researcher after conceptualizing data, raised questions and giving provisional answers about categories and their relations that were obtained (May, 2001). Different data categories were repeatedly discussed to find out relationships among themselves and to the question of ex-prisoners' transition process into community. By using this way of analysis, the comparison was done among subcategories for the purpose of forming core categories. The researcher continued to sort out core categories then formed themes that related to ascertained research questions. Consequently, themes were analyzed in details in the analysis chapter to bring meaningful study results.

However, the researcher was necessitated to go back to respondents, sought clarification about areas which was unable to analyze. This came after a researcher failed to get meaning of words that in their explanations were mixed with Swedish words (Kvale, 1996).

Furthermore, special attention was given to ex-prisoners' languages and ability to express themselves. There were a lot of language 'jargons' which respondents used like 'drug pusher' or 'my life was lost 110kms' etc. Such jargons and others were carried heavy messages that need more skills to interpret it and bring its meaning. Most ex-prisoners had demonstrated low level of expressing and giving answers to different phenomena which they were asked, incomplete statements were dominated their answers. During analysis a researcher was aware of these defects, where he made deeper analysis to such statements which in themselves were worthwhile.

3.3 VALIDITY, RELIABILITY AND GENERALIZATION

The word 'trinity' does not only mean holy trinity, it has been extended to cover three pillars of scientific research's trinity, that are; Validity, Reliability and Generalizability (Kvale, 1996.p. 229). However, doing social scientific research it is essential for a researcher, to note that measurements used in the study are good and produce accurately and consistently results (Gilbert, 2001. p. 23).

Breakwell et al, (2000.p. 48) posits that, reliability refers to the consistency or stability of any experimental effect or research findings. The most common technique for establishing reliability is by replication. If the same experimental design leads to the same results on subsequent occasions and using different samples then the experimental is said to be reliable. Similarly, this study had involved seven ex-prisoners who were

interviewed separately and in different times. The instrument of measurement (Interview guide) used was the same for all respondents. The results obtained, however, were more or less similar from each other, hence verified its consistency and stability.

Kvale (1996.p.238) describes validity as pertains to the degree that a method investigates what it is intended to investigate to the extent to which our observations indeed reflect the phenomena or variable of interest to us. The researcher had employed qualitative method that supplemented by triangulation technique, ideas here was to viewed the problem in different perspectives. Research questions sought to explored impacts of formal institutions, informal social networks and social supports to ex-prisoners' transition processes into community and difficulties they encountered. Findings, however, have established that, formal institutions and informal social networks have impacts to ex-prisoners. In addition, findings have established that there were various problems (Chapter four) which they faced in their processes back into society. Here the researcher had claimed that his study is valid.

In addition, Miles and Huberman (1994. p. 273) posited that study is valid when is confirmed by more than one instrument measuring the same thing. In conducting this study, a researcher had reviewed past research reports of which findings confirmed to his study findings for instance, that done by Hedin et al (2005) and that reported by NCCP (NCCP, report.1989:6 and 2001:2) . Similarly, different techniques (Triangulations) were used to study the transition process of ex-prisoners into community. Source of data (Data triangulation) from different governmental institutions were used to study the same problems. Equally, different theories have been utilized in order to equip a researcher to magnify his understanding and explored the phenomenon using different authors' views.

The question of whether the researcher can draw general conclusion to the study findings seems to be difficult to explain. The initial consideration of the phenomenon under study was likely to be normal transition processes of ex-prisoners from correctional institutions to community. In the process of investigating on the problem and participants, the problem changed its face; it became unique, to the sense that, participants had peculiar social network which is not evenly distributed all over the country or other places. To this juncture the researcher had hesitated to generalize his findings.

3.4 ETHICAL CONSIDERATION

Miles and Huberman, (1994. p. 294) stipulated that ethical choices are also present when study people who are breaking the laws such as drug dealers and users, corrupt agency heads, traffic scofflaws, prostitutes and their pimps and consumers as well as embezzlers. Researchers when deal with such categories of people need to be value neutral. Equally, in this study, however, the researcher had maintained ethical issues throughout the process (Kvale, 1996) because crimes carry negative connotation in society hence respondents need kind of assurance as well as protection. Therefore the following ethical elements were vividly adhered to:

(a) Informed Consent

The researcher before conducted interviews had informed respondents about the objectives of the study and that participation was voluntary. Further still, respondents were informed to decline participation or not to answer questions if they like to do so. In addition, letters of informed consent were circulated to all participants prior to interviews.

(b) Confidentiality, Privacy and Anonymity

Sieber (1992 cited Miles and Huberman, 1994. p. 293) makes distinction of the three terminologies; privacy to mean, control of others' access to oneself and associated information; preservation of boundaries against giving protect information or receiving unwanted information. Confidentiality is agreement with a person or organization about what will be done with their data, may include legal constraints. Anonymity to mean, lack of identifiers, information that would indicate which individuals or organization provided which data.

The researcher had maintained secrecy to information that produced by respondents, including storage of information and kept in safe custody a tape recorder which used in interviewing respondents. Either for the purpose of anonymity for respondents, their names were not used instead they were labeled 'Respondent 1, 2, 3, 4, 5, 6 and 7. It was vital important to do so because exposure of respondent's' information might breach a good image which they are trying to build in the society, since not all people knew that they were dangerous criminals. Furthermore, the study had used information obtained from sensitive governmental institutions like NCCP, Region Västra Kansliort Göteborg, Prisons and Probation departments, of which if exposed to unauthorized people might jeopardized the administration activities of the institutions.

3.5 LIMITATIONS OF THE STUDY

The researcher had faced barrier of communication between him and respondents. A researcher was a non-Swedish speaker that speaks only English, respondents were conversant with Swedish language, and therefore there was no direct communication. To make things moved on the interpreter was found, to translate English to Swedish and then Swedish to English. This had prevented a researcher to get original message direct from respondents. In addition, respondents were paid much attention to the interpreter than the researcher; to the extent of making a researcher as a third party person.

Similarly, other serious obstacles were related to literatures and other study materials related to the research topic. Most studies done in Sweden and literatures reported in Swedish language, this too had limited a researcher to access to information related to the phenomenon under study. However, to fill the gaps literature from other countries as well as information downloaded from the internet were used.

A time constraint was another problem. The time allocated for pursuing the research was very minimal compared to the nature of the study. A researcher who sought information from people who have background of criminality as well as drug addiction needs more time to familiarize with respondents for making them feel free, confidence and be able to deliver out personal information related to their criminality experiences.

CHAPTER 4

4.0 STUDY RESULTS AND ANALYSIS

Zeller (1991 cited Miles and Huberman (1994, p.298); suggests that *'qualitative studies do not report 'data'', they report 'scene'; that is, accounts of researchers' engagements overtime with informants in their surroundings'*. Therefore, hereunder this chapter, the researcher would present findings obtained through study interactions with respondents in the field, the findings are presented in thematic form. However, apart from themes that would be presented, the study has emerged with interesting and unique results about KRIS. The findings differentiated it from other formal institutions serving ex-prisoners. Hence, the researcher has formed a special subchapter 4.4 to present findings depicting its uniqueness and the fundamental role it played for serving, prisoners, ex-prisoners and former addicts.

4.1 SOCIAL BACKGROUND OF EX-PRISONERS

The ages of interviewed ex-prisoners ranged from 33 to 51 years old; however, they were cohabitated with children except one woman. Moreover, five respondents out of seven had broken relationship with their families because of crimes and drugs abuse. The remaining two respondents had maintained good relationship with their families. Trevithick (2005) articulated that in ecological views, individuals are considered to belong and allocated within the context of families and other social networks which provide them with various social supports.

What we can observe here is that most ex-prisoners had broken or maintained weak social relationships with their families, relatives and good friends because of criminality. The absence of attachment to their informal social networks, however, have denied them accession to social supports (Taylor et al, 2003) that could helped them overcome personal and structural problems. The lacked social supports include emotional supports, advice and counseling to leave crimes and drugs. Consequently, they were not able to get instrumental supports such as financial assistances or accommodations. For the two ex-prisoners who maintained good tied with their families, have demonstrated good progress in adjustment to society since they got all required social supports.

In addition, all respondents had a low level of education, one woman ex-prisoner had stopped her studies when was in a university second year studying pedagogical course, whilst others never completed secondary school education. When a researcher asked them why they did not complete their studies, they argued that was because of abusing substances and committing crimes as Respondent 4 said. *'I did not complete my education because of involving in drugs and crimes, I quitted when I was in high school'*. Therefore, the low level of education ex-prisoners have, put them at risks of lack accession to various opportunities available in society including jobs. Lack of jobs has been described to be among of contributing factors for criminality (Hedin et al, 2005, NCCP, 1989). In a similar vein, inadequate education makes a person have minimum social skills and self-management. When a person lacks, these life ingredients, the drug abuse or crime commission is imminently.

4.2 CRIMINAL CAREER AND NETWORK

Respondents had described that, they have high experiences of abusing substances and committing various kinds of crimes. The study had revealed that all respondents have been sentenced into prisons several times except one woman who has been in prison once. One respondent had told the researcher that was sentenced in prisons for thirty eight times for offences of violence, drug abuse, theft and frauds; another has been convicted and sentenced for twenty two times for robberies, drug abuse and stealing. Two have been in prisons for two times for narcotic offences and the remaining two have been in prisons for five and six times for offences of robberies, narcotic and theft.

Consequently, whilst in prisons, ex-prisoners had socialized with hard core criminals and formed strong criminal networks which enabled them stay smoothly in prisons. In addition, they acquired more criminal skills that facilitated them to access to tools that they used to commit crimes, '*I contacted with hard criminals and learnt more advanced methods of committing crimes e.g. how to get guns, how to phone people who have gun so that I can use it for stealing or if I need cheap drug'* (Respondent 2). Baron et al (1974) postulate that, social psychological perspectives, examined on how attitudes of a person can be influenced in the course of social interactions with others, that, lead to adapt new behavior. In the similar vein, Giddens (1997) posits that inmates in prisons, come into contact with new environment that is different of that of outside, and further more, the habits and attitudes they learn is opposite to the norms of society, like learning to accept violence as norms, get into contact with hard core criminals which they maintain when freed and acquire new criminal skills and techniques of committing more serious crimes which, before, they knew little.

Therefore, criminals when interact either in jails or outside, influence each other in terms of how to commit crimes, how to use drugs or how to live life of criminality. As they interact they form network in which they furthered their interests for instance, helping each other to overcome difficulties. However, criminal network's sources of assistances often have been obtained through illegal means such as selling drugs, robbing or stealing.

However, the formed criminal networks did not end in prisons, was extended to encompass other criminals outside of prisons. The outside criminal network was responsible for taking care and supporting incarcerated criminals, for instance, making visits to prisons and provide their friends with small gifts and sometime penetrated drugs into prisons. '*Also we had criminal friends who were outside; they came to visit us including our girlfriends so it was good'* (Respondent 3). Equally, the outside criminal network was charged with duties of receiving newly released prisoners and takes care of them. The tendency of assisting each other was to maintain status quo, in the sense that, members should remained within the network and prevent them to breakout of the circle of criminality. '*after I was released, I had friends who picked me up, they took me and went somewhere to continue with using amphetamines which are very popular drugs here in Gothenburg. However, I did not stop there I continued with our missions of committing crimes'*. (Respondent 1).

However, one ex-prisoner had expressed to have formed a good network with his fellow inmates that helped him change criminality behavior as Respondent 5 argued, 'You *know there are many groups in prison; there are bad and good groups, mine was good because we taught each other on how to avoid crimes and drugs'.* **Charon (2001)** pointed out that in order to change behavior of an individual you have to change his interactions and reference groups.

4.3 OBSTACLES EX-PRISONERS FACE DURING THE TRANSITION PROCESSESS

Hereunder this section, the researcher would present various barriers which ex-prisoners experienced during transition period into society and before joined KRIS. Sources of their problems, however, began during their stay in correctional institutions, as they came out are overwhelmed with several problems as presented here below:

Un- prepared for re-entry into society
Ex-prisoners returning to their families and communities possess limited human capital. Prisons' rehabilitation programmes which they attended were insufficient to make them living sustainable life in the highly current competitive society. However, out of seven respondents interviewed, five had admitted that they were not prepared well for starting new life in society. '*I did not make any preparation before I was released from prison. You know when I reached the time of release, prison officers gave me my bag and said goodbye, so you know yourself where to go'*(Respondent 3).

In addition, all respondents had been abusing illegal drugs for a long period of time, this aspect entails that, correctional institutions had dual tasks for one inmate; first, treatment to enable him or her gets rid of drugs problems, which definitely, take a long period to achieve; secondly, is preparing him or her for future life in community after imprisonment. This study had revealed that it was extremely difficult to achieved these two goals at per because some of them were serving short term sentences.

Accommodations
Ex-prisoners or drug addicts are a category that is vulnerable and at risk of staying without apartments. The study had revealed that if a person is renting an apartment and unfortunately convicted for a crime, and sentenced in prison, automatic loose the apartment. When released from prison, has to search for another apartment afresh, with added advantages of confronting discrimination because of his or her criminality or drug addiction, meanwhile he or she lacks or have little money to pay for rent. Trevithick, (2005) postulates that, in ecological perspectives, there are a wider range of environment factors that exerted influence and affect individual's' functioning, such as belonging to a specific group or networks. It is true with ex-prisoners, being condemned to belong to criminal networks risk opportunities of accession to societal resources and other forms of social supports, for instance, Landlords often had rejected to offer their apartments to people who have background of criminality.

Though, the social service office was trying to solve the problem of accommodation for ex-prisoners, the solution did not come overnight, it took time, therefore the period of

waiting the social service office to accomplish processes, and ex-prisoners became homeless. The findings have indicated that, there is close relationships between homelessness and crimes, for instance many ex-prisoners have expressed on how they resorted in abusing drugs with their fellow criminals soon after discharged from prisons and found no place to stay.

Lack of jobs
Unemployment is among of the serious problems ex-prisoners confronted in their transition process into society. Study evidences had established that lack of alternative to crimes forced ex-prisoners committing survivalist crimes such as stealing to get their daily meals and other important social needs as Respondent 2 stipulated, '*I kept doing what I was doing before; I continued selling drugs as well as using them, there were no different at all'*. However, the question of unemployment for the interviewed ex-prisoners, cannot only be connected to their imprisonment, its roots can also be traced in their socialization. All ex-prisoners interviewed dropped education when they were in secondary schools or colleges, therefore lacked specifications for employment. Furthermore, the study had revealed that the ages were other obstacles to get employment. Most of them were aged around forty to fifty years old. In such situation, no employer would like to employ such aged and unskilled people.

Stigmatization
Ex-prisoners have been viewed differently from other people in society**.** The denial, mistrust and question marks put on them by governmental officials and ordinary people had decelerated their momentum of accession to important social assistances and supports available in community. For instance, they described on how social service officers or police treated them with high degree of suspicious, this raised when a researcher asked them what are pressing issues to the returning prisoners into community, where the majority pointed out that; *'[…] People and particularly police, social service officers and other officials in different authorities do not trust us when we proclaimed that we are no longer criminals'*. Breakwell and Rowett (1982) pointed out that social psychological perspectives emphasized on how relationships are formed and managed by people in social situations and how they observed issues of identities related to matters such as stigma, group behavior and the effect of environment.

In a similar manner, all ex-prisoners have been in the world of criminality for long period, the effects of such life are mistrusted by governmental officials deal with their matters and ordinary people. Through mistrust, ex-prisoners are regarded as people to deal with a great precaution which in itself is discrimination. Therefore, because of mistrusted, it was hard for them to get accommodations, jobs, financial assistance from both formal institutions and informal social supports.

However, the aspect of discrimination in itself, defeats the combination of efforts made by various social institutions for helping ex-prisoners start new life in society. The study had revealed that, currently, there is a shift for released prisoners who seek for rehabilitation and change to attend various programmes in self-help organizations than in any other institutions. The reasons are, in self-help organizations, members are alike,

shared the same experiences, and all were either former criminals or drug addicts, therefore in such environment no one can discriminate another.

Break Family's Relationships
Crimes carry negative connotations and are non-approval acts by society as well as members of families. Some interviewed ex-prisoners have described that; they had weak or break relationships with their families as Respondent 6 contended, '*My family members did not want to see me. At the moment I had a couple number of friends who were active addicts, so they did not help me with valid assistance but what they did they gave me drugs.*' This study however, had discovered that isolating a family member because of her or his criminality or addiction escalates her or him to commit more crimes or abuse substance. Social supports that provided by families, relatives or friends to a prisoner (Taylor et al, 2003) have positives influence in terms of drawing an individual who sank in the pool of criminality to a new honest life. Consequently a researcher had realized that prisoners at their first hours after released need social support like encouragement, advices and material support. Meanwhile, avoid any pre-conceived prejudice notion which could drive them back to addictions or life of criminality.

Lack of Money
Ex-prisoners lack money in the immediate period after released. It was learnt that the availability of money is important for redress of some problems which prevent ex-prisoners accession to important basic needs such as food. Respondents had expressed bureaucratic procedures which they had to follow at the department of social service before offered financial assistance. There is suffering in the period of waiting such assistances, even those who were placed in halfway houses before absolute released described the same problems. Most ex-prisoners leaving prisons, leave with little money in their pockets, Respondent 6 had told a researcher that when left prison, officials gave him 150kr to start with, while waiting assistance from social service office. This aspect of lacking money soon after released, have forced ex-prisoners to find their meals by using illegal means such as selling drugs, stealing or robbing people.

Drug use and related problems
Nearly all interviewed ex-prisoners have admitted that they have abused drugs. However, some of the issues which a researcher is trying to discuss here do not come direct from participants, but were noted during the course of studying the phenomenon. The researcher had observed that, behaviors that demonstrated by most of the participants portrayed to be of people who have affected much with drugs. It was obviously to note the disorganization of thoughts to the part of some ex-prisoners when asked to describe about certain phenomenon. For instance, Respondent 2 was responding to a question asked by a researcher, when reached between her explanations had forgotten what was talking about, and then said '*haaa! What have you asked me?* Therefore, some of discrimination which they experienced particularly from government officials is because of the way they behaved when interviewed to find out their eligibility for social services in social institutions.

Difficult for adapting new role
Ex-prisoners have described on how hard it was, to change life of criminality to new life free of crimes and drugs. They pointed out that in new life, there are a lot to learn including family life, such as helping children school works, living with little money, staying sober and sometimes striving to prevent moody which forcing them relapsed into crimes or abusing drugs. Charon (2001) posits that when persons faced hardship, are able to manipulate the situation and figure out how to act in turbulent environment, that can plan, do rehearse and try to overcome whatever stands in the way of their achieving goals they have in particular situations.

4.4 PECULIAR FINDINGS ABOUT KRIS
The Criminal Returning into Society (KRIS) is the organization which was established by former criminals and addicts in Stockholm on 3rd of October, 1997. The main objective of being helping each other to cope with new situations after released from prisons as well as to prevent relapse into their former criminal careers.[14]

Currently, however, the study had revealed that, in Gothenburg, KRIS has showed significant achievements, and is acting as a magnet, attracting former criminals, drug addicts as well as newly released prisoners who have decided to abandoned crimes and drugs. The organization provides timed and important social, economical and psychological support soon as the prisoner leaves the prison.

The interviewed ex-prisoners have described that the organization had contributed much in solving most of their problems. The assistances which the organization basically provides to its members, ranged from financial support, accommodations, employments, advices, psychological support through encouragement and problem sharing. When a researcher probed to know what exactly assistance, each ex-prisoner received from the organization, Respondent 4 articulated that; '*Ohoo!, Almost every thing, Costs for urine and blood tests for me for instance, is paid by KRIS, also they gave me 19000kr to pay for my driving license'*.

Equally, the organization has a flat, which it offers accommodations for members who are highly in needy, particular for the newly released prisoners who do not have places to stay. *'I am living in Kris's flat, I don't pay anything'* (Respondent 1). Therefore, (Charon, 2001) posits that symbolic interactionism examined interactions among individuals in their networks. How do they analyze the situation and means which they employed to solve problems which they encountered for. However, Charon, stressed that in such situation, cooperation and sharing experiences are tools to achieve goals. Equally, Baron et al (1974) contended that in social situation individuals need personal space and materials for change.

In addition, KRIS has programmes of visiting prisons and other places of detentions for sensitizing and educating inmates about its activities and negative consequences of

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[14] http://www.kris.a.se/crispolicyeng.htm 2007-01-22

involving in crimes and substance abuse. Similarly, for the newly released prisoners who are ready for changing their criminality behavior, KRIS has a programme of collecting

them, before get into contact with their former criminal friends. *We go to prisons and meet inmates. Those who cooperate with us by attending our meetings regularly, we explain to them about assistances available at the organization. On their released from prisons, we arrange ourselves to collect and prevent them to come into contact with their former criminal friends. In Sweden we've traditions that, when a prisoner is discharged from a prison, former criminal friends wait him or her on the prison's gates, provide drugs and welcomed him or her in the world of criminality* (Respondent 7). Giddens (1997.p. 564) articulates that symbolic interactionism gives more weight to the active and creative individuals.

Therefore, based to Giddens assertions, ex-prisoners are mortified and labeled by society because of their former criminality and addictions. In order to legitimize and assure ordinary people in society that they are no long criminals or drug addicts, they had planned a positive and acceptable programme of sensitizing and educating active criminals and drug addicts, about the hazards and negative consequences of involving in crimes and substance abuse. Through this programme, various government and non-governmental institutions as well as the general public have accepted, legalized and realized their activities. The researcher, however, have revealed that, the creative and initiatives that ex-prisoners have demonstrated for carrying such important and beneficial programme can be attached to the fight for their survival in their new environment after seeing that they are getting old and lack adequate energy of resuming with criminality.

Related, KRIS has extended educational programme to cover non-criminal people in the society. The program is intended to prevent the young people who are active in testing varieties of substance that available in society not to fall in problems of drugs abuse; the program is undertaken by some of KRIS members through visiting and conducting conferences at schools, youth centers as well as in colleges. '*Here in the organization, I have a pay work with other KRIS members to educate the young people about problems of drugs*' (Respondent 5).

Moreover, KRIS makes referral for ex-prisoners to other societal resources organizations which serve people with background of criminality and addictions. Most of these organizations belong to former criminal and addict's networks. Respondents had mentioned them to include NA, AA, and Bryggan. Other public institutions that provide the same services and of which respondents mentioned them encompass the social service department, probation services and Solrosen. Walton (1986 cited Payne, 2005.p.155) posits that in ecological perspectives, ex-prisoners are seen to be located within the contexts of social networks and the wider society in which they belong and live. In such contexts there are formal and informal sources of supports that may be available to ex-prisoners.

Furthermore, within the organization, members have formed strong peer social network among themselves. The formed network requires that, every individual should safeguards the progress of her or his colleagues. The study had discovered high solidarity, cooperation and 'we feelings' that had led members to provide mutual assistance to each other. The help consists of counseling, encouragements as well as personal material assistance, like borrowing money from friends. Respondent 7 contended that, here w*e have mother and father here. I am a father of other men here, they are my father too, my girlfriend is a mother of other women here, we support each other; my telephone is opened 24hrs ready to give assistance to any one who will call and ask for assistance'.* Baron et al (1974) contended that, the cornerstone of social psychological approach lies on the effect of relationships within and between groups on creating and maintaining social identities. Maintenance of social identities involves ideas on how people behave in relation to, and influence they created to each other.

Consequently, it investigates the manner in which behavior, feelings and thoughts of one individual are influenced and determined by behavior and characteristics of others. The researcher had linked these views with the above results in which ex-prisoners, though, they belong to one organization (KRIS) still they had informal social network within the organization which supplement to what the organization cannot take care of. The formed network helped to prevent members relapsed into crimes and drug abuse. In addition, Taylor et al (2003) posit that social relationships satisfying social needs and if, is socially supportive relationship mute the effects of stress and help people cope with stress and enhance health.

Finally, the study had revealed that, KRIS has strict rules and regulations which required each member to demonstrate good and acceptable behaviors and refrain from crimes or abstinence from drug abuse. To enforce these rules, KRIS has a programme where every member has to undergo blood and urine tests every day to make sure that they are clean and be models for others who want to join the organization.*' In this organization we have hard rules that prevent members not to drink any kind of beer, even light beers we don't encourage people to drink, we have zero tolerance for those who breach conditions'* (Respondent 7). Baron et al (op cit) and Taylor et al (op cit) argued that, conformity is the tendency of change one's beliefs or behavior and be consistent to group's standards. In KRIS, every member has to observe the rules and behave in a good manner. Rules have brought about social order and norm that helped the organization gaining popularity amongst other self-help organizations.

4.4.1 THE LIFE STYLE OF EX-PRISONERS
Hereunder this subchapter, the researcher would present study findings that, depicting the social life style of ex-prisoners in their current new environment. It has been learnt that, ex-prisoners and former drug addicts have moved to their own life model, which is slightly unique from ordinary people in society. The compelling factors to such live model, however, are for searching of identities, legitimization, acceptance by the general public, as well as clearance of suspicious attitudes from the government officials that deal with their affairs.

The interviewed ex-prisoners live a sort of life which are highly interdependent to each other and, are determined by the environment in which they live. In their post-imprisonment lives, ex-prisoners have seen moving through their own unique life course. The different life which they adapted came after, they had encountered and experienced various stressors and events that prevented them suit and adapt to new environment. Stressors and negative events which they faced actually including, problems of accommodations, financial constraints, unemployment, stigmatization, lack of identities, burning their social networks, guilty minds and health related problems.

However, since ex-prisoners have self and ability for assessing their situation (Charon, 2001), they came to realized that, their marginalization situation is serious, posed great harm and is threatening their present and future life. Having assessed and analyzed their situations, then, they looked for which proper strategies they have to take and whether they have resources to cope with the situation (Germain and Gitterman, 1996). The implementations of such strategies have lead to the formation of criminal networks and self-help organizations (KRIS), through which they combined their efforts, resources and experiences to counteract common problems which they confronted in their new environment.

In addition, in their new life style, ex-prisoners had developed coping capacities by changing criminality and drug abuse behaviors in order to suit to new environment as well as be acceptable by society. However, in the process of adjustments and coping, ex-prisoners had established social relationship to each other by forming strong solidarity and social attachment among themselves. Relatedness often has facilitated provision of fundamental social supports (Taylor et al, 2003) which are significant tools for developing confidence for counteracting barrier for recovery, and meanwhile coping to new life situation.

Similarly, in their association or network, individuals have devoted much time and their resources for helping each other overcome whatever might prevent their efforts for recovery. The study had revealed that, the presence of informal social network within criminal self-help organization is important for fast-tracking individuals' progresses and for alleviating different kind of social problems. Ex-prisoners have told a researcher that, they had established mutual assistances system that supplement to that provided by the organization. For instance, they argued that instead of going to queuing for social assistance from the social service offices that might take time to get it, individual can quick get such assistances from colleagues as emergency, and then find the same assistance from the social service office for his convenient time.

Furthermore; self-direction has been evidently in their life style, every individual is responsible for himself or herself and to others. An ex-prisoner who seemed to relapse into drugs and crimes has been backed by other members. It should be clearly understood by readers of this report that most of the ex-prisoners were drug addicts, therefore, when spend long period without using drugs fall sick. However, they recovered through social supports provided to them by their colleagues and for attending treatment programmes in

other self-help organizations such as at NA or AA. Taylor et al (2003. p. 453-454) contended that, Social supports appear to lower the likelihood of illness and speedy recovery from illness. Consequently, Social relationships aid psychological adjustment, the practice of good health behaviors and recovery from illness when they are supportive. Moreover, self-concept has been a useful resource for each member within the organization to be able to evaluate his or her actions and find out whether are fit the organization's requirements. The interviewed ex-prisoners have told the researcher that in their network members are asked to be clean and demonstrate high standard of conduct. Those who failed either to cooperate with others or observe the organization's rules automatically ceased to be members of the network.

Further still, the life model which ex-prisoners adapted created an arena for members to interact freely amongst themselves which speedy for their change. Baron et al (1974) contended that, individual needs personal space for change. Therefore, the freedom that is shining in their criminal network, gives a room for individuals to feel sense of self-esteem; to mean, feelings of been valued, cared, and supported. Consequently, the aspect of self-esteem which ex-prisoners enjoyed in their life style imparts them hopes that may not be available elsewhere.

4.5 SOCIAL NETWORKS AND SUPPORTS

Hereunder this section, the researcher would present findings about the influence of informal social networks and formal institutions to ex-prisoners' transitions process into society after accomplished their punishments in prisons. Furthermore, would describe various social supports available to ex-prisoners and its repercussions to their lives in new environment. However, evidence had shown that both formal institutions and informal social networks have significantly influenced the process. Therefore the following are the findings obtained:

Formal institutions and various forms of social supports

Two respondents had described that the NA had played significant role in their preparations to the outside world life. They informed the researcher that, they had been attending therapeutic treatment programmes and received counseling services that aimed at equipping them, means and strategies of leaving drugs. Besides, the NA had offered them blood and urine tests for check up their addiction statuses. Their attendance to NA however, was one of the efforts made by prison's authorities for preparing inmates for outside life before released. '*You know, before you released from prison, the prison authority makes arrangement for you to attend different social organizations that can help you according to the problem you have at the moment. For me I was attending treatment programmes at NA*' (Respondent 6).

In addition, respondents had obtained various social assistances from the social service offices which include pensions, sick-pensions, accommodations and financial assistances. Trevithick (2005) articulated that in ecological perspectives, there are networks and social support systems that provide necessity assistances to individuals for improving and advancement of their welfare. Equally, Walton (1986 cited Payne, 2005) posits that ecological perspective takes into account a wider social support networks by analyzing

both formal and informal sources of supports that may be available to individuals. Furthermore, Taylor et al (2003) stressed that, social supports can be provided by families, friends, relative or organizations. Therefore, ex-prisoners have placed within different social networks that had assisted them obtain social help and supports that accelerated their reintegration in society.

In conjunction to the above views, Baron et al (1974) pointed out that social psychological approach, seeks to investigate the manner in which behavior; feelings and thoughts of one individual are influenced and determined by the behavior and characteristics of others. The AA and NA being institutions run by former criminals and drug addicts have helped ex-prisoners who have substance abuse problems to live sober life. Therefore, counseling, drug tests and advices to leave substance have been provided to ex-prisoners who attended programmes in those institutions. The impact of those programmes often, have influenced ex-prisoners abstinence from substance abuse and crimes. However, the functions that performed by these institutions have contributed much in achieving one of the goals of the Swedish Crime Prevention Policy, which call for non-governmental and governmental institutions as well as individuals to contribute their efforts for combating crime and drug addictions (NCCP, 1989:6)

However, two respondents had informed the researcher that had spent adequate time in Halfway House and After Care institutions, prior to their releases. '*I stayed in the half way house, there, I got supportive counseling, opportunity to visit my friends and my family and make sure that my apartment is still there*' (Respondent 3*).* Being placed in Halfway Houses or After Care is a continuation of preparations for beginning new life in society. Respondent 2 had told the researcher that was still attending programmes in these institutions as one way of proving to officials that had changed his behavior. '*I had been in after care for 1 yr after released from prison […] still I have to go there once per week to talk and show them how I changed my behavior*'. Trevithick (op cit), the prisons service had been networking with Halfway house, probation and other social institutions for preparing ex-prisoners and prisoners for re-entry into society. Some of the respondents had described on how prison service had connected them to halfway house and after care for the purpose of getting into contact with other social networks and supports available in the society. The networking among social institutions is important for solving ex-prisoner's problems, hence makes re-integration into society easier.

In addition, some employers have contributed to alleviate ex-prisoners' unemployment problems. A female respondent had described that after released, had went back to her former employer's institution (The Elderly Homes) for a job, where was accepted and allowed to work. Goffman (Charon, 2001) contended that society exists only through an agreement by people to cooperate, to respect one another and to act according to a generalized body of rules. When we agree to support one another's face in interaction, to accept what one presents himself or herself to be, is society possible.

Informal Social networks and Support
Peer networks and support systems; have been of important to inmates as well as ex-prisoners in their transition processes. Three respondents had described to the researcher

that, their families had helped them during and after their incarcerations. The assistances which the families offered them include accommodations, social and psychological support through advice-giving and encouragement as well as intimacy relationships. However, respondents had expressed the importance of families and relatives to visit them in prisons as it increases the sense of belongingness. '*They provided me with apartment, counseling in order to leave crimes and occasionally they visited me when I was in prison'* (respondent 6). Consequently, Respondents 2 and 5 had described on how their girlfriends had supported and gave them encouragements during and after their sentences. '*My girl friend helped me a lot and makes me change; she visited me always while I was in prison'* Broman (1993 cited Taylor et al, 2003) articulated that, social supports effectively reduced psychological distress during stress time. He maintained that social support can be provided by partners, family members, friends or relatives.

In addition, a contact man had contributed to ex-prisoner's preparation for re-integration into society. '*My contact man gave me supportive counseling because we arranged to meet twice in a week for discussing my progress and how I will begin new life which is free of crime and drugs'*(Respondent 1). Here a contact man means; a prison officer who, on behalf of the correction institution works to help inmate change behavior and access to social services during and after released from prison. However, a contact man has included in informal social network because, has devoted his private time in helping ex-prisoners overcame difficulties during the process.

However, respondents had described that, informal social networks and support are important for both inmates and ex-prisoners for redress of psychological problems. Therefore, it has to function thoroughly and supplementing to what formal institutions could not provide. The Intimacy relationship, emotional, social and psychological supports are important to cause individual ex-prisoner change criminality behaviors and absorbed in their families and mainstream of society. The study had revealed that respondents who were rejected by their families have relapsed into their former criminal careers.

CHAPTER 5
5.0 DISCUSSION AND CONCLUSION
In this chapter, an attempt was made to link research questions, study findings and empirical data of previous reports. The intention of the researcher is not to duplicate whatever has been discussed in previous chapter, but is to discuss in detail what have been found, meanwhile, to see what results reflecting in general terms.

 Finally, the researcher would conclude the study by making short summary about the whole study which would followed by recommendations about the study and suggestions for future studies.

5.1 WHAT WORKS IN SOCIAL NETWORKS
Study results have established that formal institutions and informal social networks have great influence on ex-prisoners' re-adjustments to new life in society. However, the same findings were obtained in other previous researches done on related social phenomenon like that done by Hedin et al (2005)**.** Therefore, the researcher would discuss the effects of social networks in holistic perspectives to assess its influence and what it meant for ex-prisoners returning into society.

Coordination of services between different Social Agencies
Study findings have confirmed that there is networking between key stakeholder institutions that deal with ex-prisoners' matters. The halfway houses for instance, have the obligations of receiving prisoners before their re-integration into the mainstream of society. Whilst in the halfway house, ex-prisoners get opportunities of contacting informal social networks such as relatives, families or children for social supports which include apartments, advices, counseling for leaving crimes and substance abuse, psychological support through encouragement and financial assistances.

Consequently, being in halfway house, ex-prisoners had managed to communicate and make arrangement with the social service offices for social assistances such as employments, accommodations, sick pensions and other social benefits (money). In the similar vein, the probation department, have been instrumental for ex-prisoners leaving prisons to society. The services which probation office offered to ex-prisoners encompass social counseling for leaving crime, drug addiction and other risk behavior which pose great danger to ex-prisoners' lives, like having multiple sex partners. Other interesting function which probation office performed, is tracing ex-prisoners' daily lives to see if they are still involving in criminality and substance abuse. The combination of services provided by different social agencies are to equip ex-prisoners with means and alternatives of living by making them obtain their daily basic needs through legal means and prevent their relapse into criminal activities or substance abuse.

Similarly, findings found in the reviewed study done by NCCP, (**NCCP Report, 1989:6**) agreed with the above views: It called co-operations among social institutions that deal with ex-prisoners and inmates issues such as Local Crime Prevention Councils under Municipality and, the Social Services to assist ex-prisoners accession to social facilities available at municipal levels, to prevent relapse into drug abuse and crime. In addition, in

chapter one, subchapter 1.2 part 1.2.1 about transnational perspectives, study done in Scottish prison services appealed to non-statutory and statutory organizations to provide services to ex-prisoners when come back into society as means of solving their problems.

Equally, the Narcotic Anonymous (NA) and Alcoholic Anonymous (AA) organizations had assisted ex-prisoners who have problems of drug addiction to work through their remaining drug related problems. The study had revealed that, the organizations have various treatment programmes that benefited ex-prisoners. Services available through those programmes, however, include blood and urine tests to check ex-prisoner's rate of addiction, social counseling for leaving crimes and substance abuse. Other services are provisional of psychological and emotional supports as well as, guidance for living as law abided citizen. The services have great positive impacts to the beneficiaries because, service providers themselves are former criminals and drug addicts, and hence, they know the needy of their clients.

Nevertheless, the tasks that done by these institutions are important in preventing substance abuse and crimes, therefore, need to be supported for promotion of community safety. This study has revealed that there is close relationship between substance abuse and crimes, many ex-prisoners had claimed that without taking in drugs were not able to commit other crimes. Consequently, Hedin et al (2005) in their study observed that, at the first period after break away, ex-prisoner or abuser felt insecure and refrained from associating with ordinary people. Therefore, being in self-help organizations they feel secured because every one there had experienced the same life and problems. Furthermore, they get opportunities of solving their remaining substance related problems.

Successful Ex-prisoners as Role Models
The task of crime and substance abuse prevention needs different resourceful actors in order to yield the intended results. This study has found that, successful ex-prisoners are among of the resourceful people who are contributing for fast-tracking crimes and drug abuse preventive measures in Gothenburg city. Ex-prisoners have reached inmates in correctional institutions and other places of detentions with aims of educating them on the negative consequences of involving in crimes and substance abuse.

Similarly, ex-prisoners often held conferences and seminars in colleges, youth centers and schools to talk to younger people on the hazard of abusing drugs and committing crimes. However, their experiences in the criminal world, has attracted many people in their meetings who want to listen to their messages. It has been learnt that, their sensitization seminars has shown tremendous achievements particularly for inmates who are seeking for changes in their lives. All interviewed respondents made change for abandoned crimes or drug addictions after met with former criminal and addicts in their regular meetings in prisons.

In the similar manner, the successful ex-prisoners have used their experiences for helping their colleagues who are seeking assistances. They are able to carry this obligation because they know where assistances for people who have background of addictions and

criminality are available; for instance, therapeutic treatments at NA, AA or financial assistances and accommodations at social service offices. Therefore, they have been instrumental for the newly released prisoners who do not know where to seek assistances. Equally, they have devoted much time and their resources for giving advices, counseling and directives for new ex-prisoners who are readiness for change, to overcome barriers which barred them for recovery as well as re-adjustment into new life in society.

5.2 THE EX-PRISONERS' CRUISING ROUTES INTO SOCIETY

Study findings have shown that, the paths for ex-prisoners from prisons to community are full of rocks and holes. In chapter four, part 4.3 of this report, the researcher had described on various barriers ex-prisoners confronted on their way back into society, which decelerated their speed for re-adjustment into society. The ineffective of pre-release plan and re-integration interventions done by most of social and correctional institutions are the contributing factors to this dilemma. Equally, the reviewed study done by NCCP, (NCCP report, 1998:6) concurs with these views, it highlighted that, prison and probation services lack concrete information for assessment of release preparations for prisoners from prisons. In addition, chapter one, subchapter 1.2 part 1.2.1 on transnational perspectives, the study done by Scottish prisons service highlighted the importance of pre-release preparations, that it helps ex-prisoners accession to services existing in community and solve their outstanding problems, of which, this study revealed that it include housing, health problems, social, psychological and economical problems which put them on cross roads once they touched the community's soil.

Accordingly, as ex-prisoners reached into community have to deal with a wide range of service providers and different social agencies. As the study results indicated, most ex-prisoners have limited social capital, in the sense that, they did not or correctional institutions did not invest on them while serving their punishments. Being weak economically and possession of low levels of education, these are adequate factors that prevent them to find and process on themselves for different opportunities available in community. In past chapter, we have witnessed that, they were not even able to process applications for social assistances at the social service offices or accommodations from private people.

Consequently, even those who managed to reach the social institutions had encountered of unexplainable bureaucracies that took them a significant number of days before obtained the assistance. It stands to reason: an ex-prisoner leaves the prison without money, when reached to his or her family, family members rejected him or her, therefore has no place to stay and lacks money to buy food. Meanwhile, an ex-prisoner is still queuing at the social service offices for assistance which is not sure when he or she will get it. This period of waiting is characterized by tremendous suffering, and is the period whereby ex-prisoners commit survivalist crimes such as stealing or robbing for getting money to buy food and other basic facilities.

Similarly, negative attitudes of society towards people who have background of addictions and criminality loomed large. This aspect has caused a negative connotation to

the minds of ex-prisoners. The feelings of unwanted or unacceptable makes one find his own world where can be accepted and assisted, definitely, which is the world of criminality. The findings have shown that when prisoners graduated from correctional institutions need to go back and start new and honest life with ordinary people into society. The people who are supposed to welcome them had been closed their doors as if devils are coming. The only place where doors were opened was in correctional institutions. This signifies the endless of recidivisms to the part of offenders. One respondent had told the researcher that was convicted and sentenced into prison for thirty eight times, and another for twenty two times.

5.3 BASIC ELEMENTS OF KRIS

KRIS has demonstrated high degree of achievements in assisting former criminals and addicts to overcome some of the problems which prevent them realizing meaningful life in their post-imprisonment environments. The study, however, has found that, KRIS has significant social elements which are pillars for its achievements. Hereunder, the researcher would discuss them in relation to its success and how it influenced the transition process of ex-prisoners into society.

Relationships

Findings have indicated that the strong solidarity that exists among KRIS's members is built on the foundation of social relationships. It has been learnt that the prerequisite of becoming a member, one should be a former criminal or addict, this aspect often, makes them have commonality in their social background. Consequently, through relationship, members have developed the sense of 'we feelings' in which problem of one member face viewed as the problem of all members. This situation has created atmospheres in which individuals' addicts or ex-prisoners feel freedom, belongingness, secured as well as life assurance. In the similar manner, for the sake of uphold relationship among them, the organization has a lot of togetherness meetings whereby members meet, take coffee together then discuss about their situations, as well as teach each other means of leaving drugs and crimes. Hedin et al (2005) articulated that being in self-help organization ex-prisoners or former addicts came into contact with old friends as well as making new friends who fill in gaps for their former broken social networks.

Mutual Agreements

The study has realized that members of KRIS are required to enter into unwritten social contract which set a number of conditions that need to be observed. However, the contract is voluntary in which agreements are made between a member and the organization to observe what is called unwritten organizational rules. The rules often are enforced in case of member's violation of the contract where harsh penalty are imposed. Measures which have been taken by the organization towards members who violate the contract's conditions including forfeitures of memberships, therefore, in accordance to the rules, members are barred to involve in any kind of crime, the use of drugs or drinking alcohol. One respondents has told the researcher that member have to maintain and demonstrate high degree standards of conducts by avoiding acts that could breach the image of the organization. Within the organization, the researcher had found that there is

a special programme that requires ex-prisoners and addicts to undergo regular drug tests to prove that members are adhere to the rule and regulations of the organization. Further still, the organization pays costs to its members for attending similar advanced programmes outside the organization particularly at the Narcotic Anonymous and Alcoholic Anonymous organizations which are partners to KRIS.

Supportive Environment
KRIS offers both non-material and material supports. Here non-material encompass friendship that reduces animosities among members, hence strengthening solidarity; psychological and emotional supports, which are tools for release anxiety and ambivalence that ex-prisoners encountered in their turbulent situations particularly after released from correctional institutions; advice and counseling, which help ex-prisoners to face the challenges in their process for re-adjustment into society, meanwhile, equipped them with means of abstinence from substance abuse. However, for the material support KRIS has a flat to offer accommodations for those in needy; provides financial support to its members solving various problems that need money, for instance one respondent had told the researcher that KRIS had helped him money for paying his driving license.

Related, within the organization, members informally helped each other as to supplement to the organizational provisions, for instance, lending and borrowing money among members or advising each other how to solve problems. Hedin et al (2005) contended that in self help organizations individuals bring their experiences and resources for helping their colleagues solving some problems.

In addition, the organization is run by people who have background of criminality or drug addiction, all positions such as Chairman of the organization, Accountant, Teachers and Receptionist are held by former criminals and drug addicts. In such situation, members are dealt with efficiency and receive effective assistances because, service providers have experience the same problems and know exactly what their fellow members need and at what time. For instance, KRIS often connects its members to other social institutions that provide assistances to different categories of marginalized social groups in Gothenburg such as employment office for jobs, social services for getting their pensions or accommodations and other social benefits. Related, the organization, makes recommendations to its members who find difficulties in getting certain assistances because of mistrusted by officials or ordinary people. It should be understood that society looks at ex-prisoners with eyes of great suspicious which denied them important social assistances available in the community.

Long-term Guidance
Ex-prisoners and former addicts, need nurtured environment to prevent them relapse into their former careers. The study has discovered that, KRIS has created such environment in which members often gathered to the organization for discussing their developments and other social factors which prevent them realize new meaningful life. However, in the organization there are continuously training seminars for reminding members about their obligations as KRIS members of abstinence from substance abuse and crimes. The passage of guidance and directives are facilitated through the deliberately arranged get

together programmes, whereby KRIS provides daily break fast and lunch to its members. The motive behind, however, is to bring and keep members closure to each other and to the organization. This enables organization's leaders explore behaviors portrayed by members and members themselves get opportunities of exchange their experiences.
Similarly, all interviewed ex-prisoners were drug addicts, therefore, such category of people requires regular guidance on how to work through the effects resulted by abusing substances. The study had discovered that most of them were still continue attending therapeutic treatment programmes within and outside the organization.

Moreover, KRIS has a programme of visiting its members in their places of domicile. This is done particularly to members who have family or dependants to see what problems they might face. However, those who have children in needy of assistances have been referred to solrosen (Sunflower) organization that provides assistance to the children whose parents are either prisoners, former addicts or criminals.

5.4 CONCLUSIONS
Correctional institutions have dual purpose of punishing and rehabilitating offenders. However, it has been learnt that punishing surpassed rehabilitation. The study confirmed that prisoners leaving prisons are overwhelmed with various problems and their future lives are uncertainty. Mainly problems which they face include lack of accommodations, jobs, money, broken family relationships and discrimination by both ordinary people and governmental authorities that deal with their affairs. Source of their problems has revealed that is the lack of deliberate pre-release plan which could foresee their problems after released and plans in advanced to tackle those barriers by allocating substantial resources that can facilitate their reintegrate in society.

Equally, the lack of social supports from informal social networks has been described as one of the factors that caused negative consequences to prisoners and ex-prisoners. For instance, those who burned their bridges with families, relatives, neighbors and peers because of their criminality and addictions had relapsed into substance abuse and crimes. On the other hand, ex-prisoners who were strongly attached to their informal social networks have accessed to social supports, and have demonstrated tremendous progress. The study has discovered that social supports are important and should be in place when prisoners leave the institutions.

However, formal institutions have facilitated some ex-prisoners re-adjustment into society. This was achieved because of coordination among the social agencies that deal with similar ex-prisoners' issues. The social service offices have provided social assistances to ex-prisoners which include accommodations, money, pensions and guidance for starting new life. The halfway house has provided an arena for ex-prisoners to contact informal social networks that facilitated them for reentry and reintegration into society. Families for instance, assisted them with accommodations, psychological and emotional supports such as counseling, encouragements during their hardships periods. Consequently, the AA and NA have provided therapeutic treatment such as urine and blood test for drug abuse and counseling for leaving substance and crimes. In the similar

manner, the probations services had played a significant role by counseling ex-prisoners avoiding risk behavior which exposed them to varieties of problems, such as drugs, crimes or having multiple sexual partners which could exposed them to HIV/AIDS.

Consequently, the role played by KRIS differentiated it from other formal institutions. Its uniqueness lies in the distinguished model of helping clients overcome different problems which they faced after released. It provides required and unbureaucratic assistances on a right time. For instance, newly released prisoners who are members of the organization, KRIS have a flat to offer free accommodations. Other assistances which KRIS offers include financial assistances to the needy, costs for urine and drug tests, jobs, daily breakfast and lunch. Besides, it provides counseling to ex-prisoners for living in their new environment and how to deal with challenges.

Other distinguished features of KRIS found in its layout model of operationalization of activities. There are programmes for conducting sensitization and training seminars for inmates in various places of detentions. The purpose of the programmes is for educating inmates about the negative repercussions of abusing substances and committing crimes. The programme has extended to cover younger people in schools, youth centers and colleges. In addition, KRIS is networking with other social agencies that deal with ex-prisoners and prisoners' matters, for instance, KRIS often make referral for its members to AA, NA, for therapeutic treatments, Social services offices, for financial support, pensions and accommodations and employment offices for jobs. The study had revealed that, for members who cannot process for assistances, the organization had helped them get in touch with those institutions.

Furthermore, the study had found that, KRIS has attracted more ex-prisoners, former addicts and newly released prisoners come to team up in the organization for assistance. In the course of interactions among KRIS members, the study has discovered that ex-prisoners have formed their own life model which distinguished them from ordinary people. In their life model, ex-prisoners dependent much on KRIS as well as on each other for overcoming some problems that prevent them to cope in their new environment, for instance, each member is safe guarding development of others by providing personal assistances such as advices, emotional supports, material support like borrowing money.

However, the study had discovered that, successes which KRIS achieved, realized from established basic social elements that facilitate the organization serves its members in humane ways, and with great efficiency. Such elements include, social relationships that bonded members together and creates solidarity; Mutual agreement, which requires members voluntarily agreed to organization's conditions and adhere on them, like abstinences from drugs and crimes; supportive environment, in which members are assisted and assisting each other overcoming problems that prevent them from recovery and re-adjustment into society; and long-term guidance, in which the organization nurtures its members by providing guidance and directives on how to fit in the new situations and avoiding conducts that might breach the reputation of the organization and put the individual at risks of being sued and sentenced into prison.

5.5 RECOMMENDATIONS

The researcher is hereby recommends that, self-help organizations that have proved significant achievements in helping ex-prisoners, to be financially and technically supported so that they can run their programmes with great efficiency and widen scope of services provision to their clients. This should be done with regarding that tasks which undertaken by these organizations benefited the society by protecting them from effects of crimes and substance abuse, meanwhile, benefited themselves by overcoming barriers for their lives.

There should be formal institutionalized networks that will work together, reallocate resources soon after prisoners released from prisons. This will prevent them relapse into crimes and drugs abuse. The study has revealed that the roads to society for ex-prisoners are full of holes to the extent of being easier to go to prisons than get back into society.

There is a need for informal social networks, to provide social supports for both incarcerated prisoners and ex-prisoners. The study has revealed that failure of informal social networks to provide assistances to inmates and ex-prisoners its consequences are more harms to ex-prisoners and the entirely society. It was learnt that those who were not attached or rejected by families, friends, relatives or peers had relapsed into crimes and drugs misused.

5.6 SUGGESTIONS FOR FUTURE RESEARCHES

The study findings had revealed that there is void resulting from limited public after care programmes to ex-prisoners which a number of self-help organizations and other former criminals and addicts networks are trying to fill the gaps. It will be of interesting if deliberately researches would be launched in this area, trying to study what actually lack in public after cares to the extent of giving a room for non-governmental institutions to intervene.

Finally, it can be of interest if extensive researches country wide, could be conducted about ex-prisoners' transition processes from the time of arrest by police, the time of releases from prisons and their routes back into community. This study has tried to explore some issues occurred in the process, but it was not extensive to warrant generalization of findings, since a number of respondents participated in the study was very minimal. Therefore, this study has laid ground for more researches in this field.

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INTERVIEW GUIDE
Interviews with Ex-prisoners

**Topic*:* The ex-prisoners' Transition Processes into Society
The Case Study at Gothenburg City - *Sweden***

This interview is part of my degree report at the University of Gothenburg
In a program of International Master of Science in Social Work, 2006/07
Information that you will give will be confidential and will be used only for education purposes.
Participation is voluntary; you have discretion to participate and answer questions or not to do so.

The Main Objective of the study:
- To understand actually what are significant events; positive or negative, ex-prisoners experiences in their transition processes into society

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Questions
1. How old are you?

2. Are you married and have children

3. What level of education do you have?

4. How many times have you been in prison? And for what crime?

5. How did you experience the life of prison?
   - ✓ What was the most difficulties moment you experienced in prison?
   - ✓ Have you benefited from prison's rehabilitation programs? Explain in terms of pros and cons
   - ✓ To what extent imprisonment has helped you change behavior?

6. What happened after you discharged from prison?
   - ✓ Did you make preparations before the discharge?
   - ✓ What particular situation you faced after discharged?

7. Who helped you when you returned to society?
    - ✓ Could you pinpoint just one thing, person or organization?
    - ✓ What kind of formal help you received?

8. Are there any informal help you received from your family, friends, and relatives? What kind of assistances they offered you?

9. Briefly could you describe what situations did you experienced after you have abandoned crimes and drugs?
    - ✓ Do you think it was easy to adapted new life style?
    - ✓ How society perceived it

Questions- Organization level (KRIS)
10. Could you explain, what happened to you at the first moment you came into contact with KRIS?

11. What kind of practical support or help does the organization provide for you?

12. What do you do when you see that your colleague is unstable in the process of recovery?

13. Could you describe what role of successful ex-prisoners play in assisting newly released prisoners for recovery?

14. Is there a way to identify those who are ready so that resources can mostly efficiently be targeted to those prepared to take advantage of them?

15. In your view what are pressing issues for returning prisoners? What did you experienced? Describe the typical problem you've encountered.

16. What is your advice for other returning prisoners into community?

Thanks for your cooperation. Any one who would like to add information on areas which we discussed the door is still opened and is welcomed. However, I would contact you in case of any clarification during my degree report writing process.

Informed Consent

The following is a presentation of how we will use the data collected in the interview.

II. The research project is a part of our education in the International Masters program in Social Work at the University of Gothenburg, Sweden. In order to insure that our project meets the ethical requirements for good research we promise to adhere to the following principles:

- Interviewees in the project will be given information about the purpose of the project.
- Interviewees have the right to decide whether he or she will participate in the project, even after the interview has been concluded.
- The collected data will be handled confidentially and will be kept in such a way that no unauthorized person can view or access it.

The interview will be recorded as this makes it easier for us to document what is said during the interview and also helps us in the continuing work with the project. In our analyze some data may be changed so that no interviewee will be recognized. After finishing the project the data will be destroyed. The data we collect will only be used in this project.

You have the right to decline answering any questions, or terminate the interview without giving an explanation.

You are welcome to contact us or our supervisor in case you have any questions (e-mail addresses below).

Student name & e-mail   Supervisor name & e-mail
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