



Dr. Shoukat Alif¹, Zeeshan Umar², Rabia Aslam³, Saira Zaka⁴

Abstract

The present research is aimed at exploring the importance of rehabilitation with special focus of the Punjab Probation and Parole Service (PP&PS) and the Prison department in the province of Punjab. These both departments are primarily related with the rehabilitation of the offenders. The study employed the qualitative research design. Data was collected from secondary sources including research articles, reports, official websites and other available sources. The study found that there is huge difference between the fiscal and infrastructure resources of both departments but strength of the offenders is not as much diverse. Presently, the prison department is having almost 64000 inmates' population with more than 20000 staff and PP&PS is rehabilitating almost 45000 offenders with just 100 Probation Officers across the Punjab. The study found that both departments i.e., PP&PS and the prison departments are striving for the rehabilitation of the offenders but when it comes to reintegration and reformation of the offenders, the services of PP&PS are more effective. The PP&PS is providing more friendly environment to the offenders and conducts different seminars and activities which engages the offenders attentively. They are given respect and humanitarian gestures which motivate them to quit the deviant activities.

Keywords: Rehabilitation, PP&PS, Prison, Offenders, Probationers

1. Background

Punishment is system employed in abstaining the individuals to engage in the delinquent behavior in future. The system of punishment exists since the inception of the human beings. In the Islamic point of view, the existence of the human beings on the earth is also a result of punishment. But on rational point of view, the punishment system had been used since primitive societies. With the passage of time the orientation of the punishment changed. Under the kings and queens' rules, it was largely based on individual decisions. But now, a proper criminal justice system has been developed to deal with the deviant behavior of the people.

1.1. Theories of Punishment

Different theories are available on punishment which reveal different ways to overcome the criminalities of the people. Following are a few widely accepted punishment theories.

1.1.1. Deterrent Theory

The deterrent theory consists of the idea that crime is not a socially acceptable act so such measures should be adopted which discourage the occurrence of crime in future. According to this theory, exemplary punishments should be given to the offenders which set an example for the criminals and creates deterrence among them. This punishment theory is also based on the psychological impact which affect the offenders' mindset. Deterrent theory is also criticized by many of the thinkers. According to them, deterrence theory only works for the criminals of the minor offences but when it comes to hard-core criminals it does not work because they don't have fear of the hard punishments.

1.1.2. Retributive Theory

Retributive theory equips the idea of retribution means the offenders have to pay as much as they committed crime. This is next to the deterrent theory because it provides more flexible approach than the deterrent theory. Accordingly, the offenders should be given punishments according to their offences. This theory does not incorporate the determinants of the crime rather it only takes into account the actions of the offenders.

1.1.3. Reformative Theory

Reformative is another punitive theory which is different from the above-mentioned theories. This theory is based on the idea of reformation of the offenders. It critically evaluates the motives behind the crimes. The crimes are committed due to social, economic and other inequalities. It tries to alienate offenders from such criminal motives. The pioneers of reformative theories perceive that crime is like a disease which can be cured through proper medication. This process of this medication is known as reformation.

The present research is based on the idea of reformation of the offenders. The offenders can only be reformed through effective reformative and rehabilitative system. The criminals confined in the prisons have more chances of the committing crime again especially in the perspective of Pakistani prison system. The prisons in Pakistan are overcrowded and have lack of facilities. The developed countries have adopted advanced tools and well-furnished jail environment where the criminals are properly engaged in reformative plans and rehabilitated into the society as good citizens. But in Pakistan, every prison has almost double of its allocated population. In this perspective, non-custodial punishments are more fruitful in rehabilitative process i.e., parole and probation system.

1.2. Research Objectives

- To explain the importance of rehabilitation of the offenders.
- To compare the rehabilitation services, provide by PP&PS and Prison department
- To recommend suitable suggestions

2. Methodology

The current research is qualitative in nature with exploratory research design. This research is based on secondary data which was collected from different sources i.e., research articles, reports, conferences and official websites.

¹ Parole officer, Home department Govt. of Punjab, Pakistan, alishoukat_45@yahoo.com

² Visiting Lecturer, Concordia College, Sahiwal, Pakistan, shan539908@gmail.com

³ Family Welfare Worker Population Welfare Department Punjab, Pakistan, rabiaaslamab4@gmail.com

⁴ Mphil Scholar, University of Okara, Pakistan, zsaira101@gmail.com

2.1. Rehabilitation

Rehabilitation is a process of re-engaging the offenders into the social setting. The offenders are involved in deviant activities and have bad company which affect them negatively and lead to commit crimes. The reformatory theories provide a system through which their challenges are addressed and the offenders are assisted to be re-adjusted into the communities (Ward & Maruna, 2007). There are numerous rehabilitative models which work for the reformation and rehabilitation of the offenders. Out of those, Risk-Need-Responsivity (RNR) is widely accepted model of rehabilitation. It is extensively practiced due to its standard approach with offenders and works according to individuals' needs (Andrews & Bonta, 2010).

Rehabilitation is equally important for both criminologists and the psychologists. They opt rehabilitation as a key strategy to change the mental tendencies of the offenders and provide them alternative ways of social life (Laws & Ward, 2011). Although rehabilitation process is not easy but with attentive and sound approach, it works for the restoration of the criminals into the socially approved standard of life (Ward & Laws, 2010). The experts working on the behalf of rehabilitation make efforts to point out the reasons of criminals' tendencies. They locate the factors which assisted them to commit crime and present the suitable strategies to overcome such offensive situations. The social and demographic analysis through social investigation report provides the basic information about the offenders and if it looks feasible, they try manipulate them and inflict the positive attributes among the offenders (Ward & Laws, 2010).

Capacity building programs are also initiated in the process of rehabilitation. The offenders are not accepted in social setting, so through rehabilitative process the offenders change their criminal mindset and prepare themselves as good citizens with moral support (Losel, 2010). The offenders are enriched with good lives which means they try to adopt socially approved values. They are engaged in different social activities though which they realize about worth of social life. The experts also guide them about the implications of their wrong acts not only on themselves but also on the family members. Hence, the offenders adopt higher level of well-being and socially prescribed norms (Ward & Maruna, 2007).

The unique aspect of rehabilitation is lowering down the chances of recidivism. They are trained to adopt high moral values which strongly oppose the socially disapproved ways of living (Bonta & Andrews, 2010). They become more social-beings through the rehabilitation process and adopt the company of such individuals which motivate them for positive duties and hinder the company of criminals (Andrews et al, 1990). In doing so, the probation/parole officers involve multidimensional approaches involving lawyers, judges, religious scholars, educationists, criminologists and other activists.

According to Losel (2010) there are a few prominent protective factors that deviate the offenders from recidivism and help them to adopt right direction of life. These protective factors are following.

- Individuals should maintain at least one emotional relationship
- They should have educational acceptance and supervision
- Adequate social support should be given to them.
- They should be given access to social models which encourage them to adopt coping strategies.
- They should have proper guideline and exposure about social responsibilities
- They should be assisted in developing cognitive capacities
- The offenders should be trained about ego resiliency to control their emotions.
- They should be provided proper training to control their stress and anger management.

The rehabilitation process is initiated by two ways: through custodial punishment i.e., confining the offenders in the prisons or through non-custodial rehabilitative services i.e., placing them under the supervision of probation officers. The custodial punishments are unfortunately not working properly for the rehabilitation of the offenders rather these punishments are providing more tricky ways to the offenders to commit more crimes. The rehabilitative services can only be provided in an open-air system where the offenders may not recognize themselves as prisoners but they feel themselves as free citizens.

In the prisons, there are confined criminals with varied criminal histories. There are murders, rapists, dacoits and offenders involved in the narcotics and illegal weapons. It means all of them are mixed up in the prisons. It is right that all of the prisoners are categorized into different sections according to their crimes yet they may interact with one another on different occasions. This closeness among offenders of different crimes adversely affects the offenders with minor offenses. For example, in the case of Pakistan an offender of 13/2A/15 cannot be equal to an offender of murder or rape.

On the other side, the placement of the offenders on probation provides better outcomes with regard of their rehabilitation. The probation department of in the Punjab is not as much well-equipped as the prison system. The probation officers have scarcity of resources in comparison of the prison department yet they are striving hard to rehabilitate the probationers into the society single handedly.

The offenders placed on probation are like free citizens. They have to visit the probation officers' office on a specific day when a probation officer organizes rehabilitative session and engages the offenders normally involved in petty offenses to rehabilitate them into the society. Different seminars and awareness sessions are conducted by the probation officers which has direct impact on the well-being of the probationers.

2.2. Prison System in the Punjab

An offender which is confined in the boundary wall of prison in known as prisoner or inmate. He/she is confined in this particular area due to his/her wrongful act which was contrary to the state's enacted law. The manifest motive of his/her custody is to stop this particular individual from doing further wrongful acts. Likewise, the latent function of his/her confinement is to motivate for rehabilitation into the same social position as he/she was before committing a crime (Harigovind, 2013). Prison is a surrounded geographical boundary with specific features like security staff, cameras, lighting, electronic devices and so on. All of these features have been installed to keep the prisoners under custody. Despite all of these securities and measurements, there are cases in which inmates succeed to escape from prisons (Hanser, 2012).

Table 1: Crime-Wise Prison's Population in the Punjab

Sr#	Name of Crime	Under Section	Total cases
1	Murder 302 PPC	Murder 302 PPC	15298
2	Control of Narcotics Substance Act 1997 CNSA, 1997 9 (c)	Control of Narcotics Substance Act 1997 CNSA, 1997 9 (c)	10931
3	Robbery/Dacoity 392/394/395/396 PPC	Robbery/Dacoity 392/394/395/396 PPC	6021
4	Theft 380/381/381-A/411/457/454/367-A	Theft 380/381/381-A/411/457/454/367-A	3338
5	Civil Prisoners Family Degree Ijra	Civil Prisoners Family Degree Ijra	3245
6	Attempt to Murder 324PPC	Attempt to Murder 324PPC	2539
7	Causing hurt with/blunt/sharp weapon 337(A - N) PPC	Causing hurt with/blunt/sharp weapon 337(A - N) PPC	1659
8	Theft 379PPC	Theft 379PPC	1653
9	Anti-Terrorism Act 1997 7 ATA	Anti-Terrorism Act 1997 7 ATA	1499
	Grand Total including all prisoners in the prisons of Punjab	64210 as per 18-01-2024	

Source: The Punjab Prison Website accessed on 18-01-2024

According to the Global Prison Trends Report, the high prison population is creating alarming situation. Accordingly, there were about 11 million prisoners incarcerated into the global prisons in the start of 2020. Out of these prisoners, the majority of them belonged to the under-trial prisoners (McShane, M.D., & Williams, 2004). The jails are being overcrowded especially in the third world countries. The same situation is in Pakistan because the number of the prisoners is increasing but the jails capacity is constant (Hough et al, 2008).

There is vivid difference between the prisons of developed and under-developed countries. The developed countries have replaced the prisons into the rehabilitation centers and all of the possible measures have been installed in those prisons which make the prisoners realize that they are living like in homes (Walmsley, 2013). But contrary to those, the prison system of the developing countries is so poor and meager that the basic necessities of the prisoners are not being fulfilled. The prisons of the Punjab are highly overcrowded almost double of the sanctioned population. In such scenario, the idea of rehabilitation does not work. The jail staff hardly manage their routine matters so neither they have proper resources nor the adequate staff to work on their rehabilitation (McLeod et al., 2020).

The issue of overcrowded jails is highlighted at the international forums. For example, in the Eighth Commission on Crime Prevention and Criminal Justice (2009) the discussion on the topic of overcrowded jails was one of the hot topics which is posing alarming situation for future. Under the over-crowded jails, the basic needs and human rights of the prisoners are at stake. They are also suffering from the health-related issues which is also against the SMR rule number 10, "prisoners shall provide all the accommodation facilities like sleeping place, health care, climate condition, minimum floor space, heating and ventilation and lighting" (McLeod et al, 2020).

Pakistan is having lower standard of prison system in accordance to the capacity and basic facilities of the prisoners. According to the World Prison Brief (2019) Pakistan has 23rd largest prison population in the whole world and fifth largest death row population. There were 120 jails in Pakistan including all four provinces with capacity of 57, 712 prisoners (Malik, 2019). But at present, there are almost 100 operational prisons with sanctioned capacity of 45,210 inmates. But contrary to that according to Law and Justice Commission of Pakistan, there are 80,169 prisoners confined in the jails of Pakistan.

Due to over crowdedness, the situation of the jails is so miserable. The prisoners are facing a lot of problems including congestion of barracks, improper diet, inadequate health facilities, improper management, unhygienic food and sanitation system and poor security system (Khan, 2010). The above table shows that at present, there are almost 64 thousand inmates in the prisons of only Punjab. This table also shows the prominent crime-wise categories which have higher number of inmates.

2.3. Rehabilitation in Prisons

The prisons in the Punjab are working on the slogan of corrections which means jails are for correcting the offenders not for inculcating more criminal tendencies. Despite many issues, the prison department also aiming at rehabilitating the inmates. Following are some key steps adopted by the prisons in the Punjab for offenders' rehabilitation.

2.4. Vocational Training Centers

Vocational training centers had been established chiefly in the central jails of the Punjab. These centers were lying dysfunctional but recently the same have been made functional. The vocational training center of central jail Gujranwala is imparting carpets weaving skills among the inmates. Similarly, football manufacturing and carpet weaving khaddies also re-operationalized in the jails of Rawalpindi, and Jhang.

2.5. Stitching of Warder Uniforms

Almost all of the central and district jails have stitching centers where the prisoners are engaged to learn about the technical skills. The expert tailors guide them about stitching uniforms so that they may earn in righteous way after completing their sentence.

2.6. Adult Literacy Program

Apart from the technical skills, the adult literacy program is also started in the jails which also aims at rehabilitating the prisoners. The adults can continue their education while confining into the jails which has double benefits. On one side, they become educated and on the other hand their educational attainments decrease their sentence period. Currently, the adult literacy program has been started with the cooperation of literacy and Informal Basic Education Department, in the five central jails of the Punjab i.e., Rawalpindi, Mianwali, Dera Ghazi Khan, Bahawalpur and Multan.

2.7. TEVTA Courses

Other than ordinary technical skills, the prison department of the Punjab is also imparting vocational trainings among the inmates. Through TEVTA, numerous technical courses are being imparted among the prisoners. Following are the major courses initiated by the TEVTA.

Table 2: TEVTA Technical Courses Taught in Prisons

Jails	Course Name	Duration
Central Jail, Lahore	• Motorcycle Mechanic	3 Months
Central Jail, Faisalabad	• . Welding	
Central Jail, Bahawalpur	• Electrician	
Central Jail, Gujranwala	• Home Appliance Repair	
Central Jail, Sahiwal	• Motor Winding	
Central Jail, Rawalpindi	• Beautician	
Central Jail, Multan	• Fashion Designing	
Central Jail, Mianwali	• Tractor Mechanic	
Central Jail, D.G. Khan	• Industrial Stitching	
B.I. & J.Jail, Faisalabad	• Hand Embroidery	
B.I. & J.Jail, Bahawalpur	• Domestic Tailoring	
District Jail, Faisalabad		
District Jail, Gujrat		
District Jail, Sialkot		
Women Jail, Multan		

Source: The Punjab Prison Website

2.8. Probation

Probation is a type of non-custodial sentence under which the offenders (usually with minor offenses) are kept under the supervision of the probation officers. The idea of the probation is related directly with the rehabilitation of the offenders. According to wide-ranging perception, the offenders with petty offenses learn more about the tricks and techniques of crimes from the prisons. The situation is more alarming in the countries like Pakistan where there is not enough space for the prisoners. The jails are already overcrowded. Just take the example of province of the Punjab where double of the sanctioned population is confined (Bonczar & Glaze, 2011).

The probation has long historical roots but it got attention in the recent period. The probation officers are working across the globe to rehabilitate the offenders into the society through employing different techniques. Every offender has unique socio-demographic characteristics and motives of the crimes, so the rehabilitation strategies are also adopted in accordance to the needs and requirements of the offender (McNeill, 2018).

The offenders are not welcome by the society and they are excluded from the larger societal setup. This is the major determinant that they again commit crime. But through the rehabilitation, the probation officers try to re-engage them into the society (Ward & Marchall, 2007). They are educated through different educational programs which motivate them to quit the deviant behavior and embrace the socially approved way of life. The developed countries have conducted plenty of research on the impact of probation which highlighted that probation system has positive impact on the offenders' re-integration into the society. According to Shapland et al. (2007) 85% of the offenders felt that they had positive experience during the probation period. Presently, there are almost 45000 offenders placed on probation across the Punjab. These probationers are usually involved in minor offences i.e., sound system act, petroleum act, child labor act, narcotics, Punjab Arms (amendment) Bill, 2015 and offenders involved in alcohol consumption.

3. Strategies for Rehabilitation

The probation officers set and execute the individual and group plans to assist the offenders to rehabilitate into the larger social setting. In doing so, they adopt some of the following strategies.

3.1. Modifying the Offenders' Behavior

One of unique aspects of probation is the changing of the offenders' behavior. The probation officers firstly prepare social investigation report of the offenders which provides the background information of the all offenders (Paparozzi & Gendreau, 2005). Then the probation officer adopts the most suitable rehabilitation strategy in changing the criminal behavior of the offenders. The probation officers are equipped with required skills to formulate polices and plans in accordance to the individual needs (Dowden & Andrews, 2004).

Probation system develops an interactive system between a specialize individual i.e., probation officer and the offenders. The cordial relationship between the both is compulsory which develops with ease because the probation officer is already trained to provide friendly environment contrary to congested environment of the prison (Mowen et al., 2018). They set a schedule according to assent of the both to conduct an activity i.e., group counselling, casework or any other activity in accordance to rehabilitation schedule. All of these assignments are taken into consideration to change the criminal mindset of the offenders to develop positive attributes among the offenders (Wodahl et al., 2011).

3.2. Risk-Needs-Responsivity (RNR)

The Risk-Needs-Responsivity (RNR) model is one of the widely used models by the criminologists and the psychologists to divert the criminal mental tendencies of the offenders. It is one of the most-suited models used for the offenders' rehabilitation. According to this model, the rehabilitation process should be initiated according to risks as needs of the offenders (Bonta & Andrews, 2017). The probation officers adopt RNR models especially in the special cases like offenders involved in the narcotics etc. which have

more dangerous nature. According to this model, the offenders that have higher risks should be kept under supervision for long duration. Likewise, the lower-risk offenders can be rehabilitated with short duration of rehabilitative plans (Lowenkamp et al., 2006).

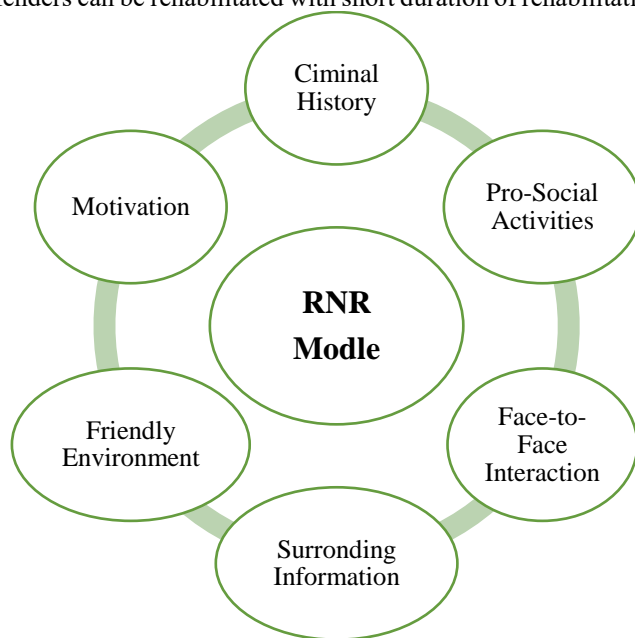


Figure 1: Risk-Needs-Responsivity
Source: Prepared by the Authors

First of all, the probation officers help the offenders to realize that they have committed a crime that has negative implications for them and their family members as well. The process of rehabilitation starts with realizing that they have committed a crime. The probation officers help the particular individual to address the problems which forced him/her to commit a crime i.e., reasons of criminal behavior, lack of commitment with work, poor social and familial ties and anger management issues. Later, a proper plan is developed to get rid of such problems through collaboration of both offender and probation officer (Bonta & Andrews, 2017).

3.3. Pro-Social Modelling

Another aspect of probation is adopting pro-social modelling. The probation officers and individuals working on the behalf of the probation use cognitive behavioral techniques. These techniques unveil the behavior and thoughts of the offenders which instigate criminal tendencies among the offenders. The offenders are usually uneducated or have lower level of education so they don't critically evaluate the things properly (Trotter, 2013). The probation officers try to disclose all such matters before them while considering the privacy of the offenders in sensitive issues. After discussing all of the factors, they recommend the activities to offenders which help them to adopt pro-social modeling and reduces the chances of recidivism. For example, they suggest the offenders to spend more and more time with family members, quit the company of the deviants, offering prayers, taking part in social activities, taking exercise and playing games (Raynor et al, 2014). The activities help to refresh their minds and break the chain of negative thinking.

3.4. Consolidating Social Ties

Strengthening social bonds is also a prominent strategy adopted by the probation officers. One of the major reasons behind committing crime is weak social ties. The broken or disturbed family system pushes the adults to get engaged in the bad company. Hence, the probation officers try to bind the offenders with social system (McNeill et al, 2012). In some cases, they conduct counselling sessions with family members and remove the misunderstandings among them. This helps them to get rid of misconceptions and come closer to one another. These social bounds have double benefits as it engages the family members on one side and reducing the criminal contracts on the other (McNeill et al, 2012).

4. Comparison between Prison and Probation in the Punjab

This section explains the comparison between the Punjab probation and prison system.

4.1. On the basis of Staff

The prison system in the Punjab has long history. It was established during pre-partition era in 1857. After the inception of Pakistan, all of the provinces established it particular prison system. According to Naqvi (2023) the total sanctioned staff of the Punjab prison department is 20,692 with BPS-1 to BPS-15. Out of this sanctioned staff 7156 posts are laying vacant. Similarly, the total sanctioned staff for the posts of BPS-16 and above is 1074 out of which 410 positions are vacant. But on the other hand, the total sanctioned posts of probation and parole officers including assistant directors are 100 across the whole province. Out of this sanctioned post almost 15 are laying vacant. The total staff of Punjab Probation and Parole Service including BPS-1 to the apex designation is 396. It shows there is huge difference between the both in relation to working staff.

4.2. On the basis of Budget

The total allocated budget of the prisons (2020-21) was Rs10,452 million including 814.709 million for development and 9637 million for non-development. Currently, during the fiscal year of (2022-2023) the prisons budget is Rs 21,012.433 million including Rs 7,218.699 million development and Rs 13,793.744 million non-development (Naqvi, 2023). On other hand, the total budget of Punjab Probation and Parole Service is Rs 252.735 million which is like equal to salt in flour.

Table 3: Activities Performed by Probation Officers in the Punjab

Sr#	Activity Name	Motives	Agency/Individual
1	Casework/Individual Counselling	<ul style="list-style-type: none"> • Assessment of the needs • Goal setting • Motivational enhancement • Behavioral changes • Personal empowerment • Skills development • Coping strategies 	Probation Officer
2	Social Group Work	<ul style="list-style-type: none"> • Understanding of criminal nature • Collaboration with others • Learning from one another • Skills development • Communication skills • Behavioral interventions 	Probation Officer
3	Awareness Sessions	<ul style="list-style-type: none"> • Awareness about social life • Awareness about available resources • Disclosing the hidden abilities • Motivation for positive attributes • Avoiding deviant behaviors 	1) Probation Officer 2) Judiciary 3) Lawyers 4) NGO
4	Workshops/Training	<ul style="list-style-type: none"> • Learning about specific task i.e., skills management 	Specific agency
5	Religious Therapy	<ul style="list-style-type: none"> • Religious session • Teachings of Islam • Importance of religion in life 	Religious Scholar
6	Home/Work Place Visit	<ul style="list-style-type: none"> • Religious references to adopt right path • Visit to home or • Work place • Develops relation between offender of Probation Officer • Helps to disclose the available resources of the offenders 	Probation Officer
7	Family Counselling	<ul style="list-style-type: none"> • Motivation to the family members • Guidelines about the rightful ways • Encouraging families to educate the children 	1) Psychologist 2) Probation Officer
8	Plantation Activity	<ul style="list-style-type: none"> • Awareness among offenders about environment • Cause of Industrial revolution • Unveiling the importance of plantation 	1) Probation Officer 2) Or any special guest
9	Rescue Training	<ul style="list-style-type: none"> • First aid training • How to deal with emergency situation? • How to overcome fire at home? • How to do CPR? • How to deal with electricity current? 	District Training Officer of Rescue Department
10	Traffic Rules Awareness	<ul style="list-style-type: none"> • Awareness about the basic traffic rules • Awareness about the traffic singles • Guidelines about wearing helmets 	Traffic Officer
11	Basic Hygiene Awareness	<ul style="list-style-type: none"> • The manners of eating food • Drink clean water • Awareness about pure meals 	Probation Officer
12	Community Services	<ul style="list-style-type: none"> • Helping the others • Establishing cordial relations with society • Helping the senior citizens • Help the poor of society 	Probation Officer of an Expert
13	Blood Donation	<ul style="list-style-type: none"> • Motivation for donating blood • Importance of blood donation 	With collaboration of a specific organization

Source: Prepared by the Authors

Strength of Offenders

According to official website of prison department, currently there are about 64 thousand inmates confined in all prisons of the Punjab. Out of this population the majority of the prisoners belong to offense of 302 that are 15298. Similarly, other prominent

categories of offenders are Control of Narcotics Substance Act 1997 CNSA, 1997 9 (c), Theft 380/381/381-A/411/457/454/367-A and Robbery/Dacoity 392/394/395/396 PPC etc. On the other side, the Punjab Probation and Parole Service has round about 45000 probationers across the province. The highlighting offenses in which the probationers are involved including The Punjab Soud System (Regulation) Act, 2015, The Punjab Arm Ordinance, Hudood Ordinance etc.

4.3. On the Basis of Infrastructure

In accordance to the available budget and resources, it is obvious that there is no comparison between the Punjab probation and prison departments. The prison department is a well-established and resourceful department. It has proper management system in all of the province. Contrary to that, the Punjab Probation and Parole Service has tiny budget and resources. The situation is so miserable that probation officers do not have their permanent offices across the province. Despite such poor resources, they are managing almost 45000 probationers. They are conducting seminars and rehabilitation sessions that helping the offenders to avoid deviance in future.

4.4. On the basis of Effectiveness

On the basis of end results, the non-custodial punishments proved more effective than the custodial. It is observed that offenders which confined once in the prison continue to visit the prison numerous times because they become habitual criminals. This theory does not apply to all inmates but in most of the cases, the offenders commit the crime again. They conceive that they are member of deviant communities. But the open environment of the probation provides more chances to offenders to reintegrate them into the society. Hence, probation system is more effective than prison.

4.5. Recommendations

In accordance to the findings of the current research, following are some recommendations to improve the rehabilitation of the offenders.

- The modern rehabilitation models should be opted in the prison and probation departments.
- In order to resolve the issue of over crowdedness of the prison, the non-custodial methods should be widely used.
- More probation officers should be recruited to make the probation system more effective.
- The budget of PP&PS should be enhanced because currently prison department in the Punjab is handling almost 64000 inmates with huge budget and PP&PS is rehabilitating almost 45000 probationers with tiny budget.
- The proper infrastructure should be provided to the probation officers.

5. Conclusion

The reformation of the criminals is the concern of all global correctional institutes. The typical culture of the punishments is being replaced with the rehabilitation system all over the world. In the Punjab, prison and PP&PS are two major departments dealing with offenders. The prison department has huge budget and staff as compare to PP&PS but the numbers of offenders are not as much different. Prison department has almost 64000 population while PP&PS is managing almost 45000 offenders throughout the Punjab. It is need of the day to grant more budget and infrastructure resources to PP&PS so that the probation officers may work on the rehabilitation of the offenders with more dedication.

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