

## PROBLEMS AND SOLUTIONS OF WOMEN PRISONERS

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### ABSTRACT

Prisoners are likely to have a higher concentration of socially excluded individuals. The fundamental justification of prisons is that in a culture that communicates its views through to the judiciary, it is essential to separate and confine those persons who have disobeyed the rules. On a variety of measures, women in jail had serious health problems. The goal of this study was to find out how women convicts felt about the effects of incarceration on their wellbeing. Short-sighted legislation answers to the issues of crime and drugs fashioned by the idea that the offenders they were putting to jail were cruel males—have resulted in an increase in the imprisonment rate for women. Rather than being a last option, jail has get to be the first line of defense for a wide variety of non and small offences, with female offenders disproportionately impacted. The monetary and social consequences of incarceration are frequently overlooked in this ideologically based legislation reaction. As a result, the government has squandered chances to dissuade women from committing crimes by reducing critical social care and training materials in order to pay already government budgets.

**Keywords** - Accommodation, Prisoners, Prison staff, incarceration, Sanitation & hygiene.

### INTRODUCTION

Women in jail said their fitness suffered as a result of their confinement. The immediate shock of being imprisoned, being separated from their families, and being forced to live with other women who were going through heroin withdrawal and had major mental health issues had an impact according to their own psychological health. Women have historically complained about incarceration in filthy conditions by administrations that sought to disable them, particularly in the care of their own healthcare. Women indicated health-harming reactions to incarceration, including greater cigarettes, bad dietary habits, and the use of psychotropic medication. However, incarceration may provide a refuge from lives marked by poverty, social marginalisation, substance abuse, and violence, as well as purported health benefits. The detention facility is a justice system executing institution with the mission of fostering citizens' penal growth, including, in this case, women serving mandatory sentences who must participate in different of counseling programs at the department of corrections (Bhandari, 2016).

This article intends to examine how this type of advice is implemented and to discover the best answer of guiding convicts in women's prisons, particularly in prison systems. The application of current types of guidance at High security Prison was separated into three levels of coaching, including the beginning stage, the rapid progression, and the final phase coaching, according to the findings. To accomplish things in the execution of counseling for female inmates, all parties concerned, beginning with the convicts, prison officials, and relevant agencies, must work together to implement education for female prisoners. As a result, it's critical to repair and expand architecture to accommodate coaching operations, as well as to engage officials in

institutions via education activities that can help with coaching deployment. Due to the circumstances of Covid 19, which prevents individuals from interacting directly with convicts in jail, it is also projected that selling of prisoner crafts would expand through the press (Biswas, 2016)..

### **SIGNIFICANCE/PURPOSE OF THE STUDY**

The goal of this research is to gain a better knowledge of the situation of women in Indian prisons so that action may be taken to ameliorate it.

### **OBJECTIVE OF THE STUDY**

The goal of this research is to find answers to the following complicated questions:

- What are the rights and privileges of incarcerated women?
- What are the many types of difficulties that women in jail face?
- How much can be accomplished to make the situation better?

### **METHODOLOGY**

The processes or strategies used to find, select, analyze, and analyze information on the subject are referred to as research technique. The methodological portion of a research article helps the reader to critically examine the study's overall relevance and dependability. Study approaches are research strategies and processes that cover everything from general ideas to precise data collecting, analysis, and evaluation methodologies. Quantitative, qualitative, and mixed methods research are the three most popular methodologies. Here quantitative research method is taken.

Quantitative researchers focus on objective standards and statistical, analytical, or numerical analysis of data acquired through surveys, interviews, and polls, as well as modifying which was before factual analysis using computing tools. As a result, the research strategy may be classified into different types: Deductive approach, Inductive approach and Abductive approach. Here deductive approach is considered.

The technique to study that most people connect with scientific enquiry is a deductive one. The researcher looks at what someone else has accomplished, examines ideas about whatever phenomena he or she is researching, and then puts those hypotheses to the test. The practice of gathering, measuring, and evaluating correct findings for study using established approved procedures is referred to as data gathering. Analyze the information needed, different approaches of data gathering are used in different disciplines of research.

Data that has already been acquired by others is referred to as secondary data. Surveys, observations, experiments, questionnaires, personal interviews, and so on are all examples of research methods. Communications, WebPages, books, journal papers, and internal records are all examples of government publications. Secondary data, as opposed to primary data that is obtained personally, is qualitative and/or quantitative information which already appears to exist and was best available evidence for a different reason, such as reportage or study, by another person, organization, institution, etc.

### DATA ANALYSIS

Over 3 lakh women were detained in 2016 under the Indian Penal Code (IPC) and Special and Local Laws (SLL) for offences. A substantial number of these women were detained for offences related to the Prohibition Act, such as abuse by husband's family and riots, among other things. Over the last decade or two, the aggregate number of crimes committed by women has been quite stable. As seen in Figure 1, the number of women imprisoned for different offences has been pretty steady over the previous 15 years, ranging between 3-3.6 lakh. Despite the enormous number of arrests, only a small percentage of women are jailed, either after conviction or while awaiting trial (Biswas, 2016).

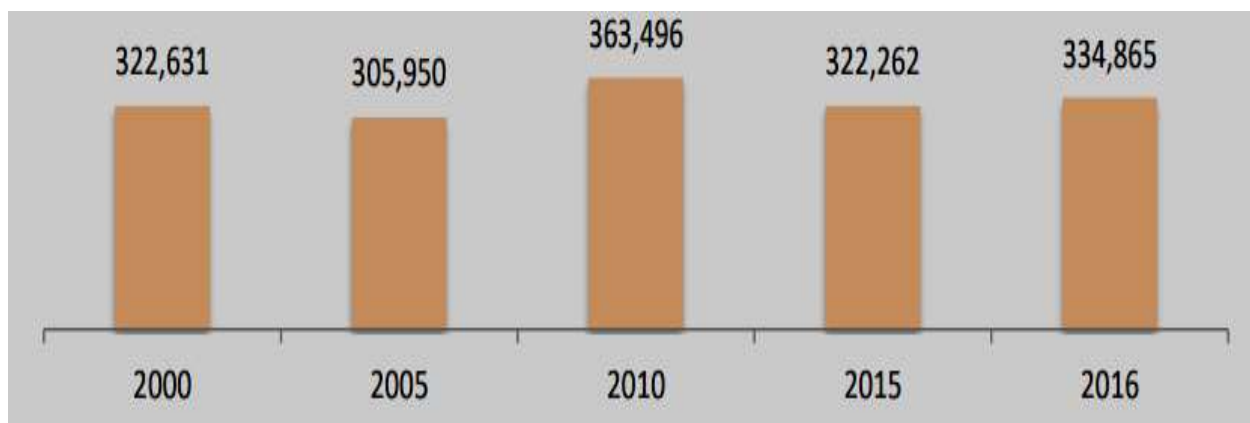


Fig 1: The number of women convicted under the IPC and SLL for various offences (NCRB : National Crime Records Bureau)

The bulk of female convicts are between the ages of 30 and 50 years old (50.5 percent), with 18 to 30 years old coming in second (31.3 percent). Only 18 of India's 1,401 jails are exclusively for women, holding 2,985 female inmates. As a result, the bulk of female convicts are held in regular jails' women's enclosures (Biswas, 2016).

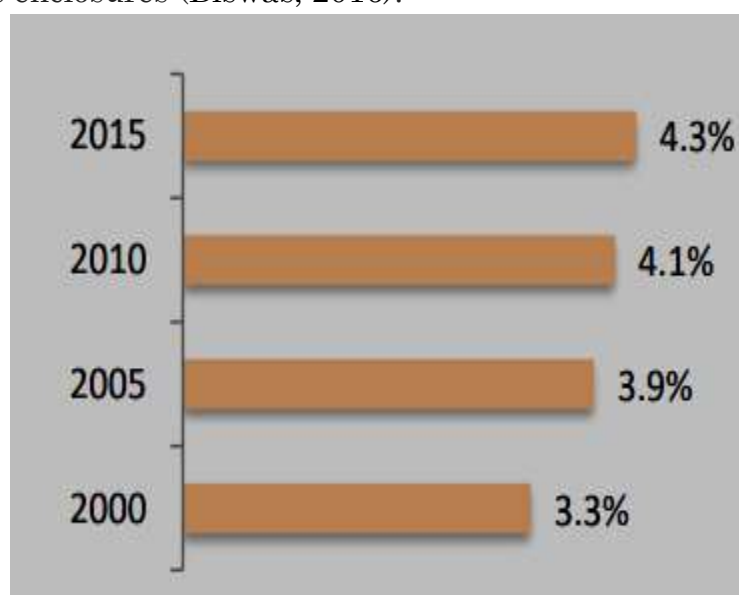


Fig 2: In India, the proportion of women in jail is increasing (NCRB : National Crime Records Bureau)

RESULTS OF THE DATA TABLE ANALYSIS

Table 1 : Respondents (N), mean (standard deviation) and frequencies of item responses

Items/scale	N	Mean (SD)	Frequency (%)				
			0	1	2	3	4
<b>Patient satisfaction</b>							
Help with physical afflictions <sup>1</sup>	1,085	1.56(1.27)	275 (25)	299 (28)	232 (21)	184 (17)	95 (9)
Help with mental afflictions <sup>1</sup>	933	1.27(1.30)	365 (39)	209 (22)	174 (19)	113 (12)	72 (8)
Outcome - conversation with professional <sup>1</sup>	995	1.55(1.10)	177 (18)	341 (34)	291 (29)	129 (13)	57 (6)
Overall treatment outcome <sup>1</sup>	1,072	1.47(1.03)	192 (18)	381 (36)	340 (32)	117 (11)	42 (4)
Enough time for contact/dialogue <sup>1</sup>	1,078	1.58(1.09)	187 (17)	354 (33)	316 (29)	171 (16)	50(5)
Clinicians' understanding of patient's situation <sup>1</sup>	1,084	1.61(1.17)	230 (21)	275 (25)	324 (30)	193 (18)	62 (6)
Therapy/treatment suitability <sup>1</sup>	1,077	1.36(1.10)	284 (26)	331 (31)	290 (27)	134 (12)	38 (4)
Follow-up actions carried out <sup>1</sup>	1,034	1.59(1.16)	237 (23)	235 (23)	328 (32)	182 (18)	52 (5)
Communication <sup>1</sup>	1,074	2.28(1.20)	108 (10)	168 (16)	289 (27)	331 (31)	178 (17)
Say in treatment package <sup>1</sup>	1,043	1.35(1.14)	294 (28)	312 (30)	255 (24)	139 (13)	43 (4)
Information about treatment options <sup>1</sup>	1,070	1.30(1.21)	380 (36)	225 (21)	278 (26)	137 (13)	50 (5)
Information about psychological problems <sup>1</sup>	1,051	1.42(1.18)	307 (29)	246 (23)	297 (28)	151 (14)	50 (5)
Total score <sup>2</sup>	1,144	38.44(22.14)					
Overall satisfaction <sup>3</sup>	1,131	2.67(1.22)	273 (24)	192 (17)	377 (33)	211 (19)	78 (7)
<b>Self-evaluated health</b>							
Mental health <sup>4</sup>	1,143	2.12(1.29)	159 (14)	208 (18)	319 (28)	247 (22)	210 (18)
Physical health <sup>4</sup>	1,148	2.05(1.12)	100 (9)	248 (22)	442 (39)	210 (18)	148 (13)
Sleeping difficulties <sup>5</sup>	1,139	2.21(1.38)	203 (18)	123 (11)	301 (26)	254 (22)	258 (23)
Drug abuse when not incarcerated <sup>5</sup>	1,127	1.36(1.49)	530 (47)	103 (9)	202 (18)	139 (12)	153 (14)

<sup>1</sup> 0 and 4 represent the worst and best possible patient experiences, respectively.  
<sup>2</sup> 0 = worst possible experience, 100 = best possible experience  
<sup>3</sup> 0 = very dissatisfied, 1 = dissatisfied, 2 = so-and-so, 3 = satisfied and 4 = very satisfied  
<sup>4</sup> 0 = excellent, 1 = very good, 2 = good, 3 = fair and 4 = poor  
<sup>5</sup> 0 = no, 1 = rarely, 2 = yes, sometimes, 3 = yes, often and 4 = yes, all the time

Is the rise in women's incarceration being caused by a parallel rise in criminal offenses perpetrated? The answer is simple: no. According to this research, the percentage of women imprisoned for violent offences has consistently decreased, while the number of women detained for minor drug and property offences has increased. Developments in law enforcement techniques, court ruling, and statutory sentencing laws standards, rather than a change in the character of the offenses committed by women, are to blame for the dramatic rise in women's incarceration. We have a decision to make as a country. We can keep wasting our tax resources on the ineffective and expensive imprisonment of women who have committed minor drugs and material offences (Kaushik and Sharma, 2017).

GRAPHICAL REPRESENTATION

In Fig 3, Women's incarceration is distributed differently across the country. The state with the most women in jail is Uttar Pradesh (3,533), trailed by West Bengal (1,506), Maharashtra (1,336), and Madhya Pradesh (1,336). (1,322). With the exception of Delhi (579), the Union Territories have a notably low amount of females in jail (Bhatia and Aggarwal, 2021).

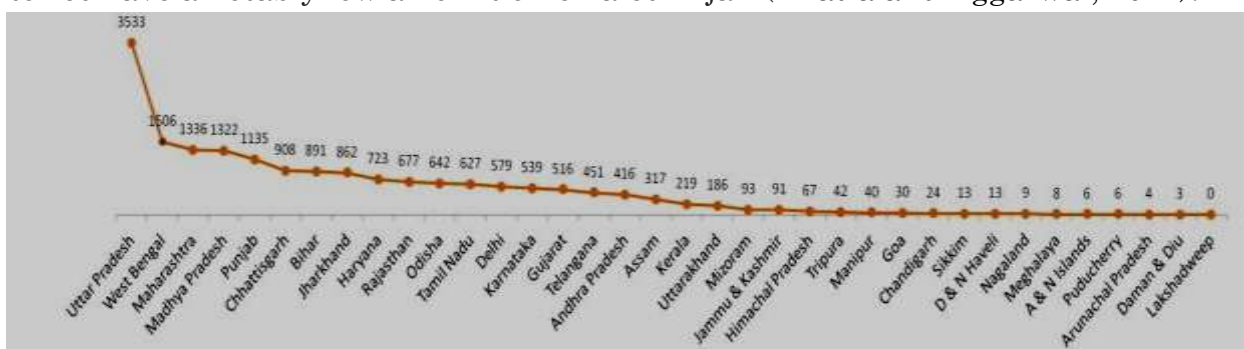


Fig 3: Number of women imprisoned in India's states and union territories

The graphs below depict the various offences for which women are now imprisoned. Fig 4 depicts the numerous crimes for which women are being prosecuted in jail. We can observe that a substantial number of women are in jail for murder, with 37 percent, followed by 15 percent for dowry deaths, based on combined data of both guilty and undertrial convicts (Bhatia and Aggarwal, 2021).

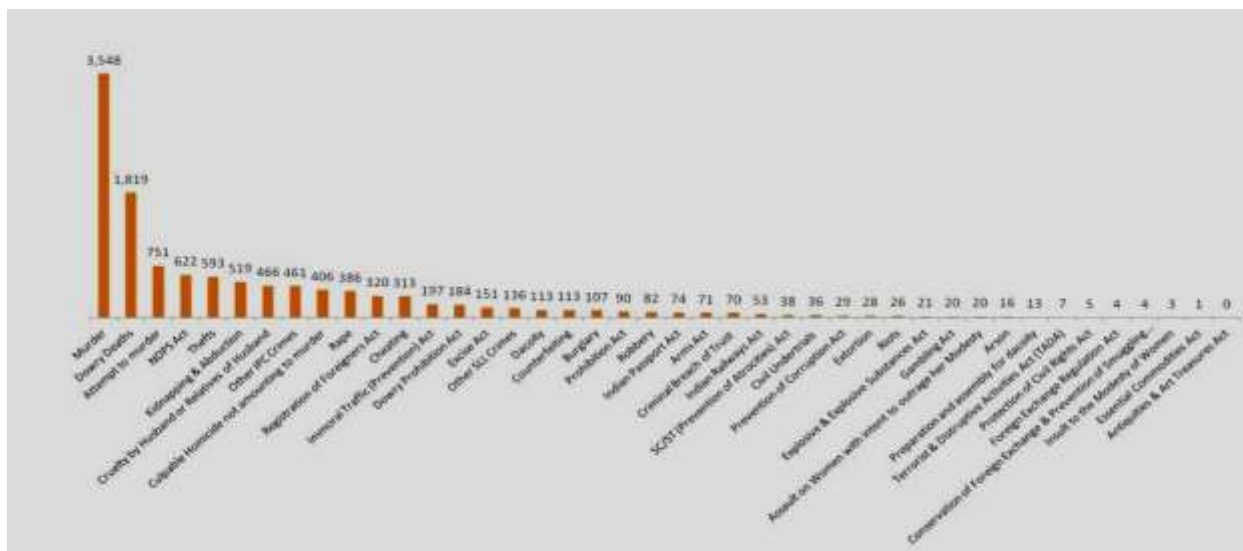


Fig 4: Number of women imprisoned in India's states and union territories

### DISCUSSION

Each state is required to have a handbook of inmate roles and obligations, which should be given to convicts upon entrance to the jail. The identical list will be posted in the jail and conveyed to the convict in a language she can comprehend. With the numbers of women in Indian jails, there is an increasing need to better understand their entitlements and meet their needs in a mostly male-dominated correctional system.

### PRISON STAFF

In the case of female detainees, a paucity of personnel means that male employees are frequently accountable for incarcerated women, which is unacceptable. Sexual identity activities, which should be supplied by female employees, are necessitated by the existence of female convicts. The recruitment of female prison guards should be prioritized. As an interim remedy, prison administration may explore establishing relationships with local female doctors, gynecologists, Exhibition spaces, educators, psychiatrists, cultural counselors, and Civil society groups to guarantee that women inmates have access to these essential services (Bhandari, 2016)..

### ACCOMMODATION

In the event of overpopulation, the surplus amount of convicts must be transported to another institution/camp, according to the National Prison Manual. When it comes to women, the focus ought to be to move them to nearby women's prisons and to other jails with enough room to accommodate additional women convicts. It should be done on a global scale (Bhandari, 2016)..

### SANITATION & HYGIENE

The majority of jails lack basic hygiene and sanitation amenities. While the Prison Manual stipulates that one bathroom and one shower cubicle be provided for every ten inmates, this is rarely reported on the ground. A disproportionately large jail population generally need a modest number of restrooms and toilets. Women's restrooms should have secure access and be located away from male interference, which is not frequently the case. The wrong location and layout of toilets and facilities in jail can put women inmates at danger of sexual harassment and abuse (Bhandari, 2016).

### CONCLUSION

The effect of incarceration on female empowerment has been varied, although it is generally thought to be bad. Notwithstanding governmental endeavors to promote healthcare in prisoners, there is insufficient indication that these efforts have been successful. The present legislative environment in the United Kingdom makes it especially important to look into what women inmates have said about the effect of their incarceration on their healthcare and to re-evaluate primary prevention in women's prisons.

### RECOMMENDATIONS

- Comprehensive training course, in-service training, and refresher training for female guards and other female prison officials will be offered to keep them up to date with current advancements in their field of work.
- Every female jail employee will get education on Civil Liberties and many facets of prison work.
- Direct recruiting should need fitness levels and psychological evaluations at a minimum.
- Each cadre of the penal service should have an adequate training reserve.

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