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Readaptational Potential of Prisoners Leaving Prisons

Potencjał readaptacyjny więźniów opuszczających zakłady karne

The article is meant to diagnose the readaptational potential of prisoners covered by the Preparation for Freedom Program, six months prior to their release, in accordance with Article 166 of the Criminal Enforcement Code, compared to prisoners not leaving the prison. The readaptational potential of prisoners consists of the following factors: readiness to take legal work, psychophysical condition and self-assessment, diagnosed using three psychometrically correct and standardized questionnaires. The research was conducted on four groups of prisoners in three prisons in Poland, made up of three criterial and one control group. In total, 210 prisoners were examined. The research assumptions were verified using the Test of Independence χ^2 .

Key words: readaptation, prisoners, work capacity, condition, self-assessment.

Artykuł zawiera diagnozę potencjału readaptacyjnego więźniów objętych programem przygotowania do wolności na sześć miesięcy przed zwolnieniem z zakładu karnego w trybie art.164 k.k.w., w porównaniu z więźniami, którzy nie opuszczają zakładu. Na potencjał readaptacyjny więźniów składała się ich gotowość do podjęcia legalnej pracy, kondycja psychofizyczna i samoocena, które zostały zdiagnozowane za pomocą trzech poprawnych psychometrycznie i znormalizowanych kwestionariuszy. Badaniem objęto cztery zbiorowości więźniów przebywających w trzech zakładach karnych na terenie Polski. Trzy zbiorowości kryterialne i jedna zbiorowość kontrolna. W sumie przebadano 210 osadzonych. Założenia badawcze zweryfikowano za pomocą Testu niezależności χ^2 .

Słowa kluczowe: readaptacja, więźniowie, zdolność do pracy, kondycja, samoocena.

Introduction

The issue of social readaptation has been the subject of many theoretical and empirical analyzes in the context of the effectiveness of the penitentiary system in Poland. Among the many publications that have appeared on this subject, the following should be of particular interest: Ambrozik (2008), Bałandynowicz (1996, 2006), Dybalska (1999, 2007, 2012), Iwanowska (2013), Kieszowska (2009), Musidłowski (1998), 2003, 2007), Rekosza (2010), Szczówka (1995), Szczepaniak (2004), Szczygieł (2001, 2002, 2006) Szymanowska (2003, 2006, 2009) and Szymanowski (1989, 2001). Most of them contain critical assessment of the functioning of correctional facilities, with particular emphasis on the phenomena of prizonization, subcultural dissociality, recidivism and inefficient social readaptation of prisoners leaving for freedom.

Based on the publications that have appeared on this subject, three groups of factors can be distinguished that prevent the correct process of readaptation of prisoners leaving prison:

- The first group includes factors inherent in the prison environment and relate primarily to the dysfunctionality of the penitentiary system and formal and legal conditions.
- The second group of factors comprises personality traits and the psychophysical condition of prisoners.
- On the other hand, the third group of factors is the non-prison environment and concerns the dysfunction of the social support system and the lack of family support.

Undoubtedly, the participation of these groups of factors in hindering social readaptation adopts a different configuration in each individual case. There is a phenomenon of fusion and mutual determination of factors. Therefore, the results of purely theoretical analyzes and empirical findings of various authors contain a different composition of the list of conditions for the process of readaptation.

According to the findings of Szymanowska (2003), factors that impede the social readaptation of prisoners leaving prison include: neuroticism, low self-esteem, susceptibility to environmental influences, high levels of

anxiety, dissociation, prisonization, aggressive tendencies, lack of a sense of control of aggressive behavior, poor psychophysical condition, tendency to alcohol, no profession, no education, no family support, and a tendency to manipulate and exploit others.

In turn, for Machel (2003), the factors determining the return to crime include difficulties in finding employment, poor material conditions, material dependence on the family, bad family relationships, lack of housing, propensity to drink alcohol, a sense of resentment from the social environment, lack of control and return to criminal environment.

Many authors look for the reasons for inefficient resocialization and readaptation in the dysfunctionality of the penitentiary system and in the absence of proper organization of the social support system. The latest statistical data published by the Central Board of the Prison Service (Centralny Zarząd Służby Więziennej, CZSW) and many projects currently carried out in Polish prisons show positive changes in the Polish penitentiary system.

Due to the fact that the research issues covered in this article concern a significant fragment of the current state of prison reality in 2020, it is worth mentioning the number of persons deprived of their liberty, taking into account the diversity of the prison population.

In penitentiary units according to the statistics of CZSW as at April 30, 2020 there were a total of 71,578 prisoners, including 3,124 women. In the total number of prisoners, 8285 (including 483 women) were temporarily arrested, 62 636 convicted (including 657 convicted women) and 675 punished (including 47 punished women). In the period from April 30, 2019 to April 30, 2020, there was never an overcrowding of penitentiary units, even in April 2019, January and February 2020 where the most prisoners were detained. The capacity of residential wards as at 30 April was 79,178 accommodation places, which, in comparison with the number of prisoners, determines the population of residential wards in detention centers and prisons at 88.4%. Therefore, the facts strongly refute the myth of overcrowding in penitentiary units, promoted in some circles of critics of the Polish penitentiary system.

It is also worth looking at the distribution of the number of convicts and punished by type of prison and the classification of prisoners. On April 30, 2020, a total of 63293 (100%) convicted and punished – 726 (1.1%) were juvenile, 25541 (40.4%) were convicted for the first time, 36178 (57.2%) were convicts and convicts of undetermined classification,

for formal reasons there were 848 (1.3%). In closed prisons from the general pool there were 31840 (50.3%) prisoners – including 454 juveniles (0.7%), 11976 convictions (18.9%) for the first time, 19410 repeat offenders (30.7%). Half-open prisons had a total of 28,967 (45%) inmates – including 270 juveniles (0.4%), convicts for the first time 126,26 (19.9%), and repeat offenders 1,601 (25.4%). In open prison there were 1638 prisoners (2.6%), including only 2 (0.00%) juveniles, 939 (1.5%) first convicts and 697 (1.1%) recidivists. According to the Information and Statistics Office of the Central Statistical Office of Poland, in April 2020, 452 prisoners were imprisoned in the electronic surveillance system?

The Polish penitentiary system consists of provisions specifying the procedure and manner of executing the penalty of imprisonment and detention, as well as criminal measures resulting in deprivation of liberty. The fundamental provision determining penitentiary law is the Act of June 6, 1997, the Criminal Enforcement Code (CEC – Journal of Laws of 1997, as amended). Article 41, paragraph 1 of the Criminal Enforcement Code (Journal of Laws of 1997, as amended) stipulates that the competent organs of government administration, local government and probation officers should provide convicts and their families with the necessary assistance in the form of: material, medical, finding work and accommodation, as well as legal advice. However, paragraph 2 of the Criminal Code (Journal of Laws of 1997, as amended) allows also non-governmental sector organizations, churches and religious associations as well as trustworthy persons to provide assistance. The provisions contained in the code (Journal of Laws of 1997, as amended, Article 67, Article 166) also indicate the purpose and nature of the aid and the subject of penitentiary interactions.

In accordance with the recommendation of the European Prison Rules of 2006, imprisonment should be carried out in such a way as to facilitate proper social readaptation of prisoners. At the beginning of serving a sentence by a convicted person, a resocialization diagnosis should be made, the effect of which should be the development of a postdiagnostic program containing a plan for the execution of the sentence and a plan for preparation for release and a rehabilitation forecast. While serving his sentence, a prisoner should receive institutional support enumerated in art. 164 of the Criminal Code, and 165 of the Criminal Code, which is to enable the convicted person to correct social re-adaptation at the stage of serving the sentence (Iwanowska, 2013).

In addition, the legislator provided for the possibility of intensifying actions to prepare the convict for life in the final stage of serving his sentence and providing assistance to persons released from prisons. On this basis, it can be concluded that the process of preparing a convict for life in the wild should consist of three stages: interactions carried out during the entire stay of the convict in prison, increasing preparatory activities before the end of the sentence and providing assistance in the period after release. Preparation for release should therefore involve the prison staff taking certain actions just before prisoners leave the prison, as well as systemic impact as part of readaptation. Of the three stages of preparation of a convict for life in the wild, the least recognized is the stage of actions taken in the final period of serving the sentence by the convict. As Szymanowski (2001) states, the legislator devotes only two articles to this issue: art. 164 of the Criminal Code, and 165 of the Criminal Code, in which it very generally outlines the framework of actions taken to prepare the convict for release.

The purpose and function of the assistance provided by the Prison Service is to facilitate convicts and their families in social readaptation, and in particular to prevent a return to crime (Article 67 of the Criminal Code). The issue of prisoners' work was discussed in EU law, i.e. in point 66 to 75 of the 1995 resolution on respecting human rights in the European Union. The European Parliament has asked European countries to improve living conditions and ensure the possibility of meaningful activities and work in prisons.

Materialization of expectations related to the implementation of Article 67 of the CEC and the expectations of the European Parliament was achieved thanks to the „Work for Prisoners” program. The main assumptions of the program were based on the formal and legal grounds of the Act of 28 August 1997 on the employment of persons deprived of liberty (Journal of Laws of 2014, item 1116, as amended), the Act of 6 June 1997. Criminal Enforcement Code (Journal of Laws of 1997 No. 90, item 557, as amended) and the Regulation of the Minister of Justice of May 30, 2017 on the Fund for the Professional Activation of Convicts and the Development of Prison Workers (Journal of Laws of 2017 item 1069), and earlier the ordinance of the Minister of Justice of January 23, 2012 (Journal of Laws of 2014 item 53).

As part of the program, actions were taken to build production halls in prisons. By removing formal and legal barriers, greater opportunities

were created for unpaid work for prisoners, and relief was introduced for entrepreneurs employing prisoners. During the implementation of the program, the number of employed prisoners increased by 12,000, and the employment rate of prisoners was 56%, which in relation to the rate of 84% of prisoners able to work gives grounds for a positive assessment of this program. At the end of December 2019, 37,000 inmates were employed and the income of the Convictions Activation Fund in 2019 amounted to almost PLN 160 million. Unfortunately, due to the pandemic, the number of employed prisoners dropped by 2,739, because on April 30, 2020, it was only 34,261, including 14,391 prisoners and 19,870 prisoners free of charge. (Information and Statistics Bureau CZSW).

The analysis of the employment and labor regulations of prisoners carried out by Kłak (2017) in prisons in the Czech Republic, France, Lithuania, Germany, Portugal, Slovakia, Hungary and the United Kingdom in comparison with Poland indicates that we do not deviate in this respect from solutions organizational and legal from European countries. The „Work for Prisoner” program implemented in Polish prisons is the first comprehensive attempt to increase the readaptive effectiveness of prisoners leaving prisons.

Undoubtedly, the dynamics of recovery processes and the effectiveness of actions in the field of social readaptation of prisoners should be attributed to the competences of the staff of the Prison Service.

The area of external formal and legal, institutional, personnel, material, systemic, personal and supporting conditions is very important for conducting effective readaptation of prisoners. All this, however, has the features of a pathogenic approach, because it does not build immune resources, and thus does not support the most important factor which is readaptation capital. Social analysts (Wysocka, 2009, Niewiadomska, 2007, 2013) agree that a condition for the effectiveness of building prisoners' readaptation potential is a complementary strategy based on both the pathogenetic and salutogenetic concept. This approach has long been known in psychology under the name of psychological immunity, whose author was Han-Ilgiewicz (1957). A little later appeared under the concept of coherence in the works of Antonovski (1979, 1984, 1995, 1997). In Polish psychology, Sęk (2001), Worsztynowicz (2001) and Heszen-Niejodek (2005) dealt with the issues of salutogenesis and a sense of coherence. In the context of social rehabilitation pedagogy, Szałański dealt with the issue of coherence (1996). The salutogenetic approach in

the strategy of social rehabilitation towards minors understood as life orientation, i.e. sense of coherence, sense of meaning in life and sense of security, was analyzed in the works of Lipiński (2004), Lipiński and Szafarczyk (2012).

In the search for ways to increase the effectiveness of building readaptation capital of excluded persons, including prisoners in prisons, in the years 2009-2015 several interesting projects financed from the European Social Fund were implemented.

The first project „Social Bonds Instead of Prisoners” carried out by the Catholic University of Lublin Development Foundation in 2009-2011 verified the importance of psychosocial factors for returning to crime as well as development resources related to the readaptation success of minors, prisoners and former prisoners. In all examined communities in the group of factors determining the good adaptation of persons to the prison and to freedom, high profits of subjective resources and a high sense of coherence were particularly important (Niewiadomska, Chwaszcz, Augustynowicz, 2010).

In the second project „A Model Of A Comprehensive System Of Cooperation With Enterprises To Support The Entry Of Young Prisoners In The Labor Market In The Lublin Province”, which was implemented in the years 2012-2014, the study covered a group of 721 prisoners preparing to leave the prison, who were under 25 years of age. Based on extensive research, the types of personal adaptation of prisoners and factors constituting the functioning of young prisoners were determined. An important factor that shaped the positive adaptation of prisoners was having a job. Out of 95% of people who incite to the pro-social type, 64.8% worked and earned a living from their own work before imprisonment (Niewiadomska, Chwaszcz, Augustynowicz, Bartczuk, 2014).

Equally interesting results were obtained in the third project entitled „A set of innovative tools optimizing the cooperation of entities with entrepreneurs in the field of facilitating the entering the labor market of prisoners leaving prisons.” As part of this project, a correlation relationship between readiness to work and personal adaptation, a sense of self-efficacy, and sociodemographic variables in the former prisoners community were determined.

The conclusions of the quantitative and qualitative research carried out as part of this project, according to Chwaszcz, Niewiadomska, Fel, Wiechetek and Palacz-Chrisidis (2015, pp. 42-47) are as follows:

- Readaptation success depends equally on the readaptive potential of a person at risk of exclusion and the competences of the supporting person.
- Correct readaptation depends on the acquisition of subjective resources, the state of sense of social rooting, a sense of self-efficacy, the use of remedial strategies in difficult situations as well as having a profession and education.
- Positive readaptation is conditioned by social factors such as good material status, family support and having a job.
- Readaptation success depends on adequate support provided by institutions and designated persons.
- The adequacy of support also depends on a reliable diagnosis of readaptational potential.

Purpose of Research

The aim of the study was to diagnose the readaptation potential of prisoners included in the program of preparation for freedom six months before their release from prison in accordance with Article 164 of the Criminal Code, compared to prisoners who do not leave the prison.

Collected Communities

The study covered four groups of prisoners in three prisons in Poland. Three groups were criminal prisoners leaving prison in accordance with Article 166 of the Criminal Code. 48 prisoners were examined in the NWOZK prison, 63 prisoners were examined in the GWOZK prison, 50 prisoners were examined in the PWOZK prison. The control population consisted of 51 prisoners randomly selected from three same prisons and not covered by art. 164 of the Criminal Code. In total, 212 prisoners from three prisons were examined. In the NWOZK and GWOZK penitentiary, the interviewer was Jarosław Jędrzejczak, while in the PWOZK penitentiary the interviewer was Monika Szymańska-Gąsecka.

Psychometric properties of variable measurement tools

The readaptation potential of prisoners consisted of their readiness to take legal work, psychophysical condition and self-assessment, which were diagnosed using three psychometrically correct and standardized questionnaires, i.e.

- Work Readiness Scale of Former Prisoners of SGdPBW by J. Chwaszcz, S. Fel., I. Niewiadomska, M. Wiechetka and A. Palacz-Chrisdis. The scale measures the need for social roots, experience of family support, a sense of perseverance, self-control and determination to take legal work.
- KKP Psychophysical Condition Questionnaire by J. Chwaszcz., S. Fel., I. Niewiadomska, M. Wiechetka and A. Palacz-Chrisdis. The questionnaire measures physical difficulties, depressive syndrome and psychotic symptoms.
- SES Self-Assessment Scale by M. Rosenberg in the Polish adaptation of M. Łaguna, K. Lachowicz-Tabaczek and J. Dzwonkowska.

Hypotheses

In the light of the outline of the initial considerations and the cited authors, the following research assumptions can be made:

- criterion prisoners will be characterized by a significantly higher readiness to work compared to the control population.
- criterion prisoners will display a significantly higher psychophysical condition compared to the control population.
- criterion prisoners will be characterized by a significantly higher self-esteem in comparison with the control population.

Statistical Verification of Research Assumptions

For statistical verification of research hypotheses, the non-parametric Independence Test χ^2 was used, whose null hypothesis assumes no significant differences between the compared communities due to the distribution of the number of results normalized in multi-division tables at 2 df. The statistical hypothesis can be rejected if χ^2 for the distribution

of test results is equal to or greater than the critical value of 5.991 at $p = 0.05$.

Results of Readaptation Potential Tests

Table 1. Distribution of the number of results of high, average and low social rooting needs (PZSP) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT and PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners not leaving the Penitentiary Institution KONTR.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	11	22	22	46	27	43	39	78
Standard	18	36	17	35	29	46	10	20
Low	22	42	9	19	7	11	1	2
Σ	51	100	48	100	63	100	50	100

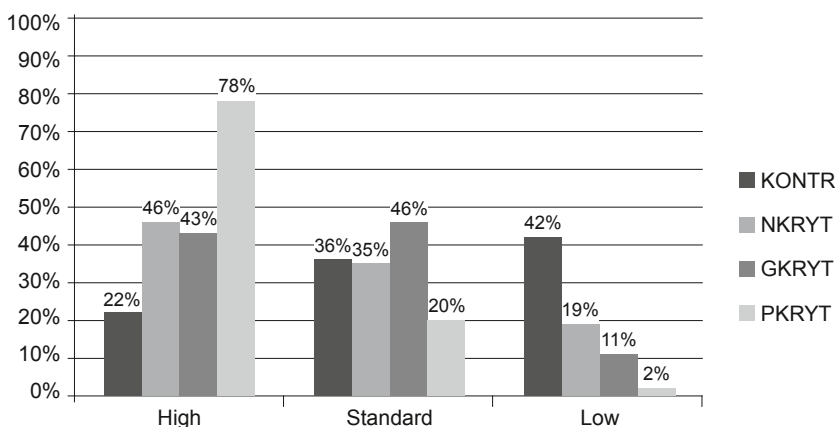


Chart 1. Percentage distribution of the results of the normalized sense of the need for social rooting (PZSP) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penal institution. Table 1 illustration.

Table 2. Results of the verification procedure of the statistical hypothesis about the independence of compared communities due to the distribution of the number of sense of need for social rooting.

NKRYT >KONTR	2 df	$\chi^2 = 9,06 > \chi^2 = 7,37$	p = 0,025	Zero hypothesis rejected
GKRYT >KONTR	2 df	$\chi^2 = 15,98 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
PKRYT >KONTR	2 df	$\chi^2 = 37,13 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
NKRYT/GKRYT	2df	$\chi^2 = 1,90 < \chi^2 = 5,99$	n.i.	Zero hypothesis, accepted
NKRYT <PKRYT	2df	$\chi^2 = 12,92 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
GKRYT <PKRYT	2df	$\chi^2 = 14,64 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected

The results of the analysis indicate a significantly higher sense of the need for social rooting in the communities of criterial prisoners compared to the control community. Furthermore, it is stated that criterion prisoners (PKRYT) have the highest need for social rooting, which differs in a statistically significant way from other criterion communities.

Table 3. Distribution of the number of results of high, average family support experience (DWRD) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT and PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners who did not leave the KONTR Prison.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	18	35	29	60	48	76	38	76
Standard	30	59	16	33	9	14	9	18
Low	3	6	3	7	6	10	3	6
Σ	51	100	48	100	63	100	50	100

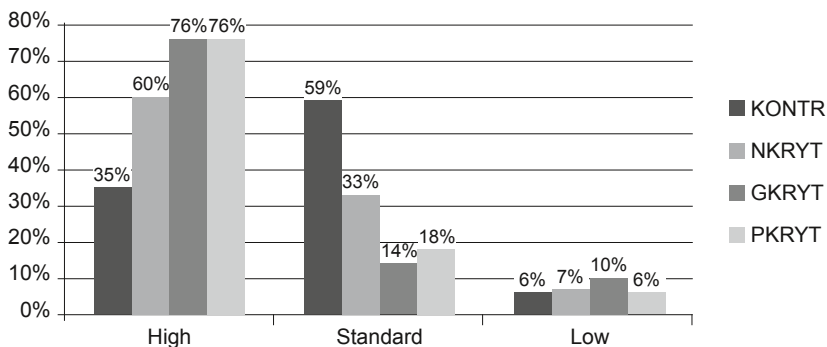


Chart 2. Percentage distribution of the results of the standardized experience of family support (DWRD) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penal institution. Table 3 illustration.

Table 4. Results of the verification procedure of the statistical hypothesis on the independence of compared communities due to the distribution of the number of family support experience.

NKRYT > KONTR	2 df	$\chi^2 = 6,75 > \chi^2 = 5,99$	p = 0,05	Zero hypothesis rejected
GKRYT > KONTR	2 df	$\chi^2 = 24,37 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
PKRYT > KONTR	2 df	$\chi^2 = 18,44 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
NKRYT/GKRYT	2df	$\chi^2 = 5,73 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT/PKRYT	2 df	$\chi^2 = 3,13 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
GKRYT/PKRYT	2df	$\chi^2 = 0,68 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted

The experience of family support significantly differentiated between criterion communities and control population. It turned out that the community of prisoners leaving prisons under article 164 of the Criminal Enforcement Code experienced family support to a much higher degree than the control community. Furthermore, it is stated that criterion communities do not differ significantly within this variable.

Table 5. Distribution of the numbers of results of high, average and low sense of perseverance (PWYTRW) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT and PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners who did not leave the KONTR Prison.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	6	12	18	38	26	41	19	38
Standard	31	61	18	38	27	43	23	46
Low	14	27	12	24	10	16	8	16
Σ	51	100	48	100	63	100	50	100

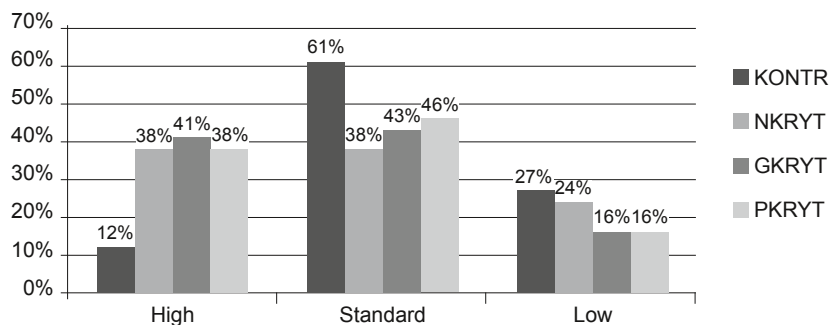


Chart 3. Percentage distribution of the results of the normalized sense of perseverance (PWYTRW) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penal institution. Table 5 illustration.

Table 6. Results of the verification procedure of the statistical hypothesis on the independence of compared communities due to the distribution of the number of results of a sense of perseverance.

NKRYT > KONTR	2 df	$\chi^2 = 9,52 > \chi^2 = 5,99$	p = 0.05	Zero hypothesis rejected
GKRYT > KONTR	2 df	$\chi^2 = 12,32 > \chi^2 = 10,59$	p = 0.005	Zero hypothesis rejected
PKRYT > KONTR	2 df	$\chi^2 = 9,57 > \chi^2 = 5,99$	p = 0,05	Zero hypothesis rejected
NKRYT/GKRYT	2df	$\chi^2 = 1,44 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT/PKRYT	2 df	$\chi^2 = 1,40 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
GKRYT/PKRYT	2df	$\chi^2 = 0,14 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted

The sense of perseverance is significantly higher in the criterion prisoner community compared to the control community. Criterial communities do not differ from each other significantly within this variable.

Table 7. Distribution of the number of results of high, average and low self-control (PSKONTR) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT and PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners not leaving the Penitentiary Institution KONTR.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	27	53	33	69	36	57	21	42
Standard	16	31	13	27	23	37	16	32
Low	8	16	2	4	4	6	13	26
Σ	51	100	48	100	63	100	50	100

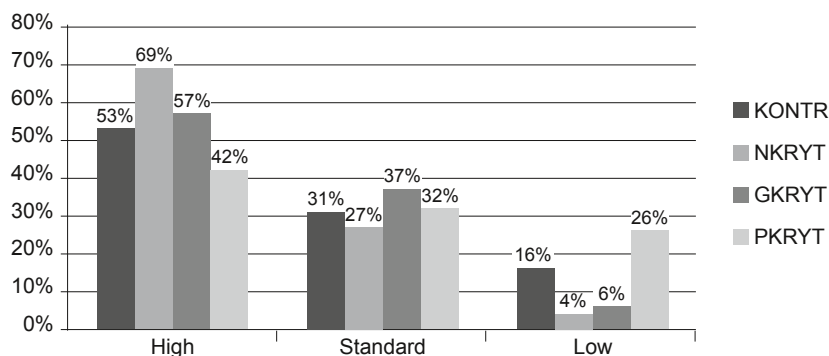


Chart 4. Percentage distribution of the results of the normalized sense of self-control (PSKONTR) prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penitentiary institution. Table 7 illustration.

Table 8. Results of the verification procedure of the statistical hypothesis about the independence of compared communities due to the distribution of the results of the sense of self-control.

NKRYT / KONTR	2 df	$\chi^2 = 4,42 < \chi^2=5,99$	n.i.	Zero hypothesis accepted
GKRYT / KONTR	2 df	$\chi^2 = 2,64 < \chi^2=5,99$	n.i.	Zero hypothesis accepted
PKRYT / KONTR	2 df	$\chi^2 = 1,93 < \chi^2=5,59$	n.i.	Zero hypothesis accepted
NKRYT/GKRYT	2 df	$\chi^2 = 1,58 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT>PKRYT	2 df	$\chi^2 = 11,01 > \chi^2=10,59$	p = 0,005	Zero hypothesis rejected
GKRYT>PKRYT	2 df	$\chi^2= 8,59 > \chi^2= 5,99$	p = 0.05	Zero hypothesis rejected

The sense of self-control does not statistically significantly differentiate between criterion communities and control population. There is also no significant difference in this variable between the criterial community of prisoners from the NKRYT facility and the criterial community of prisoners from the GKRYT facility. Among the criterion communities, the lowest sense of self-control was recorded in the PKRYT community, which differs in a statistically significant way from NKRYT and GKRYT.

Table 9. Distribution of the number of results of high, average and low determination to take legal work (DTRPLP) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT and PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners not leaving the Penitentiary Institution KONTR.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	10	20	26	54	23	37	37	74
Standard	40	78	14	29	26	41	10	20
Low	1	2	8	17	14	22	3	6
Σ	51	100	48	100	63	100	50	100

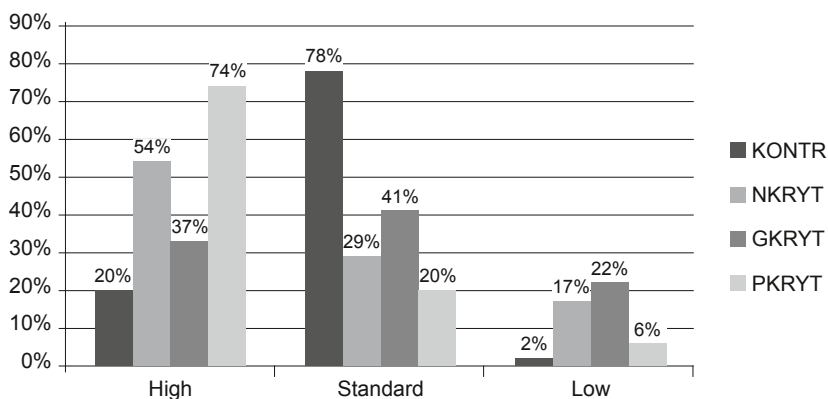


Chart 5. Percentage distribution of the results of the normalized determination to take legal work (DTRPLP) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penitentiary institution. Table 9 illustration.

The results of the analysis indicate a significantly higher determination to undertake legal work in criterion prisoner communities compared to the control group. The highest results in this variable were obtained by criterion prisoners from the PKRYT penitentiary institution, which significantly differentiated this group from the criterial group of prisoners

from the GKRYT institution. The other criterion communities do not differ significantly due to the distribution of results.

Table 10. Results of the verification procedure of the statistical hypothesis about the independence of compared communities due to the distribution of the number of results of determination to take legal work.

NKRYT > KONTR	2 df	$\chi^2 = 25,01 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
GKRYT > KONTR	2 df	$\chi^2 = 18,30 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
PKRYT > KONTR	2 df	$\chi^2 = 34,50 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
NKRYT/GKRYT	2df	$\chi^2 = 3,46 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT/PKRYT	2 df	$\chi^2 = 4,82 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
GKRYT < PKRYT	2df	$\chi^2 = 16,21 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected

Table 11. Distribution of the number of results of high, average and low psychophysical condition in terms of physical difficulties (TRFIZ) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT and PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners not leaving the Penitentiary Institution KONTR.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	7	14	7	15	8	13	14	28
Standard	35	69	21	44	24	38	24	48
Low	9	17	20	41	31	49	12	24
Σ	51	100	48	100	63	100	50	100

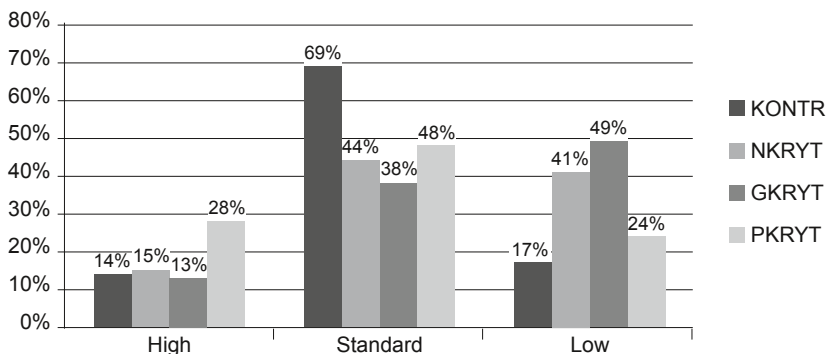


Chart 6. Percentage distribution of the results of the normalized sense of psychophysical condition in the field of physical difficulties (TRFIZ) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penitentiary institution. Table 11 illustration.

Table 12. Results of the verification procedure of the statistical hypothesis about the independence of compared communities due to the distribution of the number of results of physical difficulties.

NKRYT > KONTR	2 df	$\chi^2 = 7,59 > \chi^2 = 5,99$	p = 0,05	Zero hypothesis rejected
GKRYT > KONTR	2 df	$\chi^2 = 13,10 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
PKRYT / KONTR	2 df	$\chi^2 = 4,80 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT/GKRYT	2df	$\chi^2 = 0,62 < \chi^2 = 5,99$	n.i	Zero hypothesis accepted
NKRYT/PKRYT	2 df	$\chi^2 = 4,49 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted

The percentage distribution of the results of physical difficulties indicates the fact that in all communities it takes on a shape similar to the normal curve, which means that the most results in this category were in the middle part of the distribution of average results. Statistical analysis showed that the least physical difficulties were experienced by prisoners from the control population, which differs in a statistically significant way from the NKRYT and GKRYT criterial communities. There were also significantly smaller physical difficulties in the GKRYT community compared to PKRYT.

Table 13. Distribution of the number of results of high, average and low sense of psychophysical condition in the field of depression syndrome (SDEPR) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT and PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners not leaving the Penitentiary Institution KONTR.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	11	22	6	13	7	11	20	40
Standard	36	71	25	52	31	49	23	46
Low	4	7	17	35	25	40	7	14
Σ	51	100	48	100	63	100	50	100

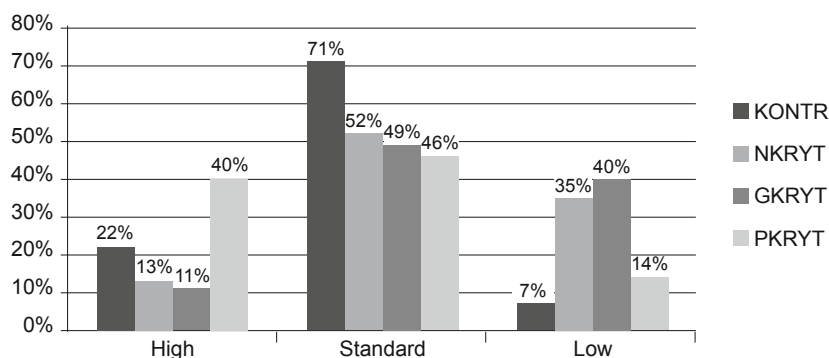


Chart 7. Percentage distribution of results of the normalized sense of psychophysical condition in the field of depression syndrome (SDEPR) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penitentiary institution. Table 13 illustration.

Table 14. Results of the verification procedure of the statistical hypothesis about the independence of the compared communities due to the distribution of the results of the depressive syndrome.

NKRYT < KONTR	2 df	$\chi^2 = 11,42 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
GKRYT < KONTR	2 df	$\chi^2 = 15,38 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
PKRYT > KONTR	2 df	$\chi^2 = 6,29 > \chi^2 = 5,99$	p = 0,05	Zero hypothesis rejected
NKRYT/GKRYT	2 df	$\chi^2 = 0,22 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT < PKRYT	2 df	$\chi^2 = 11,75 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
GKRYT < PKRYT	2 df	$\chi^2 = 16,29 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected

The highest rate of depression syndrome was recorded in the criterial community of prisoners from the PKRYT penitentiary institution, i.e. 40% of high scores, 46% of average scores and only 14% of results, which significantly differentiates this community from the control community, the NKRYT criterial community and the GKRYT criterial community. It was also noted that the control population is characterized by a significantly higher rate of depressive syndrome than the criterial communities NKRYT and GKRYT.

Table 15. Distribution of the numbers of high and average results and low sense of psychophysical condition in terms of psychotic symptoms (OPSYCH) in communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT, PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners who did not leave the KONTR Prison.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	5	10	12	25	4	6	15	30
Standard	26	51	7	15	24	38	12	24
Low	20	39	29	60	35	56	23	46
Σ	51	100	48	100	63	100	50	100

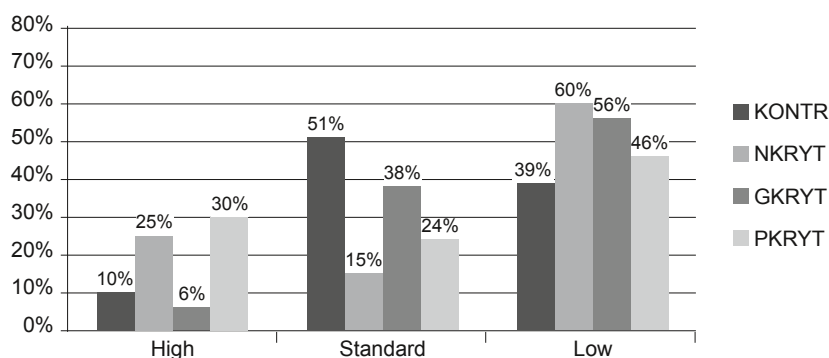


Chart 8. Percentage distribution of the results of the normalized sense of psychophysical condition in terms of psychotic symptoms (OPSYCH) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penitentiary institution. Table 15 illustration.

Table 16. Results of the verification procedure of the statistical hypothesis on the independence of compared communities due to the distribution of the number of results of psychotic symptoms.

NKRYT > KONTR	2 df	$\chi^2 = 15,40 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
GKRYT / KONTR	2 df	$\chi^2 = 3,05 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
PKRYT > KONTR	2 df	$\chi^2 = 10,36 > \chi^2 = 10,59$	p = 0,05	Zero hypothesis rejected
NKRYT > GKRYT	2 df	$\chi^2 = 12,08 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected
NKRYT / PKRYT	2 df	$\chi^2 = 2,30 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
GKRYT < PKRYT	2 df	$\chi^2 = 11,51 > \chi^2 = 10,59$	p = 0,005	Zero hypothesis rejected

It has been reported that 25% of criterial prisoners from the NKRYT plant and 30% of criterial prisoners from the PKRYT plant have high psychotic symptoms, which significantly differentiates these groups from the control group and from the criterial group of prisoners from the GKRYT plant. The GKRYT criterion community and the control

community do not differ significantly. The NKRYT and PKRYT criterial communities are not statistically significantly different either.

Table 17. Distribution of the numbers of high, average and low self-esteem results (SOCEN) in the communities of criterion prisoners leaving the Penitentiary Institution in NKRYT, GKRYT, PKRYT pursuant to art. 164 of the Criminal Enforcement Code and in the control group of prisoners who did not leave the KONTR Prison.

	KONTR	%	NKRYT	%	GKRYT	%	PKRYT	%
High	42	82	35	73	46	73	41	82
Standard	8	16	12	25	16	25	8	16
Low	1	2	1	2	1	2	1	2
Σ	51	100	48	100	63	100	50	100

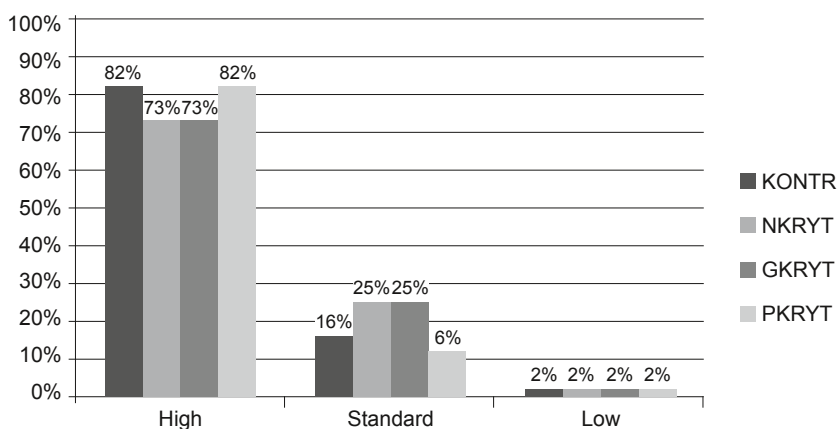


Chart 9. Percentage distribution of the results of normalized self-assessment (SOCENA) of prisoners leaving prison in accordance with art. 164 CECs constituting criterion communities, i.e. NKRYT, GKRYT, PKRYT and the control group of prisoners who did not leave the KONTR penitentiary institution. Illustration of table No. 17.

Table 18. Results of the verification procedure of the statistical hypothesis on the independence of compared communities due to the self-assessment population distribution.

NKRYT/KONTR	przy 2 df	$\chi^2 = 1,35 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
GKRYT/KONTR	przy 2 df	$\chi^2 = 1,60 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
PKRYT/KONTR	przy 2 df	$\chi^2 = 0,00 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT/GKRYT	przy 2df	$\chi^2 = 0,04 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
NKRYT/PKRYT	przy 2 df	$\chi^2 = 1,23 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted
GKRYT/PKRYT	przy 2df	$\chi^2 = 1,48 < \chi^2 = 5,99$	n.i.	Zero hypothesis accepted

The compared communities do not differ from each other in a statistically significant way due to self-esteem, which is equally high in all examined communities.

Summary of Results and Conclusions

The results of the statistical analysis allowed the verification of hypotheses.

- Hypothesis assuming significantly higher readiness rates for work in communities of criterion prisoners covered by self-reliance activities for six months before leaving prison in accordance with Article 166 of the Criminal Code. has been verified positively. In comparison with the control population, criterion prisoners are characterized by significantly higher indicators of the need for social rooting, they exhibit significantly higher indicators of family support experience, they exhibit a significantly higher sense of perseverance and a significantly higher determination to take legal work. However, in terms of the indicator of self-control, no significant differences were found between the criterion communities and the control community.
- The hypothesis assuming a significantly higher psychophysical condition of criterial communities was verified negatively.

Statistical analysis showed that the least physical difficulties were experienced by prisoners from the control population, which differs statistically significantly from the criterial population NKRYT and GKRYT. In turn, the highest rate of depression syndrome was recorded in the criterial communities of prisoners from the PKRYT penitentiary institution, which differs significantly from the control group, the NKRYT criterial community and the GKRYT criterial community. In contrast, the control population is characterized by a significantly higher rate of depressive syndrome than the criterial communities NKRYT and GKRYT. Critical prisoners from the NKRYT facility and criterial prisoners from the PKRYT facility have high psychotic symptoms, which significantly differentiates these communities from the control community and from the criterial community of prisoners from the GKRYT facility. It follows that the physical condition is varied due to the social climate prevailing in individual prisons and does not depend on the perspective of becoming independent.

- The hypothesis assuming a higher self-esteem of prisoners from criterial communities was verified negatively. It turned out that the examined prisoner communities do not differ statistically significantly in terms of self-esteem, which is equally high in all communities.

Research indicates that the prison staff preparing prisoners' empowerment programs pursuant to Article 164 of the Criminal Enforcement Code performs, as far as possible, the supporting and organizational role of building the readaptation potential of prisoners leaving prison. It is also worth paying attention to the fact that a large percentage of prisoners who leave prison, despite successful indicators of readiness to take up employment, exhibit depressive syndrome. This situation may lead to the fact that social re-adaptation of 30% of prisoners may be significantly more difficult. In addition to institutional, family and social support, psychological therapy and psychiatric treatment will be needed to remedy this.

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