

# Role of Cognitive Behavioral Therapy in Reducing Stress among Prisoners (In Wolaita Sodo Town Administration Correction Center)

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## Abstract

The present study examined the role of cognitive behavioral therapy in reducing stress among prisoners. The study was conducted in Wolaita zone administration correction center. Samples of 50 prisoners were selected from Wolaita zone prisoner's administration correction center by using simple random sampling method. In order to provide a broader context for the study relevant literature in the field of stress and Cognitive behavioral therapy was reviewed. The objective of this study was to determine the role of CBT on stress reducing among prisoners at Wolaita zone correctional centers. Quasi-experimental study design was employed to compare significance difference in the same group pre-training and post training level of stress by measuring standard perceived stress scale. Descriptive and inferential statistics such as mean, variance, standard deviation, t- Test, and p value of the variables were calculated. Regular supervision and follow up was made. Data was entered into SPSS version 20 computer software for cleaning and analysis. The result revealed that the majority of the prisoners were exposed to stress problems, cognitive behavioral therapy brought positive in post training and suitable change on the stress situations of prisoners. Generally this study was found to be effective if it is adequately given for those prisoners who are exposed to high stressful situations. Therefore, it was strongly recommended to provide adequate CBT for prisoners who exposed to stress and the counselors should be committed to prisoners' life with relevant information, to improve quality of life and to reduce stress.

## INTRODUCTION

### Background of the Study

In 21<sup>st</sup> century globalization and technological progress have transformed the world, introducing new forms of work organization, working relations and employment patterns and contributing to the increase of work-related and its associated stresses. The concept of stress was coined (Bachman, Collip, & Hans Selye, 1935). He is also known as the 'father of stresses'. Selye began his stress research in 1926 and he observed that patients with a variety of illnesses had many of the same 'nonspecific' symptoms that were a common response to stressful stimuli experienced by the body. His clinical observations together with experiments on laboratory rats underpinned Selye's concept of GAS, which led to assert that prolonged exposure to stress (Selye, 1975).

There is no doubt that confinement of prison can be highly stressful in contemporary prisoners (Cooper, & Lvingstone, C).

In the overall world unprecedented expansion of penal control has increased in recent decades in different parts of the world. Since the mid-1970s imprisonment rates in North America have increased nearly fivefold. A similar increase occurred in many other countries during the 1980s and 1990s, in Africa, Asia, Europe and Oceania. During the last 15 years (1992-2008), in two out of three (63 %) countries, imprisonment rates increased by at least 10 % (Little et al., 2008). Prison stress arises from physical violence, discrimination and harassment occurred at prison were perceived by many the experts of least developed countries as the most sources of stress.

The researcher also observed Sodo prison Administration and correction center that there are high problem of congestion, overcrowding and poor ventilation correction and the majorities of prison were exposed to stress problem. This area selected because there was dearth of studies conducted on this issue particularly in prison center of Ethiopia. This research is intended to fill this knowledge and area gap. So, this is important as it seeks policy options for role CBT in reducing stress. Thus, this study tries to identify role of Cognitive Behavioral therapy in reducing stress in Wolaita Sodo Town prison.

### Statement of the problem

Prison is one source of stress. Since, the prison indicate unworthiness of the individual to live among the law abiding and the failure of person contribute to society in a meaningful and acceptable way, rejected by society, the prisoner is placed in the stark, detached and often unstable environment of the person, where she or he must function in a obedient, dependent role with few opportunities for demonstration self-respect (Vane-Wright, Humphries, & Williams, 1991).

Moreover, Cognitive behavioral therapy is geared toward stress reduction and suggests stress management techniques to cope with their major life stress events and daily stressors. Cognitive Behavioral Therapy train

prison to recognize negative self-statement and cognitive processes that contribute to emotional arousals (Meichenbaum, 1995).

The cognitive behavioral approaches used with correctional populations have been designed as either cognitive-restructuring, copying-skill, or problem solving therapy approach's views problem including cognitive distortion, social misperception and faulty logics. (Bush, Gillick, and Taymans 1997),

The Prison should be trained coping responses, self-instructions and means of restructuring their cognitions in order to reduce the negative emotional reaction (Meichenbaum, 1995). The researcher also observed Wolaita zone prison Administration and correction center which are found with high problem of, overcrowding and poor ventilation and the majorities of prison environments were exposed to stress problem. The reason stated above and other factors motivated the researcher to assess the role of Cognitive Behavioral Therapy in reducing stress at Wolaita zone prison Administration and correction center. This area selected because there is no other study conducted in this issue. Based on the above discussion, the research answered the following basic research questions:

1. What are the major causes of stress in Wolaita Zone prison Administration and correction center?
2. What is the role of Cognitive Behavioral Therapy in reducing stress in Wolaita Zone prison Administration and correction center?
3. Does the Cognitive Behavioral Therapy reduce the impacts of stress in Wolaita Zone prison Administration and correction center?
4. Is there any significant difference level of stress pre and post training the same groups' to Cognitive Behavioral Therapy?

### **Objective of the study**

#### **General objective**

Assessing the role of Cognitive Behavioral Therapy (CBT) in reducing stress (in case of Wolaita Zone Prison Administration and correction center)

#### **Specific Objectives**

1. To determine the causes of stress in Wolaita Zone Prison Administration and correction center
2. To identify role of cognitive Behavioral Therapy in reducing stress in Wolaita Zone Prison Administration and correction center
3. To determine worth of cognitive behavioral therapy in reduce stress upon prison
4. To explore difference level of stress between pre and post training in cognitive behavioral therapy change in the same group

## **RESEARCH METHODOLOGY**

### **Study Area**

Wolaita zone is located in the Southern Nation, Nationalities and People Regional State of Ethiopia (SNNPR) southern part of the country. Wolaita Zone is bordered on the south by GamoGofa Zone, on the west by the Omo River which separates it from Dawro, on the northwest by Kembata Tembaro, on the north by Hadiya, on the northeast by the Oromia Region, on the east by the Bilate River which separates it from Sidama, and on the south east by the Lake Abaya which separates it from Oromia Region. Its distance 329 km away from Addis Ababa and 156 km from Hawassa the regional capital city. Its astronomical location is 8 North longitude and 37 east longitude and 6 51" 81" N 37'40' 5" E elevation. Its population now dynamical increases as shown in statistical agency now a day's 1.9 million population existed. Climatic condition is woyinadega and sometimes get convectional and cyclical rain fall. People in rural area live by farming system like mixed traditional farming system and mixed farming system. Their products are more like coffee, fruits, cereal crops and so on. Those people live in the town their economic system base from trade and other related activities. The study was conducted from December 2016 to May 2017.

### **Research Design**

To carry out this study the researcher adopted quasi-experimental, before and after training without control group identifying role Cognitive Behavioral Therapy in reducing Wolaita Sodo Town prisoner correction center.

### **Population**

In the present study target populations were all prisoner at Wolaita Sodo prison Administration and correction center. From total population of 496 among them selected 41 male and 9 female prisoners and total of 50 participants were selected using simple random sampling methods.

### **Sampling Size and Sample technique**

Sampling is that part of practice concerning with the selection of unbiased individuals intended to yield some knowledge about the population of concern especially for the purpose of making predictions based on statistical inferences (McCain 2003). The researcher draw the data from sources particular entities using bellowed mentioned formula as:

Calculated using by Yamane 1996 Where,

n= Designates the sample size.=50  
 N= the total number of population =496

e= 0.05 was taken as margin error.

$$n = \frac{N}{1 + N(e)^2} = \frac{496}{1 + 496(0.05)^2} = 50$$

### Source of Data

Both primary and secondary data were used as sources of f study. The primary data was gathered through questionnaire and Observation. Secondary data was gathered from different published and unpublished documents such as books, research reports, websites etc.

### Data collection instruments

To conduct and accomplish this study the researcher used closed ended questionnaires and clinical observation to gather data regarding socio demographic characteristics include age, gender, educational background, marital status and other related information. To overcome the level of stress in the prisoners measured by Perceived Stress Scale (PSS) which was designed by Cohen and colleagues (1983) was adopted during data collection period. It contains 37 items and uses a 5-point Likert scale: 0 = never , 1 = almost never , 2 = sometimes , 3 = fairly often , 4 = very often. Each respondent's assigned to score 0-40 within their level of severity like, 0-7 very low, 8-11 low .12-15 average, 16-20 high and 21 and above very high. Higher scales are associated with severity of stress.

### Method of Data analysis

The data was visually checked up, organized coded in the computer software, missing and inappropriate responses were screened entered to SPSS version 20 computer program. Descriptive and inferential statistics were used to summarize data, tables and figures for display results. Paired sample t -test was used to determine mean differences and p-value of 0.05 was used as a cutoff point for presence of association.

### Results and Discussions

The major purpose of this study was to examine the role of cognitive behavioral therapy in reducing stress among prisoners in Wolaita zone administration and correction center. The participants of the study were 50 through selected randomly sampling.

**Table 4.1. Demographic characteristics of all participants**

Variables	Category	Frequency	Percentage
Age	18-30	23	46.0
	31-40	5	10.0
	41-50	11	22.0
	>=51	11	22.0
	Total	50	100.0

**Table 1. Age distribution of response**

As shown in table 1, out of 23(46%) were under 18-30 year old; 5 (10%) were aged between 31 - 40 year and >=51(22 %) were aged above 51 years. As indicated the above table, most of the respondents 23 (46 %) prisoners were under the age 18-30 years old, however 5(10%) prisoners were under the age 31-40 years old.

Based on the findings of the study, the ages of prisoners mixed it ranges from different age reference point 18>=51 they were participated in the study from the above table.. It is clear there is not limited age which can show but at the criminal law of Ethiopian criminal law stated those who committed criminal act above age 18 will be sentenced court.

### Gender participants

**Table 2 Sex respondents**

Variables	Category	Frequency	Percentage
sex	Male	41	82.0
	Female	9	18.0
	Total	50	100.0

As shown in table 2, out of 50 participants of 41 (82%) were male and 9 (18%) were female. From the respondents sex participation we found that most of the sex participations found in male prisoners than females. Most of the times males committed crimes than females.

### Education level of participants

**Table 3: Education level distribution of prisoners**

Variables	Category	Frequency	Percentage
Education	not attend formal education	13	26.0
	below grade 10	22	44.0
	10-12 grade	5	10.0
	Certificate	7	14.0
	Diploma	3	6.0
	Total	50	100.0

As shown in table 3, out of 50 participants of 22 (44 %) were below grade 10, 3 (6%) were diploma, 7(14%) were certificate 5(10%) and 13(26%) respectively from grade 10-12 and not attended formal education.

As we can see from the above table most of the prisoners who committed crime were under grade 10. This indicated that those who are uneducated liable to commit crime where the educated ones are did not commit crime.

**Table 4 Marital status of participants**

Variables	Category	Frequency	Percentage
	Single	20	40.0
	Married	9	18.0
	Divorce	16	32.0
	Widowed	5	10
	Total	50	100

As indicated in the above table 4, the marital status of the prisoners were 20(40%) were single, 5(10%) were widowed, 9(18%) married and 16(32%) were divorced. Base on the above table respondents the majority were single.

From the above result we can conclude that those single, divorced and widowed committed crimes than those married.

**Time in Prison of participants**

Variables	Category	Frequency	Percentage
Time in Prison	first time	30	60.0
	once previously	1	2.0
	3-5 times	7	14.0
	6-9 times	11	22.0
	Above 9	1	2.0
	Total	50	100.0

**Table 5. Time in Prison of participants**

Table 5, above showed the time existence of prisoners in prison. Based on their responses we found that 30(60%) were first time prisoners, 11(22%) were 6-9 times prisoners, 7(14%) were in prison for 3-5 times, 1(2%) of the respondents were above 9 times and once previously replied they were in prison. As indicated in the above table the majority of the respondents replied that they were in prison for the first time in their life. The remaining respondents were diversified in their prison time.

**Length of sentences of participants**

Variables	Category	Frequency	Percentage
Length of sentences	less than 2 years	5	10.0
	2-4 years	12	24.0
	4-6 years	5	10.0
	7-8 years	4	8.0
	greater than 8 years	24	48.0
	Total	50	100.0

**Table 6. Length of sentences of participants**

Table 6, above showed the length of sentences prisoners. Based on their responses obtained 24(48%) were sentenced for greater than 8 years, 12(24%) were for 2-4 years, 5(10%) less than 2 years and 4-6 years.

From responses found in prisoners themselves in variety sentences status among prisoners. Most of them are sentences for greater than 8 years.

**Counseling service for stress problem of participants**

Variables	Category	Frequency	Percentage
Counseling service for stress problem	Yes	10	20.0
	No	40	80.0
	Total	50	100.0

**Table7. Counseling service for stress problem of participant**

In table 7, above showed that 40(80%) of the respondents did not get counseling service regarding to their stress situation but 10(20%) of them were attend in this study

**Feel grief and confused**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Feel grief and confused	Never	3	6.0	8	16.0
	sometimes	12	24.0	19	38.0
	Often	7	14.0	12	24.0
	Always	16	32.0	9	18.0
	very often	12	24.0	2	4.0
	Total	50	100.0	50	100.0

In the above table- respondents replied 16(32%),12(24%),7(14%)and 3(6%) pre responded as they fielded grief and confused under a certain condition while post training respectively replied19(38%),12(24%),9(18%),8(16%),and 2(4%) in their response. We can conclude from the above response post trainees were learnt to relax and become awareness reaction to stress than pre –trainees.

**Uncomfortable in sleeping**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Uncomfortable in sleeping	Never	3	6.0	22	44
	Sometimes	8	16.0	16	32
	Often	15	30.0	7	14
	Always	23	46.0	5	10
	Very often	1	2.0	0	0
	Total	50	100.0	52	100

Table .2.1 above showed the problems of prisoners' difficult level of sleeping. Based on their responses given23 (46%),15(30%),8(16.0%),3(6.0%) and 1(2.0%) of pre training while post training respondents replied 22(44%),16(32%),7(14%),5(10%) respectively on the above table. Based on the responses obtained from prisoners we deduced that most of the respondents were developed copying skill and made mind relaxation for sleeping stress than pre-trainings.

**Feeling worn out at the end of the day**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Feeling worn out at the end of the day	Never	3	6.0	16	32.0
	Sometimes	8	16.0	15	30.0
	Often	14	28.0	7	14.0
	Always	9	18.0	5	10.0
	very often	16	32.0	7	14.0
	Total	50	100.0	50	100.0

In table 4.2.3 above 16(32%),14(28%),9(18%),8(16%)and 3(6%) of pre respondents replied they felt worn out at the end of the day when they stressed, and post responded they felt worn out at the end of the day due to their stress, 16(32%),15(30%),7(14%) and 5(10%) answered they felt the above table.

Hence based on the above responses, we can generalize that post trainings are better to accept the events carryout their life than pre-trainings.

**Get sick more often than usual**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
<b>Get sick more often than usual</b>	Never	5	10.0	20	40.0
	Sometimes	6	12.0	7	14.0
	Often	7	14.0	5	10.0
	Always	19	38.0	12	24.0
	very often	13	26.0	6	12.0
	Total	50	100.0	50	100.0

Table 4.2.4depicted that 19(38%) ,13(26%),7(14%),6(12%) and 5(10%) of pre respondent replied they get sick more often than usual when there is stressful situation, and 20(40%),12(24%),7(14%),6(12%)and 5(10%) responded were of regarding get sick more than usual. From those responses we can conclude that prisoner’s pre and post better understanding about stress their usual life activities.

**Feel self-conscious**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
<b>Feel self-conscious</b>	Never	3	6.0	11	22.0
	Sometimes	8	16.0	17	34.0
	Often	9	18.0	7	14.0
	Always	17	34.0	10	20.0
	very often	13	26.0	5	10.0
	Total	50	100.0	50	100.0

Table 4.2.5above depicted that 17(34%) , 13(26%),9(18%),8(16%),3(6%) of pre respondents replied that feel self conscious when post were 17(34%) , 11(22%),10(20%) ,7(14%),and 5(10%) answered as respectively . We can the majority of respondents s were recognize their reaction offeel self concisions during stressful situation.

**Descriptive Statistics**

**Difficult to concentration and making decision**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
<b>Difficult to concentration, and making decision</b>	Never	6	12.0	24	48.0
	sometimes	11	22.0	9	18.0
	Often	4	8.0	3	6.0
	always	9	18.0	5	10.0
	very often	20	40.0	9	18.0
	Total	50	100.0	50	100.0

In table 4.2.6 above showed that 20(40%),11(22%),9(18%),6(12%), and 4(8%) pre responded they showed difficult concentrating making decision and 24( 48%),9(18%),5(10%),and 3(6%) responded respectively. We can conclude when respondents encountered a stress they have a difficult concentrating making decision in their livesmore adjusted from pre training than post training in the table regarding .

**I feel depressed**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
<b>I feel depressed</b>	Never	4	8.0	14	28.0
	Sometimes	10	20.0	21	42.0
	Often	6	12.0	2	4.0
	Always	12	24.0	5	10.0
	very often	18	36.0	8	16.0
	Total	50	100.0	50	100.0

Table 4.2.7above showed 18 (36%),12(24%),10(20%),6(12%),and4(8%) of pre respondents that they felt depressed most of the time and 21(42%),14 (28%),8(16%),5(10%) and 2(4%) concerning felt depression of most of the time that prisoners stressed .Based the responses obtained from post respondents we can conclude that in their majority stresses fell depressed level better than most of pre training.

### Get angry and aggressive

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Get angry and aggressive	Never	5	10.0	11	22.0
	sometimes	6	12.0	17	34.0
	Often	7	14.0	7	14.0
	always	19	38.0	10	20.0
	very often	13	26.0	5	10.0
	Total	50	100.0	50	100.0

In the table 4.2.8 above 19(38%), 13(26%), 7(14%), 6(12%) and 5(10%) of respondents gave their response and 17(34%), 11(22%), 10(20%) and 7(14%) (26.8%) of them responded regarding things which do not go their way replied always faces problems when stressed before training and after training a critical changes occurred in prisoners. From the above varied responses we can deduce the role cognitive behavioral training for stress for prisoners showed best intervention.

### Shaking and trembling

Variables	Category	Pre trading		Post training	
		Frequency	Percentage	Frequency	Percentage
Shaking and trembling	Never	6	12.0	20	40.0
	Sometimes	8	16.0	7	14.0
	Often	12	24.0	10	20.0
	Always	16	32.0	11	22.0
	very often	8	16.0	2	4.0
	Total	50	100.0	50	100.0

In the table 4.2.9 above respondents regarding experience of shaking trembling replied by pre training 16(32%), 12(24%), 8(16%) and 6(12%) and post responded 20(40%), 11(22%), 10(20%), and 2(4%) respectively. One can conclude that different respondents responded in their different experience while post training changing their mind set for shaking and trembling during study their stress situation.

### Take more food to my self

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
take more food to my self	Never	8	16.0	26	52.0
	Sometimes	14	28.0	12	24.0
	Often	4	8.0	6	12.0
	Always	14	28.0	5	10.0
	very often	10	20.0	1	2.0
	Total	50	100.0	50	100.0

Table 4.2.10 above 14(28%), 10(20%), 8(16%) and 4(8%) pre respondents replied they take more food to make themselves as variable to stress feel, and 26(52%), 12(24%), 6(12%) and 6(12%), 5(10%) respectively replied take more food to make themselves feel stress or not answered. From the above responses we can conclude that different individuals have different experience in taking more food to make them-selves in the time condition of stress.

### Hardily want to eat

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Hardily want to eat	Never	10	20.0	20	40.0
	Sometimes	11	22.0	6	12.0
	Often	2	4.0	12	24.0
	Always	15	30.0	4	8.0
	very often	12	24.0	8	16.0
	Total	50	100.0	50	100.0

Table 4.2.11 above showed 15(30%), 12(24%), 11(22%) pre respondents responded when there is stressful situation are eat hardly want to eat, and in the other hand in the same variable for post training 20(40%), 12(24%), 8(16%) respectively. From the above different responses we can infer that different stressed individuals have different problems regarding their food want.

**Feel all wound up tense**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Feel all wound up tense	Never	7	14.0	33	66.0
	sometimes	13	26.0	6	12.0
	Often	4	8.0	2	4.0
	Always	14	28.0	4	8.0
	very often	12	24.0	5	10.0
	Total	50	100.0	50	100.0

Table 4.2.12 above showed that 33(66%), 6(12%), 4(8%) and 2(4%) of post respondents replied they feel all round up tense, and 14 (28%), 13(26%), 12(24%) responded feel all round up tense, 51(14.2%) often show feel all round wound up tense respectively concerning feel of all round up tense during stressful situation. From the above different response we can deduce that people who are stressed show different feeling can reducing cognitive behavioral stress training have a role about all round up tense.

**Experience tension or tight my neck**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Experience tension or tight my neck	Never	3	6.0	32	64.0
	sometimes	12	24.0	8	16.0
	Often	3	6.0	4	8.0
	always	13	26.0	6	12.0
	very often	19	38.0	32	64.0
	Total	50	100.0	50	100

In table 4.2.13 above 19( 38%) , 13(26%), 12(24%), 3(6%) of pre respondents replied they experience tension or tight neck during stressful situation, and 32(64%), 8(16%), 6(12%) and 4(8%) post trainers gave response experience tension or tight neck feeling.

Thus, from these different responses one can infer that people who have stress problems show varied experience of tension will be easier to conjure up this relaxed under stress in post training than pre-training.

**Have argument with my friend**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Have argument with my friend	Never	4	8.0	25	50.0
	sometimes	15	30.0	10	20.0
	Often	8	16.0	6	12.0
	always	13	26.0	5	10.0
	very often	10	20.0	4	8.0
	Total	50	100.0	50	100.0

In table 4.2.14 above 15(30%), 13(26%), 10(20%), 8(16%) and 4(8%) post-training responded they argued with their friends when they are stressed, and 25(50.0%), 10(20%), 6(12%) and 4(8%) answered by post-trainings better to avoid unnecessary non relevant completion with friends that pre- trainees.

**Change in my daily routine living**

Variables	Category	Pre training		Post-training	
		Frequency	Percentage	Frequency	Percentage
Change in my daily routine living	Never	3	6	28	56.0
	sometimes	14	28	12	24.0
	Often	6	12	4	8.0
	always	14	28	5	10.0
	very often	13	26	1	2.0
	Total	50	100	50	100.0

In table 4.2.15 above showed that 14(28%), 13(26%), 6(12%) and 3(6%) of respondents responded 28(56%), 12(24%), 5(10%), 4(8%) and 1(2%) of them replied respectively. Thus, we can conclude that many respondents have changed or modified or restructuring self life skill to manage stress situations in their daily routine living than post trainings.



**Feel irritable or angry**

Variables	Category	Pre training		Post-training	
		Frequency	Percentage	Frequency	Percentage
Feel irritable or angry	Never	4	8.0	21	42.0
	Sometimes	17	34.0	8	16
	Often	6	12.0	5	10.0
	Always	10	20.0	8	16.0
	very often	13	26.0	8	16
	Total	50	100.0	50	100.0

Table 4.2.16 above showed that 17(34%), 13(26%), 10(20%), 6(12%) and 4(8%) of respondents replied 21(42%), 8(16) and 5(10%) respectively regarding feel irritable or angry.

From these different responses we can conclude that there post trainees are more capable to manage irrational thoughts or beliefs than pre trainings.

**I feel tired**

Variables	Category	Pre training		Post-training	
		Frequency	Percentage	Frequency	Percentage
I feel tired	Never	6	12.0	24	48
	sometimes	12	24.0	10	20
	Often	3	6.0	3	6
	always	17	34.0	9	18
	very often	12	24.0	6	12
	Total	50	100.0	50	100.0

In table 4.2.17 above 17(34%), 12(24%), 6(12%) and 3(6%) of pre respondents replied feel tired when there is stress, and 24 (48%), 10(20%),9(18%),6(12%) and 3(6%) of respondents replied

From, the above response obtained we can infer that majority of respondents felt tired when they stressed.

**Feeling as though I could cry**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Feeling as though I could cry	Never	5	10.0	18	36.0
	sometimes	15	30.0	12	24.0
	Often	4	8.0	2	4.0
	Always	16	32.0	10	20.0
	very often	10	20.0	8	16.0
	Total	50	100.0	50	100.0

In table 4.2.18 above 16 (32%), 15(30%), 10(20%),5(10%) and 4(8%) pre respondents about the feeling of they could cry, and 18(36%),12(24%),10(20%),8(16%) answered on feeling of crying in time of stress . Thus, we can deduce that most of the respondents feel cry when they are stressed and others scenario and encourage oneself to find in logical way manage problem.

**I Skip a meal**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
I Skip a meal	Never	5	10.0	14	28.0
	sometimes	10	20.0	9	18.0
	Often	14	28.0	13	26.0
	always	11	22.0	7	14.0
	very often	10	20.0	7	14.0
	Total	50	100.0	50	100.0

Table 4.2.19 above showed the prisoners status of skim a meal during stressful situation. Base on the responses obtained 14(28%), 11(22%),10(20%) and 5(10%) pre responded replied and post training in similarly 14(28%) ,13(26%),9(18%)7(14%) respectively. From these responses we can infer that most of the respondents in pre training showed they have a problem of skim meal when they stressed than post training

**Over eating/eating unhealthy**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Over eating	Never	20	40	24	48.0
	sometimes	7	14	6	12.0
	Often	6	12.0	6	12.0
	always	8	16.0	6	12.0
	very often	9	18.0	8	16.0
	Total	50	100.0	50	100.0

Table- 4.2.20 above depicted prisoners' problems in relation with unhealthy eating habit during which they are stressed. Based on the responses obtained 20(40%),7(14%),9(18%),8(16%) and 6(12%) pre responded answered they regarding to stress occurred eating disturbance and post trainers' also 24(48%),6(12%),8(16%) and 6(12%) . Based on the above information obtained the majority of prisoners' stress have no relation with unhealthy eating problems in their stress situation.

Part III. Discussions with causes of stress a large body of research concerning correctional officer stress examines the unique working conditions associated with the job (Armstrong & Griffin, 2004; Auerbach et al., 2003; Garland et al., 2013; Lambert et al., 2009). This body of literature focuses more specifically on correctional stress. Blew is the responses obtained concerning the causes of stresses found in prisoners.

**Courses of Stress**

**Separating from partners**

**Table.Separating from partners**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Separating from partners	Yes	45	90.0	22	44.0
	No	5	10.0	28	56.0
	Total	50	100	50	100

Table 4.3.1 above showed that 45(90%) of pre respondents replied most to the cause of stress came from separating from their parents and very few 5(10%) responded there is no relationship between separation of parents and stress in life. And after post training 22(44%) and 28(56%) were try to answered about stress relation to their family separation. From the above information obtained we can deduce that the root cause of stress in prison for many prisoners is separating of their partner's

**Breaking up with friends**

**Table breaking up with friends**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Breaking up with friends	Yes	41	82.0	32	64.0
	No	9	18.0	18	36.0
	Total	50	100	50	100

Based on table 4.3.2 above 41(82%) and 9(18%) in pre training respondents replied that breaking up with family can be the cause of stress answered no, that means there is not any relation between breaking up with friends and stress and after training 32(64%), 18(36%) answered their separation of friends have relation with stress

Thus, from these formations we can conclude that breaking up with friends can bring stress in prisoner's life

**Breaking up with family**

**Table breaking up with family**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Breaking up with friends	yes	41	82.0	19	38
	No	9	18.0	31	62
	Total	50	100	50	100

In the above table 4.3.3 41(82%), 9(18%) in pre training and post respondents replied breaking up with family due to their 19(36%), 31(62%) separated them from families brought them stress. From the above response it is clear that most of the time breaking up of with family brought psychological stress on individuals like prisoners.

**Feeling of being lost**

**Table Feeling of being lost**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Feeling of being lost	Yes	43	86.0	28	56.0
	No	7	14.0	22	44.0
	Total	50	100	50	100

In table 4.3.4 above the majority 43(86%), 7(14%) respondents replied they felt being lost, no feeling of being lost by being stressed. And 28(56%); 22(44%) Thus, from their response the majority of prisoners have direct relation to felt being lost when they stressed.

**Unstable family life**

**Table Unstable family life**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Unstable family life	Yes	13	26.0	36	72.0
	No	37	64.0	14	28.0
	Total	50	100	50	100

Table showed the cause of stress that brought by pre trainings unstable family life like absent of parents, work demand divorce. Based on the responses obtained 37(64%) replied the unstable family causes for stress but 13(26%) of them answer there is no any relation between stress and unstable family life. But, 36(72%) and 14(28%) of the post trainings respondents replied yes and no respectively. From the above responses of respondent we can deduce that many discussions and sharing of ideas with the family reduce ones stress regarding to this many prisoners stresses are caused by unstable family life.

**Intense arguing between parents**

**Table intense arguing between parents**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Intense arguing between parents	Yes	34	68.0	13	46.0
	No	16	32.0	37	54.0
	Total	50	100	50	100

In the table above 34(68%), 16(32%) of the respondents replied intense arguing between parents creates stress situation with prisoners whereas 37(72%) and 13(26%) replied no. Thus, we can conclude that it is obvious that arguing between parents was causing stress but after training they developed the coping mechanisms to reduce their stress regarding intense arguing between parents.

**Peer pressure to take part in illegal**

**Table Peer pressure to take part in illegal**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Peer pressure to take part in illegal	Yes	38	76.0	29	58.0
	No	12	24.0	21	42.0
	Total	50	100	50	100

In table above respondents replied the cause of peer pressure to take part in illegal act on the basis of respondents response 38(76%), 12(24%) pre training replied and 29(58%), 21(42%) of post training responded, concerning the cause of peer pressure to take part in illegal act which in turn causes for stress. Thus, from the respondents' response we can infer that there is force of peer pressure on individuals who committed illegal act.

**Experiencing many new things**

**Table experiencing many new things**

Variables	Category	Pre training		Post training	
		Frequency	Percentage	Frequency	Percentage
Experiencing many new things	yes	46	92.0	27	54.0
	no	4	8.0	23	46.0
	Total	50	100	50	100

The last table showed the experience of prisoners in many new things for the first time and replied 46(92%); 4(8%) pretraining replied due to their first time experience they brought to prison, and 27(54%), 23(46%) of them answered they experience many new things as reasons for stress they are in prison.

**Paired Differences of post-training and post training  
 In order to identify the prisoners**

Lists of pairs	Paired pre and post cognitive therapy measures on in each items for stress	Paired Differences					T test	Df.	Sig.(2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Higher			
Pair 1	Feel over welmed pre-post	2.56	1.091	.154	2.25	2.87	16.593	49	.000
Pair 2	Difficult sleeping - Difficult sleeping	1.320	1.332	.188	.942	1.698	7.010	49	.000
Pair 3	Feeling worn out at the end of the day - Feeling worn out at the end of the day	1.100	1.389	.196	.705	1.495	5.601	49	.000
Pair 4	Get sick more often than usual - Get sick more often than usual	1.040	1.564	.221	.595	1.485	4.701	49	.000
Pair 5	Feel self conscious - Feel self conscious	.960	1.498	.212	.534	1.386	4.532	49	.000
Pair 6	Difficulty of concentration pre-	3.52	1.502	0.212	.234	3.456	16.576	49	.000
Pair 7	Fell depressed most of time - Fell depressed most of time	1.160	1.390	.197	.765	1.555	5.900	49	.000
Pair 8	Things do not go my way - Things do not go my way	.760	1.255	.177	.403	1.117	4.284	49	.000
Pair 9	Experienceshakiness trembling - Experience shakiness trembling	.880	1.507	.213	.452	1.308	4.129	49	.000
Pair 10	More food to make myself feel better - More food to make myself feel better	1.220	1.569	.222	.774	1.666	5.499	49	.000
Pair 11	Hardly want to eat	3.16	1.57	0.214	.765	2.168	14.732	49	.000
Pair 12	Feel all wound up tense - Feel all wound up tense	1.380	1.576	.223	.932	1.828	6.190	49	.000
Pair 13	Experience tension or tight my neck - Experience tension or tight my neck	1.780	1.730	.245	1.288	2.272	7.277	49	.000
Pair 14	Have argument with my friend pre - Have argument with my find	1.140	1.539	.218	.703	1.577	5.239	49	.000
Pair 15	Change in my daily routine living - Change in my daily routine living	1.620	1.760	.249	1.120	2.120	6.509	49	.000
Pair 16	Feel irritable or angry - Feel irritable or angry	1.220	1.788	.253	.712	1.728	4.826	49	.000
Pair 17	Feel tired - Feel tired	1.184	1.667	.238	.705	1.662	4.971	48	.000
Pair 18	Feeling i could cry - Feeling i could cry	.660	1.239	.175	.308	1.012	3.767	49	.000
Pair 19	Skip a meal - Skip a meal	.540	1.232	.174	.190	.890	3.098	49	.003
Pair 20	Over eating - Over eating	.180	.720	.102	-.025	.385	1.769	49	.083

Mean and standard deviation differences were calculated by paired sample t test. A higher indicates there was stress among prisoners while lower mean indicated there was no stress among them. Except overeating all variables were strongly associated with stress at p-value less than 0.05.

**Discussion items by items of the above table of pre training and post training.**

Table above Pair 1 showed the pre training and post trading of prisoners result compared let be the item 1 of mean value is 2.56 and t-value is 16.593 the respondents groups respectively. There for p value is less than 0.001 this indicates there is there is mean difference between pre & post in upset at p is less than at 0.001. The above table indicated was post training developed a skill to manage something that happened unexpectedly and the control were under the luck of developing the scope to control unexpected situations happened in their life. So in this study the researcher tried to fill the gap stress and copying by cognitive behavioral therapy for 50 simpler random sample methods selected prisoners who were exposed to stresses by measuring using standard instruments of perceived stress scale. Finally, in the above explanation in item 1, post training. Have a better skill to develop copying strategy than pre training.

Similarly in Pair 2 above showed the pre training and post training results compared with be in similar item 2 mean value is 1.32 and t-value is 7.010 respondents consecutively. Therefore p value which is less than 0.001 which indicated significant difference between pre training and post training. based on the finding the post training time have a capacity to control their lives simply and the pre training time have less ability to control and lead their life. Hence in this study cognitive therapy has significance impact to control the life of those who exposed to stressful situations in their daily lives.

In the same table Pair 3 above showed the pre training and post training. results compared let be the in similar item 3 of mean value is 1.100 and t-test is 5.601, Therefore p value is less than 0.001 the result obtained is described the diffidence of two in variables which related to stress . So that in this study cognitive behavioral therapy direct relation with the respondents to control felt nervous and stressed situation pre training and post training.

In table Pair 4 above showed the pre training and post training. Results compared let be the item 4 of mean value is 1.040 and t-value 4.701. Therefore values which is less than 0.001 is revealed there is significant skill gap between the post training and pre training. In this standard scale of stress item number 4 administered for both groups in similarly way but the post training have developed better confidence to handle their personal lives than pre training.

In the same way table Pair 5 above showed the pre training and post training results compared let be the item 5 of mean value is .960 and t-test value 4.532 respectively. Hence p value less than 0.001 is depicted there is significance difference between the pre training and post training. This result tried to relate the role of cognitive behavioral therapy to reduce the felt that respondents on going on their lives to have enough skill in the post training compared with that of pre training.

In table Pair 6 above showed the pre training and post training results compared let be the item 6, mean value 3.52 and t-test is 16.576. They have cope with all things they did in their real lives activities after their training.

In the same table Pair 7 above showed the pre training and post training results compared let be the item 7, mean value 1.160 and t-test value 5.900 and p value is less than 0.001 which indicated the is a significance of two groups. Based the information obtained in the above table post training have advanced skill to control their irritation responses than pre training time.

In the same table Pair 8 above showed the pre training and post training results compared let be the item 8, mean value is .760 and t-test is 4.284 and p value is less than 0.001 therefore there is a significance difference cognitive training among prisoners were felt over the things better control in their life.

In table Pair 9 above showed the pre training and post training results analysis in the item 9, mean value is .880 and t-test value 4.129 and p values is less than 0.001 which indicated there is significance of therapy which given by researcher compare pre training and post training things carryout control better post training in their life stress problems.

In table Pair 10 above showed the pre training and post training results compared in the item 10, the mean value of is 1.220 and t-test value is 5.499 and p value is less than 0.001. This result depicted that the post training have tried to manage or cope things being difficult and they could not overcome it than the pre training times.

In table pair 11 above showed the pre training and post training results compared in the item 11, the mean value of is 3.16 and t-test value is 14.73 and p value is less than 0.001 which indicate pre training and post training better frame of mind to deal stress situation.

In table pair 12 in the same table above depicted the pre training and post training results compared in the item 12 the mean value is 1.3 and t-value is 6.19 p values which is less than 0.001 indicated in the analysis pre training and post training of the prisoners have significance differences in feel or wound up tense within their environments.

In table pair 13 in the above table indicated the pre training and post training results compared in item 13 the mean value is 1.78 and t value 7.727 and p values is less than 0.001 hence the item comparison with pre training and post training of prisoners have a significance difference to define tension.

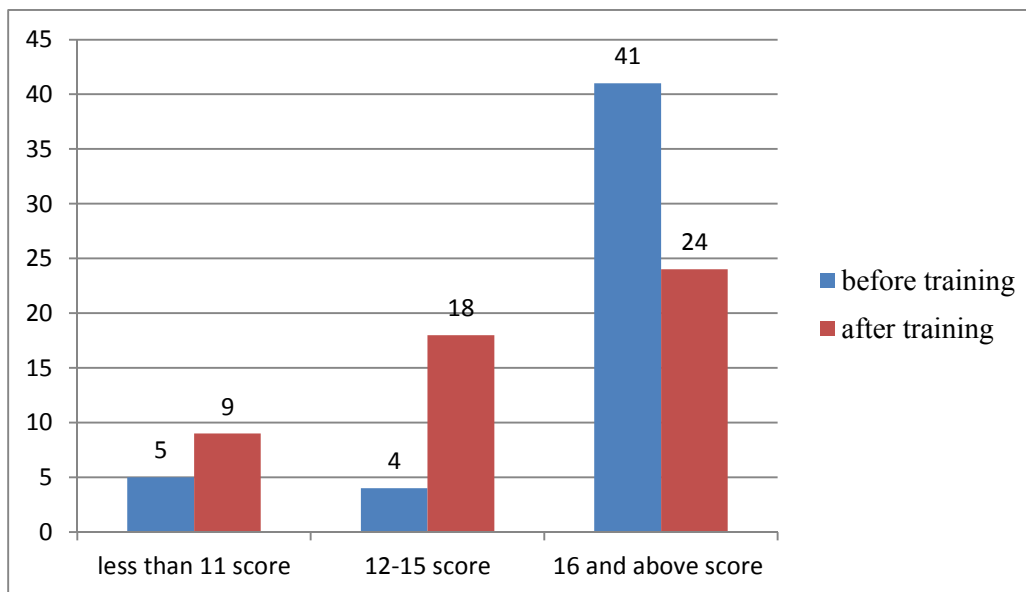
In table pair 14 in the above table indicated the pre training and post training results compared in item 14 the mean value is 1.14 and t value 5.230 and p values is less than 0.001 which indicated the study variables have great relationship with each other to decrease or increase stress.

In table pair 15 in the above table indicated the pre training and post training results compared in item 15 the mean value is 1.62 and t value 6.509 and p values is less than 0.001 is showed the variables of the study there is relation with stress in pre train and post cognitive behavioral therapy.

In table pair 16 in the above table indicated the pre training and post training results compared in item 16 the mean value is 1.22 and t value 4.826 and p values is less than 0.001 is the result indicated item 16 has relationship each other carryout in trainings the prisoners are tried to recover their self-defeating cognitive thoughts to recover irritable and angry feeling of prisoners are be assertive in style of aggressive and belief instead of angry.

In table pair 17 in the above table indicated the pre training and post training results compared in item 17 the mean value is 1.184 and t value 4.971 and p values is less than 0.001 is which indicted in item 17 pre trainees complain of being tired or unable to fall sleep and post trainings have learnt become away recover form stress events.

In table pair 18 in the above table indicated the pre training and post training results compared in item 18 the mean value is 0.660 and t value 3.767 and p values is less than 0.001 is in item 18 indicated the variables of the study have relations with stress which apply in the same manner for the respondents before and after trainings. Hence that feeling could cry during stress or boring themselves. After trainings the prisoners avoid unnecessary feeling and set the realist life goal.



According to perceived stress scale, very =0-7, low= 8-11, average =12-15 high=16-20 and very high=21 and above. In this study very low and low was considered as absence of stress among prisoners while average is normal and high and very high was considered as presence of stress among prisoners. Accordingly, in this study 41 prisoners had stress before training while after training number of prisoners with stress was reduced to 24. On the other hand number of prisoners without stress was almost increased by twice after training.

## SUMMARY, CONCLUSION AND RECOMMENDATION

### *Summary of Finding*

The purpose of this research was to assess the role of cognitive behavioral therapy to reduce stress among Wolaita Zone prison and correction center administration. It also determines causes of stress and role of cognitive behavioral therapy up on prisoners. The researcher also tried to see general symptoms and causes which make prisoners to stressful situations that should be measured using standard measuring scale of stress (PSST) it helps to identify the level of stress in responders. In advance the researcher intent was to assess the role of cognitive behavioral therapy significance difference between in similar respondents namely the pre and post trainings.

The findings of this research were

- Based on the research conducted regarding the role of cognitive behavioral therapy developed a capacity among prisoners to capture unexpected situations being happened.
- Cognitive behavioral therapy helped the prisoners to control irritations encountered in their life.
- This research helped the prisoners to develop self-confidence about the ability to handle their personal problems and lead suitable life.
- This research tried to dig out some stress related problems of prisoners at Wolaita zone correction center.
- In general the study was showed the significance differences stress status of controlled and experimental groups at Wolaita zone correction center

### **Conclusion**

From the findings of the present study the following were made:

The majority of the prisoners were exposed to stress and stress related problems while they presented in the prison. There are a number of unsuitable environment and limited activities which aggravate stress on the lives of prisoners. It was found that cognitive behavioral therapy brought positive and suitable change on the stress situations of prisoners. Generally this study was found to be effective if it is adequately given for those prisoners who are exposed to high stressful situations.

### **Recommendation**

Since the role of cognitive behavioral therapy in reduce the stress is feasible the following recommendations are made:

- The correction centre should recruit professional who can give standard cognitive behavioral therapy for the prisoners exposed to stress.

- Wolaita sodo University and others especially department of psychology should collaborate with correctional centers to give different skill gap training regarding to how to manage stress
- The correction center also pan to conduct further research on the topic.
- The correction center tried to change the environment by crating awareness and giving trainings to prisoners while they were existed in the correction center
- The correction center should establish relaxation center like different playing facilities adequately.
- The correction center working with stress and related prisoners environment to manage and evaluate its relapses.

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